

LUMBERJACK 100



Welcome to the 2023 Founders Brewing Co. Lumberjack 100 endurance mountain bike race! We thank you for choosing to challenge yourself on another level and join us for the 18th year of the event.

The information outlined in this document will provide you with all the details of the race, so you know exactly how to plan and what to expect. We want to take away as much of the guess work and stress as we can, so all you need to do is show up and ride your bike to a successful finish. Our goal is to provide you with an exceptional race experience and have everyone feel the amazing sense of accomplishment you'll get by conquering the LJ100.

Our top advice for having a stress-free race is to show up EARLY on race morning and give yourself plenty of time to get ready for the 7 AM start. You'll need time to park, unload your support items, possibly walking a few hundred yards with your tent & gear, waiting in line for the bathroom, last minute bike adjustments.... Get there early so you're not rushed. We also recommend setting up your support tent on Friday when you pick up your packet.

Have a great race!

The Pavement Ends Inc. Team

Lumberjack 100 race Information:

Race Date: June 17, 2023

Race Start: 7 AM EST

Location: Big M Ski Area- 4040 Udell Hills Road Manistee, MI 49660

Packet pick-up: Packet pick-up is in the log cabin lodge located at the Big M Ski Area.

Friday 1 PM - 8 PM

Saturday 5 AM - 7 AM

*You don't need to purchase a Big M parking pass for packet pick up unless you plan to stay and pre-ride the course.

Included with your race entry:

Your race day \$5 National Forest Parking Fee

Customized number plate

LJ 100 water bottle

LJ 100 cycling cap

Sponsor samples

Post-race meal

Post-race Blackrocks Brewery beverages, sodas and water

LJ 100 finishers patch

(2) Neutral aid stations

(1) Neutral bike support tent

Pre-ordered merchandise: Merchandise that was pre-ordered during registration sign up will be available at packet pick up.

Parking: Parking is limited at Big M so we encourage you to carpool if possible. We will have volunteers assisting with race day parking in the Big M parking lot. We will work as efficiently as possible to get you parked quickly, but showing up early will reduce your stress level. Your race day \$5 National Forest Service parking pass was included with your entry fee. You will only need to pay for parking if you plan to pre-ride the course on Thursday or Friday... Envelopes and a pay pole are located at the trail head kiosk or in the lodge.

RV's, vans, campers: **** Camping is no longer allowed in the Big M parking lots **** Dispersed camping is allowed, see map below for a location off Udell Hills Road for campers, RV's...

Lodging: There are a number of campsites, motels, cabins available in the area. Check out our website for options and phone numbers. Additionally, dispersed camping is allowed in the National Forest around Big M.

Pre-riding the race course: The race course will be marked by Thursday evening of race week. You're welcome to ride the course at any time prior to the race, however it is tricky to navigate before it's officially marked. Visit our website for a printable course map, GPX file and cue sheet to help navigate the course prior to marking.

Race course route and map: The 2023 race will go in a **counter clockwise** direction and the course will be clearly marked. See "course marking" below for details on what to look for to navigate the race course. You can visit our website for GPX files, maps and cue sheets. The race course is 85% flowy, fast single track with minimal rocks, roots, or technical obstacles. There are some good size hills that will keep you climbing (about 8,000 feet total) but offer some ripping downhill. If it's dry leading up to race day, expect some sandy corners and if it rains the sand-based soil will soak up the moisture and expect fast packed conditions. While marking the course we pick up sticks, cut out downed trees and weed whip overgrown areas, but this is a National Forest with thousands of acres and trees and limbs constantly fall, so keep your head up especially when passing.

2023 race start & location: The race starts at 7 AM Eastern Standard Time

We will stage and start in the BIG M parking lot drive entrance under the LJ 100 Start Banner. In an effort to reduce congestion at the start, the race will go out of the park, North on Udell Hills Road (approx. 2 miles) and turn left onto a two track. After another 2 miles you will come back to the Big M, finish & support area and you will merge onto the race course. You'll only do this road and two-track section for the race start. Don't worry the course markings will guide you!

