

TOUR de BIG BEAR

RIDER INFORMATION PACKAGE

Saturday, August 3, 2019 . . . Rain or Shine

WIN Group Real Estate and the City of Big Bear Lake want to 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 Association 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' elevation 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 (2010, 2012, 2015, 2017), Redlands Bicycle Classic (2013 – 2015, 2018), Tour de Big Bear (2010 – 2018), 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!

New this year is the Glow Ride presented by US Bank. It will be held on Thursday, August 1st starting from the Start/Finish in The Village at 8:00pm. Show off and decorate your bike with lights as we parade around town. It's FREE to participate and awards will be given to "Best Bike".

Returning again by popular demand is the Poker Ride presented by Goldsmith's. It's held on Friday, August 2nd. Due the popularity of this event we have expanded the ride to include 2 ride times. The first ride leaves The Village at 4:00pm and the second leaves at 6:00pm. To sign-up, go to the Sierra Nevada Beer Garden located in the expo area and receive your first card. This is a 16-mile ride around the lake and is FREE to everyone. Space is limited so sign up early. Collect your best poker hand to win. Winners receive a free entry to the 2020 Tour de Big Bear and a special "Champion Jersey" designed by Freddie Rodriguez!

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

Big Bear 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 3 in Big Bear Lake are as follows:

Average High: 80	Forecast High: 88
Average Low: 49	Forecast Low: 72

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 12:00noon and 4:00pm. Be prepared to seek cover at an aid station should a storm form near you. Lightning and brief heavy rain may 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 CityBigBearLake.com or BigBearCycling.com for the latest weather conditions. Also, the climate is extremely dry (less than 5% humidity on summer afternoons) so be sure to drink plenty of fluids and wear heavy sunscreen with high SPF and SPF lip balm.

Rider Check-In Information

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 The Village at 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 1st. Check-in hours are as follows:

Thursday, 8/1/19	3:00pm – 6:00pm
Friday, 8/2/19	Noon – 9:00pm
Saturday, 8/3/19	6:00am – 9:00am

Last year there were a large number of riders who checked in on Saturday morning. We STRONGLY encourage you to check in on Thursday or Friday to avoid waiting in a long line or missing your start time. Due to volunteer and law enforcement scheduling, start times will not be changed for any reason so please plan ahead and don't wait to the last minute to check in. There are strict cut off times so please don't be left on course because of a late check in and start.

Big Bear Cycling Expo

Presented by Village Business Association

40803 Village Drive (southwest corner of Pine Knot Avenue & Village Drive)

EVENT PARKING

Village Drive will be **CLOSED** the morning of August 3, 2019 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 DRIVE OR PINE KNOT AVENUE 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

Big Bear Elementary School
Veterans Park

Pennsylvania City Lot
Big Bear Visitors Center

Calvary Chapel
Big Bear Presbyterian Church

Do not park at The Lodge or in First Foundation Bank parking lots. You will be towed!

RIDE START TIMES (Saturday, August 3, 2019)

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.

109 Mile - Yellow - 7:00am
106 Mile - Purple - 7:15am
70 Mile - Red - 7:30am
50 Mile - Blue - 8:00am
25 Mile - Green - 8:30am
10k - Pink - 9:00am

AID STATION INFORMATION

Eight aid stations are provided for your food and hydration along the five 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. 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, 106 and 109 Mile Routes	7:30AM – 10:30am
Discovery Center	25, 50, 70, 106 and 109 Mile Routes	8:00AM – 11:00am
BBARWA	50, 70, 106 and 109 Mile Routes	9:00AM – 12:00noon
Onyx I - Blue Sky Meadows	70, 106 and 109 Mile Routes	9:30AM – 1:00pm
Angeles Oaks	106 and 109 Mile Route	10:00AM – 1:30pm
South Fork	106 and 109 Mile Route	10:30AM – 2:30pm
Onyx II	106 and 109 Mile Route	10:30AM – 3:30pm
Zoo	25, 50, 70, 106 and 109 Mile Routes	9:00AM – 4:00pm
Finish Area	10k, 25, 50, 70, 106 and 109 Mile Routes	10:00AM – 4:30pm

In addition to a professionally designed menu, our NEW nutrition sponsor, Science in Sport (S.I.S), will be available at ALL aid stations with electrolyte drinks and gels.

