

RIDE GUIDE



WELCOME

Thank you for joining us this year! We've been through a lot of changes since 2020, just like many of you. Last year's group was small, this year we will ride with over 120 riders. We'll call that a win! While the ride is under a new name, a lot of familiar faces, especially our volunteer crew and ride vendors will be back.

Montana Road Tour is part of Montana Tour, focusing on providing support for non-motorized tourism in Montana communities. Proceeds from our events, Big Sky Gravel & Montana Road Tour will fund future endeavors such as bike stations, education, camps, and safety.

Thank you to our sponsors!















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BASICS OF THE MONTANA ROAD TOUR

While Great Falls is a modest elevation at 3,300 feet, Montana is known for dramatic changes in weather with little elevation gain/loss. Your first day has the highest elevation on King's Hill Pass at 7,385 feet; the rest of the course has more downhill than uphill, but you will still have plenty of pedaling to do. Be sure to leave aid stations with full water bottles, drink often, stay fueled with food and electrolytes and eat well at dinner. If you live at a lower elevation, your body will be adjusting to elevation – you will need to drink and eat more than normally. Hydration is the most important.

Each aid station will have water, electrolytes, and nutrition. Some will have more food than others, but you will have the opportunity to stay supplied while out on the route. There will be stops having a bar/tavern or near a small store if you would like to purchase something locally. However, many of our stops are a good distance from local amenities; if you see a store and think you might need something – stop! You may not see one for a long time – we are here to support you, but you will see the "Big Sky State" in a new way, even if you have ridden with us before.

Mechanics will be on the route and in camp. See more on page 10.

Luggage/bag weight is either one 60 lb. bag for campers or two bags at 40 lbs. each to accommodate extra gear. If staying in a hotel, please keep it to one bag at 40 lbs. Please be thoughtful of those hauling your gear. While we know six days on a bike will require more than just your bike clothes, use the packing list to keep it lighter. More about packing is on page 5. Thank you in advance for helping the volunteers.

We are excited to have By All Means brewery (Chad) and Glassisum Designs (Katie) back with us to help support the ride. Beer is by donation and Katie will once again offer up a great piece for bidding in Lewistown where she will join us for two nights.



PACKING LIST

Bike	
Helmet - required! Gloves Bike shoes 2-3 bike shorts 2-3 jerseys (1 long sleeve/arm warmers) 1 set leg warmers/bike tights 3 pairs socks - one wool or thick layer Rain jacket 1 wool or synthetic layer Bike shoe toe covers Wool or synthetic skull cap One item with reflective gear - vest/jacket Rear view mirror* Bike Accessories Small bike pouch Rear bike light - red or bright white Two water bottles or hydration pack Tire irons Bike tube Patch kit Chain lube* Duct Tape/electric tape* 1-2 cleat screws Zip ties* Plastic bag or bike seat cover* Gear drop bag - to leave gear at a rest stop in order to be picked up and brought to the finish. Zip lock, old stuff sack, big sock - anything that folds and fits easily into your jersey. *Denotes not necessary but recommended.	Off Bike Clothing Walking shoes Pants Shorts Shirt - short and long sleeve Undergarments Thermal pants/top Outer warm layer - puffy Gloves Beanie/hat & brimmed hat Swim suit* Miscellaneous Sunscreen Toothbrush/toothpaste Camera* Extra water bottle Chamois Crème Multi-tool* Pain reliever of choice* Maps downloaded from Ride with GPS* Fishing rod* Mess kit/plate, bowl, cup utensils- we will have some available to borrow and commemorative sporks available for purchase. Camping* Sleeping bag Pillow Tent Sleeping pad or similar Headlamp/flashlight Earplugs Bungee or rope for tying off a short area to hang/dry washrag/towel Towel & washrag
	camp)*
	Towel & washragSmall chair (we will have some in



ARRIVAL

Flying In

If flying into the Great Falls airport, utilize hotel shuttle if they offer one. If no shuttles are available, email Jennifer and be sure to fill out your rider information so we know your flight information and we will coordinate to shuttle from the Great Falls Airport.

Driving In

If you are driving to the event, parking will be at the **Montana Expo Fairgrounds.** You will pick up your parking pass at registration at **Heritage Park (Giant Springs State Park).** This will also be the finish line. You can park there Saturday evening from 5–7 pm or Sunday morning from 6-7 am. If you were fully paid and registered by Feb. 1, your \$40 parking pass is included, if you registered/paid in full after Feb. 1, we will collect \$40 on check-in.

