



September 2023

Bike for Transportation • Fitness • Fun

Bike Month Events

Bike to Work Day

Trade in the car keys for the day and bike for transportation, commute to work or school. Pedal to work or anywhere and take advantage of local Bike to Business Deals. Riders are invited to stop for free breakfast at Grand Junction City Hall.

Date: Thursday, September 14

Time & Location: 7:00 AM - 9:00 AM - Grand Junction City Hall (250 N. 5th Street)

Business Challenge

Calling all businesses and local organizations, it's time for the annual Business Challenge! Encourage your employees to bike to work or swap car trips for bike commuting to meetings or other work errands. The top four groups with the most participation will get to display a traveling trophy in their workspace for a whole year.

Official Business Challenge Rules

- Bike to work, business meetings, or work errands at least one time during the week of September 10-16.
- Businesses/Organizations are encouraged to keep bikes at the office for employees to use to get around during the work day. As long as you substitute a car trip with a bike trip, this counts towards overall participation.
- Each participating employee may only be counted one time during the challenge week.
- Record your group participation in this [form](#), by **September 19, 2023 at 5:00 PM**.

Dates: September 10-16

Instagram Contest

Want to be more visible at night? Show off your love of cycling in the Bike Month Instagram Contest for a chance to win a solar light kit courtesy of Octopus Coffee. Participants can submit a photo of their favorite Grand Valley night ride or proper bike safety, all photos must be taken in Mesa County. The first 20 people to post photos on Instagram and tag @mobilemesacounty, @gjbikenight, and @octopuscoffee will win a solar light kit.

Contest Dates: September 10-16, submission deadline September 16 at 11:59 PM.

Contest Rules: All submissions should be submitted through Instagram. All photos must be taken in the Grand Valley. Submitters must tag ALL three pages (@mobilemesacounty, @gjbikenight, & @octopuscoffee). All submissions must include in post text GV Bike Month Contest + your favorite thing about biking in the Grand Valley.

Winners will be notified by September 19, lights will be available for pick up on September 22 during the GJ Bike Night.

Grand Valley Bike Month

Bike to Business Deals

- **Bestslope Coffee** - 10% off during Business Challenge Week (September 10-16)
Location: Fruita (129 N Peach Street)
- **Main Street Bagels** - Free 16 oz drip coffee or cookie during Business Challenge Week (Sept 10-16)
Location: Grand Junction (559 Main Street)
- **The Gear Junction** - 15% off Bike Accessories during Business Challenge Week (Sept 10-16)
Location: Grand Junction (436 Main Street)
- **Base Camp Beer Works & Base Camp Provisions** - BOGO Beer First Round on September 14
Location: Grand Junction (2575 U.S. 6&50, Unit C) & Fruita (155 N Mulberry)
- **Sauvage Spectrum** - \$1.00 off Bomb Tails (Month of September)
Location: Palisade (676 38 1/4 Road)
- **Blaine's Farm Store** - 5% off (Month of September)
Location: Clifton (3419 Front Street)

*** Riders tell the cashier that you BIKED to the business to take advantage of the deals***

Ride Challenge

Pedal through September and log your miles and trips in the Love to Ride platform. Register for FREE on Love to Ride, then join the Mesa County Biking group. Sync your account with STRAVA for easy tracking.

Join the Mesa County Bike Month email list. After you join Love to Ride, email bikemonth@mesacounty.us with your name and email. Participants must provide an email to be eligible for prizes.

Miles Challenge: Track your miles in two categories, Transportation and Fun & Fitness. Prizes will be awarded to the top three riders with the most miles in each category.

Most Days of Riding: Build cycle habits and try biking every day, the top three riders with the most days of biking will win. The tie breaker will go to the rider who biked the most days to work.

** This is a fun competition designed to get more people on bikes. Participants must have a Mesa County address to be eligible for prizes. Contest winners are only eligible to win one category, individuals who place in multiple categories will default to the highest placement.*

Dates: September 1 - 30

Registration: www.lovetoride.net + join [Mesa County Biking Group](#)

Bike to Work Day BOGO Ride

Celebrate Bike to Work Day with a cruise around Downtown Grand Junction, the Butterfly Ponds, and through Dos Rios. The group will ride around 4.5 miles, ending at Base Camp Beer Works for a post-ride social. Base Camp is offering a BOGO on beers for the first round of drinks to everyone who pedals in on September 14. Bring your bike lights and helmet.

Date: Thursday, September 14

Time & Location: Meet at 5:30 PM - Mesa County RTPD (525 S 6th Street)

Grand Valley Bike Month

Yoga for Trails

Enjoy an evening yoga session and enjoy the view of vineyards, all while raising funds for One Riverfront. Join Anywhere Yogi for Yoga and Wine at Sauvage Spectrum, each participant will receive one complimentary drink with their ticket.

Half the proceeds will go to One Riverfront to help develop the connection from Clifton to Palisade. Please bring your own yoga mat or beach towel, and dress in layers for the beautiful Colorado fall weather.

