

Friends,

The final weekend before LoToJa! I, and over 600 enthusiastic course volunteers, are excited to welcome you to the Logan start line this coming Saturday. With great anticipation I look forward to another successful and inspiring day.

I have organized LoToJa for 23 of its 38 years -- so a long, long time. One thing I have learned is the need to stay focused and committed to the details that are "controllable", then do my best to mitigate the risk of those things that I have little or no influence on.

A few specific examples of things that are controllable as it pertains to our COVID-19 plans:

LoToJa can...

- Supply every feed zone with extra face masks for those who forget to bring one
- Include hand sanitizer and an extra face mask (buff) in every rider bag
- Design, build, and implement mylar protective barriers at every feed zone
- Adapt our water jug spigots so physical distancing occurs between the cyclist and volunteer
- Adjust how we serve food at our neutral feed zones
- Change the start schedule and multiply our feed zones to spread out our crews and cyclists
- Plan and get permit approvals to host two finish lines in Jackson
- The list goes on and on...

Many of this year's controllable "to dos" have been time consuming and added significant expense to our 2020 budget. While concerning, it pales in comparison to my single greatest worry as LoToJa approaches, those things I cannot control. A few specific examples of these are:

- Cyclists that haven't trained enough or simply are not prepared
- Bikes that have not been maintained and are unsafe to ride
- Unchecked health concerns or challenges
- Crews and cyclists that choose not to read and/or follow event guidelines
- Crews and cyclists that choose not to follow health and safety recommendations

We all want this pandemic under control so we can resume a normal life. Since we can't always know who has COVID-19, we need to assume we are all infected, then make reasonable and responsible choices accordingly. I've done my part. Now it's up to you to do your part; to protect yourself and others during the entire LoToJa weekend by strictly following the guidelines and information presented to you in this PDF as well as others posted on our website. IF WE WORK TOGETHER AS A TEAM, we will most assuredly have a safe and successful 2020 LoToJa!

I look forward to seeing you all in Logan!

Brent Chambers
LoToJa Race Director

HELP US KEEP THE 2020 LOTOJA SAFE AND SUCCESSFUL

- **READ AND FOLLOW ALL EVENT GUIDELINES AND RECOMMENDATIONS**

- **DO THE FIVE...**

- 1 HANDS... wash them often
- 2 ELBOW... cough into it
- 3 FACE... don't touch it
- 4 FEET... stay 6 feet apart
- 5 FEEL sick? Stay home!



- **CYCLISTS BRING AND WEAR A FACE MASK** when off-the-bike

- **CREWS BRING AND WEAR A FACE MASK** when out of your vehicle and around others

- **PRACTICE PHYSICAL DISTANCING**



- **WEAR SUNGLASSES** to protect your eyes

- **DO NOT LINGER...** This is not the year for waiting around or spectating. Your crew needs to arrive at the feed zone just in time (no more than 30 minutes before your arrival). This will require pre-event communication and planning. Please get in and out of the finish line area quickly.

- **DON'T LET IT FLY...** Snot rocketeers and spitting should be done off-the-back and with no one behind you.

- **COUGHING AND SNEEZING...** should be done off-the-back and with no one behind you. Use your jersey or elbow if there is not enough time to drop back and/or pull off to the far right of your group.

- **MINIMIZE YOUR CREW SIZE...** Please do not bring the entire fam damily! Please share support if it's an option for you. Help us keep crowds at the stops to a minimum.

- **BE ESPECIALLY CAREFUL** in planning your off-the-bike/inside activities before and after LoToJa.

THINGS TO NOTE

- **ARE YOU A QUALIFIER FOR OUR LOTOJA 1000, 2000, 3000, OR 4000 AWARDS?** Check out our latest update to the Event Schedule, page 4 of the Cyclist Bible.

- **PLAN AHEAD...** There may be limited dining capacity at restaurants in Logan, Jackson, Teton Village, and other locations.

