

JOE COSLEY



# Pancake Ride

WHITEFISH, MT

Version 4.4, pay attention the Version - 4.?, as there may future updates. Make sure you have the latest updated Riders Packet, the first version was 4.1.

Welcome back for the 4th edition of the Joe Cosley Pancake Ride, July 11, 2020.

**READ THIS - THERE IS NO PRE-RACE/RIDE MEETING. Read this packet thoroughly, as it contains all the information you will need to get through the JCPR. Questions?... Use the email on the website ( [joe@pancakeride.com](mailto:joe@pancakeride.com) ). I won't be available race day morning to answer questions.**

You can sign up [HERE](#) on Bike Reg. This years ride includes pancakes and [UnTapped](#) Maple Syrup for breakfast, aid stations with enough calories and liquids to get you through the ride, post ride salty snacks and [Kalispell Brewing Company](#) Joe Cosley India Pale Lager, and a prepared dinner from the Trego Pub. This years ride also supports the [Abbie Shelter and Violence Free Crisis Line](#), based in Kalispell.

As you may know, the ride route changes each year and a new theme. This years theme celebrates Joe Cosley's 150th Birthday, the heritage of North West Montana, and commemorate Joe's legacy.

Since Joe is getting on in years, he has decided to take it easy on you for v.4 in 2020, to make sure everybody has some time to hang out, socialize and drink some Kalispell Brewing Joe Cosley India Pale Lager after you finish pedaling. The JCPR is moving out to the Trego Pub and General Store, it's about a 43 mile drive north of Whitefish on Highway 93. The Pub will be the start and finish for the rides. There will also be camping (tent and camper van) onsite if you wish to hangout before the ride and the night of. They have a great lawn and deck to hang out on, full bar, restaurant, and general store. Not to mention the great views. You can find out more about the Pub - [HERE](#). Be sure to thank owners Lani and Todd for hosting the ride this year.

If you are traveling from out of town and are looking for a place to stay, I would 100% recommend [The Whitefish Bike Retreat](#). The last three JCPR's have been at the Retreat, so all we can say, is that it is that Cricket Butler has created the greatest when it comes cycling oriented lodging in the Whitefish area, and the stall all like to ride bikes. It's about a 30 minute drive to the start in Trego. They fill up well in advance to don't hesitate on lining up a place to stay.

If you are just looking for someplace to park your camper or set up a tent. Lani and Todd, owners of the Trego Pub have offered to allow campers on the property. There will be toilet facilities and water available. It a basic affair and there is a \$10.00 per night fee for camping. I'll also be camping the night before, so if you have any questions, it would be a great time to sit around the camp fire and chat it up a bit.

There will be two route options this year. This year's ride takes into account the suggestions from the cycling community, both previous and future participants. There will be a long and short route. Each route utilizes the best route given the respective length of each ride. The short ride doesn't just follow the long ride and then turn back in the middle. Start times are staggered, and should see both groups finishing together through out the afternoon.

The long route will cover somewhere in the neighborhood of 130 miles with about 11k of climbing and descending, with the short course rolling out in the 70 mile range with 5k of climbing and descending. I'm sure there will be a few route adjustments after I get out next spring and re-ride the routes I have supplied as examples. I can't see the route distances increasing or decreasing by much from the route examples given. If anything the short route will decrease in mileage.

The last JCPR versions tested your melatonin levels with a 12, 4 and 5 AM starts. Great to watch the sun rise while riding your bike, but for 2020 you can sleep in a bit. With the 7AM long course start and the 9AM short course start, this should get everyone back to the Pub before it gets dark. Civil Twilight-5:08 am, Daylight-5:41 am — — 9:33 pm, and Civil Twilight-10:12 pm. That gives you about 15 hours to finish the long course before it gets dark, and 12.5 hours to complete the short course before it gets dark.

The long course will have a cut-off time at the first aid station, mile 53. Cutoff time will be 12:30 pm, so you'll need to maintain close to a 10 mph average to continue forward. The cut-off time will be strictly enforced. If you fall outside of the cut-off time, you will not be allowed to continue forward as part of the JCPR. There is no sag support for the JCPR, if you fall outside the time limit at the aid station you are responsible to get yourself back to the Trego Pub. It's a straight shot back to the Trego Pub and bit under 20 miles on a paved road. The aid station will not give you a ride back as they will be moving to help support riders at another point on the course.

Short course has no cut off times.

The routes being considered are linked on the website, have a look and see references below. You will receive a final route gpx route file for your gps unit/cycling computer. This will be your only means of navigating the course. The route utilizes First and Secondary Forest Service, State Lands and County Roads, all suitable for 2 wheel drive traffic. Not all roads and intersections are signed as some of the route travels through semi remote areas. The route file you will receive, is 100% accurate as it is compiled from actual bike rides of the route. When I have the final route determined, I will post and send out a route file that states this is the "JCPR 2020 FINAL ROUTE", the current versions are just for reference. I know for a fact that there will be a few minor re-routes.

I have created the routes from past rides and then uploaded my route files into Caltopo. In my opinion, Caltopo offers the best gis data. You don't need an account to view the routes and associated information. It's worth signing up though, and exploring Caltopo for yourself, as it's a great tool for building ride routes. Following are links for the long and short routes. These are tentative ideas to give you somewhat of an idea on what the rides entail. Short routes [HERE](#) and they travel in a counter clockwise direction. Long routes [HERE](#) and they travel in a clockwise direction. Again these routes are only tentative ideas. The short route will be no longer than 70 miles.

