

October Trek Rider Information



The Weiser River Trail October Trek is the first weekend of October (Saturday and Sunday). We invite you to join us for another fun weekend on the Weiser River Trail.

REGISTRATION

Registration details are at BikeReg.com. See the Weiser River Trail Event Website for a link.

OUR TRAIL

Friends of the Weiser River Trail is a nonprofit that owns and manages the trail. You can see the membership details at www.weiserrivertrail.org It is not necessary to be a member to ride, but we encourage you to consider becoming a supporting member.

NON-RIDERS ARE WELCOME

You may bring people with you who are not riding, but there are fees for them. There are four choices to register them for 1) Saturday lunch, 2) Sunday Breakfast, 3) Saturday supper/camping/soaking, 4) event shirt. Non-riders are not allowed on the shuttles or the trail ride. Non-riders must be registered to stay in camp.

WEISER TRAILHEAD CHECK-IN

On Saturday morning check in opens at 7:30 at the Weiser Trailhead at the end of East Main Street in Weiser, Idaho. You will receive an event shirt when you check in. Please park in the grassed lot east of the paved parking area. Be on time, we depart on the bus at 8:00 am.

Your bike will be loaded on a truck for transport to West Pine Road near New Meadows and your luggage will be loaded in a trailer for transport to Mundo Hot Springs. Before you load your luggage, be sure to take out what you need for cycling that day. Items such as a windbreaker, rain jacket, gloves, camera, water, snacks, and your helmet need to be with you on the bus. Please remove packs and panniers from your bike and carry them with you on the bus so we can efficiently carry and protect everyone's bike.

START LOCATION

Water is **not** available at our start location near New Meadows. Chemical toilets will be provided.

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NON-SHUTTLED RIDERS – NEW MEADOWS AREA

Riders who want to meet us at the start location near New Meadows need to contact our event manager for directions. Check in there will be about 9:30 am. You are required to check in with our designated person before you start to ride. That person will be there when the bus arrives. There is no parking at the start location.

WHAT TO BRING

We recommend luggage be durable, water-resistant duffle bags weighing no more than 30 pounds. We will transport your luggage during the event so that you can travel comfortably on your bicycle. Please have your name on the baggage for identification. Rain, snow, and frost are guaranteed so please expect your luggage to get wet and pack accordingly.

Choose the proper clothing for the event. Cycling-specific shorts with synthetic chamois padding help prevent saddle irritation. Moisture-wicking, layered clothing with a wind/rain shell works well for staying comfortable in changing weather conditions. Come rain, snow, sun, hot, or cold, we will ride so be prepared.

A **helmet** that is CPSC or Snell approved is **required**. Suggested items for your bike ride are water bottles, rack trunk or handlebar bag, air pump, spare tubes, patch kit, headlight, cycling gloves, first aid kit, sunscreen, insect repellent, and sunglasses. Identification and medical insurance cards should be carried with you at all times.

YOUR FITNESS

We suggest training by riding the distances you will be traveling during the event to build your endurance. Training at distances also helps discover and remedy any bike-fit problems like an uncomfortable saddle.

YOUR BICYCLE

Your bike should be in good condition for riding 45 miles per day over varying dirt and gravel surfaces. Tires should be in good condition with adequate tread without cuts or bald spots. Knobby tires or a smooth center tread with knobby sides are recommended to handle surfaces with gravel, dirt, mud, or uneven surfaces. Wide tires work better than narrow tires. The trail is rough in some areas and a suspension bike can be an advantage, but is not necessary. Be prepared to deal with the 3-Rs (Ruts, Rocks, and Roots) in addition to loose gravel surfaces.

Know how to repair a flat tire, carry a pump, spare tubes, and patch kit. *Tribulus terrestris* (a.k.a. tackweed, puncturevine, goathead, devil's thorn) is present in the area and has caused many flats. We control it by spraying and pulling, but have not eliminated it. Check with your bike shop for equipment that may stop a flat from occurring. This could include slime tubes,

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Stan's No Flat in tubeless tires, or tire liners that stop large thorns. We recommend you carry more flat tire equipment than you normally carry.

Have your bike serviced before you come to the event.

A mechanic may be available for emergency repairs during the event. This is not a substitute for bringing a well prepared bike to the event. Mechanics will have normal items for general repairs. Expect to pay for parts. Mechanics are not paid by us for their time and do not charge you for their time, so please tip generously.

CAMPING ACCOMMODATIONS

Camping will be at Mundo Hot Springs. The campground and hot springs pool are located about two miles north of Cambridge near the trail. You should bring a tent, sleeping bag, flashlight, swimsuit for the hot pool, change of clothes, washcloth, towel, and related items you prefer to have at camp. If you prefer RV hookups, a hostel with 6 bunks, hotel-style room, or cabin, they are available at additional cost. They may fill fast. Contact Mundo Hot Springs at 208-257-3849 for questions and to reserve these upgrades on a first come, first served basis. If you prefer to stay at motel accommodations in Cambridge, those arrangements are your responsibility and the event price is not reduced. See the Weiser River Trail website for information about lodging in Cambridge. Non-riders in your group may purchase meal, soaking and campground privileges during registration.

ON THE TRAIL

This is a supported ride. We will have riders with the group plus a sweep of the trail to ensure that everyone is off the trail each day. For your safety, we would appreciate it if you would not explore side trails in a way that we could miss you with the sweep. We will have a sag support vehicle if someone cannot continue. We will require you to ride in the sag vehicle part of the way if you unnecessarily delay the ride. There is limited opportunity for access to the trail in some locations. We will do our best to get to you expediently if you need help.

Saturday we will ride 43 miles from our start location to Mundo Hot Springs. Supper will be at the campground. If you want to ride into Cambridge in the evening, headlights may be needed.

On Sunday, we will ride from Mundo Hot Springs to Weiser Trailhead, a distance of about 43 miles. Sunday is a more relaxed day, with breakfast in Cambridge and a box lunch along the trail. The sweep will leave Cambridge at 10:00 am so please be on the trail before that time. We will wait in Weiser with your baggage until everyone is off the trail.

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MEALS AND DRINKING WATER

Please verify this with any updated information you receive before the ride.

We will have aid stations with water and Gatorade at the following locations

- Starkey about mile 16 on Saturday.
- Presley Trailhead about mile 30 on Sunday.

The following four meals are furnished during the event for all registered riders

- Lunch Saturday will be at Council
- Supper Saturday will be at Mundo Hot Springs
- Breakfast Sunday will be at Cambridge
- Lunch Sunday will be a box lunch distributed along the trail.

Non-riders can register for the Saturday lunch, Saturday supper, soaking and camping and Sunday breakfast. Sunday lunch is not available to the non-riders.

WAITING LIST

If the event is full, you have an opportunity to be placed on the waiting list. The waiting list will be first come, first served.

CANCELLATION AND REFUNDS

If you need to cancel for any reason, please contact the Event Director by phone and send us an email.