

AID STATIONS

Tour de **BIG BEAR**

ALL STATIONS ➔

Water, FLUID Hydration, Vital 4U Energy Pouches, Pickle Juice Shots, First Aid Kits, Sunscreen, + Tire Pumps

ROAD

➔ Station #1 | SNOW VALLEY

50 Mile, 70 Mile, 100 Mile

MOTHER F Bars

+ Bananas, Grapes, Oranges, Watermelon, Boiled Potatoes, PB&J or Honey Sandwich, Chips

Hosted by: Big Bear Valley Community Emergency Response Team (CERT)



➔ Station #2 | NORTH SHORE

25 Mile, 50 Mile, 70 Mile, 100 Mile

BACON + SOAK Hydration

+ Bananas, Grapes, Oranges, Watermelon, Celery, Boiled Potatoes, PB&J or Honey Sandwich, Chips

Hosted by: North Shore Elementary School

➔ Station #5 | JENKS LAKE RD.

100 Mile

SANDWICH + SODA BAR

+ MOTHER F Bars, Trail Mix, Coke, Celery, Bananas, Grapes, Oranges, Watermelon, PB&J or Honey Sandwich, Chips, Pretzels

Hosted by: Lions Club of Big Bear Lake

➔ Station #3 | BBARWA

25 Mile, 50 Mile, 70 Mile, 100 Mile

PORK RIBS + SOAK Hydration

+ Bananas, Grapes, Oranges, Watermelon, Celery, PB&J or Honey Sandwich, Chips

Hosted by: Baldwin Lane Boosters

➔ Station #6 | SOUTH FORK

100 Mile

SANDWICHES

+ Coca-Cola, Celery, Bananas, Grapes, Oranges, Watermelon, PB&J or Honey Sandwich, Chips, Pretzels

Hosted by: Bridges Presbyterian Church

➔ Station #4 | ONYX SUMMIT #1

70 Mile, 100 Mile

SMOOTHIES + SOAK Hydration

+ Trail Mix, Coke, Celery, Bananas, Grapes, Oranges, Watermelon, PB&J or Honey Sandwich, Chips, Pretzels

Hosted by: Rotary Club of Big Bear Lake

➔ Station #7 | ONYX SUMMIT #2

70 Mile, 100 Mile

CHOCOLATE FOUNTAIN

+ Strawberries, Marshmallows, Rice Krispies, Bananas, Grapes, Oranges, Watermelon, PB&J or Honey Sandwich, Chips, Pretzels, Boiled Potatoes

Hosted by: Big Bear Pilots Association

GRAVEL

→ Gravel Station #1

DONUTS

+ Bananas, Grapes, Oranges, Watermelon,
Boiled Potatoes, Chips

Hosted by: Big Bear Softball

→ NORTH SHORE

BACON + SOAK Hydration Soda

+ Bananas, Grapes, Oranges, Watermelon, Celery,
Boiled Potatoes, PB&J or Honey Sandwich, Chips

Hosted by: North Shore Boosters

→ Gravel Station #2

PB&J + MOTHER F Bars

+ Bananas, Grapes, Oranges, Watermelon, Chips

Hosted by: Snow Summit Race Team

→ Gravel Station #3

WATERMELON

+ Bananas, Grapes, Oranges, Celery, Chips

Hosted by: One Hand / One Glove

MTB

→ Dirty Burro 50k Station #1

DONUTS

+ Bananas, Grapes, Oranges, Watermelon,
Boiled Potatoes, Chips

Hosted by: Big Bear Softball

→ Dirty Burro 50k Station #2

WATERMELON

+ Bananas, Grapes, Oranges, Celery, Chips,
PICKLE JUICE

Hosted by: Girls & Boys Big Bear Golf Team

FAMILY

→ Family Ride Station DANK DONUTS

+ Watermelon & Trail Mix

Hosted by: Big Bear Girls Soccer

FINISH LINE

→ Gravel + Road Finish Chocolate Milk & Popsicles

+ Fresh Fruit Variety, Trail Mix, Candy

Hosted by: US BANK, Big Bear Antique Car Club, USARC