Spectators will also be able to watch you start (take any last-minute clothing or gear) and see you come back through the support / finish area as you merge onto the race course lap.

Start waves & self-seeding: The race will start in three waves. Under 8 hours, 8-10 hours, and 10 plus. The first will go off at 7 AM E.S.T with a two-minute gap between waves. We will have wave signs at the start, line up in your anticipated race time. You self-seeded yourself during registration, however you are allowed to line up and start in a different wave based on your current fitness level, we don't need to be notified. The race is chip timed and your race starts when you cross the start mat (Note: each wave is assigned a "gun start" time so everyone in a wave has the same start time).

*Number plates must be on your bars, straight and not cut, folded or wrapped around your head tube.

Course markings: The course will be very clearly marked. Follow course tape and direction arrows on the trees and at all corners. Any intersections and cross trails that shouldn't be entered will be marked with course tape on the ground "blocking" the incorrect direction. Do not cross any course tape and you should stay on the race course. We will have 5 and 1 mile to go signs on the course at the end of each lap.

Racer support & crew tents: Racers may only receive crew support at the start / finish area. No support crews are allowed on area trails or roads. Racers can support each other on the course at any time. Racers may only use one bike for the race and may not alternate for laps. All racers are welcome to set up a team or pit crew tent near the start / finish line. The space is on a first come first serve basis and may be placed anytime Fri or Sat. Available areas are on the outside of the trail marking tape, before and after the start / finish line and around the taped off pit area near the finish line and lodge. (Refer to map below)

Don't have a support crew: If you don't have a tent or support crew you are welcome to drop your cooler / race supplies at the neutral aid tent located at the start / finish.

Neutral aid stations: We have two aid stations available to all racers. The first is at the race lap/finish team tent location. Look for the race support tent/sign. This station has drink mix in coolers, water, misc. energy products and fruit. This is a self-serve aid station. The second aid station is on the course at approx. mile 17. This is supported with volunteers and a selection of Infnit Nutrition hydration products along with some GU, Embark Maple, Coca-Cola, water, PB&J sammies, beef jerky, candy, salty snacks, etc...

Neutral bike mechanic support- courtesy of Trailhead Bike Shop:

Located at the finish area, provided on race day morning.

Results by Epic Race Timing: Will be live on race day. Updates can be seen through this [link](#) or on our website / results page.

****We need to account for all racers! If you remove yourself from the race, please notify Epic Timing or a race director at the finish line.**

Cut Off Time: To avoid having riders on course in the dark you may not start the third lap after **3:15 pm**.

Awards: Podium awards will take place around 3:30 or as each category has enough racers to complete each podium. Please listen for awards announcements and be available for podiums and prizes.

Post-race meal: All racers will receive a post-race meal included with your entry. We'll be serving BBQ or veggie sandwiches, mac n' cheese, baked beans, chips, pie, soda, water and Blackrocks Brewery beer. **You'll receive a meal ticket and wristband for beer with your race packet. Please make sure you have these on you and present for your meal.**

Lumberjack 100 emergency plan:

Our number one priority is the safety and wellbeing of our racers, spectators, volunteer and staff. While we can't completely remove all risks associated with a mountain biking event, our goal is to be prepared for any situations and have a protocol in place that guides our decisions and action for dealing with an emergency situation. The following plan is in place to instruct participants, volunteers, spectators to the people who should be contacted if assistance is needed during the event. You will also have an emergency sticker on the back of your number plate with race director phone numbers.

Should you or another racer have an on-course emergency and need medical assistance or evacuation, use your cell phone and dial 911. Refer to your map to guide location or if you have cell service, "share your location". Service is unreliable in the forest, so as a backup use **TEXT to communicate**. After 911 has been called, please notify Race Directors; Scott TenCate (Tenner) – (616)292-2395 or Matt Acker – (517)214-2606

Should there be a non-life-threatening emergency, contact race directors or make your way to a trail post with number, closest seasonal road, half way aid station or the finish line area. We will have EMT's on location at the finish line area and halfway aid station should you need medical attention.

