

A blue gravel bike with yellow handlebar grips and a yellow smiley face on the handlebars is parked on a gravel path in a forest. The path is surrounded by trees and greenery, with sunlight filtering through the leaves. The right side of the image has a dark blue overlay with white text and a faint bicycle wheel graphic.

Gravel Cycling 101

Thursday, June 27th @ 4:00 PM ET

Hosted by the League of American Bicyclists
bikeleague.org/webinars





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HOUSEKEEPING

- **Session is being recorded, and can later be found @BikeLeague on YouTube & bikeleague.org/webinars**
- **Attendees are muted**
- **Please type questions into Zoom Q&A/chat anytime**
- **Closed captions available**



ABOUT THE LEAGUE



Since 1880... our mission is to lead the movement to create a Bicycle Friendly America for everyone.



ABOUT THE SPEAKERS

ELLIE SKELTON

she/her/hers

RiotGrrrravel race founder

GenX TwinCities bike team founder

Executive Director/CEO at Touchstone Mental Health





THANKS FOR JOINING

Gravel Cycling 101

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WEBINAR



GRAVEL CYCLING 101

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Gravel Cycling 101

For beginner's or those
wanting to learn more
about gravel cycling



Why Gravel?

Less traffic

Nature /
Animals

Variety of
terrain keeps
it interesting

Fun
community

More
flexibility with
routes



Bikes

- Mountain Bike
- Hybrid Bike
- Gravel specific bike
- Fat bike
- Single speed
- Road bike that can handle larger tires
- E-bikes



Tires & Tire pressure

- I'd suggest a minimum of 28mm
- Some routes need 35-40mm
- Many bicycle tires have a gravel style tire you can purchase.
- Gravel races and rides, you will want to lower your tire pressure. This helps you slide around less, take the bumps better and have more control.
- Too low and you can get a pinch flat.

Types of Gravel and other roads

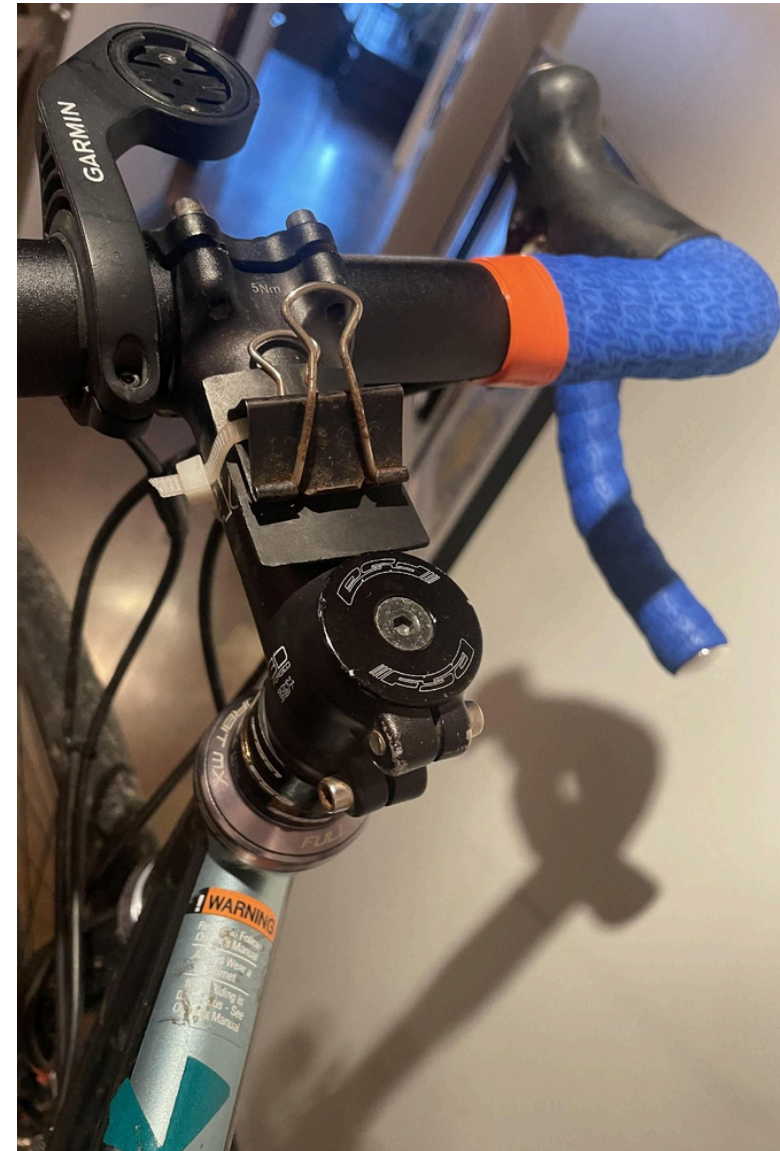
- Many types of unpaved roads!
- Slower than road riding most of the time.
- Hard packed or dirt roads
- Peanut Butter gravel
- Fresh gravel- can be loose!
- Sandy, potholes, washboard ruts
- Minimum maintenance roads
- Single track, similar to mountain biking





