



Big Dam Bridge 100

September 27 - 28, 2019

Athlete Guide



FRIDAY, SEPTEMBER 27, 2019 - EXPO/PACKET PICK-UP 10:00 AM – 8:00 PM



Packet pick-up and vendor expo are at Statehouse Convention Center Hall IV, 101 East Markham, Little Rock, AR 72201.

- Packet Pick-up for Pre-registered riders
- On-site registration
- Vendor expo – Cycling clothing available for pre-order pick up and purchase

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.

FRIDAY, SEPTEMBER 27, 2019 – GEARS AND BEERS – 6:00 – 8:00 PM



Old State House Museum, 300 West Markham, Little Rock, AR 72201.

FREE PARTY FOR BIG DAM BRIDGE 100 PARTICIPANTS – “Gears and Beers”

Presented by: The Old State House Museum, Lost 40 Brewing and New Age Distributing. Next door to the Statehouse Convention Center. Appetizers, Drinks, Music, and Fun!

SATURDAY, SEPTEMBER 28, 2019 - LAST-MINUTE PACKET PICK-UP – 5:00 - 6:30 AM

- **Wyndham Hotel (NEW LOCATION)**
 - 2 Riverfront Pl, North Little Rock, AR 72114 ([Map](#))
 - Razorback Room, 1st Floor
- 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 Friday.
- We ask that you use the Saturday morning pick-up only if you are unable to pick up at the times listed on Friday.
 - **Pick-up on Saturday morning closes for all distances at 6:30am**

SATURDAY, SEPTEMBER 28, 2019 – BDB 100 STAGING/START LINE: 6:00 - 6:55 AM



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

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

6:00am Staging for all Corrals opens - All corrals are on Riverfront Drive

6:50am Start for Tandems and BDB Charter Members - **Orange Corral**

- Riverfront and Willow

6:55am Start for the - **Blue Corral.**

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

6:55am Start for the - **Yellow Corral**

- Access from Poplar or Olive Street

6:55am Start for the - **Green Corral**

- Access from Cypress or Locust Street

Late Starts: Please be on time for the start. We have strict closure time on the roads in North Little Rock and Little Rock. Once all Corrals have left, the streets will be reopened to traffic. **No Late starts**

Helmets: Helmets are required to be worn by all Participants.

Parking: Parking will be throughout North Little Rock. Stop by the Argenta booth at the Expo for a Parking map for more information. Most of our parking is at Dickey Stephens Park, 400 East Broadway, North Little Rock, AR.

Bag Drop: The Argenta Council will be providing a bag drop both during the expo, as well as on race morning adjacent to the starting line.

Port-a-johns near start: There will be port-a-johns along the start area on the side of Riverfront Drive in a couple of locations for your convenience. Additionally, there will be more port-a-johns inside the main entrance to North Shore Riverwalk Park (Willow and Riverfront) where the start line is. This is where the DeWafelbakkers Finale' Fest is located.

Timing, plus Bib and Chip Placement:

Timing:

Rider times are based upon the time of day of the rider's start and the time of day the rider finishes regardless of which distance the rider registered.

Bib Placement and Timing Chip Information

Information on placement of bib numbers are in the athlete's packet. Instructions on the placement of the timing chip is also provided in the packet.

Course Information: Course Maps with Turn by Turn Directions are available here:

<http://www.thebigdambridge100.com/event-info/course-maps> Scroll to the bottom of the page and click on the respective course to see more detailed information on the courses including elevation gain and course profile.

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 well-marked course, so it is easy to follow. We cannot always be in all places and occasionally we have vandalism on the course where signs are stolen, damaged or changed. If you're unfamiliar with the course, it is recommended that you download the course (GPX file) into your phone or Garmin.

Course Notes:

The 68-mile and 100-mile 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 signs denoting this. For your safety, we ask that you please control your speed through this section.



15-mile ride:

- This is a family friendly ride and the riders will be able to access an aid station at approximately 9 miles

26-mile ride:

- Riders will have access to 3 aid stations along the 26-mile route
- 26-mile riders will cross the Big Dam Bridge on the return at 19 miles

50-mile ride:

- The first aid station will be in Two Rivers Park at roughly 10 miles.
- The second aid station will be at mile 20 in Roland.
- The third station (30 miles) is the Roland Station again, after doing the 300/Roland cut off loop.
- 50-mile riders will return to the Two Rivers park Station at 40 Miles
- 50-mile riders will cross the Big Dam Bridge at roughly 44 miles.
- 50-mile riders will access the Burns Park aid Station at 46 miles.