Course Info:

Both routes start and finish at the Trego Pub utilizing a loop format. There will be water, hydration drink, energy bars at the aid stations. Plus I'm sure there will be a good selection of salty snacks and Coca-Cola. The short course has one aid station at about mile 35 and the long course has two aid stations, miles 50 and 85.

**You will need to purchase a Power Ball ticket with a Power Play on route at a local Conoco Station that will be collected outside as you depart. Tickets are \$3.00, cash only (you can't buy lottery tickets using a debit and or credit card). If you fail to purchase a ticket, you will be disqualified. Any winning tickets producing \$\$\$ will in part go to the supported Non Profit, this year that would be the Abbie Shelter, and to support upcoming JCPR'S in the future.**

There are no drop bag services this year. The aid stations will stock enough supplemental calories to get you through the ride. It is suggested though that you carry a bit extra and if you have personal favorites, some extras there as well.

Water - aid stations will have enough to fill up your bottles. You will need to supplement your hydration needs between the aid stations. Water sources will be marked on the gps route files as a POI. Water is from natural sources, so it's your choice to filter or not.

Pertinent information for this years ride:

- Pancake Griddle will be setup this year for pre ride hot cakes. We'll fire up the griddles at about 5:30 for breakfast. Pancakes with Butter, UnTapped Maple Syrup and of course Bacon. If you are part of the ride, breakfast is on us, if not there will be a nominal fee.
- There will be a sign in board. It'll be a big one with sharpies available to sign in next to your name. If you don't sign in, we consider you a "Did Not Start" and you won't be officially part of the JCPR. This is how we will keep track of you, so sign in is mandatory.
- This years JCPR will recognize the top three finishers, female and male in separate age group categories. Both long and short courses.
- The JCPR will also be the bonafide, official venue for the "Montana State Gravel Championship". To qualify you need to have been a resident of Montana for at least one year and hold a valid Montana State Library Card. This applies only to the long course.
- The JCPR is a semi self supported adventure ride/race that travels through remote areas of North West Montana. The JCPR provides a gpx file of the route to be ridden, two aid stations, but beyond that, you are responsible for yourself. There is no on course roaming support, mechanical, psychological or otherwise. Be prepared as you are responsible for yourself.
- It's a good idea to pair up on the ride. Safety in numbers.
- There are numerous water sources along the route, in the form of natural creeks and streams. Up to you if you want to filter the water or not. There is no reason to run out of water and become dehydrated on this ride. If you are low on water and you see a creek, stop and fill up. I will include place markers on the gpx route file of some of the more obvious water sources.
- Cell service is minimal while on the course. It is recommended that you carry a personal rescue/communication device. Such as a SPOT, INREACH.... And know how to use it.
- You will be required to sign in and out at each aid station.
- There is no on course mechanical support, if you break down you need to be prepared to fix what went wrong and/or be able to summon help.
- There is no sweep of the course.
- The route is not marked, the gps file will be your only means to navigate the route. This is not an orienteering test, roads are well maintained and succions and turns are well defined. Follow the route file on your computer/gps device and you'll be fine.

- Don't count on getting a ride back from any of the aid stations.
- If you do bail in the middle of the route, you are responsible to get yourself back to the Trego Pub and/or home. Be prepared with additional information, Forest Service Map, Personal Satellite Communication Device, don't solely rely on a cell phone as 90% of the route is out of signal range.
- If you drop out of the ride, you need to notify an aid station attendant, and JCPR crew member at the finish, Trego Pub. Save us from worrying about you because you didn't let use know you abandoned the ride and are safe at home. I don't like wild goose chases.
- Finish with what you started with, the aid stations aren't meant to leave personal belonging at, to lighten your load.
- There are bears, both Black and Grizzly Bears, it's recommended that you carry Bear Deterrent Pepper Spray. Mountain Lions are also on the prowl. Also we ran into a Moose last year, I would caution that Moose (in my experiences) are of more concern than a bear, so be cautious with them. In other words don't jump up and down yelling at them to try and scare them off, you may end up producing he opposite effect.
- Be prepared for changing weather conditions. It could be hot, cold, raining, snowing, there could be lighting, huge thunder storms.... You get the idea, it's Montana, it could snow in July. Often it's blue-bird in the am, only to see the sky overdeveloped and unleash with a fury of lightning, hail and rain.
- You are responsible for yourself, mentally and physically. Make sure your bike is in good condition and properly outfitted for the ride. You should treat this as a self supported adventure ride.
- Read the FAQ page as it may answer additional questions you have. You can essentially think of the JCPR just the same as heading out on a long ride with some friends. Except we offer a bit of help and a lot of encouragement along the way.

For updates and general information, please watch the following social media links:

- Face Book - @joecosley and @jcpancakeride
- Instagram - @pancakeride

Schedule:

- July 11, 2020. That's a Saturday.
- 6:00 - 6:30 AM Long Course Rider Sign In, MANDATORY.
- 7 AM Long Course, START!
- 7:30 - 8:00 AM Short Course Rider Sign In, MANDATORY.
- 8:30 AM Short Course START!
- When you finish, snacks, beverages, dinner from the Pub. Hang out, relax and practice your socialization skills.
- Awards for both rides, 6 PM. Great job everybody.
- Maybe see you next year, for a multi-day stage race?

That's it, Brad

P.S. I can't really stress this enough, **YOU ARE RESPONSIBLE FOR YOURSELF!** It is your responsibility for your own safety, both mentally and physically. The JCPR is a semi self supported adventure ride/race. I'm here to help, so if you have any questions, please ask.  
Email: joe@pancakeride.com

