



# ATHLETE GUIDE

ARKANSAS' PREMIER CYCLING EVENT



Friday  
**09.23**

## EXPO/PACKET PICK-UP — 10AM-9PM

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

## GEARS AND BEERS — 6-8PM

OLD STATE HOUSE MUSEUM  
300 WEST MARKHAM, LITTLE ROCK, AR 72201

FREE PARTY FOR BIG DAM BRIDGE 100 PARTICIPANTS

- Presented by Forvis.
- Thank you also to Lost 40 Brewing and New Age Distributing.
- Next door to the Statehouse Convention Center.
- Appetizers, Drinks, Music, and Fun!

**FORVIS**



Saturday  
**09.24**

## BIG DAM BRIDGE 100 STAGING/START LINE — 6-6:55 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.

- **PARKING:** The Big Dam Bridge 100 has secured the following lots for this event:
  - Dickey Stephens (Corner of North Broadway and West Broadway, North Little Rock)
  - Wyndham Hotel gravel lot (Corner of Broadway and Maple, North Little Rock)
  - There is also plenty of on-street parking in downtown North Little Rock. If you are staying in one of our hotels, you are within a short ride of the start line on the corner of Riverfront Drive and Willow in North Little Rock.
- **BAG DROP:** Please drop your clean clothes for after the ride at the Little Rock Convention and Visitors Bureau Booth on Friday at Statehouse Convention Center. On Saturday morning, we will be at the start line for you to drop items starting at 6 am. All bags will be available when you are finished, near the changing tent on Saturday starting at 9 am.
- **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 Finale' Fest is located.

## 6AM: STAGING FOR ALL CORRALS OPENS ALL CORRALS ARE ON RIVERFRONT DRIVE

### 6:50AM START FOR TANDEM 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 of the Corral have left, the streets will be reopened to traffic. **NO LATE STARTS.**

### 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: <https://www.thebigdambridge100.com/event-info/course-details>

## RIDE DISTANCE SPLITS AND CUT OFF TIMES:

- The 75/105 and the 50 split is located at mile 16, (intersection of Pinnacle Valley road and Hwy 300). Access to the 75/105 course will close at 9:00am. Riders coming to this location after 9:00am will be turned onto the 50-mile route.
- The 75 and 105 Split is located at mile 29 on the 100-mile route (at the intersection of Hwy 10 and Hwy 113). Access to the 105-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 it is easy to follow. We cannot be in all places at all times 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.

## 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
- Fruit, peanut butter and jelly sandwiches, pickles, cookies, granola bars and more....

## 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.

### 75-MILE RIDE:

- Aid StationS located roughly 10-12 miles apart
- All Riders must clear the Two Rivers Park Aid Station (at mile 62) 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.
- 75-mile riders will cross the Big Dam Bridge at roughly 67 miles.
- All riders must clear Burns Park Aid Station, by 4:00pm (at mile 70). 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.

### 105-MILE RIDE:

- Aid Stations are located approximately 10 - 12 miles apart
- All Riders must clear the Two Rivers Park Aid Station, (at mile 93) 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.
- 105-mile riders will cross the Big Dam Bridge at roughly 98 miles.
- All riders must clear Burns Park Aid Station, (at mile 100) 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.

