



## RIDER INFORMATION PACKAGE

### The 2023 Tour de Big Bear at Snow Summit Resort

880 Summit Blvd. • Big Bear Lake, Ca 92315

*Saturday, August 5, 2023 . . . Rain or Shine*

Big Bear Cycling Association and the City of Big Bear Lake want to thank you for registering for the Tour de Big Bear cycling event at **Snow Summit Resort**, 880 Summit Blvd. Big Bear Lake, CA 92315! You are about to enjoy the ride voted **#1 Grand Fondo in North America** and one of the most scenic rides in California! Here is the information you need to get checked-in and get riding.

### Welcome to the 2023 Big Bear Cycling Festival & The Tour de Big Bear

Big Bear Cycling Association and the City of Big Bear Lake are proud to present the Tour de Big Bear and the Big Bear Cycling Festival – three days of rides and cycling-related activities at 7000' elevation in the San Bernardino Mountains. We've got an excellent line up of entertainment at the Expo, including live music, exhibits, activities for the kids, fire pits and much more! There's something for the entire family at the Tour de Big Bear.

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 – 2022), 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!

Back by popular demand is the **Poker Ride presented by Goldsmith's Sports**. It will take place Friday, August 4<sup>th</sup> at 4PM. The ride leaves from Snow Summit and does a full lap around Big Bear Lake. The ride is about 20 miles and is a great way to get acclimated prior to the event. To sign-up, go to the tent near the Registration area. This ride is self-guided and FREE to everyone. Collect your best poker hand to win. Winners receive a free entry to the 2024 Tour de Big Bear! Winners will be notified by text and can pick up their awards at the venue.

Returning this year is the very popular **Glow Ride presented by Get Boards**. It will be held on Friday, August 4<sup>th</sup> starting from Snow Summit Resort. Arrive by 7:30PM to decorate your bikes. Ride will start at 8:00PM. We'll parade around the resort. Judging will be at 8:15PM. It's FREE to participate and awards will be given to "Best Bike" immediately following the Glow Ride.

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

## Tour de Big Bear at Snow Summit Resort

Rider check-in, late registration, the start/finish line and the Cycling Expo, including food and beverage services, are located at Snow Summit Resort.

Snow Summit Resort  
880 Summit Blvd.  
Big Bear Lake, CA 92315

## Rider Check-In & Late Registration

Location: Snow Summit Resort – Registration tent at the top of parking lot.

Early check-in and late registration are available during the Big Bear Cycling Festival as follows:

<b>Thursday, 8/3/23</b>	3:00pm – 6:00pm
<b>Friday, 8/4/23</b>	Noon – 9:00pm
<b>Saturday, 8/5/23</b>	6:00am – 9:00am

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.

## Rider Information

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

- **Wristbands:** A 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:** Tour de Big Bear bike number plates attach to your bike handlebars and identify 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. If you are participating in the Family Fun Ride your number plate will not have a chip on it and you will not be timed for your event. This is a Family focused ride and not a race.
- **Course Information:** Visit our website at <https://bigbearcycling.com/tour-de-big-bear/tour-de-big-bear-routes/> to find and download your route.
- **Technical Shirt:** After checking in, go to the Big Bear Cycling Association booth in the expo area to receive your Tour de Big Bear Technical Shirt. (\$20.00 value)
- **Tour de Big Bear Merchandise:** Purchase your Tour de Big Bear merchandise at our merchandise booth. Extra technical shirts, commemorative jerseys, Tour de Big Bear merchandise, Big Bear Cycling kits, caps and event posters are also available.

## 2023 Tour de Big Bear Rider Jersey



Be one of the first to wear your own Tour de Big Bear jersey! Last year's jersey sold out fast!! This limited-edition jersey was created by Athlos. 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.

2023 Tour de Big Bear merchandise can also be purchased for a limited time online at our exclusive Athlos online store. [Click here to check out all of our 2023 items.](#)

