

CRANBROOK  
GRAVEL  
GRIND 

# EVENT GUIDE

*Schedule, Race Details & More!*





# FRIDAY

## THE HEID OUT

- 5pm Package Pick Up
- 5pm Rider Social Starts
- 9pm Friday Events End



# SATURDAY PART 1

## IDLEWILD PARK

- 7am Coffee Station by Rooftop Roasters Open
- 8am Vendor Zone Open
- 8am Late Package Pick Up
- 9am Race Starts
- 11am Iggy's Food Truck & Beer Garden Open
- 4pm Wrap up at Idlewild Park

# SATURDAY PART 2

## THE HEID OUT

- 5:30pm Awards & Presentations
- 6:30pm Live Music: Pretty for the People





**4iiii**

**WIN A POWER METER**

**Strava Segment Challenge**

Distance: 7.5km

Elevation gain: 200m

Max. Grade: 5.4%

Avg. Grade: 2%

Fastest Male & Female time will be awarded.





## VENDORS + FOOD

Marin Bikes, 4iiii  
Cranbrook Tourism  
Ghostrider Equipment, Muc  
Off Bike Wash, Iggy's Food  
Truck, Fisher Peak Beer  
Garden & More!



## STOKE STATIONS

The infamous AGES Stoke Stations will feature new themes, energetic volunteers, XACT Nutrition products, snacks from Save-On-Foods & Water.







## GOLD RUSH LOOP



Distance  
65km



875m  
Elevation



3 Stoke  
Stations



Difficulty:  
2 burritos

## BIG FOOT LOOP



Distance  
112km



1200m  
Elevation



4 Stoke  
Stations



Difficulty:  
3-4 burritos