

**all
bodies
on
bikes**



2024 ABOB SBT GRVL Program Information

Please read through this before applying so that you understand what the program provides and what is expected of you in return.

Community Agreement/Expectations for ABOB participants

- Everyone will have different goals for the weekend. Respect the challenge each of us has taken on, our individual goals, and approach to the weekend.
- Challenge yourself - there will be times you will be out of your comfort zone. The team is here to support you.
- Be a good representative for All Bodies on Bikes - as a member of our team, you will be representing us. That means good sportsmanship to other riders, being kind to the volunteers, and treating everyone you encounter with respect.
- Uphold our organizational values:
 - Body size exists on a spectrum and our lived experiences are not the same as other people's in similar or differently sized bodies than ours. We recognize that many factors impact this, but especially race, country of origin, mobility level, and income level.
 - We ride bikes for joyful movement and appreciate all forms of bike riding, including electric bikes, adaptive bikes, and tricycles.
 - All Bodies on Bikes strives to be a body-neutral zone. That means we don't talk about dieting, weight loss, weight gain, food restrictions, etc.
 - Finally, we celebrate our bodies for what they can do. Whatever point our bodies are at today, we say thank you, and provide the fuel, water and rest it needs to do what we ask of it.

Travel Arrangements

You will make your own travel arrangements to Steamboat Springs for the weekend. There may be opportunities to car-pool and split car rentals as the team gets to know each other next year,

but your transportation to and from Steamboat is not included as part of the acceptance to the ABOB team at SBT GRVL.

Steamboat Springs is a 3 hour drive from Denver. There is a local airport, Hayden, that is a 20 minute drive.

Accommodations

We will work on securing sponsorship to subsidize the cost of housing for the team. While we will make sure everyone has a bed, expect shared bedrooms and bathrooms. If you're a sensitive sleeper, we highly recommend bringing ear plugs and an eye mask.

We will also work on a fundraising program to cover other costs such as food for the weekend. If we fall short, there may be a small financial contribution required from team members to cover our weekend expenses.

What's included

If you are selected to join the ABOB team, your entry to the course of your choice will be covered. You will have a registration window in the last two weeks of November and must register in that time.

We will have monthly Zoom calls to get to know each other and so that we can support your journey. There will be guest speakers on our monthly calls to lend insight on topics from training, nutrition, bike maintenance. You will be asked for your input so we can deliver the most value on these calls.

While we are able to point you in the direction of training resources, the ABOB SBT GRVL program does not provide a structured training plan as part of your acceptance on our team.

Schedule of Events

SBT GRVL is an incredibly fun, busy weekend. There are some events that we will ask you to attend as part of the ABOB team, but otherwise you are free to enjoy the weekend events at your leisure. Make this weekend yours - check out the farmer's market on Saturday morning, listen to the panels, do yoga in the park - whatever makes you happy.

The full weekend schedule can be accessed at [SBT GRVL website](#)