RIDER INFORMATION

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

- **Wristbands:** A 10th Anniversary wristband will be given to you at registration. You will be required to wear the wristband during 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.**
- **Bike Number Plate Chips (109, 106, 70, 50, 25 and 10k):** Tour de Big Bear bike number plates attach to your bike handlebars and identifies you as a participant in Tour de Big Bear. It is critical to our rider identification, photography, and timing purposes. **This year's event is chip-timed, 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! You can purchase additional raffle tickets for MANY great prizes. See the raffle 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 Visit Big Bear, to wear proudly (\$20.00 value).
- **Tour de Big Bear Merchandise** – Purchase your Tour de Big Bear merchandise at our merchandise booth. Extra technical shirts, previous year’s shirts, Big Bear Cycling kits, and caps.

2019 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 10th anniversary jersey was created by Freddie Rodriguez, 4-time national road race champion and retired member of Team Jelly Belly. It’s made of fine quality materials and truly represents the ride that is Southern California’s favorite!

If you have pre-Purchased a Jersey – Go to the Merchandise tent. Be prepared to show ID for pick up. Sizes are limited so if you are unhappy with your size you will have an opportunity to exchange it after the event on Saturday. Exchanges must be in new condition and in original packaging.

Rider Safety (Sponsored by Sariol Legal)

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

COURSE MARSHALS

Each of the 10k, 25, 50, and 70 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 Marshal” on the front and back.

MOTOS

There will be on-course motorcycles leading out the 109, 106, 70, and 50 mile routes for a “Rolling Start”. Please do not pass these motos unless otherwise instructed. Once you have completed the Lakeview Dr. Circle the motos will clear out and you are free to ride as hard as you like. Keep in mind, the motos are there for your safety and to help the lead group navigate the course.

Course Cutoff Times

109 and 106 Mile Stages

The 109 and 106 mile stages are among of the most difficult rides 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 109 and 106 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-mile climb back to the top of Onyx Summit at 8-10% grade. All riders must leave Angeles Oaks rest area by **1:00pm** cutoff. There is only one rest stop between Angeles Oaks the Onyx Summit at about 11 miles from Angeles Oaks, so plan accordingly.

South Fork

Half way between Angeles Oaks and Onyx Summit you will see the South Fork campground. About ¼ mile past that is the South Fork Aid Station. This is a limited Aid Station with some food but mostly just a water station. All riders must leave Angeles Oaks rest area by **2:00pm** cutoff.

Division Dr./Big Bear Blvd.

All riders must be back to corner of Division Dr. and Big Bear Blvd. before **3:00pm** cutoff to continue up the final Moonridge climbs. If riders 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 and follow them to the finish.

Course Sweeps

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.

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, 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.

Emergency

San Bernardino County Fire, Emergency Communication Service

Emergency radio communications will be provided at all aid stations, plus other locations throughout the five courses. The individuals at these locations 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.**

Strava Segments

The 2019 Tour de Big Bear will again have six Strava segments, brought to you by Bear Valley Community Healthcare District. These Strava segments are 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. Turn on your Strava to join in on the fun! E-bikes are prohibited to win Strava segments.

King/Queen of the Mountain

All 109, 106 and 70 mile riders are automatically entered into the 7.5 mile, 1570' climb up Onyx Summit for cash and prizes, presented by The Village Business Association. We will be crowning fastest male and female, but the course is OPEN to traffic so please be careful. See flyer in your goodie bag for more details.

Rider Rules

- **Tour de Big Bear is a ride, NOT a race.** You will be timed and times are posted, but there are not awards given or cash prizes for "winning".
- **Helmets are mandatory!** ALL cyclists must wear an ANSI or SNELL approved cycling helmet with the chinstrap 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. 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 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

THURSDAY, AUGUST 1

Tour de Big Bear Check-In and Late Registration

Time: 3pm to 6pm | Location: Corner of Pine Knot and Village Drive



Glow Ride Presented by US Bank – Night Road Ride with Lights

Join us as we light up the night in Big Bear! Bust out those costumes and lights and parade down Pine Knot Avenue and Big Bear Blvd!