Local emergency and health care facilities:

Munson Healthcare Manistee Hospital

(231) 398-1000
1465 E Parkdale Ave, Manistee, MI 49660
20 miles from Big M = 24-minute drive

Brethren Fire and rescue

(231)477-5156
14270 N. Coates HWY, Brethren, MI 49619
11 miles from Big M = 14-minute drive

Weather Emergency Protocol:

The race takes place rain or shine (hopefully shine!) Should there be severe weather, watches or warnings, the race may be delayed, but will resume as soon as weather improves.

Before the race: The race may be delayed or shortened, based on the discretion of the Race Directors. Take shelter in your car.

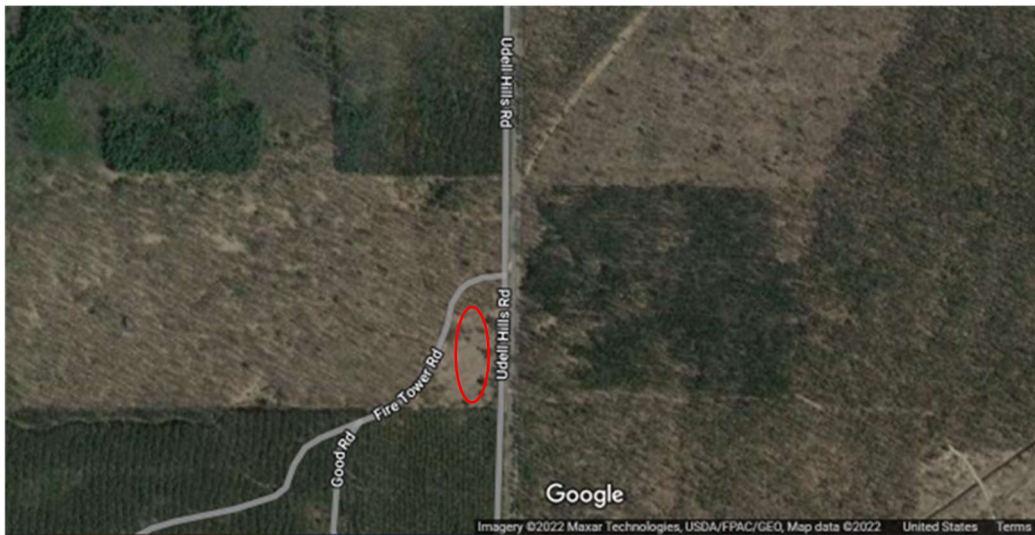
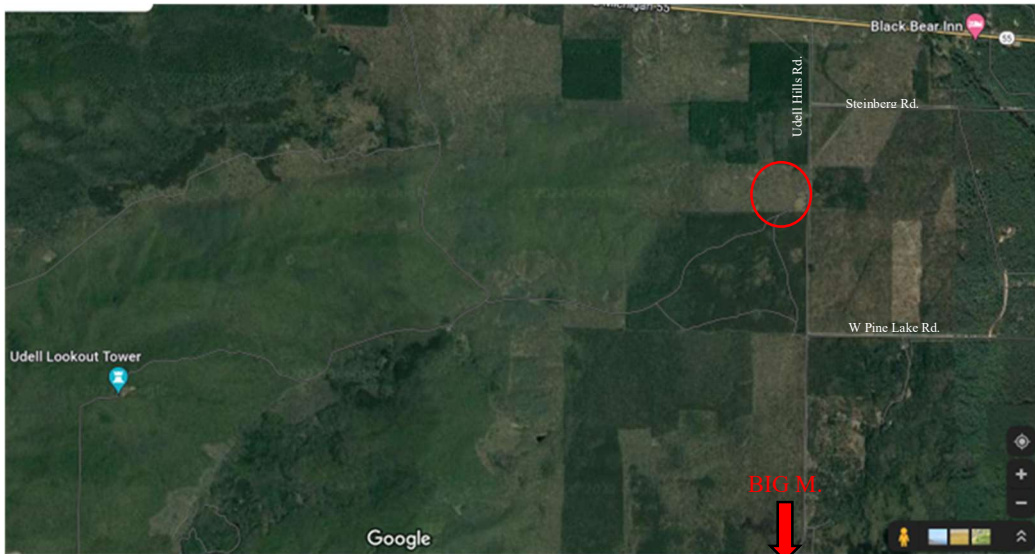
During the race: Take shelter in the lowest possible area. If near the finish get in your vehicle or the lodge.

