



**LIFETIME<sup>®</sup>**  
**LITTLE SUGAR**

MTB

PRESENTED BY



**mazda**

**ATHLETE  
GUIDE**

**2023**

**LIFETIME<sup>®</sup>**



# WELCOME!

This document covers the **Little Sugar Gravel MTB race** with distances of **20, 50, and 100 kilometers**. It is intended to provide event participants with all the information they will need to prepare for a successful and rewarding **Life Time Little Sugar MTB presented by Mazda** experience.





# EVENT SCHEDULE

## SATURDAY, OCTOBER 14<sup>TH</sup>

**10:00 A.M. -  
5:00 P.M.** Packet Pickup  
**LOCATION:** [The Ledger](#) - 1st Floor



## SUNDAY, OCTOBER 15<sup>TH</sup>

**7:30 A.M.** 50k Start  
**LOCATION:** [Coler MTB Homestead](#)

**8:00 A.M.** 100K Pro Men Start  
**LOCATION:** [Coler MTB Homestead](#)

**8:10 A.M.** 100K Pro Women Start  
**LOCATION:** [Coler MTB Homestead](#)

**8:20 A.M.** 100K Age Group Start  
**LOCATION:** [Coler MTB Homestead](#)

**10:30 A.M.** 20K Start  
**LOCATION:** [Coler MTB Homestead](#)

**1:30 P.M.** Checkpoint 1 Cutoff  
**LOCATION:** [Pinion Drive](#)

**4:30 P.M.** Checkpoint 2 Cutoff  
**LOCATION:** [Dartmoor Rd & Veterans Pkwy](#)

**6:30 P.M.** Finish Line Cutoff  
**LOCATION:** [N Main Street](#)

**11:00 A.M. -  
8:00 P.M.** Finisher Party Open  
**LOCATION:** [The Ledger](#) - 6th Floor

**2:00 P.M.** 50k Awards  
**LOCATION:** [The Ledger](#) - 6th Floor

**2:30 P.M.** 20k Awards  
**LOCATION:** [The Ledger](#) - 6th Floor

**3:00 P.M.** Pro Awards  
**LOCATION:** [The Ledger](#) - 6th Floor

**5:00 P.M.** 100k Age Group Awards  
**LOCATION:** [The Ledger](#) - 6th Floor

# LITTLE SUGAR COURSE INFORMATION

**Little Sugar MTB 100k is a cycling challenge meant to test participants' endurance and technical ability. It is held on the Little Sugar, Back 40, and Slaughter Pen trail systems of Bella Vista and Bentonville, Arkansas.**

The 100k course is approximately 61.5 miles long. There will be a controlled police leadout on pavement to about mile 2.8. There will be two official checkpoints with nutrition provided and two organized water stops. There are also many publicly available water spigots along the course.

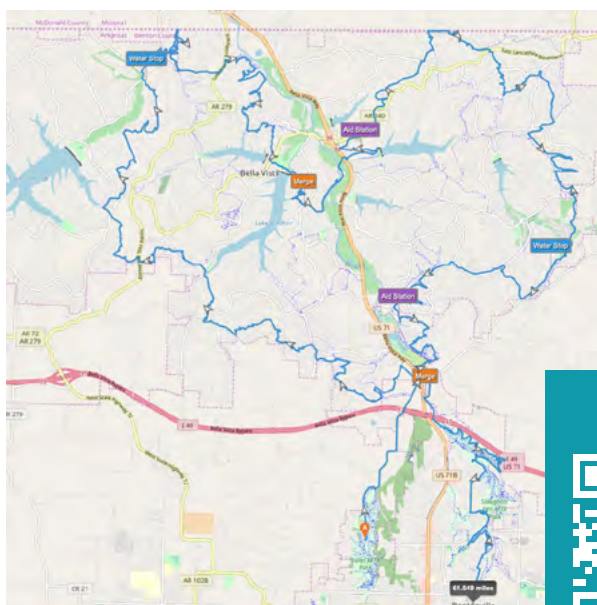
All Little Sugar courses use a point-to-point format, starting at the Homestead in Coler MTB Preserve and finishing in Bentonville Downtown at the Square.

