

# TOUR de BIG BEAR

## RIDER INFORMATION PACKAGE

Saturday, August 5, 2017 . . . Rain or Shine

WIN Group Real Estate and Bear Valley Community Hospital thank you for registering for the Tour de Big Bear cycling event at The Village at Big Bear Lake! You are about to enjoy the ride voted **Southern California's Favorite Ride** and one of the most scenic rides in California! Here is the information you need to get checked-in and get riding!

### **Big Bear Cycling Festival**

Big Bear Cycling and the City of Big Bear Lake are proud to present the Big Bear Cycling Festival . . . a full week of rides and cycling related activities at 7000' in the San Bernardino Mountains for the whole family!

Enjoy Big Bear Lake, Expedia's #1 rated weekend getaway city, and Southern California's most scenic and popular riding destination. Home to the AMGEN Tour of California (2017, 2015, 2012, 2010), Redlands Bicycle Classic (2013 - 2015), Tour de Big Bear (2010 – 2016), NORBA Nationals mountain bike events and the nation's first lift served ski area for mountain biking . . . Big Bear Lake is the Cycling Capital of Southern California!

The Big Bear Cycling Festival offers an escape from the summer heat for a few days or a whole week. Go to [Big Bear Cycling Festival](#) for a complete schedule of events and join us for some extra riding time in beautiful Big Bear Lake.

### **Big Bear Weather**

**Weather/Dress:** You are traveling to the mountains! Weather conditions can change quickly so travel prepared for ANY type of riding weather. The average high and low temperatures for August 5 in Big Bear Lake are:

|                |    |                |    |
|----------------|----|----------------|----|
| Average High : | 80 | Forecast High: | 80 |
| Average Low:   | 49 | Forecast Low:  | 52 |

Expect cool temperatures in the morning and after the sun sets. August is also "monsoon season" so afternoon thunderstorms are a distinct possibility. They can pop-up at any time, but most often between 12:00 noon and 4:00PM. Be prepared to seek cover at an aid station should a storm form near you. Lightning and brief heavy rain will accompany these storms, but usually lasts only a short time. The east end of the Valley and Onyx Summit are most prone to monsoon storms. Be sure to check [www.citybigbearlake.com](http://www.citybigbearlake.com) or [www.bigbearcycling.com](http://www.bigbearcycling.com) for the latest weather conditions and be sure to be prepared for ANY type of weather. Also, the climate is extremely dry (less than 5% humidity on summer afternoons) so be sure to drink plenty of fluids, wear heavy sunscreen with high SPF and SPF lip balm.

### **Rider Information**

#### **Check in**

**Friday, 8-4-17:** Noon – 9:00PM – Nottingham's Restaurant & Tavern (on the patio – enter off Bartlett Ave.)  
Official Host Hotel & Restaurant  
40797 Big Bear Blvd. (southwest corner of Pine Knot Ave. & Big Bear Blvd.)  
Big Bear Lake  
(909) 866-4644

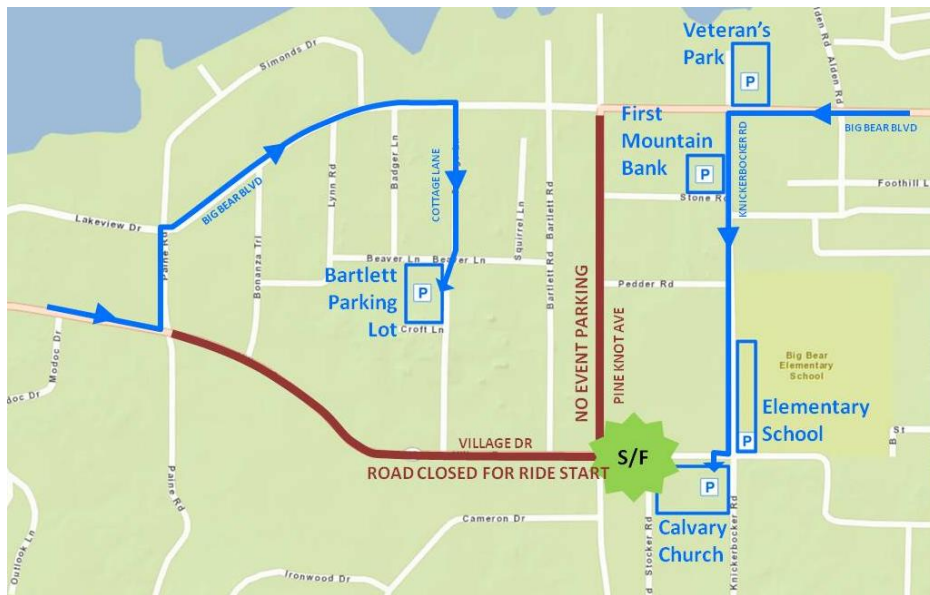
**Saturday, 8-5-17:** 6:00AM – 7:00AM – Big Bear Cycling Expo, presented by the Village Business Association  
The Village at Big Bear Lake  
Corner of Pine Knot Ave. & Village Dr.

