



Welcome to the 2016 Founders Lumberjack 100 endurance mountain biking race. We thank you for choosing to participate in the 12th annual NUE series event and also need to thank our sponsors and volunteers who help us to provide you with the best possible race experience. The following information is all the details of the event 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. Please take time to review the following information and contact us with any additional questions regarding the race. **Consider this document as a replacement to the rider's safety meeting which would normally take place Saturday a.m. over the PA.**

### **Lumberjack 100 race Information:**

- **Date:** June 18, 2016
- **Included with your race entry:**
  - Customized number plate
  - Specialized, LJ 100 water bottle
  - 2016 LJ 100 pint glass
  - LJ 100 cycling cap
  - Post race meal
  - Post race Founders beer
  - LJ 100 finishers patch
  - (2) Neutral aid stations
  - (1) Neutral bike support tent (Sat a.m. pre-race only)
- **Location:** Big M Ski Area- 4040 Udell Hills Road Manistee, Mi 49660

**From Manistee** take M55 East 14 miles to Udell Hills Road, take that road south 3 1/2 miles to the Big M Ski Area parking lot.

**From Cadillac** take M55 west 29 miles (12 miles from M37) to Udell Hills Road take that road south 3 1/2 miles to the Big M Ski Area parking lot.

- **Packet pick-up:** Packet pick up is in the lodge at the Big M. You don't need to purchase a parking pass for packet pick up unless you plan to stay and pre-ride the course.  
Friday 3 PM - 8 PM  
Saturday 5 AM - 7 AM

- **Pre-riding the race course:** The race course will be marked by Thursday evening. You are welcome to ride the course at any time. The LJ 100 race course is 85% smooth single track with occasional sandy area, roots, sticks and rocks. Expect some long hill climbs with switchbacks and fast descents mixed in with twisty flowing ribbons of single track.
- **Parking:** We will have volunteers assisting with race day parking in the Big M ski area parking lot. **\*\*You must purchase a one day State Forest Service parking pass for \$5. Envelopes and a pay pole are located at the trail head kiosk or in the lodge\*\*.**
- **Race course route and map:** The 2016 race will go in a clockwise direction. You can print off a copy of the course map here and we will have one included with your race packet. Visit our website for GARMIN course downloads.
- **Lodging:** There is no overnight camping (tents, cars, RV's) allowed in the Big M parking lot. You are allowed to set up camping tents in the overflow parking lot or down one of the many NFS fire roads (two-tracks).  
For additional lodging options, check out our website: <http://lumberjack100.com/info/lodging/> which has local hotels, cabin rentals and camping options.
- **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 Michigan and is called Deer Tracks.
- **Merchandise for sale:** We will have the following items for sale at packet pick up and on race day in the lodge:
  - LJ 100 t-shirts and hoodies ( men & women's sizes ) \$15-30
  - LJ100 Jerseys short sleeve ( men & women's sizes ) \$70
  - LJ100 Jerseys long sleeve ( men & women's sizes ) \$85
  - LJ100 cycling caps \$15
  - LJ100 pint glasses \$5
  - Extra meal ticket with pint glass & beer \$25
  - Extra meal ticket **without** pint glass & beer \$15

**Race day meal options:** **Carolina Style Pulled Pork Po Boy**- topped with creole coleslaw and homemade sweet and spicy pineapple pickles.

**Cherry Chicken Salad Wrap**- homemade all white meat chicken, celery, Traverse City Dried Cherries, lettuce in a whole wheat wrap.

**Farmers Market Wrap**- Mediterranean hummus, provolone, and fresh roasted farmers market veggies in a whole wheat wrap. Mushrooms, tomato, spinach, peppers and asparagus. or what is in season from the local Farmers Market at the time.

All meals will include a homemade dilly bean garnish and choice of chips or watermelon.

**\*\*We will NOT have the traditional race morning riders meeting. So you aren't rushed and to make sure everyone receives the information we have the details outlined below:**

- **Race start and location:** the race starts at **7 AM SHARP!!**  
**\*\*\*\*\*The start line is out the parking lot, left on Udell Hills road for 1.5 miles. Follow start arrow signs and look for start line cones.**
  - Number plates must be on your bars, straight and not cut or folded
  - Nue series points leaders will receive a front row starting position
- **Start Wave self seeding:** The race is a mass start however we ask that you self-seed yourself based on your anticipated race time; Under 8 hours, 8-10 hours & 10 plus. Signs will be displayed at the start area.
- **New in 2016-** The race start will head **North** on Udell Road and go left onto a two-track which will lead you to the Lodge area in about 3 miles. We hope this alleviates some congestion. Just follow the course markings on subsequent laps as the approach to the Lodge area will be a little different than the first lap.
- **Racers support & crew tents:** **Racers may only receive crew support at the main lodge support tents, 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 after the start / finish line and around the taped off pit area near the finish line and lodge.

**Neutral aid stations:** We have two aid stations available to all racers. The first is at the race start team tent location. Look for the race support sign and Hammer Nutrition banner. This station has Heed product in coolers, water and fruit with a volunteer on hand to help.

The second aid station is on the course at approx mile 17. This is supported with volunteers and a selection of Hammer products along with Coca- Cola products, water, PB&j's, beef jerky, candy, salty snacks, etc.....

- **Neutral bike mechanic support:** Provided on race day morning before 7am only. Thank you Trailhead Bike Shop!

**Course markings** The course will be very clearly marked follow Cannondale ribbons on the trees and arrows at all corners. Any cross trails that shouldn't be entered will be marked with course tape on the ground. Do not cross any course tape and you should stay on the race course.

We will have signs on the course identifying 1/4, 1/2, 3/4 of a lap and 5, 4, 3, 2, 1 miles to go for each lap. These signs should also aid you in identifying your location to staff.

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 passed. This also keeps the riding surface free from tons of deep foot prints.

As you enter the start / finish for additional laps, please call race numbers to timers

**Medical Emergency**- Life threatening call 911. If not life threatening get to the aid station or the closest trail post with number and contact (616) 901-0136 and we'll send in support ( This number is on a sticker on back of # plate too) We also have medics on site at the start / finish lodge area for medical attention during the race.

**Cut Off Time**- To avoid having riders on course in the dark you may not start the third lap after 3:00 pm.

There are some sections with cut tree stumps close to the trail tread. We have marked a number of dangerous stumps with pin flags but please remain alert for additional stumps.

Anyone cutting the course or littering will be DQ'd. This includes avoiding any section of the race course. Report any course cutters to event staff by their race number. Stay on course.

If you decide to quit the race, please inform Rick Plite, Scott TenCate or the staff from Newton Timing so we account for all racers.

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

- **Inclement Weather:** Should there be any severe thunderstorm or tornado watches or warnings, the following will take place:
  - Before the race:** The race may be delayed or canceled, based on the discretion of the race promoter.
  - During the race:** Take shelter in the lowest possible area. if near the finish get in your vehicle or the lodge
- **Results: Timing by Newton Timing :** will be posted live as you finish your race on the computer monitors located in the pit row area. Look for the red and yellow tent.
- **Awards:** Podium awards will take place throughout the afternoon as each category has enough racers to complete each podium. Please listen for awards announcements and be available for podiums and prizes.

**Things to do in the area: visit our website for links to the following:**

<http://lumberjack100.com/info/maps-and-files/>

Lake Michigan Beaches  
Manistee Shopping District  
Canoeing  
Gambling  
Hiking

