

TOUR de BIG BEAR
RIDER INFORMATION PACKAGE
Saturday, August 4, 2018 . . . 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, too. Here is the information you need to get checked-in and riding!

Big Bear Cycling Festival

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

Enjoy Big Bear Lake, Expedia's #1 rated weekend getaway, home to the AMGEN Tour of California (2017, 2015, 2012, 2010), Redlands Bicycle Classic (2013 – 2015, 2018), Tour de Big Bear (2010 – 2017), 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 to 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 4 in Big Bear Lake are:

Average High: 80	Forecast High: 82
Average Low: 49	Forecast Low: 52

Expect cool temperatures in the morning and after the sun sets. August is also "monsoon season;" afternoon thunderstorms are a possibility. They can pop-up at any time, but most often between 12:00 and 4:00PM. Be prepared to seek cover at an aid station should a storm form near you. Lightning and brief heavy rain can accompany these storms. The east end of the Valley and Onyx Summit are more prone to monsoonal storms. Be sure to check www.citybigbearlake.com or www.bigbearcycling.com for the latest weather conditions. The climate is dry (less than 5% humidity on summer afternoons). Drink plenty of fluids and use sunscreen and lip balm.

Rider Check-in Information

NEW CHECK-IN LOCATION: Tour de Big Bear is pleased to announce a new, larger check-in location – centrally located within our Big Bear Cycling Expo in Downtown Big Bear Lake. We have also extended our check-in hours with early check-in available during the Big Bear Cycling Festival on Thursday, August 2, 2018. Check-in hours are:

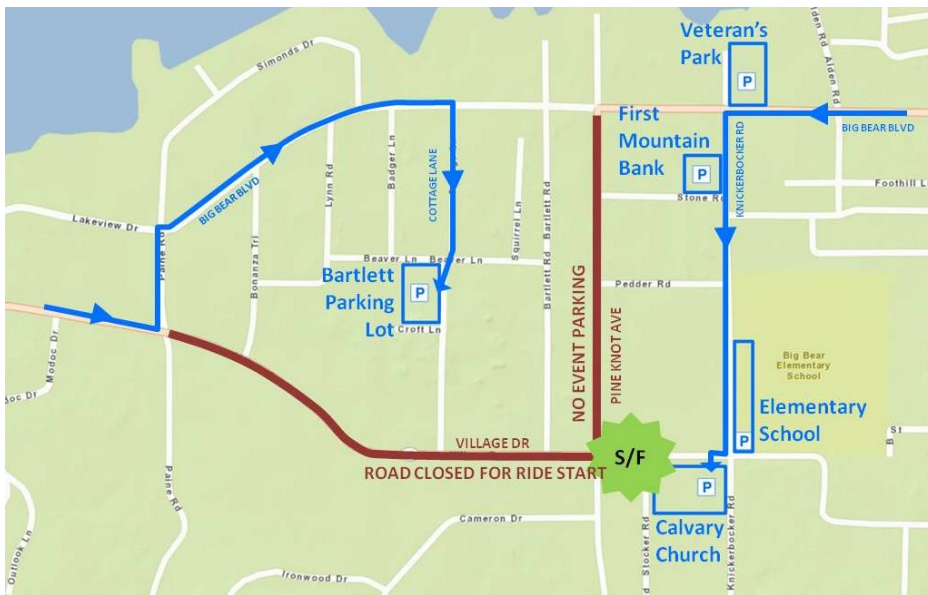
Thursday, 8-2-18	3:00PM – 6:00PM
Friday, 8-4-17	Noon – 9:00PM
Saturday, 8-5-17	6:00AM – 7:00AM

Big Bear Cycling Expo, presented by Village Business Association
The Village at Big Bear Lake
40803 Village Drive (southwest corner of Pine Knot Ave. & Village Dr.)

Event Parking

Village Drive will be **CLOSED** the morning of August 4, 2018 to all vehicles to allow for the start of Tour de Big Bear. **THERE WILL BE NO TOUR de BIG BEAR PARKING ALLOWED ON VILLAGE DRIVE OR PINE KNOT AVENUE FOR THIS EVENT.** Ample parking is provided in areas immediately surrounding The Village at Big Bear Lake. Please follow signs on placed on Big Bear Blvd. to the following parking lots:

Bartlett Parking Lot	Big Bear Elementary School
Knickerbocker City Lot	Veterans Park
Pennsylvania City Lot	Calvary Church
	Big Bear Presbyterian Church



Ride Start Times (Saturday, August 4, 2018)

All rides will start **promptly** at times listed below. 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

A total of eight Aid Stations are provided along the cycling routes. Each station's menu was prepared and selected by adventure athletes and nutritionists to provide the BEST in fluid and fuel during your ride. Station for each stage are 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	8:00AM – 12:00PM
Onyx I - Blue Sky Meadows	70, 107 and 125 Mile Routes	8:30AM – 1:00PM
Angeles Oaks	107 and 125 Mile Route	9:00AM – 1:30PM
Onyx II	107 and 125 Mile Route	11:00AM – 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 *Science in Sport (S.I.S)* will provide electrolyte drinks and gels at ALL AID STATIONS.

