

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

- 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 928-779-3366 (Flagstaff Medical Center Emergency Department)
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: Fort Tuthill County Park, Flagstaff, AZ**

**Goggle: <https://maps.app.goo.gl/VumppfKE6B7JCxMK7>**

Meet at 7:00am (DST) Fort Tuthill parking lot. 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:**

### **1 HOUR 25 minute drive from Tuba City - 83.2 miles**

- LEAVE TUBA CITY NO LATER THAN 6:45AM (DST)
- HEAD SOUTH ON MAIN STREET TOWARD W CEDAR AVE (1.3 MILES)
- TURN RIGHT ONTO US-160 WEST/NAVAJO TRAIL (10.2 MILES)
- TURN LEFT ONTO US-89 S (15.6 MILES)
- AT THE TRAFFIC CIRCLE, TAKE THE 2ND EXIT ONTO US-89 S/N 89 (46.7 MILES)
- TAKE I-40BL/N COUNTRY CLUB DRIVE (0.3 MILES)
- MERGE ONTO I-40W, USE THE RIGHT 2 LANES TO TAKE EXIT 195 FOR I-17S/AZ-89A S TOWARDS PHOENIX.
- MERGE ONTO AZ-89A/I-17 S, TAKE EXIT 337 TOWARDS AZ-89A S/OAK CREEK CANYON/SEDONA.
- AT THE TRAFFIC CIRCLE, TAKE THE 1<sup>ST</sup> EXIT ONTO AZ-8 A, AT THE NEXT TRAFFIC CIRCLE TAKE THE 1<sup>ST</sup> EXIT ONTO S BEULAH BLVD, TAKE THE FIRST TURNOFF TO YOUR LEFT TO TURN ONTO FORT TUTHILL LOOP.



**\*HPDP STAFF WILL BE SET-UP IN THE GRAVEL TRAILHEAD JUST OFF SOUTH BEULAH BOULEVARD 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 7:30am (DST).
- For the safety of the biking group. No participant will be allowed to participate if you arrive later than 7:30am. NO EXCEPTIONS!

**HPDP Employees/Community Partners Onsite for the Biking Event:**

Elena Curley, TCRHCC HPDP Diabetes Prevention Coordinator/Interim Physical Activity Specialist  
Judie Keyonnie, HPDP Physical Education Specialist