

RIDER INFORMATION

Rain, Snow or Shine:

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

Event Shirts Available:

While event shirts were available for purchase if you registered by September 15, some additional shirts will be available on-site for purchase at check-in and in the Expo area. These aren't chain wipe tee shirts! You are going to want one! If you didn't order ahead of time, you may want to go back in to your registration and add it before time runs out.

Lodging:

Please see our website for links to our Grizzly 100/75 sponsor **Big Bear Visitor's Bureau (bigbear.com)** for all lodging including private vacation home rentals. Check out **Robinhood Resort** for motel lodging right at the core of Friday night registration/packet pick up.

Park & Ride:

We encourage riders to RIDE or walk wherever you go in the Valley. Everything you need is close to The Village. Please **DO NOT PARK ON THE STREET DURING THE EVENT**. Parking lot maps are available. Signage will be up the morning of the event.

Timing:

The Big Bear MTB Gran Fondo is a RIDE, NOT A RACE, while the Grizzly 100 (100k and 75k) 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' award.

Aid Stations:

Aid stations are placed approximately 1-8 miles apart. Distance Charts are available. 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 Water

Grandview

Breakfast and vista

Oasis

Cooling Station

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 75/100k 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 75/100k 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. Please carry the EMERGENCY CONTACT cards we are providing for you to carry with you. We also recommend planning ahead and having all of that information in one place. 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.

Weather could be very warm or could be quite chilly (cold) at on the ridgeline. Please watch BensWeather.com for the most current conditions. You may want a jacket...or a swimsuit at Oasis! Be prepared!

Most of all, carry a good attitude!

COURSE INFORMATION

Drop Bags:

Drop bags for 75/100k riders will be taken by event personnel to the Aid Station at Converse Station, SART @ Hwy 38, and Heaven. 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. Please mark them with you NAME, RIDER NUMBER, the AID STATION where they should be delivered. We do not guarantee return.

Hydration/Sun:

The end of September may be very warm or getting ready to snow. You may anticipate cooler temps ranging from 35-75 degrees during the event. Big Bear is still considered one of the five sunniest places in the world, so stay covered and stay hydrated!

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 75/100k riders is 3500'/8500'. For 20/30/50k riders, the lowest and highest altitudes will be 6700'/8500'.

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 often, even if the weather is cool.

Rider Q&A Meeting:

Riders are invited to attend a Q&A meeting on Friday, September 29 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 with questions ahead of time.

Emergency Communications:

Emergency communications will be provided at all full Aid Stations (not hydration only stations), plus some other locations throughout the course. The Mountain Top Amateur Radio Association (MTARA) 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). Staff and Volunteers have been instructed to dial 911 for injuries requiring Emergency Services.

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 ride support will end and riders will be responsible for their own safety.

Volunteers:

EVERYONE working on this event is a volunteer. They 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, deer and/or snakes. Additional protein, in the form of gnats, may be available on the Radford Climb or along the Santa Ana River.