Courses will NOT be closed to the public. Be aware of the potential presence of riders passing in the opposite direction of travel. Courses also have many road crossings that will be open to traffic. Be careful and yield to cross traffic when present!

**The course will be marked with colored flagging tape, pin flags, divider tape, and some limited other signage. It should be possible to navigate entirely by these markings, but using a GPS device is highly recommended. 100K COURSE WILL BE MARKED IN PINK!**

The course is physically and technically challenging in general. There are two sections in particular to be extra aware of. These are Technical Difficulties from approximately mile 18 to 20 and The Ledges from 41 to 44.

Toward the end of the course coming into Bentonville, there are several crossings and/or brief merges with the Razorback Greenway multi-use trail. This will be open to public use and may have pedestrians and families present. Be respectful in these locations!



GPX FILE

CLICK OR SCAN

## COURSE OVERVIEW

- › **DISTANCE**  
61.5 Miles
- › **ELEVATION GAIN:**  
~7,000'
- › **START**  
[Coler MTB Homestead](#)
- › **FINISH**  
[Downtown Bentonville](#)
- › **TWO OFFICIAL CHECKPOINTS**  
Stocked w/ hydration and nutrition  
**Checkpoint #1** - Mile 30.7 | Lake Ann  
**Checkpoint #2** - Mile 50.1 | Cooper Elementary
- › **TWO WATER OASIS**  
WATER ONLY  
**Water Oasis #1** - Mile 17.8  
**Water Oasis #2** - Mile 45.3



# LITTLE SUGAR COURSE INFORMATION

**Little Sugar MTB 50k is a cycling challenge meant to test participants' endurance and technical ability. It is held on the Little Sugar, Back 40, and Slaughter Pen trail systems of Bella Vista and Bentonville, Arkansas.**

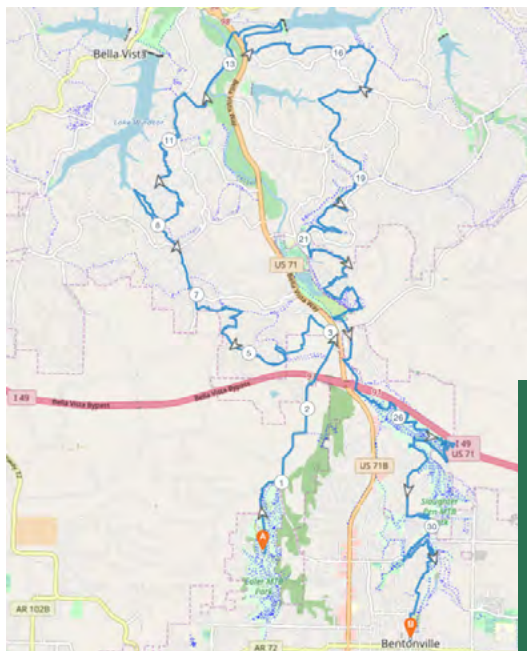
The 50k course is approximately 32.7 miles long. There will be a controlled police leadout on pavement to about mile 2.8. There will be two official checkpoints with nutrition provided. There are also many publicly available water spigots along the course.

All Little Sugar courses use a point-to-point format, starting at the Homestead in Coler MTB Preserve and finishing in Bentonville Downtown at the Square.

Courses will NOT be closed to the public. Be aware of the potential presence of riders passing in the opposite direction of travel. Courses also have many road crossings that will be open to traffic. Be careful and yield to cross traffic when present!