Date: Thursday September 21 - Sauvage Spectrum (676 38 1/4 Road)

Time: 5:30 PM-7:00 PM, class starts at 5:30 PM followed by social time

Tickets: \$22.00 - available online at Sauvage Spectrum

Glow in the Dark Ride

Mesa County RTPO is teaming up with GJ Bike Night and Octopus Coffee to light up the streets with the Glow Ride. Grab your lights, costumes, and best glow gear and get ready to roll September 22. Meet at 6:30 PM for community bike decorating, bring all your supplies to make your bike glow. The crew will roll out around 7:30 PM, with a stop at CMU for the official Glow judging, prizes awarded to the top four participants with the best Glow Up. After the ride, all are welcome to attend the post-ride social at one of the local downtown breweries, location to be announced.

Date: Friday, September 22

Time & Location: Bike Decorating - 6:30 PM Wheels on the Ground - 7:30 PM

544 Rood Ave (Old Mesa County Courthouse)

What to Bring: Lights, helmets, bikes or wheels, and decorating supplies

Fall Bike Races & Events

Event Name	Location	Organizer
● Tour of the Moon - September 9	CO National Monument	The Ride Collective
● Tour de Vineyards - September 16	Palisade	The Ride Collective
● Desert Edge Tri - September 16-17	Highline Lake State Park	GJ Sports Commission
● Roam Fest - September 22-24	Fruita/18 Road	Roam Fest
● Rexy, Queen of the Desert - October 7	Utah to Fruita	Desert Gravel



bikemonth@mesacounty.us
www.healthymesacounty.org

Group Ride Schedule

* Please meet Ready to Roll for each of the group ride times listed, bring money for listed socials.

September 9 - Community Fruit Loop Ride

Meet at 9:00 AM

Spoke & Vine Motel

Enjoy the scenery of wine country with a Saturday morning Fruit Loop Ride including a stop at the Palisade Pie Shop. This ride will be close to 20 miles with around 700 ft of climbing from Palisade up to East Orchard Mesa on the Fruit and Wine Loop. After the Pie Shop, riders will pedal to the OM pedestrian bridge, down to the Riverfront Trail, and back to Palisade along the Fruit & Wine Byway route.

Tour The Moon takes place on the same day, this is a GREAT alternative ride for those who may want to avoid high usage on the Fruita RFT.

Riders meet at Spoke and Vine Motel by 9:00 AM for a free pre-ride coffee, roll out by 9:30 AM

- * Bike lights/reflectors required (front and back) AND helmet
- * Know the rules of the road are prepared and ride at your own risk.
- * This will be a no drop, casual-moderate level ride

September 12 - Palisade Heavy Pedal Ride

Meet at 5:30 PM

Downtown Palisade

Join Palisade Cycle for a group MTB/Gravel ride on the second Tuesday of the month. The ride will feature a mixture of Palisade trails and gravel roads, followed with post ride stop at the Palisade Brewing Company. Meet at Palisade Cycle & Shuttle at 5:30 PM, the group will roll out from the bike shop.

September 21- Palisade Community Ride

Meet at 6:00 PM

Paddleboard Adventure Company

Enjoy an easy cruiser ride around Palisade, rides are typically 30-45 minutes long. Following the ride, participants can grab some food from the food truck or grab a drink at the Sneak Line. These rides are held every month on the third Thursday.

Weekly Scheduled Rides

Mondays - Palisade Bike Night

Meet at 6:30 PM

Spoke and Vine Motel

Enjoy a community cruiser ride around Palisade every Monday. Grab food from Palisade Thai food truck or drinks from Spoke & Vine's bar.

Tuesdays - Learn the Loops

Meet at 5:30 PM

Lunch Loops Trail Head

Join Bicycle Outfitters for Tuesday MTB rides at Lunch Loops and learn the different trails and practice techniques.

Tuesdays - MTB Fruita

Meet at 5:30 PM

18 Road Trail Head

Join Colorado Backcountry Biker for Tuesday MTB rides at 18 Road Trails.

Thursdays - Gravel & MTB

Meet at 6:00 PM

Colorado Backcountry Biker

Join Colorado Backcountry Biker for a mixed Thursday ride combining gravel and MTB. Riders will meet at the bike shop and pedal out to Kokopelli, the gravel group will ride Hawkeye out and back and the MTB group will break off and ride Rustlers or Mary's to Wrangler.

Fridays - Hot Koko Ride

Meet 6:00 PM

Kokopelli Trail Head

Join Over the Edge every Friday for a MTB Ride on the Kokopelli Trails. This ride is open to all skill levels, and is a no-drop ride.

Fridays - GJ Bike Night

Meet at 7:00 PM

544 Rood Ave

Join the fastest growing community ride in the valley every Friday night! GJ Bike Night is open to all ages and abilities, meet at the Old County Courthouse with bikes, lights and helmets. Enjoy a post-ride social each week at one of the Downtown breweries.

Saturdays - Road Ride

Meet at 8:00 AM (Sept 2) & 9:00 AM (after Labor Day)

Colorado Back Country Biker

Join CBB for a Saturday road ride. Groups will break up into varying distances of 25, 40, and 50 miles. Bring your bike lights.