## Parking

Village Dr. will be **CLOSED** the morning of August 5, 2017 for all vehicles to allow for the start of Tour de Big Bear. **THERE WILL BE NO TOUR de BIG BEAR PARKING ALLOWED ON VILLAGE DR. OR PINE KNOT AVE. FOR THIS EVENT.** Ample parking will be provided in areas immediately surrounding The Village at Big Bear Lake for all Tour de Big Bear participants. Please follow signs on Big Bear Blvd. to the following parking lots:

Bartlett Parking Lot  
Knickerbocker City Lot  
Pennsylvania City Lot

Big Bear Elementary School  
Veterans Park  
Calvary Church  
Big Bear Presbyterian Church



## Ride Start Times (Saturday, August 5, 2017)

All rides will start **promptly** at times listed below. Please be sure you allow sufficient time for parking and warm-up. Gather at the Start/Finish line **at least 15 minutes** before your scheduled start time for important announcements.

HC Race – Yellow – 7:15AM  
107 Mile – Purple - 7:30AM  
70 Mile – Red - 8:00AM  
50 Mile – Blue - 8:30AM  
25 Mile – Green - 9:00AM

## Aid Station Hours

Eight Aid Stations are provided for your food and hydration along the five routes. Each station menu was prepared and selected by adventure athletes and nutritionists to provide the BEST in fluid and fuel during your ride. Each station, for each stage, is identified on the map and turn-by-turn sheets provided at check-in. Listed below are the aid station locations and hours of operation for each route:

|                             |                                     |                     |
|-----------------------------|-------------------------------------|---------------------|
| Snow Valley                 | 50, 70 and 107 Mile Routes          | 7:30AM – 10:30AM    |
| Discovery Center            | 25, 50, 70, 107 and 125 Mile Routes | 8:00AM – 11:00AM    |
| BBARWA                      | 50, 70, 107 and 125 Mile Routes     | 9:00AM – 12:00 Noon |
| Onyx I - Blue Sky Meadows   | 70, 107 and 125 Mile Routes         | 9:00AM – 1:00PM     |
| Angeles Oaks                | 107 and 125 Mile Route              | 9:00AM – 1:30PM     |
| Onyx II                     | 107 and 125 Mile Route              | 12:00PM – 3:30PM    |
| Zoo                         | 25, 50, 70, 107 and 125 Mile Routes | 9:00AM – 4:00PM     |
| Green Valley Lake (HC ONLY) | 125 Mile Route                      | 12:00PM – 3:00PM    |
| Finish Area                 | 25, 50, 70, 107 and 125 Mile Routes | 10:0AM – 4:00PM     |

In addition to a professionally designed menu, our NEW Nutrition Sponsor Carbopro fuel drink and Metasalt will be available at ALL Aid Stations.

## Rider Check-in Information

At check-in, we will provide you with the following for your ride:

