

# bike bFAT

## Play the Trifecta

Thursday's in June & July 2008

### #1 Park Super D

Good Hard Fun

Meet Thursdays 6PM at exit 18 & Mud River Rd - we will ride thru town enroute to the little gravel lot at Park & Overlook Rds. <6:30 Singletrack Prelude via Stonehut. Staggered start from the very top of the Gas-Line - Marked Super D course ends at Lake William

### #2 6mi downhill

Not 6 miles Not Just Downhill

Meet 6PM Thursdays old Ford Motor Credit lot (near rt60 & Blue Sulphur) minimum 8 mile ride 50/50 road to dirt to Adahi to KT. Blazed Stage includes 1 dip ridge and 1 mile downhill - course ends at large trail bridge over Little Cabell Ck.

### #3 KTTT

The Classic Benchmark

Meet 6PM Thursdays at exit 18 & Mud River Rd (KT mile 0) Time Trial starts at Wildcat Trailhead then 4.2 miles to large trail bridge over Little Cabell Ck. Expect times to run up to near an hour to under a half. Return via Blue Sulphur & rt60W - minimum 12.5 mile loop

Trifecta Timing starts the first Thursday in June with the Park Super D and runs thru July. Minimum 2 week run for each course. No mudders in inclement conditions. Check [bike bFAT.com](http://bike bFAT.com) or [email](mailto:) for weekly intentions.

Hit all three and be eligible for the Trifecta. The rider with the Fastest Overall Time based on best time per/course will take home the Dirty Brown Cup full of honor and accolades from the 'FAT masses.

Please note this is just for fun pick up style riding. Some rides may splinter or continue after said sections. Be prepared. Have a buddy. Don't be stupid. Wear a helmet.