Rider Information

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

- **Wristbands.** Color-coded wristbands designate your participation in Tour de Big Bear for law enforcement, aid station participation, and "SAG Vehicle" use. Wristbands **MUST** be worn at all times during the event.

Security will be provided at ALL Aid Stations to deter "bandit riders."

- **HC Gran Fondo** - Yellow
 - **107 Miles** – Purple
 - **70 Miles** – Red
 - **50 Miles** – Blue
 - **25 Miles** - Green
- **GPS Chip Timing (125, 107):** In order to provide the most accurate timing and course completion information, Tour de Big Bear is providing the HC Gran Fondo (125 mile) and 107 mile riders with GPS bike transponders. These transponders zip tie to your handlebar stem and **MUST** be returned at the completion of the event to avoid the **\$100 replacement** charge. See flyer in goodie bag for specific instructions regarding the installation of your chip.
 - **Bike Number Plate Chips (70, 50, 25):** Tour de Big Bear bike number attaches to your bike handlebars and identifies you as a participant in Tour de Big Bear. Placement on handlebars 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 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 (a \$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 for purchase.

2018 Tour de Big Bear Rider Jersey

2018 Tour de Big Bear Jersey



Be one of the first to wear a 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 Sariol Legal)

In the mountains safety is of upmost importance to us. Listed below are actions we are taking to provide you with the safest ride possible:

Course Marshals

Each of the 25, 50, 70 and 107 mile courses will have at least two Course Marshals 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 at altitude (climbs mostly occur in the second half of the route). 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**. Riders who miss this deadline will be turned around and directed to complete the 70 mile course. **Trained medical personnel will also be at that station assessing riders. If you are asked to consider turning around, it is for your own safety.**

Angeles Oaks

After cresting Onyx Summit, it is a long downhill to the Santa Ana River Canyon; the ride continues with another 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 climb. If riders miss this deadline, there is a dedicated "Escape Route." Signs will be placed at the corner near the Convention Center.

San Bernardino County Fire, Emergency Communication Service

Emergency radio communications will be provided at all aid stations. These individuals have direct communication with all emergency services (Sheriff, CHP, Fire, and Ambulance). Should you need emergency assistance while on your ride, you 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 to assist with mechanical breakdowns, flat/tire repairs, and transportation. They will all carry tools and supplies and each vehicle is 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 will be called to your location. In addition, Big Bear Discovery Center and Onyx Summit aid stations 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 Sweeps

All five courses close at 5:00PM. 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 2018 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.

King/Queen of the Mountain

All HC Gran Fondo, 107 and 70 mile riders are automatically entered into the Haute Route 7.5 mile, 1570' climb up Onyx Summit for cash and prizes. As with the rest of the courses, Onyx Summit is OPEN to traffic; please ride responsibly and safely. Cash awarded to 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 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 an intersection DOES NOT HAVE CHP or Sheriff posted, traffic rules are in effect. Violators will 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*.** 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 to vehicle traffic, 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.

Tour de Big Bear Weekend Activities

THURSDAY, AUGUST 2 – SCHEDULE OF EVENTS

- **25 Mile Acclimation Ride: 9:00AM** – Copper Q – 645 Pine Knot Ave.
- **50 Mile Acclimation Ride: 9:00AM** – Copper Q – 645 Pine Knot Ave
- **Bike Demo Day: Noon – 5:00PM** – Big Bear Cycling Expo Lot – 40803 Village Dr.
- **Check-in: 3:00 – 6:00PM** - Big Bear Cycling Expo – 40803 Village Dr.

FRIDAY, AUGUST 3 - SCHEDULE OF EVENTS

- **Check-in:** Big Bear Cycling Expo: **12:00 Noon – 9:00PM**
- **Poker Ride:** The wildly popular Poker Ride is back! Visit various local establishments around the lake and receive a playing card for each. Submit your five best cards when you return; 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: Thursday 3:00-6:00PM and Friday Noon – 3:30pm

Poker Ride: 4:00 – 6:00PM

Meet at Start/Finish Line at corner of Village Dr. & Pine Knot Ave.