- **Wristbands.** Color-coded wristbands designate your participation in Tour de Big Bear for law enforcement, aid station participation and "SAG Vehicles". Wristbands MUST be worn at all times during the event.  
**Security will be provided at ALL Aid Stations to deter "bandit riders" and ensure all riders entering aid stations are wearing proper wristbands.**
  - **HC Gran Fondo** - Yellow
  - **107 Miles** – Purple
  - **70 Miles** – Red
  - **50 Miles** – Blue
  - **25 Miles** - Green
- **Bike Number:** Tour de Big Bear bike number attaches to your bike handlebars and identifies you as a participant in Tour de Big Bear and is critical to our rider identification, photography and timing purposes. **This year's event is chip-timed, sponsored by Mitsubishi, and it is CRITICAL that number plates are properly displayed on handlebars, facing forward, for proper timing.**
- **Route Sheets:** Color-coded maps and turn-by-turn directions for your route will be provided at check-in.
- **Raffle Ticket:** Receive your first raffle ticket FREE at check-in, and you can then purchase additional raffle tickets for MANY great prizes! See the raffle ticket flyer in your goodie bag for more details. The raffle will take place promptly at 4:00PM on the stage in the Big Bear Cycling Expo. Winners **NEED TO BE PRESENT TO WIN.**
- **Goodie Bag:** Another great year with fun and useful, goodie bag materials await, presented by Big Bear Disposal!
- **Technical Shirt:** At check-in, you will receive your Tour de Big Bear legendary Technical Shirt, presented by the City of Big Bear Lake, to wear proudly (\$20.00 value).
- **Tour de Big Bear Merchandise** – Purchase your Tour de Big Bear merchandise at our check-in merchandise booth. Extra technical shirts, previous year's shirts, Big Bear Cycling kits, caps, visors and 2015 Tour of California merchandise available.

## 2017 Tour de Big Bear Rider Jersey



Be one of the first to wear your own Tour de Big Bear jersey! Last year's jersey was a sell out!! This limited edition jersey was created by Freddie Rodriguez, four time national road race champion and retired member of Team Jelly Belly, and is made of fine quality materials, and truly represents the ride that is Southern California's favorite!

## **Rider Safety (Sponsored by Bear Valley Community Hospital)**

Being in the mountains and away from civilization, safety is of utmost importance to us for you our riders. Listed below are actions we are taking to provide you with a safe ride:

### **Course Marshals**

Each of the 25, 50, 70 and 107 mile courses will have at least two Course Marshals riding with the group for basic assistance and questions. They will be wearing brightly colored yellow jerseys with "Course Marshall" on front and back.

### **Course Cut Off Times**

#### **107 Mile Stage**

The 107 mile stage is one of the most difficult in Southern California with significant climbing, mostly in the second half of the route **and** at high altitude. Due to time and safety constraints, any rider wishing to complete the 107 mile route **MUST** be at the Onyx I - Blue Sky Meadows Aid Station by **12:30PM**, or they will be turned around and asked to complete the 70 mile course since they will not get back before the course closes. **Trained medical personnel will also be at that station looking for dehydrated or overtired looking riders. If you are asked to consider turning around, it is for your own safety and the warning should be adhered to.**

### **Angeles Oaks**

After cresting Onyx Summit, it is a long downhill to the bottom of Santa Ana River Canyon before turning around and riding the 20.0 mile climb at 8-10% grade. All riders must leave Angeles Oaks rest area by **1:30PM** cutoff.

### **Division/Big Bear Blvd.**

All riders must be back to corner of Division and Big Bear Blvd. before **3:00PM cutoff** to continue up the final Moonridge climbs. If riders are simply too tired, or do not get to there before the 3:00PM cutoff, an "Escape Route" has been set up to cut out the climbing and send the riders back on flat ground. Look for the "Escape Route" signs at the corner near the Convention Center.

## **San Bernardino County Fire, Emergency Communication Service**

Emergency radio communications will be provided at all aid stations, plus other locations throughout the five courses. These individuals have direct communication with all emergency services (Sheriff, CHP, Fire, Ambulance) should the need arise. Should you need emergency assistance while on your ride, you will have four options: locate a Course Marshal, SAG vehicle, **contact SB County Emergency Services Central Command directly at (909) 358-4011, or if a major emergency call 911,**

## **SAG Vehicles**

Six SAG/Transport vehicles, presented by Farmers Insurance - Joe Dittmore agency, will be assigned to various areas of the course, and roaming, to help with mechanical breakdowns, flat/tire repairs, transportation etc. They will all carry tools and supplies to make your troubles quickly go away! Each vehicle will be identified with magnetic "SAG" signage. Should you or someone you are riding with need a SAG vehicle, stop at one of the Aid Stations or Emergency Communication Service radio locations and they can be called to your location. In addition, EACH AID STATION (except the Zoo) will have a mechanic on site to correct any basic mechanical issues. Transport vehicles are also available for mechanical breakdowns ONLY and NOT transportation for tired riders – please select your ride accordingly.

