

GRO RACES

RACER GUIDE 2025

MARCH 21 - MOUNTAIN STAGE

EVERYTHING YOU NEED TO GET READY FOR RACE DAY

Hello Racers, Thank you for being a part of YEAR 16 !!!

This is a big milestone for us, and we are very proud to have created a tradition that supports epic riding and the growth of the sport. We hope you are as excited as we are for your ride and adventure on the amazing mountain bike trails of Southern Utah.



RACE BIBLE HIGHLIGHTS!

- **Bring your ID:** Not just to get into the Silver Reef Beer Garden, but also to get into TRUE GRIT EPIC!
- **Don't jump your wave:** **You must start in your assigned WAVE or later. If you try to start (sneak in) this is considered cheating and you will be asked to leave the race.**
- **Sensitive Lands Alert:** You will be passing through some of the most sensitive lands in Washington County. These areas are home to the Desert Tortoise. Competitors are requested to report any tortoise sightings to the nearest marshal.
- **Weekend Festivities** include food trucks, vendors, a beer garden, and live music. Bring the family and relax under the giant trees in Downtown Santa Clara.
- **Rider Support:** You can have one drop bag and friends can support you at Feed Zone #1. There is no other on-course support. **Read more....**

And keep this email handy when you get on-site for answers to most of your questions!

Pre-Event Activities

While many of you have been down in St George training every weekend, others will be arriving by car or plane early in the week. If you have the time we always suggest a pre-ride.

Self-Guided meet up group Pre-rides.

Wednesday at 10

Gravel Hill Climb Shake-out - Meet at the [Bear Claw Poppy Trailhead](#) and ride the Curly Hollow Road to Root Beer Hill and Back

Friday at 10:00 AM

Mountain Bike Pre-Ride - Meet at the [Zen Trailhead](#) and ride the water fall and Zen



Parking

Parking at the Venue will be limited to volunteers and vendors.

- Participant parking is available nearby on city streets or at Snow Canyon HS. You may park on Canyon View
- Drive, the north side of Santa Clara Drive, or on Heights Dr. Plan to ride up to 1 mile to the start line.
- Note that Santa Clara will be very busy on Saturday. In addition to the True Grit Epic, there are baseball tournaments that day.
- DO NOT TRY TO PARK AT THE TOWN HALL OR IN FRONT OF THE EXPO
- DO NOT BLOCK LOCAL RESIDENCES
- DO NOT DRIVE UNDER THE STARTING ARCH
- ARRIVE EARLY AND PLAN TO RIDE to packet pick-up and the race start.
- PLAN YOUR APPROACH AHEAD OF TIME, DON'T GET DELAYED BY TRAFFIC

See more details on the [PARKING MAP](#)

See more on the venue, and [GET DIRECTIONS](#)



Packet Pick-Up

Location - [Park located at 2601 Santa Clara Dr.](#)

What You Get: Each rider will get a swag bag, a number plate with an embedded timing chip (to go on the front of your bike), Food Coupon, Beer Coupon (if over 21), a Commemorative Socks, and goodie bag from our sponsors.

You must have your ID to get your packet!

Picking up for a friend? - This is allowed with a copy of their ID.

Due to the earlier start please get your packet on Friday or Risk missing your wave,

Option #1 - Thursday 3/13 1 pm - 5 pm. Great for locals avoiding the crowds.

Options #2 Friday 3/14 Noon - 6 pm - Food Trucks and Expo are open

Option #3 - Saturday 3/15 7:00 am - 8:30 am.

You will have an RFID chip on the back of your number plate that is read when you cross a mat or pass by a track box. **Do not fold, bend, cut, or screw up the number plate! This can cause a DNF.**

EXPO

Don't just come to grab your packet and leave, bring the family and spend the afternoon in the sun catching up with all your cycling peeps.



