



RIDER INFORMATION PACKAGE

The 2024 Tour de Big Bear at Bear Mountain Resort
43101 Goldmine Dr. • Big Bear Lake, Ca 92315
Saturday, August 3, 2024 . . . Rain or Shine

Welcome to the 2024 Big Bear Cycling Festival & the Tour de Big Bear

The Big Bear Cycling Association, Visit Big Bear 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.

Big Bear Lake, Expedia’s #1 rated weekend getaway city, and Southern California’s most scenic and popular riding destination has also been home to the AMGEN Tour of California (2010, 2012, 2015, 2017), the Redlands Bicycle Classic (2013 – 2015, 2018), the Tour de Big Bear (2010 – 2024), NORBA Nationals mountain bike events and the nation’s first lift served ski area for mountain biking. Big Bear Lake is truly the cycling capital of Southern California!

Visit Big Bear and the City of Big Bear Lake want to thank you for registering for the Tour de Big Bear cycling event at Bear Mountain Ski Resort, 43101 Goldmine Dr. Big Bear Lake, CA 92315! 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.

Returning this year is the very popular **Glow Ride by Get Boards**. It will be held on Friday, August 2nd starting from Nottingham’s. Arrive by 7:30PM to decorate your bikes. Ride will start at 8:00PM. We’ll parade around the Village. Judging will be at 8:15. It’s FREE to participate and awards will be given to “Best Bike” immediately following the glow ride.

Back by popular demand is the **Poker Ride** brought to you by **Bike Legal**. It will take place Friday, August 2nd at 4PM. The ride leaves from Bear Mountain 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 registration, located in the expo area. This ride is self-guided and FREE to everyone. Collect your best poker hand to win. Winners receive a free entry to the 2025 Tour de Big Bear! Winners will be notified by text and can pick up their awards at the venue.

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.

Tour de Big Bear at Bear Mountain Resort

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

Bear Mountain Resort
43101 Goldmine Dr
Big Bear Lake, CA 92315

Rider Check-In & Late Registration

Location: Bear Mountain Resort – On the Upper Deck

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

Thursday, 8/1/24	3:00pm – 6:00pm
Friday, 8/2/24	Noon – 9:00pm
Saturday, 8/3/24	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 for 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 colored 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** (100, 70, 50, 25, Gravel 50, Gravel 25): Tour de Big Bear bike number plates attach to your bike handlebars and identify you as a participant in the 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.
- **Route Sheets:** QR codes linked to your route will be available at check-in. You may also visit our website at <https://bigbearcycling.com/tour-de-big-bear/tour-de-big-bear-routes/> and find your route.
- **Technical Shirt:** Pick up your Tour de Big Bear Technical Shirt at the Merchandise tent after check-in. 1 Shirt per wristband. (\$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, caps, event posters and more, are also available.

Ride Route Map Links

100 Mile Road Ride - Edited



70 Mile Road Ride - Edited



50 Mile Road Ride



25 Mile Road Ride



Dirty Bear (Gravel 50)



Dirty Cub (Gravel 25)



2024 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.

