



# GCC January Newsletter: Psychosis, Fat Bikes, and Mt 7 Logging

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## January Newsletter

### What's Happening?

Happy New Year! Only have a minute? Here's what's happening this month:

- Psychosis returns for its 25th Anniversary
- Fat bike trail conditions and grooming report
- Mount 7 logging operations update

### Psychosis 25th Anniversary

Psychosis downhill race is set to return to the legendary Mount 7 Race Line in Golden on June 22nd, 2024 to celebrate the 25th anniversary of one of downhill mountain biking's most legendary races.

The 25th anniversary event is as much a celebration and a throwback to simpler times as it is a race. First and foremost, we want to give those that raced it previously a chance to dust off the race rig and have another crack. The first 100 entries will be held for previous racers, while the remaining 100 will be available to the public. We expect all of these entries to sell out fast!

Registration will go live on January 15th, 2024 for previous Psychosis participants. Remaining spots will be open to the public on February 1st.

For more information, visit the Psychosis registration page here:

[Psychosis Registration Page](#)



### Fat Biking Conditions and Grooming Report

With the fluctuating temperatures and sparse snow, we've had to switch to our Plan B for which trails are groomed. The warm temperatures followed by a cool down caused Mountain Shadows to turn into a curling rink, although the recent snowfall is starting to bring it back to life.

For now, the best groomed trails are going to look familiar if you fat biked in town a few years ago. Casey has groomed a 9km loop on Odonata, Hemiptera, and upper CBT and it's been riding excellent. Parking for this loop is best from the Cedar Lake corner on Kicking Horse Road. Please be careful of traffic while crossing the road!

For the latest update on trail grooming conditions, visit our Grooming Report here:

[Fat Bike Grooming Report](#)

### Fat Bike Trail Use Etiquette

There's a lot to learn that you might not think about when you start riding a fat bike. In the summer you might fill your tires up only when it's starting to look a bit flat, but tire pressure is extremely important when riding fat bike trails.

When a trail looks freshly groomed and is soft, it's crucial to lower tire pressure so as to not make ruts. It'll help you float on top of it rather than sink in. Likewise, if you're using studded tires on ice, you might want to raise your air pressure, which allows the studs to bite into the ice.

If you can't prevent yourself from making ruts, it might not be a good day for fat biking. This usually occurs when temperatures rise above 0. Our trail network is primarily multi-use trails, meaning everyone is allowed to use them. Groomed trails are maintained specifically for fat bikes, although we welcome all users. We ask that *all users* be respectful, and if you're leaving deep footprints or tire marks, to exit the groomed trails in order to preserve them.

Finally, our Mountain Shadows trails are adjacent to ungulate winter ranges. For the protection of these animals, we advise trail users in this area to keep dogs under control at all times and limit trail use after 8pm.



### Mount 7 Logging Operations Update

Throughout the fall and winter, logging has been occurring on Mount 7.

Logging and operations are concentrated on the 8km branch of the Mount 7 road now, but will move to the 5km area and lower in January. Logging on Mount 7 is scheduled to be wrapped up by the end of February.

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