**The course will be marked with colored flagging tape, pin flags, divider tape, and some limited other signage. It should be possible to navigate entirely by these markings, but using a GPS device is highly recommended. 50K COURSE WILL BE MARKED IN ORANGE!**

Toward the end of the course coming into Bentonville, there are several crossings and/or brief merges with the Razorback Greenway multi-use trail. This will be open to public use and may have pedestrians and families present. Be respectful in these locations!



## COURSE OVERVIEW

- › **DISTANCE**  
32.7 Miles
- › **ELEVATION GAIN:**  
~3,700'
- › **START**  
[Coler MTB Homestead](#)
- › **FINISH**  
[Downtown Bentonville](#)
- › **TWO OFFICIAL CHECKPOINTS**  
Stocked w/ hydration and nutrition  
**Checkpoint #1** - Mile 13.6 | Lake Ann  
**Checkpoint #2** - Mile 21.2 | Cooper Elementary



GPX FILE

CLICK OR SCAN



# LITTLE SUGAR COURSE INFORMATION

**Little Sugar MTB 20k is a cycling challenge meant to test participants' technical ability and get an introduction to the local NWA trails. It is held primarily on the Slaughter Pen trail system of Bentonville, Arkansas.**

The 20k course is approximately 11.6 miles long. There will be a controlled police leadout on pavement to about mile 2.7. There are no official checkpoints or water oases on this course, but there are publicly available water spigots along the way.

All Little Sugar courses use a point-to-point format, starting at the Homestead in Coler MTB Preserve and finishing in Bentonville Downtown at the Square.

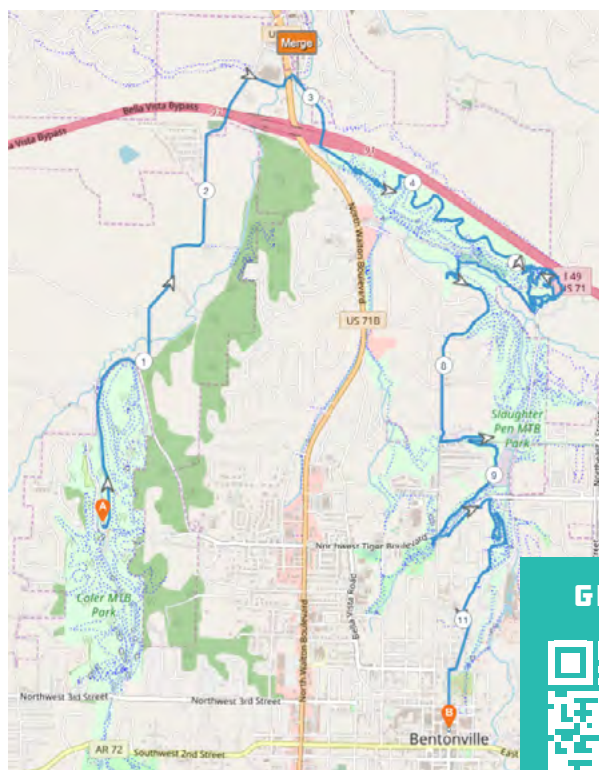
Courses will NOT be closed to the public. Be aware of the potential presence of riders passing in the opposite direction of travel. Courses also have many road crossings that will be open to traffic. Be careful and yield to cross traffic when present!

The course will be marked with colored flagging tape, pin flags, divider tape, and some limited other signage. It should be possible to navigate entirely by these markings, but using a GPS device is highly recommended. **20K COURSE WILL BE MARKED IN YELLOW!**

Toward the end of the course coming into Bentonville, there are several crossings and/or brief merges with the Razorback Greenway multi-use trail. This will be open to public use and may have pedestrians and families present. Be respectful in these locations!

## IMPORTANT NOTES!

Unlike the other courses, the 20k will do a "loop-de-loop" around the Castle area in Slaughter Pen. Riders will first descend the Uwabami Trail, climb back up to the castle along Lombard, then descend again down Medieval before continuing along the route.