68-Mile ride:

- Aid Station located roughly 10-12 miles apart
- All Riders must clear the Two Rivers Park Aid Station (at mile 58) 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 4:00pm.
- 68-mile riders will cross the Big Dam Bridge at roughly 60 miles.
- All riders must clear Burns Park Aid Station, by 4:00pm (at mile 63). 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:

- Aid Stations are located approximately 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 Two Rivers and Burns Park aid stations will be released at 4:00pm.
- 100-mile riders will cross the Big Dam Bridge at roughly 92 miles.
- All riders must clear Burns Park Aid Station, (at mile 95) by 4:00pm. 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.

Products and Supplies 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, granola bars and more.
- Bike tubes and tire pump

Aid Stations - 2019

Station Name	Location	Station #	100-mile ride Aid Station (miles)	68 Mile ride Aid Station (miles)	50 Mile ride Aid Station (miles)	26 Mile ride Aid Station (miles)	15 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
2 Rivers Park	Adjacent to Bathroom in two rivers Park, LR	Station #8 Inbound	88	58	40	15	~~~~	50, 68, 100	3:30pm
Burns Park	Victory Lake Area, Adjacent to Bathrooms	Station #9	95	63	46	21	9	15/26/50/68/100	4:00pm
Finish Line	Main St NLR Between 5th and 6th	Main St NLR	100.8	69.3	51.4	26	15	15/26/50/68/100	4:30PM

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. Rules of the Road should be observed.

On Course Emergency 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.

SAG and Mechanical Assistance on the course:

The Big Dam Bridge 100 is offering a non-emergency hotline for riders. The hotline number is **501-680-1053**. This number will be active from **6:30am until 4:30pm on September 28th, 2019**. We ask that you save this number to your cell phone and use it on the course if you have any of the following problems: If you need mechanical assistance and you cannot make it to the nearest aid station or If you have a minor injury and need assistance getting to the nearest aid station or you have assessed that you cannot complete the ride.

If you find yourself on the course, needing help and not near a law enforcement officer, radio operator, aid station personnel or event staff, please call the non-emergency line. Our hotline can dispatch mechanical and medical assistance if needed. When you call, please be prepared to provide your name, bib number, phone number, and location. Please be

aware of the course markings. If needed, emergency services can be dispatched. We ask that spectators and family members refrain from using the number to find friends and family on the course. We cannot track a rider's location.

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. This is for emergency mechanical support and not a delivery service.

We will have SAG support covering 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 up to 45 minutes or more to get to you. Depending on where you are on the course you may be taken to an aid station that has a scheduled shuttle bus returning 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.

Non-Emergency Assistance

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.

SATURDAY, SEPTEMBER 28, 2019 – 9:00 am – 4:00 pm DeWafelbakkers Finale' Fest.

Thank you to the Argenta Arts District for providing finish line services!



Finisher Medals: Custom finisher medals will be provided to all riders who cross the finish line. There will be a tent at the entrance to the DeWafelbakkers Finale' Fest area. Please be sure to stop in to receive your medal.

Athlete Services: The Post events area will have secure bike parking, massage, changing tent and much more. Stop by the Argenta Booth at the EXPO to pick up a full parking map and rider services information.

DeWafelbakkers Finale' Fest Location:

Finale Fest will be at North Shore Riverwalk Park. The location is adjacent to the Start Line inside the Grand Entrance to the River Trail at the end of Willow Street at Riverfront Drive in North Little Rock, AR. DeWafelbakkers will be serving up pancakes; Whole Hog Café North Little Rock will serve their great barbeque and beverages from Lost 40 Brewing and New Age Distributing will be available. In addition, there will be snacks, energy drinks, bottled water and more.

On behalf of the entire BDB 100 event staff, we hope that you have an enjoyable and safe ride.

See you on the roads,

A handwritten signature in black ink, appearing to read "BDB 100", written in a cursive style.

BDB 100 Event Director