Time: 8pm | Location: Corner of Pine Knot and Village Drive

FRIDAY, AUGUST 2

Tour de Big Bear Check-In and Late Registration

Time: 12pm to 9pm | Location: Corner of Pine Knot and Village Drive

Big Bear Cycling Expo and Sierra Nevada Beer Garden

Time: 12pm to 9pm | Location: Corner of Pine Knot and Village Drive



Poker Ride presented by Goldsmith's Sports

The Tour de Big Bear Poker Ride will begin in the Village and go around the lake. Multiple stops to pick up cards to make the best poker hand as an easy warm up ride for Tour de Big Bear.

Time: First ride starts at 4pm; Second ride starts at 6pm | Location: Corner of Pine Knot and Village Drive

This is a first come, first serve event and space is limited to 100 riders per session. To ensure your spot make sure to sign up early. To sign up, go to the beer garden to receive your first card.

SATURDAY, AUGUST 3

Tour de Big Bear Late Check-In and Late Registration

Time: 6am to 9am | Location: Corner of Pine Knot and Village Drive

Tour de Big Bear Start Times (start times are approximate depending on rider sign-ups)

109 Mile - Yellow - 7:00am

106 Mile - Purple - 7:15am

70 Mile - Red - 7:30am

50 Mile - Blue - 8:00am

25 Mile - Green - 8:30am

10k - Pink - 9:00am

Big Bear Cycling Expo

Time: 9am to 5pm | Location: Corner of Pine Knot and Village Drive

Sierra Nevada Beer Garden

Time: 11am to 5pm | Location: Corner of Pine Knot and Village Drive

Raffle and Awards

Time: 4pm to 5pm | Location: Corner of Pine Knot and Village Drive

SUNDAY, AUGUST 4

Recovery Ride

Easy recovery ride on open roads around one or both lakes.

Time: 9am Starting and Finishing at Start Finish in the Village

Meet up with the locals at Copper Q in the Village for light breakfast at 8:30am before the ride.

Additional Info

- **Restaurant Options:** Local Village Area restaurant options in the area 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), 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.
- **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 vendors in our Big Bear Cycling Expo, presented by Village Business Association.
- **Sierra Nevada Beer Garden:** The Big Bear Cycling Expo is also the home of the Sierra Nevada Beer Garden. Stroll the Expo and shop while enjoying a nice cold beer, the perfect end to an awesome day of riding in the mountains.
- **DJ/Entertainment:** Expo music will be provided by Bear Valley Printing.
- **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 5+ 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!**

Be Sure To Thank Your Aid Station Volunteers!

Tour de Big Bear is 100% volunteer organized and staffed. Everyone you meet that is working the event is a volunteer. Take a minute to thank them! The money made at the Tour de Big Bear is all donated to outdoor activities throughout the Valley. Among some of the projects we are proud to be a part of include new signs on the South Shore Trail System, repaving and new signage for the Alpine Pedal Path, Valley wide cycling awareness including signs, stickers and bike lanes. By joining us at the Tour de Big Bear you have a part in helping Big Bear become a safer and more active community. THANK YOU for your support and keep an eye out for our next BIG project.

Aid Station Organizations we would like to thank:

- Big Bear Valley Community Emergency Response Team (CERT)
- South California Mountains Foundation
- Big Bear Area Regional Wastewater Agency (BBARWA)
- Big Bear Pilots Association
- Big Bear High School Wrestling Team
- Untied States Adaptive Recreational Center (USARC)
- Rotary chapter of Big Bear

- Big Bear Antique Car Club Association

Other Volunteer Organizations Involved in the Fun:

- Big Bear High School Cheerleaders
- Miss Big Bear Pageant winners
- Big Bear Youth Football League
- Interact Big Bear Chapter

For their involvement in the Tour de Big Bear we will be donating funds to each organization.

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 animals are indigenous to mountain areas and not able to survive in the wild on their own. Grizzly bears, bald eagles, foxes, wolves, 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: 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. 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

Nail Your Fueling Strategy with Science in Sport

Science in Sport is the official nutrition sponsor for Tour of Big Bear; it 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 – provide 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. *Only available on orders over \$40. Discount applies across all products.

For more information, visit scienceinsport.com. #fueledbyscience

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

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

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 for this weekend's rides.

Bring the family and make a weekend 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!

Chris Barnes

President

Tour de Big Bear

Big Bear Cycling Association