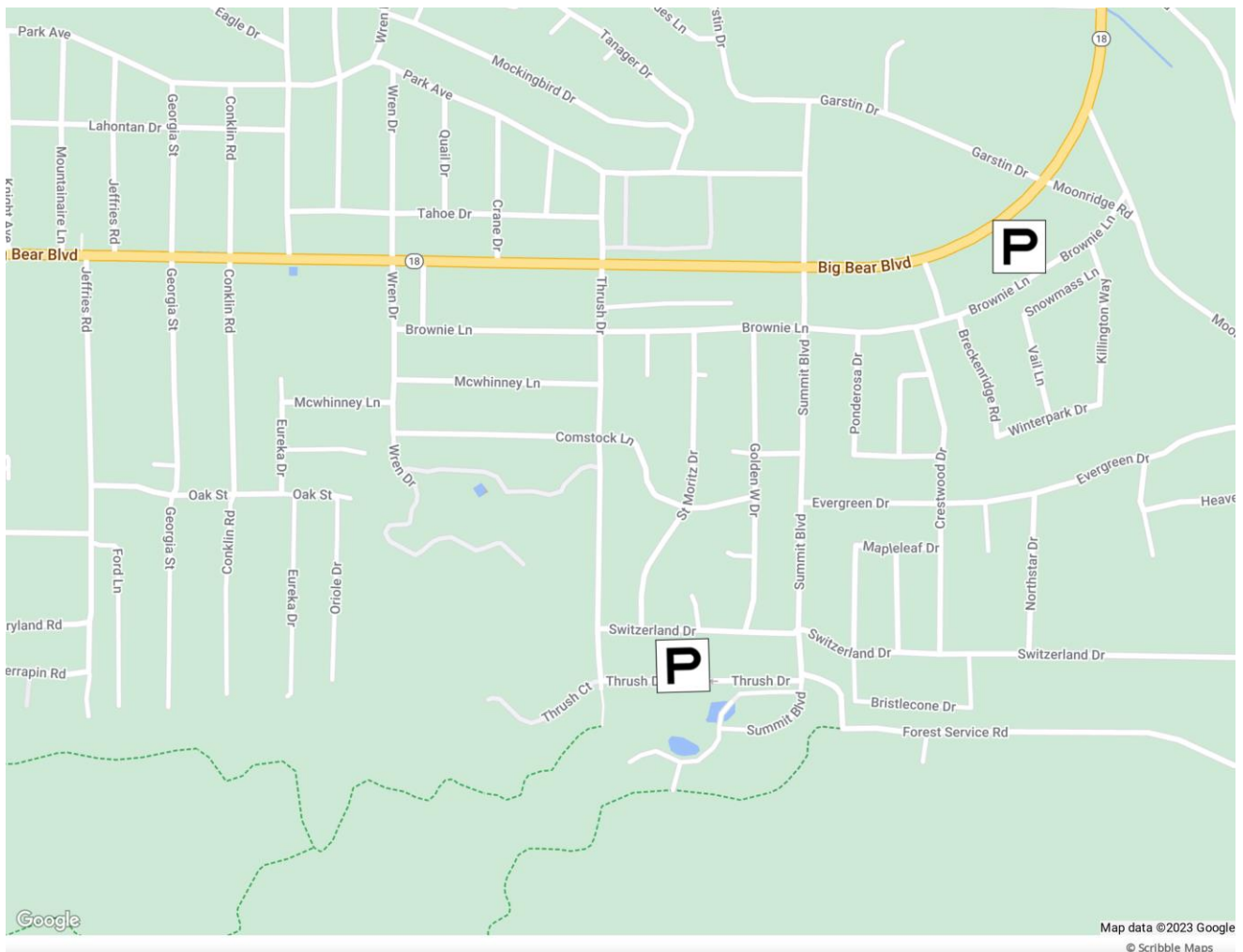
## Event Parking

Event Parking will be located in two lots:

1. Upper Snow Summit Resort Parking Lot: Located on Summit Blvd. This parking lot will be first come first serve and will fill up early. It is located at the Start/Finish.
2. Brownie Lane Resort Parking Lot: Located on Brownie Lane. This parking lot is about .5mile from the Start/Finish. Shuttles will be in operation for friends and family and you are free to use the drop off at the Upper lot before parking here.

There will be a Drop-Off/Pick-up area. In order to get to this area, you will need to drive up Summit Blvd to the Upper Snow Summit Parking Lot. Follow the signs and directions for Drop-Off. Please be prepared as this area is for a quick drop-off and no parking will be allowed for any reason in this area.

If you are staying in the Moonridge or Big Bear Lake areas, you will be able to ride from where you are staying to the Event. We highly encourage you to look into this as an option to get to the event because parking will be limited and could cause congestion causing delay to the start of your event.



## Tour de Big Bear Ride Start Times - Saturday, August 5, 2023

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.

100 Mile - Purple - 7:00am  
50 Mile Gravel Ride (Dirty Bear) - Yellow - 7:30am  
70 Mile - Red – 8:00am  
25 Mile Gravel Ride (Dirty Cub)– Aqua – 8:30am  
50 Mile - Blue - 9:00am  
25 Mile - Green - 10:00am  
Family Ride - Pink - 11:00am

## Aid Station Information

Nine aid stations are provided for your food and hydration along the seven 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:

Location	Service Riders	Open/Close Times
Snow Valley	50, 70, 100	7:30 – 11:30
Delamar	Gravel 25, Gravel 50	8:00 – 11:00
North Shore School	Gravel 25, Gravel 50, 25, 50 70, 100	8:00 – 1:00
Lucky Baldwin	Gravel 50	9:00 – 12:00
BBARWA	50, 70, 100, Gravel 50	9:00 – 1:00
Shore Dr	Gravel 50	9:30 – 1:00
Onyx 1	70, 100	9:30 – 1:00
Jenks Lake Rd. West	100	9:30 – 2:00
South Fork	100	10:00 – 2:30
Onyx 2	100	11:00 – 3:30
Start/Finish	Gravel 25, Gravel 50, 25, 50 70, 100	10:30 – 5:30

In addition to a professionally designed menu, there will be electrolyte drinks and gels available at ALL aid stations.