## **Course Sweepers**

All five courses close at 5:00PM. The SAG Vehicles will act as course sweepers to radio the progress of slower riders. At 5:00PM the courses are closed and all support vehicles will end.

## **STRAVA Segments**

The 2017 Tour de Big Bear will again have five STRAVA Segments set up throughout the rides. Each will be identified by signage and complete information on the segments and STRAVA will be provided on a flyer within your goodie bag . . . join the fun!

## **King/Queen of the Mountain**

All HC Gran Fondo, 107 and 70 mile riders are automatically entered into the Remax Big Bear 7.5 mile, 1570' climb up Onyx Summit for cash and prizes! The course is OPEN to traffic so please be careful, but we will be crowning fastest male and female, under 50 and over 50 - see flyer in your goodie bag for more details.

## **Rider Rules**

- **Tour de Big Bear is a ride, Tour de Big Bear HC Gran Fondo is a race**
- **Helmets are mandatory!** ALL Cyclists must wear an ANSI or SNELL approved cycling helmet with the chin strap buckled at all times when riding on the course.
- **Obey all traffic laws.** All cyclists are personally responsible for obeying all traffic laws; this includes – but is not limited to – traffic lights and stop signs. Tour de Big Bear provides CHP at most main intersections along the route to allow cyclists to flow through intersections without stopping. If the intersection DOES NOT HAVE CHP or Sheriff posted, traffic rules are in effect. Violators may be ticketed by local law enforcement and/or disqualified and removed from the event. All riders are personally responsible for knowing and understanding California's traffic laws.
- **Ride safely and in control.** Ride single file whenever possible. You will be riding on mountain roads with blind corners, rough road sections and steep descents and YOUR SAFETY IS YOUR RESPONSIBILITY. Any rider who is deemed to be riding unsafely, discourteously or recklessly will be removed from the event and banned from future events.
- **No personal support vehicles.**
- **Display your bike number and wear your wristband.** For your safety and chip timing accuracy, all registered riders MUST display their bike number **on their handlebars**, and wear their correct color coded wristband. Riders who fail to do so **WILL** be denied rider safety services, access to Aid Stations and will not receive an official finisher's medal.
- **No unregistered riders.** Unregistered riders will be prohibited from entering Aid Stations and receiving ANY rider benefits, including safety services.
- **No iPods, headphones or personal stereos while riding.**

- **Rain or Shine.** The event will occur regardless of weather conditions, so please come prepared.
- **Event cut-off time.** The courses and finish line of Tour de Big Bear will close at 5:00PM. At that time the event will be officially over, and all cyclists who are still on the course will be required to stop.

## Tour de Big Bear Weekend Activities

### FRIDAY, AUGUST 4 - SCHEDULE OF EVENTS

- **Check-in:** Robinhood Resort/Nottingham's Tavern **12:00 Noon – 9:00PM**
- **Poker Ride:** The wildly popular Poker Ride is back!! Join the Big Bear Cycling Festival and the Poker Ride! Take an easy spin ride around the lake, get acclimated to the altitude and have some fun! Visit various local establishments around the lake and receive a playing card for each. Submit five best cards when you return and best hands win some fun prizes! Sign up is first-come, first-serve and registration is available at Tour de Big Bear check in.  
**FREE to Ride (maximum 125 entries)**  
**Registration: Noon – 3:30pm**  
**Poker Ride: 4:00 – 6:00PM**  
**Meet at The Copper Q – 645 Pine Knot Ave.**
- **Spaghetti Dinner:** No Host Spaghetti Dinner Buffet provided for \$13.00 (per person, all inclusive) **at Nottingham's**, our Official Host Hotel and Restaurant. Spaghetti, Pasta, Salad, Garlic Bread and drink all included for an official "carb load" before your ride Saturday.
- **Nottingham's Cycling Expo:** Enjoy the evening with our Nottingham's Cycling Expo with cycling only vendors all within a New Belgium Brewing Beer Garden, proudly serving Fat Tire and other New Belgium brews. Enjoy a couple of beers before resting up for the big rides!
- **Restaurant Options:** Other local Village Area restaurant options in the area include El Jacalito (Mexican), 572 Social (Casual American), Peppercorn Grill (American), Sweet Basil (Italian), The Pines (Lakefront), Jasper's (Barbeque), Paoli's (Italian), Big Bear Brewery(Micro Brew), Himalayan (Indian), Saucy Mama's (Italian), Teddy Bear (Coffee Shop)
- **"Friday Night in the Village":** Stroll the streets and shops of the Village after dinner. Enjoy the many shops and restaurants open late Friday evening.

