

GRIND

GIANTS RIDGE IRON N DIRT

Update 8/19/22

Greetings to The 2022 Grind participants,

On behalf of the team at Giants Ridge and the City of Biwabik, we would like to welcome you to our beautiful neck of the woods! We have had some rain this week. Your bikes will get muddy! But that just adds to the adventure of the race! We have an action-packed day, complete with Rock the Ridge Concert at 6pm (Free with your GRIND wrist band)

Course update: The course is all set to go, and is well signed. The course is signed with Black arrows on a Yellow sign. For Patrol: 218-865-8019. Patrol will also be sweeping the race.



- A. At this point the course is in good shape, however we are expecting more rain Friday, and we will go out early Saturday to check it over. We will assess if we need to make any adjustments on Saturday morning.
- B. Please note that Long and Short GRIND will both ride the Short GRIND First, then Long GRIND will do two additional "Laps". Please see <https://www.giantsridge.com/summer-activities/biking/grind/> for maps and GPX files. Routes have also been uploaded to Trailforks.
- C. Please note there are 2 sections of the Short GRIND that use the paved Mesabi Trail. This trail is still open to the public, so please be courteous to the general public in these spaces. We have done our best to minimize these sections, however they are unfortunate necessities for the course to work.

- D. **COURSE CHANGE Long and Short:** at about mile 16.5 you will cross Giants Ridge road on the paved Mesabi Trail. Then you will continue up to the Oslo Cross country ski trail, and take a right on that trail. (see picture below). This will then bring all participants past Aid Station 2 (approx. mile 17.5)



Participants will then continue North back towards the resort on the Bronze Nordic Trail. About .75 mile after Aid station 2, the course turns left onto single track. Shortly after getting on the single track the long and short courses will part ways. Long GRIND Left, Short GRIND Right. See picture below.



- E. Short course will then continue on through the base of the alpine area, loop above the Sarajevo Lift terminal, and finish.

- F. Long course will continue on single-track back to aid station 2. This is the next decision point for the two “laps” of the Long GRIND. 1st time there you will continue up the xc ski trail (straight ahead arrow). This will lead you on the 1st “Lap”. At the end of “Lap” 1 you will be directed back on to the same section of single track to bring you back to aid station 2. This is where you will start the 2nd “Lap” by following the Left arrow on to the single track. Please see photo below.



Our Crews have been working hard to get ready for this weekend, and are looking forward to a great event at Giants Ridge!

Thank you for coming!

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