- **Big Bear Cycling Expo:** Enjoy the Big Bear Cycling Expo with cycling vendors – all located within the New Belgium Brewing Beer Garden, proudly serving Fat Tire and other New Belgium brews.
- **Welcome Rider Happy Hours:** Visit these locations for draft specials on New Belgium products.
Hacienda Grill – Fat Tire draft featured all day August 3rd. 41787 Big Bear Blvd

El Jacalito Grill – New Belgium Draft featured all day happy hour on August 3rd. 535 Pine Knot

Nottingham's Restaurant/Tavern (Tour de Big Bear Host Hotel) – New Belgium Draft featured all day happy hour on August 3rd and 4th. 40797 Big Bear Blvd

Av Nightclub – 664 Pine Knot Ave

- **Restaurant Options:** Other local Village Area restaurant options include El Jacalito (Mexican), 572 Social (Casual American), Peppercorn Grill (American), Oakside Restaurant (American), Sweet Basil (Italian), The Pines (Lakefront), Jasper's (Barbeque), Paoli's (Italian), Big Bear Brewery (Micro Brew), Himalayan (Indian), Saucy Mama's (Italian), and Teddy Bear (Coffee Shop).

- **"Friday Night in the Village":** Stroll the streets and shop the Village after dinner.

SATURDAY, AUGUST 4 - 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, and 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.
- **Big Bear Cycling Expo:** After parking your bike in the FREE Bike Valet, enjoy over 50 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 enjoying a cold, Fat Tire beer.
- **DJ/Entertainment:** Expo music will be provided courtesy Bear Valley Printing
- **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 12+ packages – many valued OVER \$1000! See our raffle flyer for all the details and prizes to be given away. **Winners must be present to win!**
- **DSB - The Next Best Thing to Journey, w/special guest Live from Earth**
- **Music in the Mountains presents: DSB – The Next Best Thing to Journey with special guest Live from Earth:** 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 5 - SCHEDULE OF EVENTS

- **FREE Recovery Ride (Presented by Haute Route):** Stretch those legs for an easy spin on our 17-32 mile Recovery Ride. It's an easy, slow social ride to help clear out the lactic acid from the Tour de Big Bear.
 - 9:00 – 11:00AM**
 - Meet at Start/Finish Line in The Village at Big Bear Lake – corner of Pine Knot Ave. & Village Dr.**
- **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.
 - 8:30AM**
 - Meet at Dam (Highway 18 and 38)**

Non-Rider Activities

Big Bear Discovery Center: Learn about Big Bear, the natural surroundings, and wildlife.

Alpine Zoo: Visit our one of a kind zoo in Moonridge. All animals are indigenous to alpine areas but unable 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: Miles of mountain bike trails await you 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.

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

Directions 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 Science in Sport S.I.S.)

Tour de Big Bear is pleased to present Science in Sport (S.I.S.) as our nutrition partner. Riding at 7000 – 8500' is not something riders are 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 cyclists to arrive during the week and join the many warm-up rides with pro cyclists to 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.
- Avoid medications that will depress breathing rate. This includes alcohol, sleep medications, and narcotic pain killers.
- Increase carbohydrate intake.
- Maintain hydration balance.

Nail Your Fueling Strategy with Science in Sport

Science in Sport is the leading endurance sports nutrition brand trusted by Olympians, World Champions and Sporting Bodies globally. It is the official nutrition partner to USA Cycling, USA Triathlon, British Cycling, Australia Cycling, Team Sky and Canyon Sram.

To ensure you have the best experience at Tour de Big Bear, Science in Sport will be providing these nutrition products on race day:

GO Isotonic Energy Gels – provides a quicker supply of energy to the working muscles without the need for additional water for digestion, making them easy on the stomach.

GO Electrolyte – contains a blend of an easily digestible carbohydrates as well as electrolytes (such as sodium) that promotes optimal hydration.

REGO Rapid Recovery – contains a blend of carbohydrates, protein, and electrolytes in order to replenish your energy stores fast and promotes the rebuilding of muscles.

Before you get to Big Bear, make sure fuel up for training and come prepared by using code BIGBEAR10 at check out for \$10 off your first order at scienceinsport.com. *Only available on orders over \$40. Discount applies across all products.

Topical Edge – Ride harder and recover faster with our new partner, Topical Edge. Topical Edge is 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

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->

[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.pops.com/dp/B01BHW0EV4/ref=sr_1_2_m?m=A19NVE4G6SOT2C&s=beauty&ie=UTF8&qid=1494510725&sr=1-2&keywords=Van%2BHolten%27s&th=1)

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