



1.734.484.9999



Welcome to the 2018 Founders Brewing Co. Lumberjack 100 endurance mountain biking race. We thank you for choosing to challenge yourself on another level and participate in our 14th annual NUE series event.

The information outlined in this document should 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.

Have a great race!

Our number one suggestion 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.

**\*\*We will NOT have the traditional race morning riders meeting, So you aren't rushed and to make sure everyone receives the information\*\* Please take a few minutes to read through the information below to familiarize yourself with the important details for the event.**

## **Lumberjack 100 race Information:**

- **Date:** June 16, 2018
- **Included with your race entry:**
  - **\*\* NEW for 2018\*\* Your race day National Forest Parking Fee**
  - Customized number plate
  - Specialized, LJ 100 water bottle
  - 2018 LJ 100 pint glass
  - LJ 100 cycling cap
  - Post race meal
  - Post race Founders beer
  - LJ 100 finishers patch or finishers medal (your choice)
  - (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.

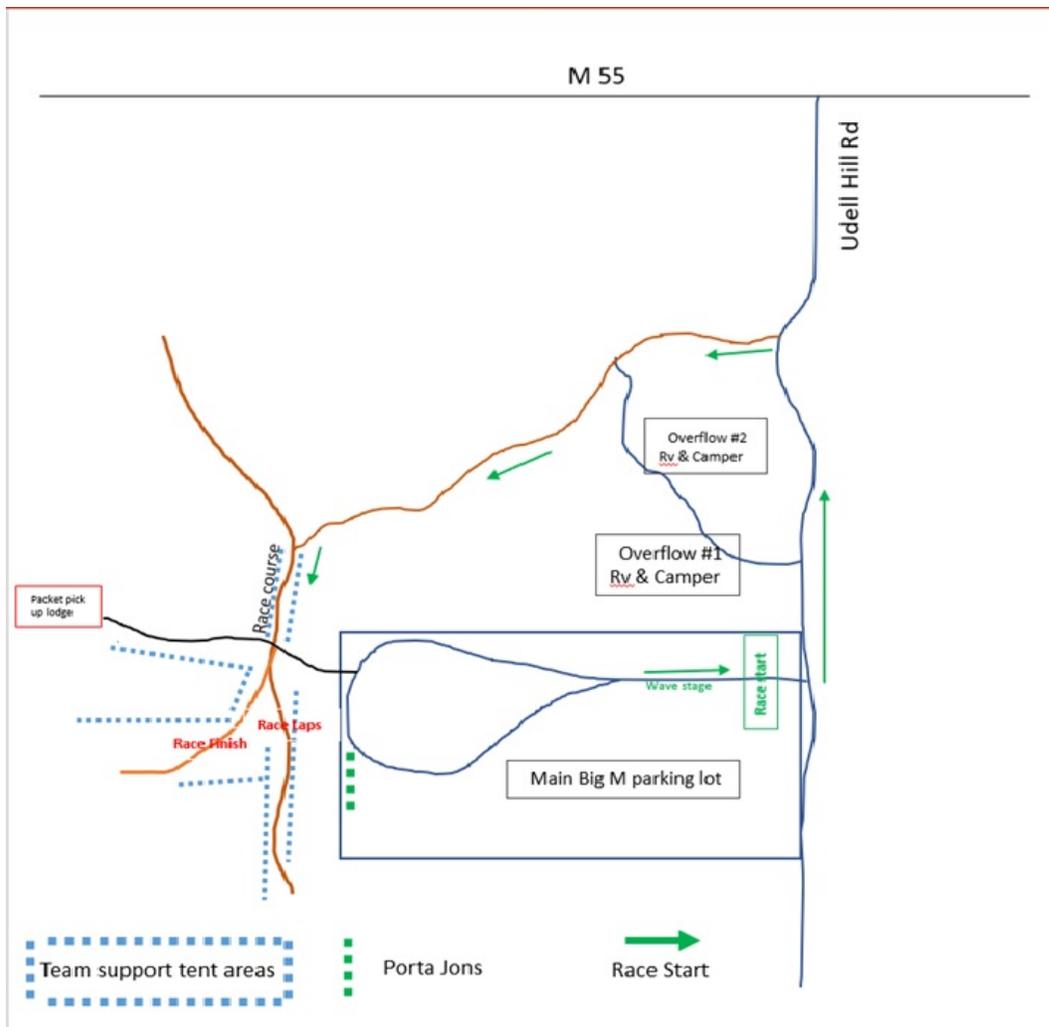
- **Packet pick-up:** Packet pick up is in the log cabin lodge located at the Big M Ski Area. *You don't need to purchase a parking pass for packet pick up unless you plan to stay and pre-ride the course.*