GPX FILE

CLICK OR SCAN

## COURSE OVERVIEW

- > **DISTANCE**  
11.6 Miles
- > **ELEVATION GAIN:**  
~1,250'
- > **START**  
[Coler MTB Homestead](#)
- > **FINISH**  
[Downtown Bentonville](#)



# CHECKPOINTS & CREWS

## SUPPORT CREWS

- › Due to limited physical space at the aid station locations and elsewhere along the race course, there will be NO SUPPORT CREWS allowed on course at Little Sugar MTB.
- › Pickup vehicles will be available for riders needing to abandon the course due to mechanical or other issues. To request a pickup, call 719-257-3938

## AID STATIONS

The two aid stations on course will be stocked with the following:

- › Neutral mechanical support
- › Water
- › Sports hydration
- › Sports nutrition bars
- › Sports chews
- › Carbohydrate gels
- › Chips
- › Cookies
- › Pickles
- › Bananas
- › Other assorted snackies





# PARKING

There is **very little parking near Coler MTB Preserve**. We HIGHLY encourage riders to park in Bentonville Downtown and ride the 4 mile commute to the start. This will be a nice warmup!

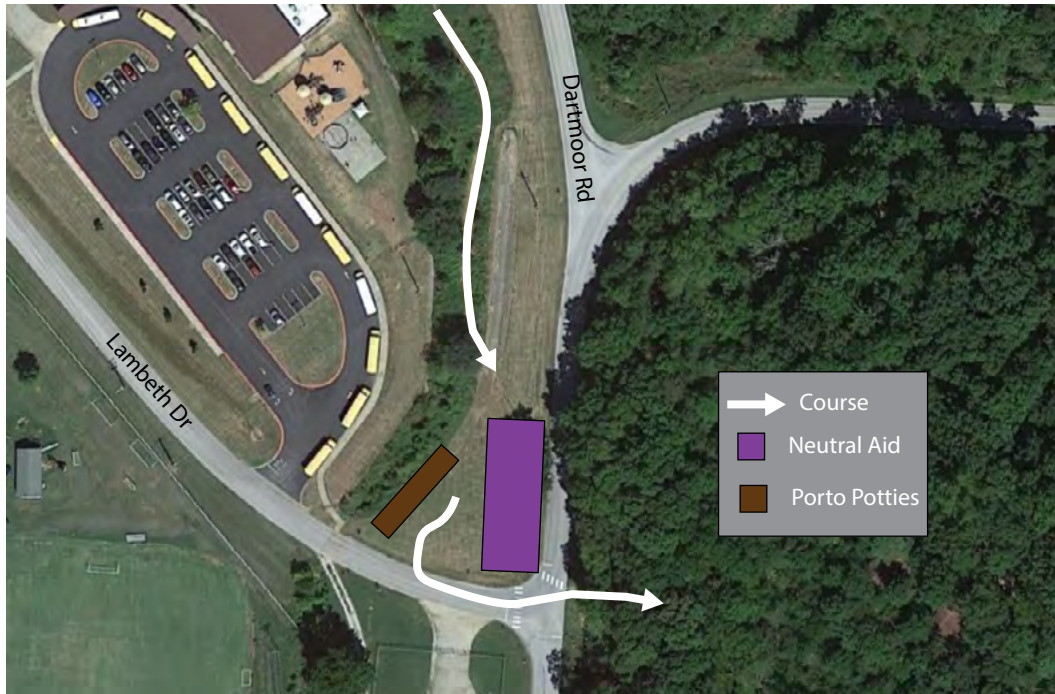
[View commute route](#) 

› Parking locations in Downtown Bentonville are denoted on the map below.