Here is how you do it:

Saturday

- 1. Check in at camp by 8 pm on Saturday.
- 2. Leave your baggage at the camp or hotel where you are staying
- 3. Take your bike and car to parking lot during the designated time of 5-7 pm.
- 4. Leave your car, lock it, ride your bike back to your accommodations or if you see the shuttle, take it. Use the map on page 7.

Sunday

- 1. Drop luggage at campsite or leave it at your hotel.
- 2. Take your car and bike to parking between 6-7 am
- 3. Leave your car, lock it, ride your bike to the start or if you see the shuttle, take it.

Only leave luggage at the following locations in Great Falls: Camp, O'Haire, Staybridge or Hilton Garden Inn. DO NOT LEAVE LUGGAGE AT PARKING!



MAP OF START/FINISH/PARKING/HOTELS GREAT FALLS, MT

START, FINISH, CHECK IN, CAMP HEADQUARTERS: GIANT SPRINGS STATE PARK. WE ARE ACROSS THE STREET FROM THE ACTUAL STATE PARK BUT USE GIANT SPRINGS IN YOUR GPS MAPPING – HERITAGE PARK WILL NOT SHOW UP.

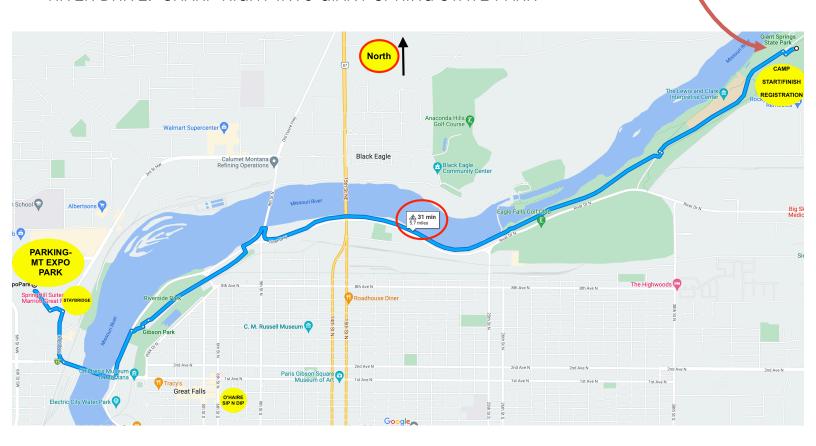
PARKING: MONTANA EXPO-FAIRGROUNDS

HOTELS: O'HAIRE/SIP N DIP, STAYBRIDGE AND HILTON GARDEN INN (NOT PICTURED – BY AIRPORT)

TRAVEL BY BIKE PATH TO AND FROM PARKING (5.7 MILES) OR USE RIVER DRIVE THEN CROSS BRIDGE AT 1ST AVENUE.

DRIVING: **FROM I-15**, USE EXIT 280, STAY ON CENTRAL AVE., THEN LEFT ON RIVER DRIVE AND LEFT INTO GIANT SPRINGS STATE PARK

FROM HWY 87 (FROM EAST) RIGHT ON 57TH, FIRST BIG LIGHT, THEN CURVE LEFT ON RIVER DRIVE. SHARP RIGHT INTO GIANT SPRING STATE PARK





EVENT & PARTICIPANT SELF-CHECK-IN

Ride packets are picked up at Heritage Park (Giant Spring State Park) Saturday, June 25, 12-8 pm. For check in you should have completed all your information prior to June 20. If not, your packet may not be ready so check in may take a little longer.

- Rider wristband
- Identification numbers
- Pre-purchased jerseys
- · Rider long sleeve shirt
- Rider Bag
- Mess kit if you need one

Your baggage tags will be a color for the hotel/camping you have signed up for in participant planning. Please be sure to verify we have the correct information for you by checking your bag tags. If they are not correct, your bags may go to the wrong place. We will have a very basic print map that will note mileage, and a couple of other items for the whole ride. Each day's route and other small routes (like parking to camp) will be uploaded on Rides with GPS. https://ridewithgps.com/events/158016-mrt-2022

PARTICIPANT SELF-CHECK-IN

While you're thinking about checking in, let's check in on our basic riding checklist. We all get into vacation mode and sometimes forget a few things - that's totally normal. Please just take time to check in before getting on your bike:

- Make sure you have your safety gear helmet & something bright be seen!
- Ride on the right, pass on the left and let people know when you're passing "on your left" and acknowledge each other.
- Use your basic hand signals when approaching intersections.
- Do not ride side by side it's primarily prohibited even on bike/walkpaths.
- Turn on your lights! Especially early morning and dusk! All day if you can!
- Enjoy the different levels of riders around you and take in where you are, not how fast you get somewhere. But don't take too long, be sure to look at route closing times.