## King/Queen of the Mountain

All 100 and 70 mile riders are automatically entered into the 7.5 mile, 1570' climb up Onyx Summit to win cash and prizes. We will be crowning fastest male and female, but the course is OPEN to traffic so please be careful.

To receive a time for KOM/QOM, you must pass the KOM/QOM start line by 12:00.

If you are riding an E-bike you will not be eligible for KOM/QOM prizes. You will be timed and categorized in the E-bike class. This is an honor system so please do your part to keep the event fair.

## Rider Safety

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

### Course Hosts

Each of the courses will have at least two course Hosts riding with the group for basic assistance and questions. They will be wearing brightly colored jerseys with "Host" on the front and back. These are experienced local riders with lots of local knowledge about the course, Big Bear and other fun activities and things to experience in Big Bear. If you see a Host, say Hi!

### Rolling Start

There will be on-course course vehicles leading out all rides for a "Rolling Start". Please do not pass these vehicles unless otherwise instructed. Once you have completed the Moonridge area the vehicles will clear out and you are free to ride as hard as you like. Keep in mind, the vehicles are there for your safety and to help the lead group navigate the course.

### Race Day Emergency Contact Number

In the event of a life-threatening emergency, please dial 911. All other emergencies, please contact (909) 358-4011. Additional Emergency info provided below.

## Course Cutoff Times

### 100 Mile Course

The 100 mile ride is among one 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 100 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.**

### Jenks Lake

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 Jenks Lake Rd. West rest area by **1:00pm** cutoff. There is only one rest stop between Jenks Lake and Onyx Summit at about 10 miles of climbing, so plan accordingly.

### South Fork

Halfway between Jenks Lake Rd and Onyx Summit you will see the South Fork campground. About 1 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 South Fork rest area by **2:00pm** cutoff.

### Lucky Baldwin and Shore Dr – Gravel Course Only

On the East end of the 50 mile Gravel loop are two aid stations roughly 10-15 miles apart from each other. These are limited Aid Stations with some food but mostly just water. All riders must leave the Shore Dr Aid Station by **12:00pm** cutoff.

### Course Sweeps

All 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

Five SAG/Transport vehicles, presented by The Moose Lodge of Big Bear, 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.

Transport vehicles are available for mechanical breakdowns ONLY and NOT transportation for tired riders – please select your ride accordingly.

## Mobil Mechanic Vehicles

In addition to the six SAG Vehicles there are two Velo Fix Vans on course. They are fully equipped to fix just about any mechanical breakdown. If you run into issues, find a Host rider or a SAG vehicle and ask them to contact the Velo Fix van to help you out. These vans are for breakdowns only and not for transportation.

Due to the weight and mechanical parts for, there is limited support available for e-bikes. We will do the best we can if you run into problems.

## Emergency

Emergency radio communications will be provided at all aid stations, SAG Vehicles, plus other locations throughout the courses by the Mountain Top Amateur Radio Association (MTARA). 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/Ride Host, SAG vehicle, **contact MTARA Incident Command Post directly at (909) 358-4011, or in the event of a major emergency, call 911.** If 911 is called, please let the closest ride host, SAG or aid station radio communicator know immediately.

## Rider Rules

- Tour de Big Bear is a ride, NOT a race. You will be timed and times are posted, but there are **NO** awards or cash prizes for "winning". Timing is for your information only.
- 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, Sherriff or COP support 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.

## **Big Bear Weather/How to Dress**

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

Average High: 80	Forecast High: 88
Average Low: 49	Forecast Low: 56

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 4:00 pm. 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 [BensWeather.com](http://BensWeather.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.



## Big Bear Cycling Festival/Tour de Big Bear Weekend Activities

### THURSDAY, AUGUST 3

#### Tour de Big Bear Check-In and Late Registration

Time: 3pm to 6pm | Location: Snow Summit Resort – Registration Tent at the top of the Snow Summit Parking Lot.

### FRIDAY, AUGUST 4

#### Tour de Big Bear Check-In and Late Registration

Time: 12pm to 9pm | Location: Snow Summit Resort – Registration Tent at the top of the Snow Summit Parking Lot.

