

Riders!!!

The time is almost upon us to go play in the mountains!! Oh what a year it has been! We are super stoked that we can make the Eden Epic happen, even in a semi limited form. Below is all the info that you should need to have an Epic adventure!

### **Packet Pickup**

You will pick up your bike plate and T-shirt on Friday evening. We ask that you do your best to pick up during the following times to minimize the craziness on Saturday morning. If you absolutely can not make it, please let us know so we can plan on it.

- **Locations** - The Bike Shoppe, Ogden Ut, 4390 Washington Blvd, Ogden, UT 84403
- **Time** - 3:00 pm - 6:00 pm
- Please bring your mask
- If you need to pick up for someone else, that is OK, just let us know
- Please do not ride under someone else's name! It is dangerous and illegal
- Please pick up your last min items at The Bike Shoppe to say thanks for their support

### **Start Line**

- COVID - As you may have heard, we have ourselves a virus going on. So, the start line will be a little different this year. We ask that you follow the social distancing guidelines as you arrive at the start line. Here are the basics:
  - Masks - please wear up until we say go
  - When possible, please stay in your cars before it is your turn
  - Toilets - Disinfectant wipes will be provided in the portable toilets for the purpose of wiping down your touch points. Don't drop the in the toilet, but put them int he provided bag
  - Waves - We will be starting with groups of 20 or less every 5 minutes
- Arrival Time - Please arrive no later than 7:00 am, but as early as 6:30 if possible. We need to check everyone in and that will take a little while with these procedures
- Start Time - first wave at 7:30 am. If you feel like you need a early start time, please let us know and we will do our best to accommodate you
- **IMPORTANT** - If you plan to park a car at the Finish Line and ride to the start or get a ride to the start, you **CAN NOT** park around Eden Park. It is reserved for a large wedding. we ask that you park in the field across from the finish line. You will see a Parking sign on the fence.

## **Aid Stations**

- Supplies - Aid stations will be stocked with water, Honey Stinger gels, chews, and waffles, and single serving chips and cookies. There will be no electrolyte hydrating. If you need it, we recommend bringing some powder to add to your bottle. We are not allowed to mix any sports drinks or use water coolers. They need to be single serving water bottles.
- Cutoff - There is a hard cut off at the North Ogden Divide at 4:30. However, in 2018, the last rider made it through by 2:35 pm. Volunteers will determine your readiness to make the last leg.
- Please do your best to give our volunteers enough space to get what they need for you and give them a air high five as you leave

## **Finish Line**

- COVID - Due to COVID, we will not be able to provide any actual food at the finish line. However, we will have sodas, chocolate milk, cookies and chips for you. Our volunteers will hand them out once you give them your choice.
- You will receive your finisher medal and goodies, and then as soon as you are able, we ask you to head out. If you were able to be dropped at the start line, great, you can head with your family. If you need a ride back to your vehicle at the start line, we will have a shuttle with bike rack running back and for as needed.
- Shuttle - A shuttle will be taking people back to the start line as needed. We ask that you wear a mask in the van if possible. The van will also have a rack so you can take your bike with you.

**Special Note** - Please do not park at or around Eden Park. If anyone needs to park near the finish line, please have them park in the field across the street. Look for the parking sign.