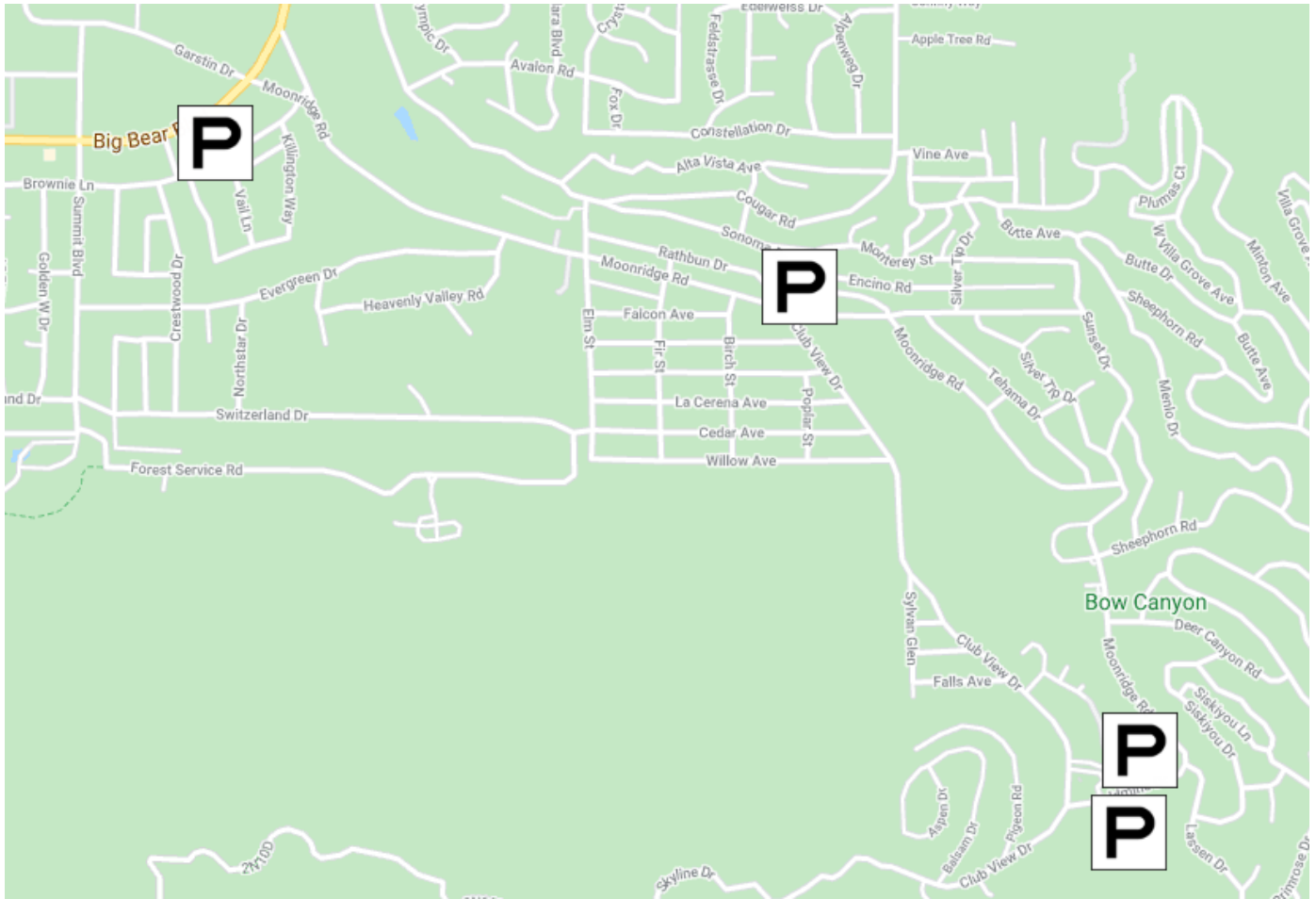
Event Parking

Event Parking will be located in two lots:

1. Lower Bear Mountain Resort Parking Lot: Located on Moonridge Rd. This parking lot will be first come first serve. It is located about 1 mile away from the Start/Finish and will require a short ride to the venue. Shuttles will be in operation for friends and family.
2. Upper Bear Mountain Resort Parking Lot: Located on Goldmine Dr. This parking lot will be first come first serve and will fill up early.

There will be a Drop-Off/Pick-up area. In order to get to this area, you will need to drive up Club View Drive to the Upper Bear Mountain 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, as parking will be limited and could cause congestion thus causing you to be late to the start of your event.



Tour de Big Bear Ride Start Times - Saturday, August 3, 2024

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

Aid Station Information

Seven 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:

Road Aid Stations

Location	Route Served	Open/Close Times
Snow Valley	50/70/100	7:30 - 11:30
North Shore School	25/50/70/100	8:00 - 1:00
BBARWA	50/70/100	9:00 - 1:00
Onyx One	70/100	9:30 - 1:00
Cedar Falls	100	9:30 - 2:00
South Fork	100	10:00 - 2:30
Onyx Two	70/100	11:00 - 3:30
Start/Finish	Family/25/50/70/100	10:30 - 5:00
Dank Donuts	Family Ride	11:00 - 12:00

Gravel Aid Stations

Location	Route Served	Open/Close Times
Gravel One	25/50	8:00 - 11:00
Gravel Two	50	8:30 - 12:00
North Shore School	25/50	8:00 - 1:00
Gravel Three	50	10:00 - 1:30
Start/Finish	25/50	10:30 - 5:00

Tour de Big Bear Road Ride Menu



Dirty Bear & Dirty Cub Menu



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

King/Queen of the Mountain & Dirty Bear Challenge

All 100 and 70 mile road 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.

New to this year is a timed Gravel section, the Dirty Bear Challenge. If you are participating in the Dirty Bear (Gravel 50) you will be automatically entered into the 6 mile, 1200' climb on the gravel climb in Holcomb Valley to win cash and prizes. We will crown the fastest male and female gravel riders.

If you are riding an E-bike you will not be eligible for KOM/QOM/Dirty Bear Challenge 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.

You can find the timed climb information on our website at <https://bigbearcycling.com/tour-de-big-bear/awards-and-timed-climbs/>.

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:

Rolling Start

There will be on-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) 683-3231.

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.