# BIG DAM BRIDGE 100 AID STATION MATRIX

STATION NAME	LOCATION	STATION #	105-MILE RIDE AID STATION (MILES)	75-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 CLOSURES
2 RIVERS PARK	ADJACENT TO BATHROOM IN 2 RIVERS PARK, LR	STATION #1 OUT BOUND	9	9	9	9	~~~~~	50, 75, 105	3:30PM
PINNACLE VALLEY RD & HWY 3000	105/75 MILE TURN OFF FOR 50-MILE ROUTE	50-MILE SPLIT	16	16	16	~~~~~	~~~~~	ALL TO 50 AFTER	9AM
HWY 10	HWY 10 OLD DRIVING RANGE	STATION #2	20	20		~~~~~	~~~~~	75, 105	9:20AM
HWY 10	INTERSECTION OF HWY 10 & HWY 13	STATION #3	28	28	~~~~~	~~~~~	~~~~~	75, 105	11AM
HWY 10 & 113	105 MILE ROUTE TURN OFF, ALL RIDER INTO 75-MILE ROUTE	75/100 SPLIT	29	29	~~~~~	~~~~~	~~~~~	ALL TO 75 AND AFTER	10:15AM
THORNBURG	FIRE STATION	STATION #4	41	~~~~~	~~~~~	~~~~~	~~~~~	105	11:20AM
PERRYVILLE	HOUSTON PARK AND PAVILION	STATION #5	53	~~~~~	~~~~~	~~~~~	~~~~~	105	12:20PM
WYE	WYE MOUNTAIN METHODIST CHURCH	STATION #6	65	35	~~~~~	~~~~~	~~~~~	75, 105	1:20PM
ROLAND	ROLAND HWY 300 ACROSS FROM BEALE STREET	STATION #7	76	46	20/30	~~~~~	~~~~~	75/105	2:20PM
2 RIVERS PARK	ADJACENT TO BATHROOM IN TWO RIVERS PARK, LR	STATION #8 INBOUND	88	58	40	15	~~~~~	50/75/105	3:30PM
BURNS PARK	VICTORY LAKE AREA, ADJACENT TO BATHROOMS	STATION #9	95	63	46	21	9	15/26/50/75/105	4PM
FINISH LINE	MAIN STREET NLR BETWEEN 5TH & 6TH	MAIN ST NLR	100.8	69.3	51.4	26	15	15/26/50/75/105	4:30PM







### **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 Finale' Fest area. Please be sure to stop in to receive your medal.

### **ON COURSE EMERGENCY MEDICAL SUPPORT:**

- It is recommended that you carry a cell phone with you. If you come across an accident or serious injury on the road, please call 911. If it is a non-emergency, please use the Big Dam Bridge 100 HOTLINE at (501) 340-6911.

### **SAG AND MECHANICAL ASSISTANCE ON THE COURSE:**

- If you need help on the course and you are not near a law enforcement officer, radio operator, aid station personnel or event staff, please call the Big Dam Bridge 100 HOTLINE at (501) 340-6911. Please be prepared to provide your name, bib number, phone number and location. If needed, emergency services can be dispatched. We ask that spectators refrain from using the number to find friends and family on the course. We will not be tracking rider locations.

### **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.

### **COURSE NOTES:**

- The 75-mile and 105-mile routes will both descend off Wye Mt on Ross Hollow Rd. There is an approximately 6-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.

Saturday  
**09.24**

## FINALE' FEST 9 AM – 4:30 PM

### NORTH LITTLE ROCK RIVERFRONT 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.

#### ATHLETE SERVICES:

- The Post events area will have secure bike parking.
- We will have great barbeque from North Little Rock Whole Hog Café; beverages from Lost 40 Brewing and New Age Distributing. In addition, there will be snacks, energy drinks, bottled water and food trucks.
- Each rider will be issued two beer tickets. Any beer after the first two tickets will be available for sale.

BIGDAM  
BRIDGE  
100

Presented By  
**ARVEST**  
BANK

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

*Bruce Dunn*  
BDB 100 Event Director



BIG DAM  
BRIDGE  
100

Presented By  
ARVEST®  
BANK

Arvest Bank has been built on the idea of supporting the communities in which we operate. One way we do this is by providing support for the organizations and activities that make communities successful, unique and livable.

This is why we support local food pantries through our annual Million Meals campaign, local teachers through our We Love Teachers campaign, and local events like the Big Dam Bridge 100.

We have witnessed firsthand the positive economic and quality of life impact from Central Arkansas' bicycle trail system, which is anchored by the Big Dam Bridge. As a result, we consider supporting the Big Dam Bridge Foundation and area cyclists as the presenting sponsor of the Big Dam Bridge 100 to be an honor.

PARTNER SPONSORS



EVENT PARTNERS



SUPPORTING SPONSORS