SHIPPING

If you're shipping your bike through Bike Flights or another way, the address for shipping is Montana Road Tour, Knicker Biker 1525 10th Ave S Suite 2, Great Falls, MT 59405 Bike Flights is linked from our website or you can use this link: https://www.bikeflights.com/events/Montana-Road-Tour

If you are shipping your bike and assembling yourself, it will be available prior to the ride on Sunday, June 26. The bike mechanics will be assembling bikes at the park Saturday, June 25. If you want your bike prior to June 25, you can go to Knicker Biker. We will bring all boxes and bikes over from Knicker Biker to the park by Saturday, 10 am, possibly before. Assembly and disassembly is \$75 and paid directly to the mechanics. We will have bikes ready for you to pre-ride on the local bike paths to test your bikes. Bike bags/boxes are stored at the Knicker Biker during the week of the ride.



BIKE MECHANICS

Bike Pumps & Tires

Bike pumps are for general use and stationed next to the Help Desk or Mechanics. Do not use mechanic's pumps or reach into their area to use any tools – these do not belong to the tour. Thank you!

Tires – do not bring thin racing tires to the tour. While the route is paved, the surfaces can be rough in sections. Shoulders may have debris or there may be construction. Montana doesn't exactly have temperate weather all year long. Winter is hard on our roads, so be kind to yourself by bringing a burly tire like a Gator Skin or something with a little meat to it – it's not a race anyway.

Mechanics

Mechanics are on hand in the camp area and along the route during the day. You'll find them close to Help Desk. You'll only be charged for parts needed or major overhaul items. MRT provides mechanics. Tips are appreciated!

Our mechanics will supply limited bike retail items related to cycling next to the mechanic area. There will only be one bike shop on the tour, Knicker Biker in Great Falls so please plan ahead if you need special items.

ON-ROUTE MECHANICALS:

A SAG will take you to the next mechanic if your bike is unrideable – mechanics will not be able to come to you, but they will be available at all rest stops. If you happen to catch them en-route you will be one lucky cyclist!

We will provide drinking water, electrolytes from SCRATCH Labs, small items you may forget, and snacks at Help Desk. All SAGs have emergency tubes and small items.



HOTELS AND LUGGAGE

We will move luggage to and from hotels and the camp. Shuttles will run to and from hotels to camp, ride start/finish, parking. In some cases, though, it will be faster to use your bike, especially in the smaller towns. We will take care of picking up baggage after you leave the hotel. There will be a designated spot to leave your luggage – be sure your identifying tags are intact! If your items are not packed inside your bag they may not get included when we pick them up. If it's not all **inside** the bag, things may go missing.

Shuttle passes are required if you are using hotels. They are available in registration and at check in. Hotels are all within bike riding or walking distance except for Sunday night, June 26 when camp is at Mizpah Retreat and hotels are in White Sulphur Springs. We will help you with those logistics and they will be posted at check in.

Tip: Bring a small backpack to put items in when riding between ride headquarters and hotels. **For White Sulphur Springs June 26/27**, we will have a sign up for people that want to ride from their hotel to start the day instead of coming back to camp. Breakfast items will be at the first rest stop which is just 3 miles from WSS.

CAMPING

Start/Finish line acts as ride headquarters and is the camping location, Giant Springs State Park – Heritage Park (across the street from state park entrance). Riders will all start and finish here. We ask that all riders check in at the start line, especially Day 1, June 26. Breakfast and dinner are in camp. Lunch is on the route or will be at the finish line, this is broken out on the route info.

There is general camping Saturday, June 25. Tent Sherpa will begin Saturday as well. If you are using Tent Sherpa, please do not forget your sleeping bag and pillow. We provide a tent (set up), insulated Kelty sleeping pad 78 long x 25 wide x 2.5 inches thick, baggage to your tent, CPAP hook up if needed and chair. There will be a small team ready to help you with your camp needs.