Cedar Falls

After cresting Onyx Summit, it is a long downhill to the bottom of Santa Ana River Canyon before turning around and riding the 10-mile climb back to the top of Onyx Summit at 8-10% grade. All riders must leave Cedar Falls Aid Station by **1:00pm** cutoff. There is only one rest stop between Cedar Falls and Onyx Summit at about 10 miles of climbing, so plan accordingly.

South Fork

Halfway between Cedar Falls 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.

Gravel Station Three – Gravel Course Only

On the South Side of the Gravel loop towards the West end of the course is the First Gravel Aid Station. This is a limited Aid Station with some food but mostly just a water station. All riders must leave the First Aid Station area by **1:30pm** cutoff.

Course Sweeps

All six 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 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 also 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 2 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, a SAG vehicle or a Moto rider and ask them to contact the Velo Fix van to help you out. These vans are for breakdowns only and not for transportation. Unchained Bicycle Garage #: 626-482-0772

Emergency

San Bernardino County Fire, Emergency Communication Service

Emergency radio communications will be provided at all aid stations, SAG Vehicles, 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) 683-3231, or if a major emergency call 911.**

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 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 3 in Big Bear Lake are as follows:

Average High: 80	Forecast High: 85
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 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.

Big Bear Cycling Festival/Tour de Big Bear Weekend Activities

THURSDAY, AUGUST 1

Tour de Big Bear Check-In and Late Registration

Time: 3pm to 6pm | Location: Bear Mountain Resort – On the Upper Deck

FRIDAY, AUGUST 2

Tour de Big Bear Check-In and Late Registration

Time: 12pm to 9pm | Location: Bear Mountain Resort – On the Upper Deck

Big Bear Cycling Expo and Entertainment

Time: 12pm to 9pm | Location: Bear Mountain Resort – On the Upper Deck

Poker Ride Presented by Bike Legal

Time: Ride starts at 4pm | Location: Bear Mountain Resort – Expo area/Upper Deck

The Poker Ride is about 20 miles and is a great way to get acclimated prior to the event. To sign up, go to the at the Expo near Registration. View route here: <https://ridewithgps.com/routes/47660376>





Glow Ride Presented by Get Boards– Night Road Ride with Lights

Time: 7:30 – 8:30pm | Location: Nottingham’s Restaurant

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



SATURDAY, AUGUST 3

Tour de Big Bear Late Check-In and Late Registration

Time: 6am to 9am | Location: Bear Mountain Resort – On the Upper Deck

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

100 Mile - Purple - 7:00am
70 Mile - Red - 8:00am
50 Mile Gravel - Yellow - 8:30am
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: Bear Mountain Resort – Upper Deck

Time: 9am to 5pm | Location: 43101 Goldmine Dr. Big Bear Lake, CA 92315

Food and Libations: Bear Mountain Resort – Upper Deck

Time: 11am to 5pm | Location: 43101 Goldmine Dr. Big Bear Lake, CA 92315

Awards: Bear Mountain Resort – Upper Deck Stage

Time: 2pm to 3pm | Location: 43101 Goldmine Dr. Big Bear Lake, CA 92315

SUNDAY, AUGUST 4

Recovery Rides Presented by US Bank (Gravel & Road)

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 no-host breakfast at 8:30am before the ride. The road ride, hosted by Big Wheel Coaching, will be an easy recovery ride on open roads around one or both lakes. The gravel ride, hosted, by One Hand / One Glove will be a fun mixed surface spin.

Additional Info

On-Site Food: Food and beverages will be available for purchase on-site at Bear Mountain.

Full Bar & Beer Garden: 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. Beverages will be available for purchase on-site. Entrance to the Beer Garden will require the purchase of a Beer Garden wristband.

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 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 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
- Baldwin Lane Elementary 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

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 Volleyball Club
- Big Bear Mountain Ski Team
- Soroptimist of Big Bear

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!

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 you 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.

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

Before you get to Big Bear, make sure to fuel up for training and come prepared.

Tire Sponsor



Tour de Big Bear participants receive a 20% discount on Kenda tire purchases over \$100 and free shipping at bicycle.kendatire.com/en-us. Use code TDBB2024.

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-Ice provides essential minerals like sodium, potassium, calcium and magnesium lost during intense workouts.

Vital4U - Caffeine energy supplement to supercharge your ride

Chargel – The caffeine-free athletic gel drink. Chargel fills you up without weighing you down so you can perform your natural best. Designed with movement in mind, it's best enjoyed before exercise to help provide an instant boost.

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!

Have a Great Ride!

Chris Barnes

President

Tour de Big Bear / Big Bear Cycling Association

A BIG Thank You to Our Sponsors!!!

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