

Moab Skinny Tire Festival Week Details and Services Offered

The first & biggest mistake you can make is to arrive in Moab on Friday. If you are going to travel that far and spend the money – arrive on Thursday, join us for the Friday morning day hike in Arches National Park and the Friday afternoon "bike check" ride. Relax and get to know Moab!

A few years ago we had a couple arrive on Friday with a departure Tuesday afternoon following the day's ride and ... in subsequent years they come in for 7 days, saying they made a big mistake by rushing the trip!

Bike Logistics: I ship my road bike. Bicycle Sport packs it, I ship it Federal Express ground to a bike shop in Moab. The Moab bike shop assembles it, I pick it up ride ready. I drop it off after the ride week is completed, they repack it and ship it back to Bicycle Sport. You will probably want a **road bike**, but it's not terrible to have a tri bike out there. A road bike makes the climbing a bit more tolerable – there are places in Moab to rent road bikes but we do need to get a move on.

Rooming: I can talk with you about rooming: Hotel? Condo? What is your preference? Can we pair you with a 2nd or 3rd participant to help reduce costs by sharing a condo? Once I know preferences I can do a search, putting together a list of best available prices and locations for your review.

Flights: Three options –

- 1. Fly into Salt Lake City**, rent a car and drive about 4 hours; a take your breath at times kind of beautiful drive; lots of flight options in and out of SLC. Least expensive flight option.
- 2. Fly into Grand Junction CO**, rent a car and drive about 2 hours; a very pretty drive; limited flight options and a bit more pricy than flying into SLC; big advantage to flying into GJ? You can get "real beer" in CO at a good price and bring it with you to Moab – a definite advantage to flying into GJ. This is also normally the quickest option.
- 3. Fly directly to Moab**; very limited options and still more pricy but... Travel time when flying directly into Moab is about the same, including connections, as flying into SLC and driving. Eileen flew directly into Moab in November and it worked out well. We now have flown into and out of Moab, SLC and GJ. I prefer SLC b/c the drive is so pretty, but beer options are the same as in Moab - expensive and diluted.

Suggested Travel Schedule: Flying and driving in on Thursday and driving and flying out on Wednesday will allow you arrive in Moab Thursday evening, do the Friday hikes and ride and staying in Moab Tuesday night will allow you to do a Tuesday afternoon hike, post-ride run or a Tuesday morning swim and begin the Tuesday ride later in the day. You will also have time to do some shopping Tuesday afternoon or just kick back, relive and celebrate adventure.

If you leave Moab around 8 a.m. Wednesday morning you can make a 1 – 2 p.m. flight out of SLC or a mid-morning flight out of GJ. Or you can delay departure one more day and do the LaSalle Loop 90+ mile ride (with climbs taking you from 4500 feet to 12,000 feet in elevation) with us on Wednesday.

Budget:

Flights from Louisville to SLC or Grand Junction will be \$450 - \$650 (Flying into Moab may be a bit more expensive. Rental car about \$350. Housing range will be \$750 - \$1200.

Food about \$45/day. Bike about \$350 (rental or shipping both ways including packing & reassembly).

Total Costs will run about \$1650+/- a little, depending upon how your accommodation costs are shared.

Two immediate considerations when making your decision about the Moab Skinny Tire Festival:

1. **Room availability is getting a little tight.** We need to get to work finding reasonably priced housing in a convenient location.
2. **Bike arrangements.** If you want to rent a road bike we need to get on it as I'm pretty sure the bike shop in Moab I primarily deal with is almost out of rental bikes. There are other options though. Shipping your bike? We need to allow about 10 working days for it to get from Louisville to Moab and get assembled.

What else can I tell you right now? Here is a link to our website's Moab Page which has a daily agenda and also has a link to the Skinny Tire Festival website.

<http://www.barryscoaching.com/moab-triathlon-training-camp.html>

I'm happy to help you any way I can. I am charging a service fee. You can read more about our Moab Schedule and what you will receive for the fee paid on our website. As you can imagine, finding convenient and affordable accommodations, greasing the way at the Moab bike shop, planning dinners, organizing the swim and renting the pool, assistance with flight arrangements, rental cars, etc. can get real time consuming – through years of doing this, I can speed the process for you and get you into more convenient housing at better prices, arrange the hikes, breakfasts, You get the idea.

I hope you can join us in Moab. It would be a blast having you out there. I can't promise it won't rain or be cool but I can promise great riding and beautiful scenery regardless of the conditions and you will meet some pretty cool folks at our "locals" welcoming dinner – base jumpers, high line dudes and chicks, Grand Canyon Colorado River Guides, Ultra Marathon Trail Champions and just regular Moab folks with great adventure stories to share.

Let me know what else I can do for you right now – but if you want to go, we do need to get on the rooming and rental bike situation pretty soon – housing is filling quickly!

As they say in Moab, "Right on" –