#### Big Bear Cycling Expo and Entertainment

Time: 12pm to 9pm | Location: Snow Summit Resort – Base Area

#### Poker Ride presented by Goldsmith's Sports

Time: Ride starts at 4pm | Location: Snow Summit Resort – expo area/Base Area



The Poker Ride is about 20 miles and is a great way to get acclimated prior to the event. To ensure your spot, make sure to sign up early that day (onsite registration only). Sign ups available near the Registration Tent area.

#### Glow Ride– Night Road Ride with Lights presented by Get Boards

Time: 7:30 – 8:30pm | Location: Snow Summit Resort – Base Area



Join us as we light up the night in Big Bear! Bust out those costumes and lights and parade around the base area at Snow Summit!

## SATURDAY, AUGUST 5

### Tour de Big Bear Late Check-In and Late Registration

Time: 6am to 9am | Location: Snow Summit Resort – Registration Tent at the top of the Snow Summit Parking lot.

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

- 100 Mile - Purple - 7:00am
- 50 Mile Gravel Ride - Yellow - 7:30am
- 70 Mile - Red – 8:00am
- 25 Mile Gravel – Aqua – 8:30am
- 50 Mile - Blue - 9:00am
- 25 Mile - Green - 10:00am
- Family Ride - Pink - 11:00am

### Big Bear Cycling Expo: Snow Summit Resort – Base Area

Time: 9am to 5pm | Location: 880 Summit Blvd. Big Bear Lake, CA 92315

### Food and Libations: Snow Summit Resort – Base Area

Time: 11am to 5pm | Location: 880 Summit Blvd. Big Bear Lake, CA 92315

### Awards: Snow Summit Resort – Base Area

Time: 1pm to 2pm | Location: 880 Summit Blvd. Big Bear Lake, CA 92315

## SUNDAY, AUGUST 6

### Recovery Ride – Gravel & Road Rides

Time: 9am at Copper Q located in the Village of Big Bear Lake | Location: 645 Pine Knot Ave, Big Bear Lake, Ca 92315

Meet up with the locals at Copper Q for light breakfast at 8:30am before the ride. Easy recovery ride on open roads around one or both lakes.

## **Additional Info**

**On-Site Food:** Food and beverages will be available for purchase on-site at Snow Summit.

**Full Bar and Beverage Service:** Beverages will also be available for purchase on-site. Stroll the Expo while enjoying a nice cold beer or beverage of your choice, the perfect end to an awesome day of riding in the mountains.

**FREE BIKE VALET:** After a long day on the road, park your bike in the FREE bike valet 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. Bring your entire family and enjoy the fun.

**Entertainment at the Expo:** We've got an excellent line up of entertainment at the Expo, including live music, exhibits, activities for the kids, fire pits and much more!

## **Be Sure to Thank Your Aid Station Volunteers!**

Tour de Big Bear is a volunteer organized and staffed event. 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 play 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 (BBV-CERT)
- Big Bear Search and Rescue
- Big Bear Classic Car Club
- North Shore School Boosters
- Big Bear Presbyterian Church
- Big Bear Pilots Association
- United States Adaptive Recreational Center (USARC)
- Rotary chapter of Big Bear
- Lions Club of Big Bear
- One Hand / One Glove
- Snow Summit Ski Team

### **Other Volunteer Organizations Involved in the Fun:**

- Big Bear High School Cheerleaders
- Miss Big Bear Pageant winners
- Interact Big Bear Chapter
- Moose Club Big Bear Chapter
- Big Bear High School Girls Soccer Team
- Big Bear Volleyball Club
- Big Bear High School Softball Team
- Big Bear High School Wrestling Team
- Soroptimist of Big Bear
- Mountain Top Amateur Radio Association
- Southern California Mountains Foundation

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

### **Be Prepared for Altitude!**

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 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.

### **Nutrition Sponsors**

**Pickle Juice** – Pickle Juice 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 Juice provides essential minerals like sodium, potassium, calcium and magnesium lost during intense workouts.

**Vital4U** – Vital4U will be available on the course and at the Finish area. It offers fast acting energy performance on demand with multi vitamins to match. Step up to a more powerful and natural energy experience.

**Chargel** – Chargel will be available on the course and at the Finish area. This caffeine-free athletic gel drink. Chargel fills you up without weighing you down so you can perform at your natural best.

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.

## Tire Sponsor

**Kenda Tires** - Tour de Big Bear participants receive a 30% discount on all full priced items. Use discount code **TDBB30**. All orders of \$50 and over qualify for free shipping. Go to <https://bicycle.kendatire.com/en-us/> to check out all of their great products!

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!

Have a Great Ride!

*Chris Barnes*

*President*

*Tour de Big Bear / Big Bear Cycling Association*

**A BIG Thank You to all of Our Sponsors!!!**



