

### Mountain Bike Gran Fondo for the Entire Family

From Mild to Wild! That is how event organizers describe the Big Bear MTB Gran Fondo mountain bike tour of the Big Bear Valley on July 25. The event offers distances from 20-100 kilometers with interim distances of 30/50/70k. Yes, that is from about 12 miles up to about 62 miles on a mountain bike! The event begins in the Village of Big Bear Lake at 7:00 and the public is welcome to come and enjoy the Expo area and Beer Garden and to cheer riders as they leave or return to the Village.

A “gran fondo” is a tour, a social ride, not a race. Even though the event will be timed for rider experience, there are no prizes in the Big Bear MTB Gran Fondo although every finisher receives a medal. Racing simultaneously will be the Grizzly 100, an event of the National Ultra Endurance race series, with a distance of 100k.

“We wanted to do something that would be fun!” stated event organizer Dede Smith Hermon. “The Gran Fondo allows participants to challenge themselves at whatever level they may be. It also allows them to stop at each of the aid stations or rest stops for an exceptional snack unparalleled in other mountain bike events.”

Some riders register for longer distances than they are generally accustomed to riding. They may be going for a personal best time. Some may be riding in the mountains or at altitude for the first time. Some registrants are father/son teams. Many couples chose to ride the event together. Intermediate mountain bike riders from age 10 to 68 have registered in advance.

Some of the “fun” comes with the themed aid stations. Grandview Jct will be serving breakfast with eggs, bagels and Fruit Loops. Later in the day, it shifts to boiled potatoes and beets. S’mores is the

For Immediate Release

Contact Information:  
Big Bear Valley Race Association  
(909) 878-3456  
BBVRace@gmail.com

featured item at 7Oaks Campsite where there is a photo opportunity in the shade on a bridge over the Santa Ana River. Iced Essentia Water is served on the Radford Climb, a 5 mile 3500' climb for the 70 and 100k riders. At Hell, a fully exposed area on the climb will serve up lots of iced water and Hammer Heed electrolytes. Once riders pass under the gates to Heaven, they will be offered freshly prepared frozen fruit smoothies. The five main aid stations all offer fresh fruit, veggies, sandwiches and a whole lot more. Birthday cake will be offered to riders at various points along the course and at the finish line.

Free bike maintenance class will be included in the registration for the Skyview 20k and the Ridgeline 30k. A lift ticket on the Snow Summit Sky Chair is also included in the 20k registration to get them to the top of the mountain where they will start. All other categories begin and end in the Village. Skyline 50k participants will complete a full circuit of the newly opened Skyline Trail. In 2014, this trail was only partially opened; the 50k event was added in 2015 to allow riders to enjoy the total experience.

Over the Top 70k and Terrible 10,000 tourers will travel over the ridgeline and down into the Seven Oaks area. They will experience gnarly single track and steep descents and climbs on Seven Oaks Trail, South Fork Trail and Santa Ana River Trail before heading back up the Radford Climb. Only pros and expert riders should attempt this course.

Riders should begin returning to the Village beginning at 9:30 am and continuing until 5:00 pm. The Expo area will be a great place to hang out and enjoy the festive atmosphere with Essentia Water and the New Belgium Beer Garden. Specialized Bikes will be offering demo rides, along with other possible bicycle companies.

For Immediate Release

Contact Information:  
Big Bear Valley Race Association  
(909) 878-3456  
BBVRace@gmail.com

The Big Bear MTB Gran Fondo is not for beginning mountain bike riders, but it may be the ultimate fun ride for intermediate to expert levels. For more information on this event, check out the website at [BBVRace.com](http://BBVRace.com) or contact Big Bear Valley Race Association at [BBVRace@gmail.com](mailto:BBVRace@gmail.com).

###