

# ***Big Dam Bridge 100 -12th Anniversary Ride***

## ***September 21-23, 2017 - Athlete Guide***



### **Packet Pick up and Expo times:**

The BDB100 Packet pick-up and vendor expo are at the:

- Little Rock Statehouse Convention Center Hall IV, 101 East Markham, Little Rock, AR 72201.

### **Items you will need at Packet Pick-up:**

- **Photo ID**
- ***Only you can pick up your own packet! You will need Photo ID.***
- You will be required to sign for your own packet.
  - The only exception to this is a parent or guardian picking up for a minor child.

The Vendor EXPO and Packet pickup will be open:

- **Sept 21, 2017 (Thursday) 4:00pm - 7:00pm**
  - Packet Pick-up for Pre-registered riders.
  - On-site registration open
  - Vendor Expo – Jerseys, short and socks available for pre-order pick up and purchase
- **Sept 22, 2017 (Friday) Noon - 8:00pm**
  - Packet Pick-up for Pre-registered riders
  - On-site registration open
  - Vendor expo – Jerseys, shorts and socks available for pre-order pick up and purchase
- **Sept 23, 2017 (Saturday) Packet Pick Up Opens at 5:00am - ORBEA USA Headquarters**  
700 W Broadway St, North Little Rock, AR 72114

We will have very limited ability to take new registrations on Saturday Morning. Please plan to pre-register online, or on-site at the Expo on Thursday or Friday.

- We ask that you use the Saturday morning pick-up only if you are unable to pick up at the times listed on Thursday or Friday.
  - **Pick-up on Saturday morning closes for all distances at 6:30am**

## Finale Fest Location:

This year's Finale Fest will be in Riverfront Park, North Little Rock, AR. This location is adjacent to the Start Line inside the Grand Entrance to the River Trail at the end of Willow Street at Riverfront Dr.

There will be great food, and beverages from Lost 40 Brewing and New Age Distributing. Additionally we will have Gatorade, bottled water, hot dogs and more.

**Gears and Beers: 6:00-8:00 pm, FRIDAY NIGHT** - Old State House Museum, 300 W Markham, Little Rock, AR 72201



**FREE PARTY FOR BIG DAM BRIDGE 100 PARTICIPANTS – “Beers and Gears”**, Presented by: the Old State House Museum, The Big Dam Bridge 100, Lost 40 Brewing and New Age Distributing. It’s next door to the Little Rock Marriott/Statehouse Convention Center and the Doubletree Hotel. Food, Drink, Music, Fun, and its free!

## Ride Start Times and Location: We use a pace-based corral start system.

The pace based corrals are set up so that you will be positioned with riders that are your of your similar riding pace.

**Ride Day Parking:** Stop by the Argenta booth at the Expo for a Parking map for more information.

**Port-a-johns near start:** There will be port-a-johns located on the side of Riverfront Drive in a couple of locations for your comfort.

## 6 am Staging for all Corrals opens - All corrals are off Riverfront Drive

6:52am start for Tandems and BDB Charter Members - **Orange Corral** - Riverfront and Willow

7:00am Start for the **Blue Corral**.

- Access from Riverfront Place (adjacent to the front entrance of the Wyndham Hotel.)

7:10am Start for the **Yellow Corral**

- Access from Poplar or Olive Street

7:20am Start for the **Green Corral**

- Access from Cypress or Locust Street

## Helmets:

- Helmets are required to be worn by all Participants.

## Law Enforcement, On-Course support.

All major intersections are scheduled to be staffed by law enforcement. For the most part riders are to be provided the right-of-way through the intersections. You should ride with your head up and obey any instructions coming from law enforcement, emergency service personnel or event staff. Depending on traffic flow you may be requested to stop. We

here at the BDB 100 value providing a safe environment for you to participate within. But it is also your responsibility to help us with riding safely.

**Course Information:** Course Maps and Turn by Turn Directions are available here:

<http://www.thebigdambridge100.com/event-information/course-maps.html>

**Ride distance Splits and cut off Times:**

- The 68/100 and the 50 split is located at mile 16, (intersection of Pinnacle Valley road and Hwy 300). Access to the 68/100 course will close at 9:00am. Riders coming to this location after 9:00am will be turned onto the 50 mile route.
- The 68 and 100 Split is located at mile 29 on the 100 mile route (at the intersection of Hwy 10 and Hwy 113). Access to the 100 mile course will close at 10:15am. Riders coming to this location after 10:15am will be turned onto the 68 mile Course.