HANDWASHING & CLEANLINESS & MEALS

We will have hand-washing areas next to port-a-potties and hand sanitizer around. **Please use them.** If you don't feel well while on the tour, please let our medical staff know that will be with us. Don't wait. We have a dedicated professional medical staff, and they take your health seriously so please do the same and get checked for any possible illness. While COVID is still around, we also are very concerned about stomach viruses, dehydration (which can seem like a virus) and other bugs. **Keep your hands clean. Avoid touching your face. Give people space.**

Breakfast, lunch, and dinner are included every day. Breakfast is 6-7:30 am, Dinner is 5-6:30 pm. Lunch is on route (Sunday, Monday, Thursday) or at finish camp (Tuesday, Wednesday, Friday).

BREAKFAST/DINNERWARE: You must bring a mess kit or plan to use one of our plate/bowl/cup/silverware combinations. We provide a washing area that will allow for scraping, pre-wash, washing, rinsing and sanitizing. We have bags that you can use for your kits as well. Thank you! Using reusable items decreases our footprint significantly!

All meals include beverages and condiments. Route stops and lunch stops will include electrolyte drink by SKRATCH Labs. If you prefer something different, you will need to bring it. We use four different flavors of SKRATCH drink to help change things up. Water will be available at all stops along with nutrition. Route stops food includes something salty and or starch, some fruit, and something sweet. Stops are designed to be 18-25 miles apart and are equipped with portapotties and handwashing stations.

SHOWERS: The shower truck will be set up beginning Sunday afternoon (after first day of riding, Great Falls to Mizpah). It will be available for use each afternoon and close in the evening about 9 pm. The shower truck will not be available in the morning except for the layover day in Lewistown and our final morning in Fort Benton. Mizpah, Lewistown and Fort Benton have showers on site as well because of the pools and cabins at our camp location.

MEALS - NEXT PAGE!



MEALS! Can change but we'll provide a similar selection. If you have a food allergy, please note in your Participant Planning. We will accommodate or let you know if we cannot accommodate. Lunches are sandwiches and wraps with fruit, protein cookies, and something salty like chips on route; grilled sandwiches/soup (in camp). V: Vegetarian/Vegan (we'll note difference if it is not Vegan) GF: Gluten Free BUT NOT A GLUTEN FREE KITCHEN. If you are Celiac, please contact us we will need to take an extra step. Yellowstone Kelly's is our caterer and they do their best based on the knowledge we receive. Additionally, if you see a paper bag with food it in that has a V or GF or ALLERGY with a rider number/name written on it, and it's not your name, DO NOT EAT IT! Someone will be riding hungry and angry if you eat someone's special diet.

*Dinners include beverages & condiments; breakfast includes juice, coffee, hot tea and milk (dairy & non-dairy).

June 25, Saturday, Dinner

Chicken Fajita (Fajita Meat)

(V,GF): Refried Beans & Spanish Rice

(V,GF): Sauteed Fajita Veggies

(V,GF): Black Bean & Cilantro Pico, (V): Tortilla Chips

w/ Topping Bar

Corn or Flour Tortillas, Fruit Cobbler

June 26, Sunday, Breakfast

Mushroom Quiche (V) and Scrambled Eggs (V,GF) Sausage Patties (GF) Blueberry Pancakes (V)

June 26, Sunday, Dinner

Bourbon Chicken (GF)
V: Bourbon Tofu (GF)
(V,GF): Western Fried Rice & Stir-fried Veg., Veggie
Eggrolls (V)
Garden Salad & Toppings
Pecan Pie (V)

June 27, Monday, Breakfast

Poached Eggs (V,GF) & English Muffins Ham Slices (GF) Cubed Potatoes (V,GF) & Hollandaise

June 27, Monday, Dinner

Sirloin Cubes & Mushroom Gravy V: Seitan Kebabs with Peanut Sauce (V,GF): Mashed Potatoes, (V,GF): Vegetable Stir fry Garden Salad & Toppings (V): Garlic Toast & Chocolate Cake

June 28, Harlowton, Breakfast

Scrambled Eggs w/ Cheese Thick Sliced Bacon (GF) French Toast w/ Syrup (V,GF)

June 28, Lewistown, Dinner

Italian Sausage Lasagna, Italian Sausage Link (GF) V: White Vegetarian Lasagna (V) Sauteed Italian Vegetables (V,GF) Garden Salad & Toppings Wheat Dinner Roll (V), Carrot Cake (V)

June 29, Lewistown, Breakfast

Fried Eggs Sausage Links (GF) Diced Potatoes (GF)

June 29, Lewistown, Dinner

Baked Mac & Cheese V: Meatless Meatballs with Red Sauce (V) Red Beans & Rice (V,GF), Broccoli (V,GF) Garden Salad & Toppings Garlic Knots, Strawberry Short Cake