### SATURDAY, AUGUST 5 - SCHEDULE OF EVENTS

- **Check-in:** Start/Finish area at the Big Bear Cycling Expo **6:00AM – 7:00AM ONLY**
- **Breakfast:** The Copper Q will offer a no host coffee, tea, pastries, fruit and light breakfast in the Expo area beginning at 6:00AM.
- **Tour de Big Bear Start Times**  
**HC Race – 7:15AM**  
**100 Mile – 7:30AM**  
**70 Mile – 8:00AM**  
**50 Mile – 8:30AM**  
**25 Mile – 9:00AM**
- **FREE BIKE VALET:** After a long day on the road, park your bike in the FREE bike valet, presented by US Bank, while you meet your family or friends.
- **Big Bear Cycling Expo:** After parking your bike in the FREE Bike Valet, enjoy over 40 cycling vendors in our Big Bear Cycling EXPO, presented by Village Business Association. Expo hours are 9:00AM – 5:00PM
- **New Belgium Beer Garden:** The Big Bear Cycling Expo is also the home of the **NEW** New Belgium Beer Garden. Stroll the Expo and shop while sipping a nice cold Fat Tire beer . . . the perfect end to an awesome day of riding in the mountains.
- **DJ/Entertainment** – Expo music will be provided by Union Bank
- **Lunch:** Leave your bike in the FREE bike valet and enjoy lunch in any of the many Village restaurants.

- **Raffle Drawing:** Plan on finishing no later than 4:00pm in order to join the rest of the riders for expo browsing and raffle drawing held promptly at 4:00pm. This is a **BIG TIME RAFFLE** with 15+ packages – all valued between OVER \$1000!! See our raffle flyer for all the details and prizes to be given away. **Winners must be present to win!**
- **Journey/Pat Benatar Concert** – Relax and recover under the stars in a forest amphitheatre listening to the sounds of Journey and Pat Benatar at the Big Bear Discovery Center.

## SUNDAY AUGUST 6 - SCHEDULE OF EVENTS

- **FREE Recovery Ride (Presented by Bear Valley Printing):** Stretch those legs for an easy spin on our 15-30 mile Recovery Ride. It's an easy, slow social ride to help clear out the lactic acid from the Tour de Big Bear.  
**FREE to Ride**  
**9:00 – 11:00AM**  
**Meet at Copper Q in The Village at Big Bear Lake – 645 Pine Knot Ave.**
- **FREE Time Trial (Presented by Nottingham's):** For those with fuel left in the tank and have a need for speed . . . join Big Bear Cycling for our 7.2 mile Time Trial across the North Shore of Big Bear Lake.  
**FREE to Ride (WITH Tour de Big Bear wristband)**  
**8:30AM**  
**Meet at Dam (Highway 18 and 38)**

### Non-Rider Activities

**Big Bear Discovery Center:** Learn about Big Bear, its natural surroundings and wildlife on the North Shore of Big Bear Lake.

**Alpine Zoo:** Visit our one of a kind zoo in Moonridge. All animal indigenous to mountain areas and not able survive in the wild on their own. Grizzly bears, bald eagles, fox, wolf, snow leopards – really a cool place!

**Lake Tours:** Enjoy the lake and visit one of our marinas to rent a boat or take an informative lake tour.

**Horse Carriage Rides** – Tour the Big Bear Lake Village in a horse drawn carriage or stagecoach. Located on Pine Knot Ave. and Pedder, in front of Teddy Bear Restaurant.

**Mountain Biking** – Hundreds of miles of mountain bike trails await in the Big Bear Valley. Ask your lodge, coffee shop, or outdoor retailer/marina for a FREE Big Bear Cycling and Outdoor Activities map for all the details.

**Hiking** – Hiking trails also abound in the area so if a nice mountain stroll fits your schedule we have that too!

**Boating** – With our spectacular lake, all types of water sports are available at our many marinas and outdoor activity shops.

