

Big Bear MTB Gran Fondo Grizzly 100



July 25, 2015

EVENT SCHEDULE

(rev 6/10/15)

THURSDAY, JULY 23, 2015	5:00 PM	Acclimation Ride for 100k @ Bear Valley Bikes
	7:00 PM	No-Host Dinner @ 572 Social Kitchen and Bar
FRIDAY, JULY 24, 2015	9:00 AM	Acclimation Ride (multi-level) @ Bear Valley Bikes
	3:00 PM	Packet pick-up begins @ Robinhood Resort
	5:00 PM	Bike Maintenance 101 (20 and 30k Riders FREE)
	6:00 PM	No-Host Dinner @ Nottingham's Restaurant
	7:00 PM	Rider Q&A Meeting @ Robinhood Resort
	8:00 PM	Packet pick-up ends
SATURDAY, JULY 25, 2015	6:00 AM	Packet pick-up @ Start/Finish
	6:00 AM	Registration Open for 30k and 50k only
	6:30 AM	Expo Opens
	7:00 AM	RACE TIME! The Village of Big Bear Lake
	7:00 AM	Grizzly 100 (NUE) Start
	7:15 AM	Terrible 10,000 (100k) Start
	7:30 AM	Over the Top (70k) Start
	8:00 AM	Skyline (50k) Start
	8:30 AM	Ridgeline (30k) Start
	9:00 AM	Sky View (20k) Meet@ Snow
		Summit Sky Chair *ticket in packet
	11:00 AM	Beer Garden Opens
	4:00 PM	AWARDS CEREMONY
5:00 PM	Course Closed	
5:00 PM	Expo Closes	

BIG BEAR CYCLING FESTIVAL MOUNTAIN BIKE ACTIVITIES

(see <http://bigbearcyclingfestival.com> for more activities and events)

SATURDAY, JULY 25, 2015	6:00 PM	Inland Empire Biking Alliance Independent Film Festival - CANCELLED BY IEBA
SUNDAY, JULY 26, 2015	9:00 AM	Bike for Bender Social Tour AND Big Bear MTB Gran Fondo/Grizzly 100 RECOVERY Ride @ 572 Social Kitchen and Bar (FREE, purchase of meals and raffle tickets optional)
MONDAY, JULY 27, 2015	TBD	Snow Summit Bike Park @ Chains Required
TUESDAY, JULY 28, 2015	6:30 PM	Feed the Machine Night Ride @ Fawnskin Triangle (FREE)
WEDNESDAY, JULY 29, 2015	TBD	Knickerbocker Mansion Bike Biathlon (Mountain to Road ride) (FREE)

RIDER INFORMATION

(revised 6.10.15)

ENTRY FEE INCLUDES:

	Gran Fondo	Grizzly 100
Event Registration Fee	yes	yes
\$5,000 Total Cash Prize Awards – Pro Men/Women	n/a	yes
Finishers' Award – Buckle (1 st 100 of 100k finishers)	yes	yes
Finishers' Award – Medal (all others)	yes	yes
National Ultra Endurance (NUE) Sponsor Prize Awards	n/a	yes
\$200 Total King/Queen of the Mountain (KOM/QOM)	yes	yes
Pre-Event Discounts @ Nottingham's Restaurant	yes	yes
Special promotions from our event sponsors	yes	yes
Hammer Nutrition Heed @ Aid Stations	yes	yes
Essentia Water @ The Radford Climb Aid Stations	yes	yes
Magnificent Aid Stations	yes	yes
Snow Summit Sky Chair Lift Ticket	20k only	n/a
Bike Maintenance 101	20k and 30k only	n/a
Goodie Bags	yes	yes

Rain, Snow or Shine:

This event will take place regardless of weather conditions, so please come prepared.

Event Shirts Available:

While event shirts are not included in your registration, some will be available on-site for purchase at \$20 each. These are special tech material.

Lodging:

Please see our website for links to **Big Bear Vacations** for private vacation home rentals and for **Robinhood Resort** for motel lodging right at the core of Friday night registration/packet pick up.

Park & Ride:

We encourage riders to make reservations at Robinhood Resort or through Big Bear Vacations near the Start/Finish and RIDE or walk wherever you go in the Valley. Everything you need is close to The Village.

Timing:

The Big Bear MTB Gran Fondo is a RIDE, NOT A RACE, while the Grizzly 100 is a round of the National Ultra Endurance (NUE) race series. RACE PARTICIPANTS HAVE THE RIGHT OF WAY...PLEASE SHOW THEM COURTESY and move over to allow them to pass.

Number Plates:

Riders will be issued number plates which must be attached to the front handlebars of your bike at all times. The number plate is extremely important in the timing of the event. Anyone who does not display the number plate may be denied SAG services, aid station provisions, an official time, and a finishers' medal.

Aid Stations:

Aid stations are placed approximately 8 miles apart, except on the Radford Climb sponsored by Essentia Water. Aid stations will offer water and Hammer Heed, as well as a variety of fuel. Four aid stations will offer hydration only. Others will offer a selection of boiled potatoes, fruit smoothies, s'mores, beets, fruits, sandwiches, veggies, nuts, and more. Not all items offered at all aid stations, but a wide selection will be available.