June 30, Lewistown, Breakfast

Cheese Omelets (V, GF)
Chicken Fried Steak / Meatless Sausage (V, GF)
Biscuits w/ Country Gravy

June 30, Fort Benton, Dinner

Charbroiled Burgers (GF)
V: Beyond Burger (V,GF)
Baked Potatoes (GF,V) with Toppings, Gr. Beans
Almandine (V,GF)
Garden Salad w/ Toppings (V,GF)
Dinner Rolls & Chocolate Cream Pie (V)

July 1, Fort Benton, Breakfast

Build Your Own Breakfast Burrito: Eggs, Potato/Pepper/Onion/Sausage Mix Veggies, Hash Browns, Toppings

Great Falls Finish!! Taco & Nacho Bar & Ice Cream!



^{**}Breakfast always includes Oatmeal & Cold Cereal Bar w/ Toppings, Fresh Fruit, Yogurts, Granola & Toppings

AMMENITIES: ENTERTAINMENT, MASSAGE, ETC.

Massage: We will be giving a list of local massage in each town. Sadly, our Montana Mobile Massage can no longer be with us.

Entertainment: We will have some live entertainment amd education intertwined with local happenings. But mostly, we want you to relax.

Sunday Greg Smith – Interactive talk, "Inconvenient Grizzly"

Monday Smith River Young at Galley's Brewing

Tuesday TBA

Wednesday Street Dance and Music in Downtown Lewistown

Thursday The Lucky Valentines

Glassisum Designs: Katie will be with us selling her bicycle –inspired glass. She is also auctioning off a piece that will represent this year's tour and benefit Montana Tour and help us further our work. She will join us in Lewistown for our layover. We will either carry your glass art for you on our trucks or you can ship it home – Katie will help you do that.

Bair Family Museum: This is not to be missed, and it's lunch, so you have to stop in. Most people miss this when driving through, it shouldn't be missed. This will be Monday's lunch stop and is home to Charles M. Bair Family Art Museum.

Pools: We have two camps in parks with pools! Lewistown and Fort Benton. So bring your swimming suit. The pool in Lewistown is covered with your registration. At the time of producing the Ride Guide, we are unsure for Fort Benton.

Fishing: Feel free to bring your fishing rod as you may have more opportunities on this route to use it than some of our other routes – especially in Lewistown and Fort Benton. Just be sure to grab a fishing license in Great Falls or before the ride starts.



DAILY SCHEDULES

June 25

12 – 8 pm Rider Check-In at Heritage Park – Giant Springs State Park

5:00 – 6:30 pm Dinner

5:00 – 7 pm Parking cars

7 pm Welcome Announcements

June 26 - Mizpah/King's Hill Pass, 77 Miles

6:00 – 7:00 am Parking cars at Fairgrounds

6:00 – 7:30 am Breakfast

7:00 am Start – roll out after breakfast, everyone on route by 7:45 am!

10 – 2 pm Lunch on route in Neihart, Bob's Bar area

Bring \$3 for fresh squeezed lemonade (or other beverage) at Bob's Bar, Neihart - lunch stop

3/4:00 pm Shuttle to White Sulpher Springs

4/5:00 pm Shuttle back from White Sulpher Springs (if you want to come back for

5:00 pm Route closes

5:00 – 6:30 pm Dinner

dinner)

6:00 pm "An Inconvenient Grizzly", Greg Smith was a Ranger Naturalist and

Backcountry Ranger in Glacier National Park for nearly 20 years.

7:00 pm Final shuttle to White Sulpher Springs

^{*}Be sure to note at check-in if you will be staying in White Sulpher Springs hotels AND not coming back Monday morning to camp for breakfast. You can start from White Sulpher Springs from your hotel and we will pick up your bags. White Sulpher Springs has breakfast and we will also have a rest stop 3 miles from the hotel location where you can grab food items.



JUNE 27, 2022 - Harlowton, 78 Miles

6 – 7:30 am Breakfast

7:00 am Start – roll out after breakfast, everyone on route by 7:45 am

10 am – 2 pm Lunch on route at Bair Family Museum.

If you purchase anything, they can mail it or we can bring it with us in the vans. Enjoy this wonderful piece of Montana!

5 pm Route closes

5:00 – 6:30 pm Dinner

6:00 Local band at Gally's Brewing, Smith River Young from White Sulpher

Springs. Good beer, great local tunes!