Navigating

THE FILTHY 50  1		
MILE	TURN	ROAD
.5	➔	MN-16 W / SHERIDEN ST W
1.5	➔	GROSBEAK ROAD
3.5	➔	GENTLE ROAD
4.9	➔	COUNTY ROAD 21
5.4	➔	FOX ROAD
5.9	➔	EASY STREET :)
7.8	➔	COUNTY HIGHWAY 23
9.5	➔	DEW DROP ROAD
10.9	➔	DEW DROP ROAD



Cue Cards or Cue Sheets



Nutrition

Depends on length of ride

Camelbacks are great

Homemade rice cakes or sandwiches are a good option.

Eating every 10 miles or 60 minutes for long rides works for me.

Salt tabs or electrolytes helps when it is really hot to keep from leg cramps.



Getting started

Giving it a try.

Ideas for finding gravel near you.

Groups

- Social clubs
- Skills classes
- Gravel camps and clinics



Races- Supported or Unsupported

If there is a region of the country or number of miles you want to ride. You probably can find a ride to do!

Some of my favorite MN Rides include:

- Heck of the North
- Filthy 50
- DAMN – day across MN
- Tour De Save in Northfield, MN





 **MID
SOUTH**

A WEEKEND ENDURANCE FESTIVAL.

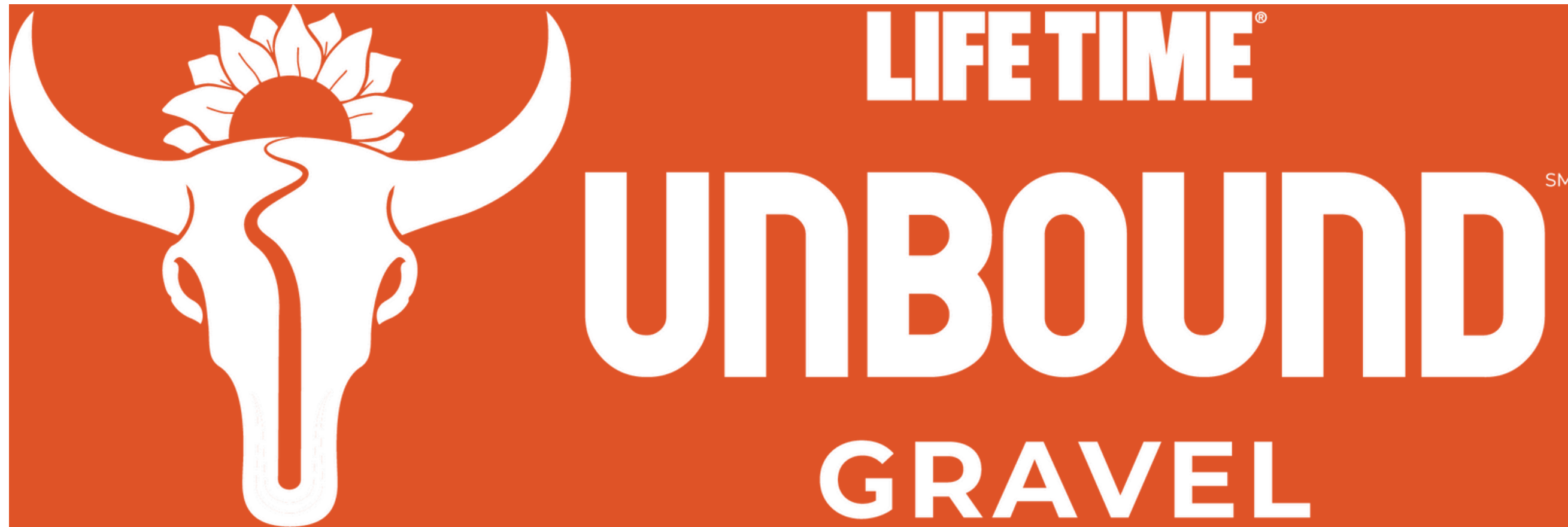
**WE CELEBRATE HARD CHALLENGES AND
THE BEAUTY OF OKLAHOMA DIRT ROADS.**

**MARCH 13-16, 2025
STILLWATER, OK**

Very popular Michigan race

ROLLING GRAVEL ROADS, PAVEMENT,
ONE MILE OF ROUGH TWO TRACK,
ROCKS, SAND, MUD, AND POSSIBLY
SNOW AND ICE AS YOU TRAVERSE THE
SCENIC ROADS OF BARRY COUNTY,
MICHIGAN.





UNBOUND Gravel- Emporia, Kansas



Questions