Thursday 1 pm - 5 pm

- 1 Food Truck
- Expo Vendors

Friday

- 4 Food Trucks 8 am - 10 am , 1 pm - 7 pm
- 7 Expo Vendors
- Beer Garden by Saltfire Brewing 12 pm -6 pm
- Live Music by Mr OK 2 pm -5 pm

Saturday

- 4 Food Trucks 8 am - 7 pm
- 7 Expo Vendors
- Beer Garden by Saltfire Brewing 12 am -6 pm

Starting Time and Wave

Each rider is assigned a starting wave and time. The starting wave is the order in which you line up. You can not change your starting wave or time. You will be chip-timed at the start. If you "jump the gun" and cross the mat before your scheduled time you will be recorded as a DQ'ed for the day and your ride will be void. If you want to begin the race with family or friends you may start any time later than your assigned time, just not early.

For example, if Jane and Kelly want to ride together and Jane is in wave E and Kelly is in wave G, both girls can start in wave G and their times will count.

A SEPARATE EMAIL WILL BE SENT WITH YOUR START WAVE ASSIGNMENT

Starting Procedure

Each wave has an assigned check-in time based on your Block. When your wave is called you will enter a gate where your number plate is checked for your wave. If you are caught trying to climb the gate and enter out of your wave you will be removed from the race. That is considered cheating and cheating is not tolerated.

Timing is a rolling “mat-time” start similar to a time trial. All waves in the QUE will begin rolling together. The waves will continue to the end of the block. Each block is a neutral start with a police escort. You can not pass or chase until gates lane (the dirt). The police can remove you from the race if you do not follow neutral rules.

RELAY RIDERS

Both riders have the same number and chip. Our timing system only allows 1 rider to be listed on the participant list. But you will be scored as a team. You can choose who starts. The second rider takes over at Zen. They can take over before or after the Zen trail. But you must exchange at the Zen Feedzone.

Merchandise

If you pre-purchased merch it will be available in the Merchandise Tent, next to HQ, at the on Friday or Saturday. We will also have a great selection of new merch if you are still looking for a memory item or some fresh, cycling clothes.



This year, look for clearance items. We have amazing kits from races like Frog Hollow and Secreto at deep discount prices.

Drop Bags

You will be able to drop bags for **ZEN** Feed Zone and **BARREL** feedzone. Look for the bag drop area near the start line before the race. These will be transported for you at the start of the race and returned to the venue just after the aid station closes. Only Zip Lock or drawstring bags will be accepted. Small coolers (12 " or less) are also acceptable. Mark them with a name and bib #.

NO open plastic or paper grocery store-type bags are accepted. These will not be transported and will be placed directly in Lost and Found.

- Return from Feed 1 is between 2 pm -3 pm
- Return From Feed 2 is between 5 or 6 pm

The bags will be dropped exactly where you placed them at the start of the day. Any left bags can be picked up on Sunday at the Registration Tent.

- Extra clothing may be dropped at ZEN. We will do our best to return it with the drop bags.
- Lost and Found will be at TG HQ during the event. You can request unclaimed items be shipped thru 4/1 at your expense

Bags not claimed will be disposed of or donated back to race support.

Timing

The race is chip-timed. **DO NOT BEND OR WRAP YOUR NUMBER PLATE.** AERO doesn't matter if you don't get timed.

[LIVING TRACKING LINK](#) - will go live on race day.

» QR codes will also be placed around the venue to access and share the live results.

These codes will be posted for you to quickly check your spot on the podium. Any questions or protests can be submitted through the live results page.

» The Mountain bike race is chip-timed from the Mat, so your time is exact from start to finish. This means there is no extra advantage to being in an earlier start wave. It also means a person who starts behind you could claim the podium if they have a better overall time. It's a bit like a time trial, but the best way to keep the field distanced.

Cut -Off [Points](#) -

12:40 Starting Zen - **2:45** Starting Bear Claw - **4:00** - Starting Rim Runner - **4:30** -Starting Barrel.

These are strictly enforced, we will remove your number plate and you will be asked to exit the course.

Spectators and Rider Support

The public is not allowed to ride, drive, or spectate on the course.