JUNE 28, 2022 - Lewistown, 58 Miles

6 – 7:30 am Breakfast

7:00 am Start – roll out after breakfast, everyone on route by 7:45 am

11 am – 2 pm Lunch in camp in Lewistown

1:30 pm Route closes

5:00 – 6:30 pm Dinner

Swimming at the park in Lewistown is free for participants. It is an easy walk/ride downtown and there are many bike paths around for exploring town. Big Springs Brewery is along the bike path and has a great outdoor location along the springs.



JUNE 29, 2022 - Lewistown, Layover/Big Springs Ride

6:30 – 8 am Breakfast – sign in for breakfast times at registration

8:00 am Start – roll out after breakfast, everyone on route by **9:00 am**

10:30 am Route support closes at Big Springs (one location for water/snack).

12 – 1 pm Lunch in camp in Lewistown

5:00 - 6:30 pm Dinner

6:00 pm Street dance and music in downtown Lewistown

JUNE 30, 2022 - Fort Benton, 100 or 75 Miles

5:30 – 7:00 am Breakfast

6:15 am Start – roll out after breakfast, everyone on route by **7:15 am**

12 am – 3 pm Lunch on route in Geraldine. This is also the 75 mile pick up location.

There is not a time set but we will run vans from that location during lunch.

2:00 pm Music begins in park by The Lucky Valentines and more! We will have a

local vendor with great finish food available for \$12 - fruit, cheeses,

protein ice cold herbal tea and more.

4:00 pm Fort Benton is right along the Missouri River & Montana's birthplace.

Walking paths right from camp along the river, many historic places to

visit.

5:30 pm Route closes

5:00 – 6:30 pm Dinner & **2023 Route Announcement!**



JULY 1, 2022 - FINISH DAY, 51 Miles

6 – 7:30 am Breakfast

7:00 am Start – roll out after breakfast, everyone on route by 7:45 am

11 am – 2 pm Finish Line in Giant Springs State Park in Great Falls.

1:30 pm Route closes

ROUTE INFORMATION, SAFETY & MAPS

Jefferson Valley EMS & Rescue will be on the route with us each day. We are in and out of cell service range so we depend on HAM Radio Operations to talk to each other between SAG units and rest stops. These radios are all for emergency situations including weather, evacuation and location of riders. Please have your rider number showing so you can be identified if something happens and you are unconscious or unable to talk to an emergency responder.

Should you need help on the route, please step off the highway at least 4 feet (many times into the grass/dirt) from the white line. Then be sure to give one of the event vehicles a **THUMBS DOWN**. If you wave, they will not stop – they may wave and move on.....

If you're hurt, but mobile and not necessarily an emergency, a SAG or route vehicle will take you to the next rest stop if it is not safe to evaluate onsite. If your injury requires emergency care, our EMT's and Paramedics on route will help evaluate next steps. Please carry your ID with you and any other information that is needed – insurance card, allergy information.

Maps are on the following pages or downloadable from Ride With GPS. We will provide a very basic map in your packet but for more detail, use your chosen device. Download prior to arrival and use the Ride With GPS app or upload the file to your own map device. You really don't need much for directions once we leave Great Falls except for Lewistown where there is cell service. The towns are small, right off the highways and a few blocks long.

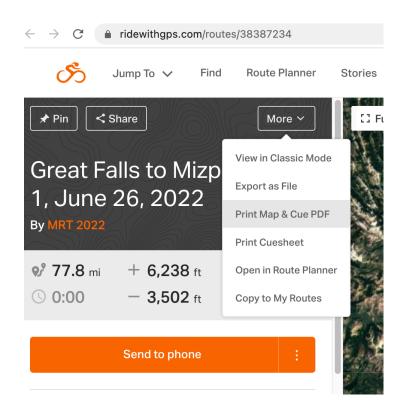


More on Cell Service: If you choose to use your cell phone and have downloaded the ride files, you can use the files without your phone being on data: turn that feature off and save battery. Your phone will die on these routes – cell service goes in and out on the roads. Cell service is found in Great Falls until about 35 miles into the route, then *no cell service until Day 2* around the first rest stop. Harlowton through Lewistown has cell service. Day 5 to Fort Benton will be on and off but good cell service in Fort Benton and them most of the way back to Great Falls except at the bottom of the hills.

Ride maps are below and you can also click through each map to find the online version if you would like to download the GPS.

You can make a "printable map" if you like by going to "More" and choosing "Print Map and Cue PDF"

A commemorative map with day mileage, towns and lunch stops will be provided in your ride check-in materials.



https://ridewithgps.com/events/158016-mrt-2022