# AID STATIONS

## COOPER



## LAKE ANN





# AWARDS

## SCHEDULE

<b>2:00 P.M.</b>	50k Awards <b>LOCATION:</b> <a href="#">The Ledger</a> - 6th Floor
<b>2:30 P.M.</b>	20k Awards <b>LOCATION:</b> <a href="#">The Ledger</a> - 6th Floor
<b>3:00 P.M.</b>	100k Pro Awards <b>LOCATION:</b> <a href="#">The Ledger</a> - 6th Floor
<b>2:00 P.M.</b>	100k Age Group Awards <b>LOCATION:</b> <a href="#">The Ledger</a> - 6th Floor

## AWARD CATEGORIES

**AWARDS WILL BE 3 DEEP IN EACH CATEGORY:**

### 100K

- › Elite Men
- › Elite Women
- › 19 & Under Men
- › 19 & Under Women
- › 20-29 Men
- › 20-29 Women
- › 30-39 Men
- › 30-39 Women
- › 40-49 Men
- › 40-49 Women
- › 50-59 Men
- › 50-59 Women
- › 60-69 Men
- › 60-69 Women
- › 70+ Men
- › 70+ Women
- › Singlespeed Men
- › Singlespeed Women
- › Para Men
- › Para Women
- › Non-binary Open
- › Fatbike Open
- › Junior (16-19)

### 50K & 20K

- › Open Men
- › Non-binary Open
- › Open Women
- › Men's E-bike
- › Para Men
- › Women's E-bike
- › Para Women
- › Junior
  - › 50K: 14-19
  - › 20K: 12-19



# EVENT RULES

**PLEASE READ ALL & CAREFULLY... YOU ARE RESPONSIBLE FOR THESE RULES!**

- 1** Little Sugar MTB Athletes must utilize an approved bicycle. This bicycle must:
  - › Consist of a frame mounted on two wheels, one behind the other.
  - › Have a seat and have handlebars for steering.
  - › Be propelled solely by the operator via two pedals connected to the rear wheel by a chain or belt
  - › Have two hand-operated brakes (fixed gear and coaster brake bikes are not exempt from this rule)
  - › MAY NOT utilize aerobars, bar extensions, or clip on bar attachments of any kind
  - › The same bicycle frame must be utilized for the duration of the race. Other components may be swapped out in checkpoints. Athletes may assist each other on course with parts.
  - › Singlespeed riders must utilize the same gearing for the duration of the race.

- 2** Athletes must wear a helmet while operating their bicycle.

- 3** Athletes must pass over the timing mats at each of the official checkpoints. Cut-off times will be established for reaching each checkpoint for rider safety, based on an average of 6 mph. If you reach a checkpoint after the cut-off time, your time will not be scored and you will no longer be an official participant of the race.



- 4** Little Sugar MTB athletes are responsible for themselves throughout the duration of the event. This includes:
  - › Navigation of the course.
    - › The course will be marked with colored flagging tape, pin flags, divider tape, and some limited other signage. It should be possible to navigate entirely by these markings, but using a GPS device is highly recommended.
  - › Interaction with local vehicle traffic.
    - › The courses have many road crossings. Roads are open to the public and athletes are expected to follow all relevant bicycle laws.
    - › There are several crossings and/or brief merges with the Razorback Greenway multi-use trail. This will be open to public use and may have pedestrians and families present.
  - › [Arkansas State Bicycle Laws](#)

- 5** Support Crews, friends, and family members are NOT allowed on or near the course, except to pick up a rider who is abandoning the event. IF A SUPPORT CREW VEHICLE IS SPOTTED ON COURSE, THEIR RIDER WILL BE DISQUALIFIED.

- 6** Outside support is only allowed at official checkpoints, with these exceptions:
  - › Athletes may help other athletes with mechanical support, navigation assistance, or by any other means.
  - › Athletes may resupply at local businesses and stores along the route.
  - › Athletes may receive “neutral” support from local residents at a stationary location from which any other event participant could also receive aid.