### Getting to Big Bear:

Los Angeles/San Diego/Orange/Riverside Counties – Three ways to access the Big Bear Valley:

- Route 330/18 through San Bernardino and into the west end of Big Bear Valley.
- Route 38 from Redlands through Mentone and into the east end of Big Bear Valley.
- Route 18 through Lucerne Valley and into the northeast end of Big Bear Valley.

Arizona/Nevada/Coachella Valley/Antelope Valley (points East and North)

- Exit Highway 10 on Highway 62 (just west of Palm Springs) and take 62 north through Morongo Valley and Yucca Valley's to Highway 247.
- Take 247 west, toward Victorville, to Highway 18 in Lucerne Valley
- Left on Route 18 and continue into the northeast end of Big Bear Valley.

## Be Prepared for Altitude!! (Sponsored by CarboPro)

We say this every year and yet it is our number one health issue at Tour de Big Bear. Riding at 7000 – 8500' is not something most of the group is accustomed to. Listed below is training information that you will find helpful in preparation for your ride.

**Proper fuel, hydration and electrolyte replacement** is the key to cycling performance at altitude. While oxygen levels decrease up to 30% at altitude, hydration needs increase as the air is MUCH drier. You feel like you are physically sweating less, when in actuality it is simply drying quickly.

Endurance performance bottoms out hours after arrival at altitude – that's why we encourage the group so strongly to arrive during the week for our Big Bear Cycling Festival, join our many warm-up rides with pro cyclists and better acclimate yourself to the altitude before the big rides on Saturday. The earlier you can arrive at altitude prior to your ride the better your performance will be.

Other medical related issues to be aware of include:

- Altitude induced asthma can appear in individuals who have had no asthmatic symptoms at sea level. If you suspect you may be in this group, bring your inhaler with you.
- Avoid medications that will depress breathing rate. This includes alcohol, sleep medications and narcotic pain killers.
- Increase carbohydrate intake
- Increase antioxidant intake
- Maintain hydration balance

Tour de Big Bear is pleased to present **CarboPro** as our nutrition partner. CarboPro formulates the finest nutrition supplements for Power, Strength, and Endurance athletes. Each aid station will be stocked with CarboPro, a pure complex carbohydrate fuel and Metasalt, a premium electrolyte replacement capsule. For more information, visit [www.carbopro.com](http://www.carbopro.com). #nailyournutrition

In addition . . .

**Topical Edge** – Ride harder and recover faster with our new partner, Topical Edge. It's clinically proven to help reduce lactic acid on hard training days and big events like the Tour de Big Bear, and as easy to apply as putting on lotion. Use code BIGBEAR25 for 25% off and more power to the pedals and better legs the next day.

[www.topicaledge.com/?utm\\_source=BigBear](http://www.topicaledge.com/?utm_source=BigBear)

**Pickle-Ice** – Pickle-Ice will be available on the course and at the Finish Line Aid Station. Refreshing 2 oz. pops are a nice cool athletic supplement to help rehydrate and prevent cramps. Enhanced with electrolytes, Pickle-Ice provides essential minerals like sodium, potassium, calcium and magnesium lost during intense workouts.

[https://www.amazon.com/Van-Holtens-Pickle-Freeze-](https://www.amazon.com/Van-Holtens-Pickle-Freeze-Pops/dp/B01BHW0EV4/ref=sr_1_2_m?m=A19NVE4G6SOT2C&s=beauty&ie=UTF8&qid=1494510725)

[Pops/dp/B01BHW0EV4/ref=sr\\_1\\_2\\_m?m=A19NVE4G6SOT2C&s=beauty&ie=UTF8&qid=1494510725&sr=1-2&keywords=Van%2BHolten%27s&th=1](https://www.amazon.com/Van-Holtens-Pickle-Freeze-Pops/dp/B01BHW0EV4/ref=sr_1_2_m?m=A19NVE4G6SOT2C&s=beauty&ie=UTF8&qid=1494510725&sr=1-2&keywords=Van%2BHolten%27s&th=1)

Drink lots of fluids (not alcohol) before the ride and maintain those levels at our many aid stations along the way. Please remember to pack electrolytes and endurolytes for this weekend's rides.

Bring the family and make a weekend or vacation out of your Tour de Big Bear experience. It's the perfect time of year to escape the summer heat and enjoy a refreshing weekend in the mountains with LOTS to see and do!

See You Here!

Craig Smith  
President  
Tour de Big Bear  
Big Bear Cycling Association