COURSE CHANGES AND UPDATES

- **DETOUR ON HENRY'S ROAD TO SWINGING BRIDGE** to bypass the current road construction project a few miles south of Jackson (just north of Hoback Junction) on US-89. Cyclists will cross the bridge just before jumping back onto the highway. We recommend crossing on the wood tire track planks (see picture to right). Please take it slow and/or walk your bike across the bridge if riding it makes you nervous. Be prepared to ride a short gravel section immediately before the bridge. This detour still beats the construction zone by far.
- **NEW RIDE ROUTE CONSTRUCTION DETOUR** in Cache Valley which affects all Ride and Relay cyclists. See last page of this document for re-route map.
- **IN AFTON...** ALL CYCLISTS must turn right at 5th Avenue and follow to the new route through the Race Neutral and Ride Crew feed zones. Cyclists that choose to skip this three block jog to the east will receive a 30-minute time penalty.
- **IN THAYNE...** ALL FULL-DISTANCE RACE CYCLISTS must detour off US-89 to pass through the Thayne Race Feed Zone located at Thayne Elementary. Racers that choose to miss this detour will receive a 30-minute time penalty.
- **ALL "RACE" CYCLISTS MUST FINISH AT THE RACE FINISH LINE** at Jackson Hole Mountain Resort in Teton Village. Yes, this includes Race Relays.
- **ALL "RIDE" CYCLISTS MUST FINISH AT THE RIDE FINISH LINE** at Jackson Hole High School in Jackson. Yes, this includes Ride Relays as well.
- **CREWS for FULL-DISTANCE RIDE CYCLISTS** can only stop and provide support at Preston, Afton, and Etna feed zones. All other feed zones are neutral support provided by LoToJa volunteer teams.
 >> [CHECK OUT THE MAPS](#)
- **CREWS for FULL-DISTANCE RACE CYCLISTS** can only stop and provide support at Montpelier, Thayne, and Alpine feed zones. All other feed zones are neutral support provided by LoToJa volunteer teams.
 >> [CHECK OUT THE MAPS](#)
- **RIDE/RACE RELAY TEAMS TRANSITION** in Preston, Montpelier, Afton, and Alpine
 >> [CHECK OUT THE MAPS](#)
- **PLEASE VISIT THE LATEST NEWS** page on our website for all other cyclist and crew guidelines and information.
 >> [READ THE LATEST EVENT DETAILS](#)



CHECK-IN DATES AND TIMES

■ WEDNESDAY, SEPTEMBER 9

Location: Community Park in Centerville (east pavilion), 1350 North 400 West
Time: 3:00 to 7:00 p.m.

■ FRIDAY, SEPTEMBER 11

Location: Across from Sunrise Cyclery in Logan, 150 North (Federal Way) and 100 East
Time: 1:00 to 7:00 p.m.
For parking options, check out page three in our [[COURSE DETAILS PDF](#)]

PLEASE DO NOT SHOW UP EARLIER THAN THE BEGIN TIME. We will have enough volunteers on hand to keep your wait time to a minimum. In fact, many have learned to wait an hour or two because there is usually no line after the initial push.

CHECK-IN CHECKLIST

- All cyclists are required to check-in prior to their participation in the LoToJa.
- Friends, family, or teammates cannot check-in for another cyclist/teammate. No exceptions! After photo ID is confirmed, using their own mobile device, cyclists will be given access to LoToJa's electronic release forms and complete a COVID-19 screening process before finally receiving their bib/frame numbers and timing chip.
- To review the event release forms and agreements you will be signing electronically at packet pickup [[CLICK HERE](#)]
- Licensed cyclists should be prepared to show their USAC license.
- Late check-in on Saturday morning is **ONLY** available to cyclists that make prior arrangements by sending an email to registration@lotoja.com.

CREW VEHICLE SIGNS

- Our Crew vehicle signs and numbers are all **SELF-ADHESIVE**. The signs should be applied to the outside of your vehicle's windows as shown to the right. These vehicle signs are required for all crews providing support to their cyclist(s).

CHECKING WHEELS?

- Spare wheels **WILL ONLY BE ACCEPTED** in Logan on Friday, September 11 and prior to 6:00 PM or as soon as LoToJa's Neutral Support vehicles have reached capacity.