Themed Aid Stations:	Seven Oaks Campsite	s'mores
	Heaven	frozen fruit smoothies
	Hell	iced Essentia Water

Personal SAG Vehicles:

Personal SAG vehicles are NOT allowed on Forest Service Roads. Parking is only allowed in designated parking areas along the course route. A USDA Forest Service Adventure Pass is required to park in some of these areas. WE suggest 70/100k riders/racers have personal SAG or family meet them at Seven Oaks Campsite Aid Station where we have space under the trees and next to the stream. Restaurant/market on-site for family. Plenty of parking.

Check Points:

Riders must check in on the 70/100k course Aid Stations. There will be someone very visible with a clipboard to check you off. This is for your safety and to ensure that no one gets lost, as well as to report your progress back to the event staff at the Start/Finish. The number plate is very important, so please remember the number and yell it out as you ride past a check point if you choose not to stop.

Time Limits/Cut Off Times:

All courses will close at 5:00 pm. Any rider who has not passed through Grandview Jct Aid Station by 3:00 pm will be directed down 1E01 to complete the course. The emergency contact for riders who have not returned by 5:00 pm may be notified that the rider has chosen to progress on his/her own.

What to Carry with You:

It is very important when you are on the trails to carry your personal identification and medical insurance card. We also recommend planning ahead and having all of that information in one place by utilizing our sponsor RoadID. Order your RoadID from <http://www.RoadID.com>. You should also plan for any and all contingencies and have your water bottle, sunscreen, electrolytes, basic tools, a spare tire and a pump. It may take SAG longer than you want to wait to catch up with you.

To track your progress, carry your Garmin and/or STRAVA compatible device...a MUST for those wishing to compete in the KOM/QOM on the Radford Climb, sponsored by Essentia Water.

And, most of all, carry a good attitude!

COURSE INFORMATION

Drop Bags:

Drop bags for 70/100k riders will be taken by event personnel to the Aid Station at Converse Station. Drop bags must be completely disposable and delivered to the Start/Finish by 6:00 am, an hour prior to the start of the first race. Race staff will attempt to return any left behind at Converse Station Aid Station to the Start/Finish by 5:00 pm, although there are no guarantees on their return.

King/Queen of the Mountain on the Radford Climb, sponsored by Essentia Water:

One segment of the Radford Truck Trail (100k and 70k courses) will be designated as a timed segment. The male and female riders with the fastest times on this segment will receive \$100 each. A computer will be available at the finish line for riders to download their times into their personal STRAVA accounts. The check will be presented at the awards ceremony (4:00 pm). Make sure you get your times downloaded as soon as you return!

Hydration/Sun:

The end of July may be very warm in Southern California. Depending on the distance you have chosen to ride, the temperatures may vary as much as 30 degrees. If you are remaining in the Valley (20/30/50k), you may anticipate milder temps (70-85 degrees). For the longer distances (70/100k), temps may reach over 100 degrees after you crest the ridgeline.

Altitude Changes:

Even though your ride will begin at an altitude of approximately 7000', you may be traveling to a much higher or much lower altitude. Lowest and highest altitude for 70/100k riders is 3500'/8500'. For 20/30/50k riders, the lowest and highest altitudes will be 6700'/8500'. For elevation gains on course, please see the course maps for each distance on our website.

Course Marshals:

Course marshals will be on the course to ensure that riders stay on course and pass through checkpoints. They will also ensure that all riders have cleared the course by 5:00 pm.

SAFETY, HEALTH AND WELFARE

First and foremost, please remember that this is a very challenging event. We want you to take your safety, health and welfare as seriously as we do. We have provided feed and hydration stops at regular intervals throughout each course. Make sure that you stop and refill your water bottles with the water and Heed electrolytes. Use sunscreen and bug repellent often.

Rider Q&A Meeting:

Riders are invited to attend a Q&A meeting on Friday, July 24 at 7:00 pm at Nottingham's Restaurant/Robinhood Resort. Questions regarding the course will be answered at this time. Of course, you may always contact us ahead of time if you know you have questions.

Emergency Communications:

Emergency communications will be provided at all full Aid Stations (not hydration only stations), plus some other locations throughout the course. The Emergency Communications Services of the San Bernardino County Fire Department EOS will be able to contact Sheriff, CHP, Fire or ambulance. If you find yourself in an emergency situation, you have three options: flag down a SAG vehicle, reach an Aid Station with emergency communications, or dial 911 (cell service permitting).

SAG:

Rider support will be available at various points and roaming along the trail to assist riders who have mechanical problems or who need transportation to Start/Finish. If you pass someone along the trail who needs assistance, please stop at an Aid Station and notify them of the location of the rider requiring assistance. Note: SAG vehicles are for mechanical problems only, not transportation for tired riders.

Course Sweepers:

All courses close at 5:00 pm. All support vehicles will end and riders will be responsible for their own safety.

Volunteers:

Volunteers for this event have come from all over Southern California to assist you. This is their way of participating in this event and making sure you have a safe and fun ride. Please remember to thank them whenever you see them. We want them to have a great time too!

Wildlife (not Nightlife):

Riders should always remember that they are traveling in wilderness areas which may be subject to appropriate wildlife which may include bears, mountain lions, and/or snakes. Additional protein may be available on the Radford Climb, sponsored by Essentia Water, or along the Santa Ana River in the form of gnats.