This being said there are a couple of places where friends, family, and support crews can reach you while you are racing.

- The Miles 4 -23 miles can be viewed from the top of Canyon View Drive in

Green Valley. You will be looking across the valley. You will not be up close to the riders.

- **Feed Zone 1 at Zen:** Access has changed and there is now a lot of construction. You can not park at the top of Canyon View Drive, unless it is at the Skate rink. If you drive to the bottom, the route is only one lane. You may park in the open area before the Road Closed signs. The Green areas are parking. The yellow area is rider support by families and friends

DO NOT GO TO THE FEED AREA - you will be in the way of the volunteers

KEEP KIDS AND PETS OUT OF THE TRAIL, the racers are our concern. Please respect the racers and volunteers. If they ask you to move - **MOVE!**



- **Feed Zone 2 at Cove Wash Trailhead:** Support CAN NOT drive to this feed zone!! You can park at the small parking area just past the water tank and walk down the course road (not trail) to the feed zone.
- **On Course:** You can not bring support to a racer on course. They can only receive support at Feed Zones. In case of an emergency contact event staff to reach a participant on course. Only numbered racers and course marshals are allowed on the course.



Our aid stations have water, real food, and CarboRocket Hydration. If you have a special race food you love, make sure you pack what you know.

Mechanical support is provided by Travis Van Dongen with Velofix Odgen.



He will be at the Zen Feed Zone

8 am-noon and Barrel Aid Station 1 - 5 pm

There will also be lively music and an announcer

at Zen in the early AM.



Course

It is your responsibility to know the course. Download the course to your device and Go Pre-ride.

- Course markings started going up starting Sunday. We use Orange Ribbon and yellow signs. Course markings are minimal this year due to new rules by the BLM. PAY Attention and dont get lost.

[Course on Ride with GPS](#)

Note: 100 Mile racers do not go back to the start , you will get back on the course ½ after the 2nd Barrel Rolls Feed Zone Stop.

Did you catch our newsletters?

We have sent out some great emails to get you prepared to race. If you missed them you can check them all out now.

[True Grit 2026 11 - Aid Stations + Expo](#)

[True Grit 2026 10 - Training](#)

[True Grit 2026 9 - Single Speed](#)

[True Grit 2026 8 - Junior Racers](#)

[True Grit 2026 7 - North Bound Iceland](#)

[True Grit 2026 6 - True Grit Stage Race](#)

Rules to Follow (Pretty Please with a Donut on Top)

1. Don't be a Jerk!

We know it's bad and we don't like using such language. So don't cross that line and we'll treat you with nothing but respect & love. Do cross that line and we get mad enough to use our bad words, and you won't be welcome back. Plus you'll have to deal with everyone on the internet!

It's Rule #1, and it goes a long way, but there are more rules, too...

- Safety first! While this is a timed event the prizes aren't worth injury, or worse. Take care of yourself and each other out on- course.

- **DO NOT LITTER- Zero tolerance for Littering, even at Feed Zones.**
- No cutting the course or creating your own shortcut.
- No spectators, team support allowed on course.
- No littering on the course, at aid stations, or in town.
- Must wear an approved helmet at all times.
- Racers must have a number affixed to the front of their bike during the event.
- You must finish on the same bicycle you started on.
- Race directors, medics, and aid station captains may remove any rider from the event that they feel is a hazard to other participants or themselves

Going off trail or short-cutting the course is never OK and will be grounds for disqualification.

NO E-BIKES !

