



COWSPRINGS TUNNEL - E. HWY 160 - IND RTE 6260 INFORMATION SHEET

CHECK IN FOR ALL BIKING EVENTS WILL BEGIN AT 7:30AM (DST), ALL EVENTS WILL START AT 8:00AM (DST)

TRANSPORTATION:

Transportation will not be provided by the Health Promotion Disease Prevention Program. All participants are responsible for their own transportation to each biking location.

No fee is required for this location.

Physical Requirements:

Must have fair physical fitness & lower body strength.

**As with any outdoor activity please take into consideration your own physical fitness, read all information needed before attempting any biking event.*

BIKING FACTS:

Biking Time: 1.5-2.5hrs

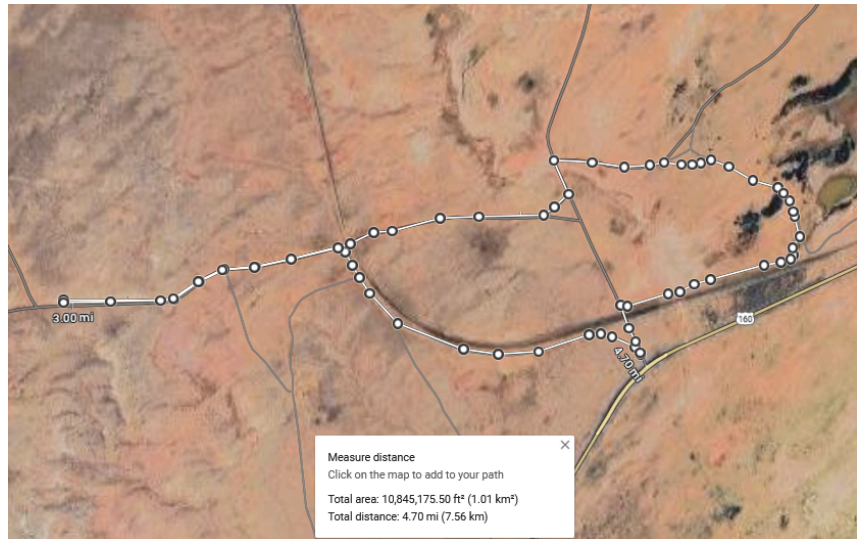
- ALL HPDP biking events are less than 3hrs.

Distance: 4.70 miles round trip

Trail Elevation Change: ~250 feet

Trail Rate: Moderate

Trail: Terrain is rocky (washboard road), sandy in some areas with gradual inclines and declines. No shade along trail.



HOW TO PREPARE FOR THE BIKE RIDE:

- ALWAYS GET A GOOD NIGHT REST. PACK YOUR ITEMS THE DAY BEFORE THE RIDE I.E. HELMET, BIKING GLOVES, KNEE/ELBOW PADS, SUNBLOCK, WATER, SNACKS, ETC.
- HYDRATE THE DAY BEFORE AND DAY OF THE RIDE; EVERYONE IS REQUIRED TO CARRY THEIR OWN WATER. IT CAN GET HOT.
- WEAR COMFORTABLE LIGHT/LAYERED CLOTHING.
- WATCH THE WEATHER FORECAST AND DRESS ACCORDINGLY.
- BRING A TRASH BAG. "PACK OUT, WHAT YOU PACK IN!"

ITEMS RECOMMENDED FOR BIKING:

- LIGHT BACKPACK OR DAY PACK. HPDP BIKES DO NOT HAVE A WATER BOTTLE HOLDER SO PLEASE BRING A BAG OR WATER PACK.
- DURABLE SHOES WITH ANKLE SUPPORT, NO SANDALS.
- LIGHT SALTY SNACKS (GRANOLA BAR, TRAIL MIX, FRUITS, CRACKERS, BEEF JERKY, ETC).
- WATER (2-3 LITERS RECOMMENDED/ELECTROLYTE SPORTS DRINK, COCONUT WATER, ELECTROLYTE TABLETS, ETC).
- SUNBLOCK, BUG REPELLENT SPRAY, AND HAT.
- HPDP WILL HAVE HELMETS, KNEE/ELBOW PADS THAT PARTICIPANTS CAN CHECK OUT DURING CHECK-INS.
- CAMERA OR GOPRO TO CAPTURE YOUR EPIC RIDE.

