

Big Dam Bridge 100

September 28-29, 2018 - 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 28, 2018 (Friday) 10:00am - 8:00pm**
 - Packet Pick-up for Pre-registered riders
 - On-site registration open
 - Vendor expo - Jerseys available for pre-order pick up and purchase
- **Sept 29, 2018 (Saturday) Packet Pick Up Opens at 5:00am - ORBEA USA Headquarters**
 - 700 W Broadway St, North Little Rock, AR 72114 ([Map](#))
- 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**

Finale' Fest Location:

This year's Finale Fest will be in River Front park. This location is adjacent to the Start Line inside the Grand Entrance to the River Trail at the end of Willow Street at River Front Dr.

There will be great food from Whole Hog Café and others as well as beverages from Lost 40 Brewing and New Age Distributing. Additionally, we will have Gatorade, bottled water 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 and Lost 40. Its right next door to the Statehouse Convention Center. Appetizers, Drinks, Music, and Fun!

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: Parking will be throughout North Little Rock. 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 convenience. Additionally, there will be more port-a-johns inside the main entrance to the to Riverfront Park (Willow and Riverfront, where the start line is). River front Park is where the Finale' Fest and Finish Line are.

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 of the Corrals have left, the streets will be reopened to traffic.

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 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 (Gatorade)
- 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:

- The 26-mile riders cross the Big Dam Bridge on the return at 19 miles
- You will be able to access and 3 aid stations along your route

50-mile ride:

- 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.
- 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 at roughly 44 miles.
- The 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.
- The 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 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 4:00pm.
- The 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.

Big Dam Bridge 100 Aid Station Matrix - 2018

29-Sep-18

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

Finishers Medals and Pins:

- We will have Finishers Medals for those completing the 26 / 50 / 68 and 100-mile distances of the BDB 100.
- There 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 finisher's product.

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 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.

Non-Emergency Assistance

If you or someone you see needs minor medical attention, please notify a Law enforcement officer, one 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.

In your packet, you will be supplied with a phone number to use for non-emergency assistance. 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. When you call, 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 cannot track a rider's location.

General info:

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 yellow signs denoting this. For your safety, we ask that you please control your speed through this section.

Argenta Downtown - Post Ride Party, Athlete Services and Parking

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



Athlete Services: The Post events area is scheduled to have secure bike parking, massage, changing tent.

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

Best Regards.

Fred Phillips

BDB 100 Event Director