

IN THE DIRT MTB Race Vail Lake

Course description

BIKE It is an off-road course consisting of fire roads, jeep trails, some single track and a little paved road. There is a fair amount of climbing and some fun descents the course will be between 12 and 15 miles. It will be challenging and will test your fitness!! It will take less than an hour for strong riders to complete the bike portion a bit longer for the average rider. The bike course will be marked with BLUE direction arrows on white backgrounds. Please obey all directions and race signs **IMPORTANT: WHEN ON THE BIKE FOLLOW BLUE ARROWS ONLY!!**