TCRHCC HEALTH PROMOTION DISEASE PREVENTION 2025 BIKING PROGRAM



SAFETY MEASURES:

1. Please make sure that you are adequately hydrated, in good physical condition, & prepared for this bike ride.
2. Safety monitors will know the route of the course, directions, and know how to contact a medical emergency technician in case of an emergency. 928-283-3111 (TCRHCC Hospital) or Tuba City Fire Department 928-283-3007 NOTE: spotty cell service on trail
3. Safety monitors will carry a first aid kit and extra water/electrolytes.
4. If any bikers (participants) need to stop during the bike ride, or need to return to the main area, a safety monitor will escort the participant to the trailhead.

Meeting Location: 29.7 miles East of Tuba City on Hwy 160, Cowsprings, AZ.

Goggle: <https://maps.app.goo.gl/qp7u6nSHUTtEYWeA8>

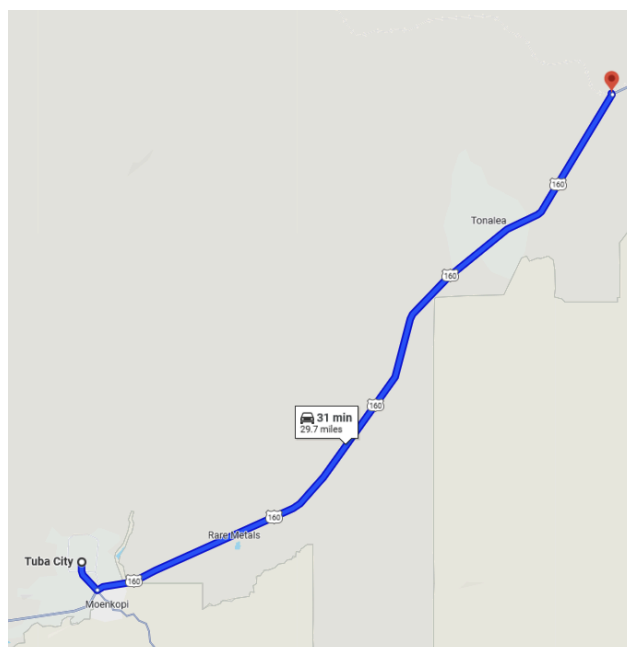
Meet at 7:30am (DST) at the turnoff to Indian Route 16 on N. HWY 160. During this time, we will conduct gear check and make sure that participants are fitted for bikes & equipment i.e. helmets, elbow/knee pads. Participants will also be able to pack enough water, electrolytes, and snacks for their bike ride.

DIRECTIONS:

31 minute drive from Tuba City - 29.7 miles

- LEAVE TUBA CITY NO LATER THAN 6:45AM (DST)
- HEAD SOUTH ON MAIN STREET TOWARD W CEDAR AVE (1.3 MILES)
- TURN LEFT ONTO US-160 EAST/NAVAJO TRAIL (28.4 MILES)
- TURN LEFT ONTO INDIAN ROUTE 16. DESTINATION WILL BE ON THE LEFT(253 FT)

HPDP STAFF WILL BE SET-UP ALONG HWY-160 BY COWSPRINGS TUNNEL IN A WHITE FORD DIESEL TRUCK WITH WHITE CARGO TRAILER.



- HPDP staff will be waiting in the HPDP department vehicle-white Ford diesel truck or Black Ford Expedition.
- A sign in sheet will be distributed for participants and guests. Please sign-in & out.
- Extra registration forms will be available onsite. All participants must be registered to take part in the bike ride.
- All participants will take part in a gear check before the start of the bike ride to ensure that everyone has plenty of water and snacks.
- A head count will be taken before/after the bike ride. The biking group will hit the trail at approximately 8:00am (DST).
- For the safety of the biking group. No participant will be allowed to participate if you arrive later than 8:00am. NO EXCEPTIONS!

HPDP Employees/Community Partners Onsite for the Biking Event:

Elena Curley, TCRHCC HPDP Diabetes Prevention Coordinator
Deandra Slim, HPDP Administrative Assistant