Friday 1 PM - 8 PM

Saturday 5 AM - 7 AM

- **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 printable course map, GPS file and cue sheet to help navigate the course prior to marking.
- **Race course route and map:** The 2018 race will go in a **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 will also be provided a printed course map with your race packet. 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 9,000 feet total) but offer some ripping downhills. 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 rain and expect fast packed conditions. While marking the course we pick up sticks, cut 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.

- **Parking:** We will have volunteers assisting with race day parking in the Big M ski area parking lot. We will work as efficiently as possible to get you parked quickly but showing up early will reduce your stress level. **\*\*The National Forest Service parking pass for \$5 on race day was included in 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, Campers, tents:** **\*\* PLEASE** only park RV's and campers in the two overflow parking lots. Look for the "Overflow" sign on Udell Hill road to access (See Map Below). Space is first come first serve / no permit required. Tent camping is allowed within the "Forest Area"
- **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. About a 15minute drive from Big M.
- **2018 race start & Location:** **The race starts at 7 AM Eastern Standard Time**  
**\*\*NEW for 2018\*\* we will stage and start in the BIG M parking lot 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 (See Map Below) after another 2 miles back to the Big M Finish and support area you will merge onto the race course. You will only do the road and two-track for the start not subsequent laps. 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 through within 15 minutes as you come through the BIG M finish / support area to get onto the race course lap.
  - 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 waves & self seeding:**  
 The race will start in three waves.  
 Under 8 hours, 8-10 hours & 10 plus.  
 The first will go off at 7 AM E.S.T with a two minute gap between the other 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. We will confirm your wave with a timing mat and your start time will reflect the start of your wave and not when you actually cross the start mat.



- **Suggested gear to race with:**

- Enough hydration for a 33 mile lap or to get you to the aid station at mile 17

- Multi tool, Extra tube, pump / CO2, levers, quick link, derailleur hanger

- Cell Phone (however cell service can be spotty) in an emergency text a message to race directors)

- **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.( Refer to above map)

- **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 "HAMMER NUTRITION" 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 start team tent location. Look for the race support tent / sign and Hammer Nutrition banner. This station has Heed product in coolers, water 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 Hammer products along with Coca-Cola, 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 Kenda course 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 of a lap and 25, 20, 15, 10, 5, 1 miles to go for each lap. These signs should also aid you in identifying your location to staff.

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 on it and contact Rick (616) 901-0136, Scott (616)292-2395 or Cathy (616)901-2583 and we'll send in support (These numbers are 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.
- **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 Directors.
  - 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 and results flag
- **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.

- **Miscellaneous Race Details:**

- *There is no running water at Big M.* We will have a water truck 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 passed. 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, screens for your support tent also help.
- 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.
- 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. Report any course cutters to event staff by their race number. Stay on course.
- If you decide to quit the race, please inform Newton Timing at the start/ finish or Race Directors; Rick Plite, Scott TenCate 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!
- **Post Race meal options:** All racers get a post-race meal and free Founders Beer, Coke and water, tea and lemonade  
Choice of pulled pork or Chicken on a bun ( Warm) / Vegetarian wraps
- **Coleslaw, Pasta Salad, Cowboy Beans,**
- Sara lee pies
- **Merchandise for sale:** We will have the following items for sale at packet pick up and on race day in the lodge. Sizes and quantities are limited:
  - 100 t-shirts and hoodies ( men & women's sizes )
  - 100 Jerseys short sleeve ( men & women's sizes )
  - 100 Jerseys long sleeve ( men & women's sizes )
  - 100 cycling caps & baseball hats
  - 100 pint glasses
  - Extra meal ticket with pint glass & beer \$25
  - Extra meal ticket **without** pint glass & beer \$15

## **2018 Lumberjack 100 Racing Rules**

- Only solo classes permitted. The classes are men's, women's, men single speed, fat bike, 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)
- 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 also carry their own food, water, tools, tubes, camelbaks, 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
- Other Aid Station: one self-serve or crew assisted aid station near the start 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 **Hammer Nutrition 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 this 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 3:00 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 crew 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!