



# RIDE ON MOUNTAIN BIKING CHALLENGE GUIDED MOUNTAIN BIKE RIDE

**SATURDAY, AUGUST 19, 2023**

**Tijuana River Valley Regional Park Campground | 1942 Monument Road, San Diego**

**Check-In + Equipment Checks at 8:30 a.m. | Rolling by 9:15 a.m. | Ride Finishes Around 11 a.m.**

PHOTOS COURTESY OF JOSE GALAZ



## JOIN US ON A MOUNTAIN-BIKING ADVENTURE!

San Diego County Park Rangers, volunteers with the San Diego Mountain Biking Association and REI will talk about gear checks, safety tips, trail etiquette, and share route details.

**RSVP AT THE CODE OR BY CALLING**  
**619-669-5239**  
**M - F, 8 - 5**



### SAFETY FIRST!

Helmets are required and all bikes should be in good working order with treaded knobby tires and working gears and brakes – ready to travel uneven, rocky, sandy and challenging terrain. Events are not for unaccompanied youth or kids under the age of 8. Parents are responsible for determining their children’s skill levels. Routes are subject to change based on conditions and group dynamics. **Waivers are required.**

### FREE EQUIPMENT AVAILABLE:

No bike? No problem! Equipment can be borrowed through REI, if requested at the time of registration. Supplies are limited. The minimum height is 5 feet.

### WE GIVE, YOU GET!

All first-time participants will receive a pair of “Ride On” athletic socks (thanks to a donation by the San Diego County Parks Society) and a lifetime REI membership card.

### FOR MORE INFORMATION:

Susie Murphy, Executive Director, SDMBA  
executivedirector@sdmdba.com



### INTERMEDIATE OPTION

Distance: 13.6 miles | Elevation gain: 418 feet

The intermediate ride is a longer exploration of Tijuana River Valley and Border Field State Park, which includes singletrack, wide dirt trails and roads, from the beach, east, to Dairy Mart road and back. This ride also involves more varied terrain and steeper climbs.

This monthly series is part of the County of San Diego Department of Parks and Recreation’s Experience the Outdoors Program which boosts awareness of, and increases equity, inclusivity and accessibility in, park properties and events. Learn more at [sdparks.org/experienceoutdoors](http://sdparks.org/experienceoutdoors).

### BEGINNER OPTION

Distance: 8 miles | Elevation gain: 67 feet

Join us for an introductory tour of a selection of trails in Tijuana River Valley Regional Park, starting at the Campground and climbing up to Border Field State Park, then cruising north along the beach (conditions permitting) with a short sandy section (where we’ll walk bikes) before continuing westward on wide dirt trails that meander through the valley. This ride explores a mix of areas, from open salt marsh to very dense foliage. Most of this ride is fairly flat with just one uphill climb to the State Park.



**San Diego Mountain Biking Association**