**Course Markings:**

- We make significant efforts to provide a well marked course so that it is easy to follow. We cannot be all places at all times and occasionally we have vandalism on the course, where signs are stolen or changed. If you're unfamiliar with the course it is recommended that you down load the course (GPX file) into your phone or Garmin.

**Products at aid stations.**

- Not all stations will have all products. There are aid stations for your refreshment and restroom needs. PLEASE MAKE SURE YOU ARE RESPECTFUL OF ALL RIDERS AND MAKE ROOM FOR BIKES AND PEOPLE AROUND EACH AID STATION!
- Water, Sports Drink (Gatorade)
- Fruit, Peanut Butter and Jelly Sandwiches, Pickles, cookies and more....

**On-Course Medical Support:**

- We will have a communication network over the entire course. It is recommended that you carry a cell phone with you. If you come across an accident or significant injury on the road use 911 as your primary source. If you or someone you see needs minor medical attention, please notify a Law enforcement officer, one of our Radio operators, Aid Station personnel or event staff. Medical Assistance may be dispatched. We ask, if you're injured and still able to ride safely, please proceed to the closest aid station for assistance.

**Sag and Mechanical Support on the course:**

- Each Aid Station has bike tubes in the most popular size and a tire pump. Feel free to use these. If you are between stations and need support please let an event staff know and we will notify the mechanical support vehicles. Please note - it may take 30 minutes or more before one arrives once they are notified. This is for emergency mechanical support not a delivery service.
- We will have Sag support on all the different distance routes. If you find yourself unable to continue we will pick you up. Once we are aware of the need for a pick up, it may take us 30 minutes or so to get to you. Depending on where you are in the course you may be taken to an aid station that has a schedule shuttle bus back to the finish area. We ask for your patience. We suggest that for your comfort please make your way to the closest aid station and remain there.

## Big Dam Bridge 100 Aid Station Matrix - 2017

23-Sep-17

Station Name	Location	Station #	100 mile ride Aid Station (miles)	68 Mile ride Aid Station (miles)	50 Mile ride Aid Station (miles)	32 Mile ride Aid Station (miles)	10 Mile ride Aid Station (miles)	Used for	Station Closes
2 Rivers Park	Adjacent to Bathroom in two rivers Park, LR	Station #1 Out Bound	9	9	9	9	~~~~	50, 68, 100	3:30pm
Pinnacle Valley Rd & Hwy 300	100/68 mile turn off for 50 mile route	50 mile split	16	16	16	~~~~	~~~~	All to 50 after	9:00am
Hwy 10	Hwy 10 Old Driving range	Station #2	20	20	~~~~	~~~~	~~~~	68, 100	9:20am
Hwy 10	Intersection Of Hwy 10 and Hwy 113	Station #3	28	28	~~~~	~~~~	~~~~	68, 100	11:00am
Hwy 10 & 113	100 Mile route turn off. All rider onto 68 mile route	68/100 Split	29	29	~~~~	~~~~	~~~~	All to 68 after	10:15am
Thornburg	Fire Station	Station #4	41	~~~~	~~~~	~~~~	~~~~	100	11:20am
Perryville	Houston park and pavilion	Station #5	53	~~~~	~~~~	~~~~	~~~~	100	12:20pm
Wye	Wye Mountain Methodist Church	Station #6	65	35	~~~~	~~~~	~~~~	68, 100	1:20pm
Roland	Roland Hwy 300 across from Beale street	Station #7	76	46	20 / 30	~~~~	~~~~	68, 100	2:20pm
Two Rivers Park	Adjacent to Bathroom in two rivers Park, LR	Station #8 Inbound	88	58	40	17	~~~~	50, 68, 100	3:30pm
Burns Park	Victory Lake Area, Adjacent to Bathrooms	Station #9	95	63	46	27	6	10/32/50/68/100	4:00pm
Finish Line	North Little Rock Riverfront Park	Main St NLR	100.8	69.3	51.4	32	10.6	10/32/50/68/100	4:30PM