START TIME SCHEDULE

- PLEASE START WITH YOUR ASSIGNED CATEGORY**
We have received several emails from cyclosportive cyclists asking to be moved to either an earlier start time or changed to a category with other teammates. Unfortunately, at this time, we cannot accommodate any more requests other than the ones already received.
- Cyclists must start with their assigned category to maintain our permitted number of cyclists within each start group. Cyclists that choose to start at a different time than assigned risk receiving either a time penalty or disqualification. Individuals and teams wanting to ride the cyclosportive together, but registered in different categories, should wait for each other either along the road in Cache Valley or at the Preston feed zone.

JUST IN CASE...

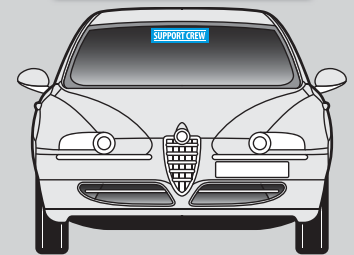
- CARRY TUBES, TOOLS, AND CO2 CARTRIDGES**
Be sure to carry an extra tube and CO2 cartridge or two just in case you flat. A small tool kit in your seat bag is also a wise item to bring along. Carry additional tubes in your support vehicle.

SELF-ADHESIVE SIGNS

ON FRONT



SUPPORT CREW

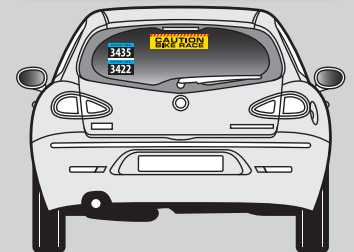


ON BACK



**CAUTION
BIKE RACE**

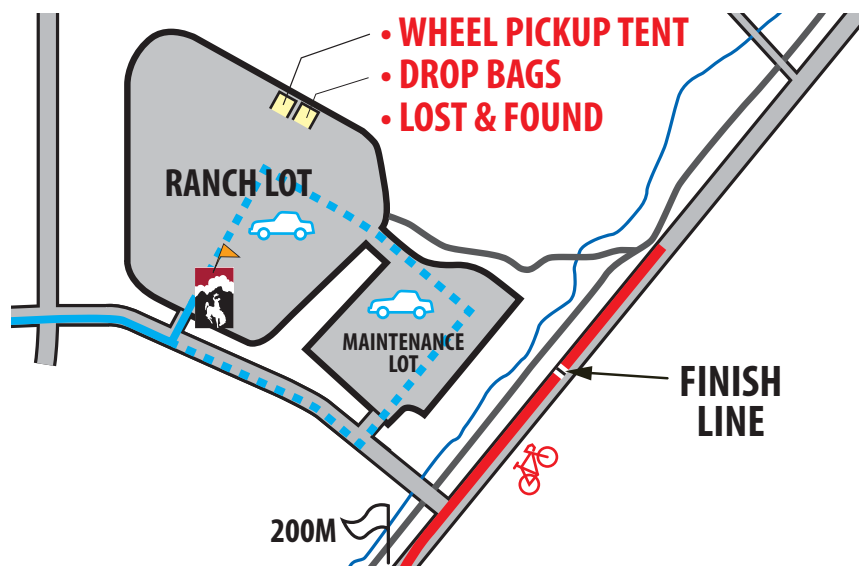
SUPPORT CREW 1399 **SUPPORT CREW 3435**



RACE FINISH LINE REMINDER

■ WHEEL PICKUP (Drop Bags and Lost & Found)

If you check wheels, the Wheel Pickup tent will be located at the back of the main Ranch parking lot (straight back from the lot entrance). See map below. Please pick up your wheels before you leave the finish line area. The wheel pickup tent will close at 8:00 p.m.



OTHER REMINDERS

■ RIDING AFTER DARK — DON'T DO IT!!!

Riding on the course after dark puts cyclist's safety at an intolerable risk. By condition of application and participation, LoToJa cyclists agree to discontinue riding after dark. Please read page eight the Event Guide for information regarding cutoff times.

For Race cyclists that miss the last cut-off time at the Jackson pathway transition (which is 7:50 p.m.) and choose to continue riding, please stay on the pathway all the way to Teton Village (finish line).

COURSE MAP • CACHE VALLEY DETOUR