Big M event area map:



National Forest Dispersed Camping: Coordinates; (44.2198028, -86.0425518)

Camping is NOT allowed in the Big M – day use parking lot. The NFS does allow disperse camping and one convenient option for vans, tents... is a field located on Udell Hills Road. (approx. 3 miles from Big M).



Miscellaneous Race Details:

There is no running water at Big M. We will have a water tank at the finish line so you can cool & rinse off

Please be respectful when passing. Communicate and call out directions and intentions of passing. If you need to walk steep hills, please stay to the far left or right of the trail so stronger riders can ride past. This also keeps the riding surface free from tons of deep foot prints.

There tends to be a lot of bugs at Big M (it's a forest!) so plan to bring mosquito and tick spray for you and your pit crew, and screens for your support tent also help.

There are some sections with cut tree stumps close to the trail tread. We will mark any dangerous stumps with pin flags but please remain alert for additional stumps close to the trail.

If you go off course by mistake, retrace your path to the course and re-enter where you left. Anyone cutting the course or littering will be DQ'd. This includes avoiding any section of the race course.

A big thanks to Shoreline Cycling Club and Udell Hills Riders, the local trail coordinators who spend countless hours maintaining the trails and keeping the course in exceptional riding condition!

Food options for night before the race: There are a number of restaurant options located in Manistee or Cadillac depending on your lodging location. Both are about 30 minutes from the Big M race site. Manistee is on Lake Michigan and offers a cool town with a boardwalk along the channel or a state park for relaxing on a sandy beach. The best local food is kind of off the beaten path in Brethren, MI and is called Traks and is about a 15-minute drive from Big M.

2023 Lumberjack 100 Racing Rules

- Only “solo” classes permitted (i.e. no relay racing). The classes are men’s open, women’s open, single speed*, fat bike*, men’s masters, women’s masters and tandem. (*5 racers in each class necessary for separate recognition)
- Only one bike allowed (no back up bike)
- Single speed bikes must be single speed (no flip flop hubs with 2nd gearing option) and remain using the same gearing throughout the event.
- No drop bags are allowed.
- Cheaters aren’t welcome. If you’ve been found guilty of cheating/doping by USAC or other races, we have the right to deny you from racing and will remove you from results listings if caught.
- Racers involved in any physical altercation will be disqualified.
- Racers are encouraged to carry their own food, water, tools, tubes, hydration packs, etc.
- Racers may receive aid from their support crew at the designated crew aid station near the start finish areas **ONLY** (Big M lodge and inner loop to outer loop transition). We can no longer have support crews traveling forest roads and trail crossings to aid racers. Doing so will disqualify the racer. In the event of a medical emergency, exceptions will be allowed. Your support crew must not gather in front of the timing staff or IN the lap lanes
- Finish/Lap Aid Station: self-serve or crew assisted aid station near the lap/finish line (you will pass this area once each lap). Racers personal items (coolers, food, drink, tools, clothing etc.) can be placed in this area. The event organizers are not responsible for your belongings left in the crew area. We will also have a “**neutral aid**” tent set up here with food and water. There is **no running water or well water on site**, please plan to bring some along
- Any part can be replaced on your bike at the crew area only.
- A cut off has been created to avoid night rescues and to allow the race to be over by dark. Racers will not be allowed to begin the third lap after 3:15 PM
- Spectators may watch anywhere along the course but are asked to not ride the course during the race. (Access by foot only) Any spectator riding along with a racer, as support, is not allowed and will disqualify the racer. Any spectator providing hand up’s somewhere other than the finish/lap aid station will disqualify the racer.
- DNF... If you drop out of the race, you must notify a race official. Everyone needs to be accounted for!