### 10 mile ride:

- This is a family friendly ride and the riders will be able to access an aid station at approximately 6 miles

### 32 mile ride:

- The 32 mile riders cross the Big Dam Bridge at 6 miles and on the return at 26 miles
- You will be able to access and 4 aid stations along your route including one at your turnaround point

### 50 mile ride:

- The 50 Mile riders crosses the Big Dam Bridge first at roughly mile 6.
- Your first aid Station will be in Two Rivers Park at roughly 10 miles.
- The second aid station will be at mile 20 in Roland.
- For the 50 mile riders your 3rd station (30 miles) is the Roland Station again, after doing the 300/Roland cut off loop.
- The 50 mile riders will return to the Two Rivers park Station at 40 Miles
- The 50 mile riders will cross the *Big Dam Bridge* for a second time at 44 miles.
- The 50 riders will access the Burns Park aid Station at 46 miles.

### 68 Mile Ride:

- The 68 mile riders cross the Big Dam Bridge at 6 miles
- Aid Station located roughly 10-12 miles apart
- All Riders must clear the Two Rivers Park Aid Station (at mile 90) by 3:30pm. Those not clearing this station by 3:30 will be provided a shuttle bus ride back to the finish area. All Law enforcement personnel between Station Two Rivers and Burns Park will be released at 4pm.
- All riders must clear Burns Park Aid Station, by 4pm (at mile 95). Those not clearing this station by 4pm will be provided a shuttle bus ride back to the finish area.
- Finish line officially closes at 4:30pm. All law enforcement personnel between Burns Park and finish line will be released at 4:30pm.

### 100 mile ride:

- The 100 mile riders cross the Big Dam Bridge at 6 miles
- Aid Station located roughly 10-12 miles apart
- All Riders must clear the Two Rivers Park aid Station, (at mile 90) by 3:30pm. Those not clearing this station by 3:30 will be provided a shuttle bus ride back to the finish area. All Law enforcement personnel between Station Two Rivers and Burns Park will be released at 4pm.
- All riders must clear Burns Park Aid Station, (at mile 95) by 4pm. Those not clearing this station by 4pm will be provided a shuttle bus ride back to the finish area.
- Finish line officially closes at 4:30pm. All law enforcement personnel between Burns Park and finish line will be released at 4:30pm.

### Finishers Medals and Pins:

- **We will have Finishers Medals for those completing all ride distances of 32 miles and above.**
- We will be a static location under a tent at the entrance to the Finale Fest area. Please be sure to stop in at this location to get your respective finishers product. 10 mile riders receive pins.

### General info:

The 68 mile and 100 miles routes both descend Wye Mt on HWY 300. There is a roughly 4 mile section that has several tight downhill curves. This area is scheduled to be signed with large yellow signs denoting this. For your safety we ask that you please control your speed through this section.

## Argenta Downtown –Finale Fest, Athlete Services and Parking

Stop by the Argenta Booth at the EXPO to pick up a full parking map and rider services information.



# BDB100 Finale Festival Rider Services

**Rider Benefits** – Riders in the BDB 100 Bicycle Tour will have access to end-of-race benefits in the Rider Services Area. These special rider benefits will enhance the rider's comfort and enjoyment of the festival. The Rider Number issued at registration is the pass to these free services in the Rider Services Area:

**Bag Check** – Bag Check the morning of the event at Willow & Riverfront Drive, all bags will be available at the Bike & Bag Check Station in the Festival area.

**Bike Check** – After the tour is over, check your bicycle at the Secure Bicycle Check area located adjacent to the Bag Check area.

**Spray Down** – Remove “tour grime” after the race in the spray down tent area.

**Changing Tents** – Screened changing tents will be provided for riders to change into fresh clothes and shoes for greater comfort during the Festival. Riders may also re-check tour clothing with their tour number.

**Massage Therapy** – Our Massage Therapists will be happy to work those tired cramped muscles to help riders relax after the event. There will be no cost for this service conveniently located in the Rider Services Area. Tips are welcome!

## Event Day Parking:



*Fred Phillips*

BDB 100 Event Director