SPECIAL PASSING ZONES AND ALTERNATIVE LINES

- **No-Passing Zones:** There is a 1-mile no-passing zone through the Bear-Claw Poppy habitat. Racers' tires must remain on the trail tread at all times. There are several pull-outs where a front racer may pull over to allow a racer by. These sections will be strictly enforced so that we can maintain a permit to race this section. Markers will indicate "NO PASS ZONE"
- **Safety Passing Zones:** These are zones where passing a racer could cause injury to one or both racers due to technical conditions. There are about 5 of these sections on course and they will be marked with "SAFETY ZONE. A racer must make sure a front rider is clear of the obstacle before proceeding. If a racer must dismount they must be safely to the side to allow racers to proceed.
- **Alternative Lines:** There are several areas where alternative lines are OK. These are short spurs in the trail that avoid challenging lines. They are marked with " ALT LINES OK". On the Bearclaw Poppy trail there are alt lines built into the system. They are marked with Green Circle or Blue Square. Any line marked with official BLM markers are OK. On Stucki Springs there is a big hill that you can go straight up or around.

BAD WEATHER PLAN

IN THE CASE OF BAD WEATHER

- You will be notified 24 hours before the race if there is a chance weather could affect the event
- The plan will be posted on the website, FB, IG, and by email
- The most common race change is an escort around Cove Wash to Keyhole wash.

Awards

FINISHER PRIZE

We have finisher prizes for everyone!

Upon finishing your race, make your way over the the HQ tent (the place you picked up your packet) where some awesome volunteers will give you your award. Don't forget to pick this up to commemorate the day. *PS. They won't be mailed.*

CASH PURSE AND PODIUM PRIZES

- \$5000 Cash Purse awarded 5 deep to Open 100 and Open 50 winners
- 100 Mile Age Categories awarded 5 Deep
- 50 Mile Age Categories Awarded 3 deep
- There is no podium for the Relay Riders
- 15 Mile Challenge Champions will be on the podium (that's 1st place only)

CEREMONY Times

11:30 pm 15 Mile winners

12: 30 pm - 50-mile Open Men

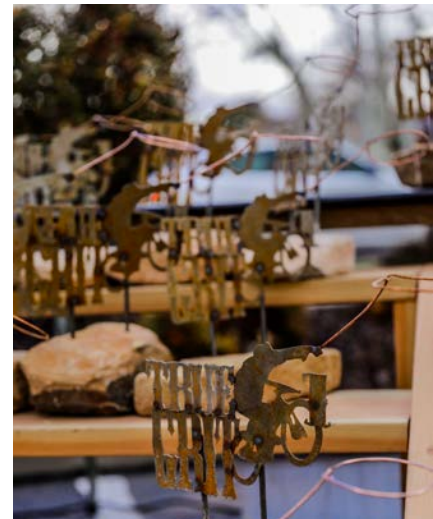
1:00 pm - Single Speed, **Utah SS Championship!** Open Women

2:30 pm - 40-49, 30-39, 20-29, Masters Men, JR men

2:30 pm -Sport Women, Master Women, JR Women, 60+ men

3: 00 pm 100 Mile Men, 100 SS Men

4:30 pm 100 Masters, 100 Women



THANK YOU

Host City: City of Santa Clara

Land Managers: BLM SGFO, Utah State Trust Lands, Ivins PD,
St George PD, Steve Hafen

SPONSORS

Greater Zion

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Lauf Cycles

STANS

Carborocket

Hand Up's

Rowdy Trails

Club Ride Apparel

VeloVaere

NUEMTB

Velofix Ogden, Silver Reef Brewing, , Squirt Lube, Brad Harr

Ready-Set-GO, YOU HAVE GRIT!

2026 Event Calendar

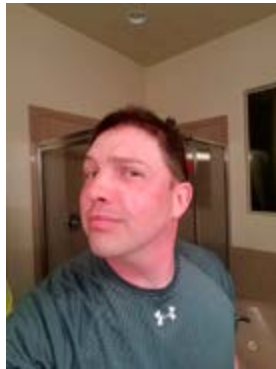
[Single Speed MTB USA Championship](#) - June 13 -Richfield Utah

[North Bound Adventure Race - Aug 1](#) - Blonduos Iceland

[unPAved of the Susquehanna River Valley](#) - October 12th - Lewisburg PA

OUR STAFF

Cimarron Chacon RD / Cameron Wilform Asst RD / Bryce Pratt Course Director / Sara Porter Timing Manager



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