## PLEASE READ ALL & CAREFULLY... YOU ARE RESPONSIBLE FOR THESE RULES!

- 7** The primary route must be followed at all times. No short cuts or alternate routes are permitted.
- › If you intentionally exit the course for food, supplies, or any other reason, you must re-enter the course at the same spot at which you left.
  - › If you get lost, you shall make every reasonable attempt to backtrack to the point where you left the course; or to re-enter the course as soon as possible and without gaining an advantage.
  - › Note: “Advantage” is not defined by race position.

- 8** Drafting on another event participant is allowed. Drafting on a non-participant cyclist, or on a motorized vehicle will result in disqualification.

- 9** Athlete “Race Plates” MUST be affixed to the front of the handlebars. Athlete “Race Plates” MUST NOT be bent, folded, wrapped around the head tube, or in any other position other than flat against the handlebars. Improper attachment of the race plate will cause timing chips not to register and may be cause for disqualification.

- 10** All athletes must attend Rider Sign-In on Saturday before race day to receive their event packet. (Full Schedule of Events will be available on the website closer to the event date).
- › A government-issued photo I.D. will be required to sign in.
  - › Event packets will be given out to registered athletes only. No one else can receive your pack for you.
  - › Sign-In will NOT be available on Saturday.



- 11** 11. The elite category includes these additional rules:
- › Racing for this category must be selected at time of race registration.
  - › While an athlete may self-select this category, Life Time reserves the right to change a rider’s designation to their appropriate age group division prior to the race date, and will consult the rider before doing so.
  - › All athletes selecting to race in the pro/elite category will not be eligible for age group podiums.
  - › All pro/elite riders are subject to random drug testing.
  - › All other rules remain in place.

**PLEASE READ ALL & CAREFULLY... YOU ARE RESPONSIBLE FOR THESE RULES!**

**12** Challenges to event results must come from a registered participant, must be made either in-person, or via email to **big sugargravel@ltevents.zendesk.com**, and must be received no later than 24 hours after closing of the race finish line.

**13** All deferrals must be submitted to **big sugargravel@ltevents.zendesk.com** no later than midnight on **Friday**, the day before packet pickup. You **WILL NOT** be able to pick up your packet if your entry is deferred to the next year.





# PREPARATIONS

## EQUIPMENT CHECKLIST

Each participant **must** carry with them (*on their body, or on their bike*) **every item** on this list:

- Cycling computer or GPS device
- Red tail light
- Front light
- Minimum of two liters of water or sports drink
- Two spare inner tubes
- Air pump or inflation system
- A cell phone to contact the “outside world” should you need help





## ADDITIONAL SUPPLIES YOU SHOULD SERIOUSLY CONSIDER

- A GPS system to communicate your exact location to support or rescue personnel in the event of an emergency.
- Cash, debit card or credit card.  
*(To purchase food, water, supplies.)*
- Small Rucksack / Hydration Pack
- Waterproof / Windproof Jacket
- Extra Thermal Top or Warm Layer
- An Emergency / Survival Blanket
- Food – Energy Bars, Gels, Chocolate, etc.
- Tire Levers
- Puncture Repair Kit
- Chain Tool
- Allen Wrench Set
- Spoke Wrench
- First Aid Kit
- Chamois Butt'r
- Chain Lube
- Handlebar Map Case
- Compass



# EMERGENCY INFORMATION

Emergencies  
**DIAL 911**

## AREA HOSPITALS

It is, of course, our hope that no one will need this information. In the unfortunate chance that you do, print this off and keep it with you and your support crew.

### **GREATER BENTONVILLE AREA**

#### **Northwest Medical Center | Bentonville**

- › 601 SW Regional Airport Blvd Bentonville, AR 72713
- › (479) 553-1000

#### **Mercy Bella Vista | Bella Vista**

- › 23 Sugar Creek Center Bella Vista, AR 72714
- › (479) 802-5555

# SPONSORS

We thank the following sponsors for making **Life Time Little Sugar MTB presented by Mazda** possible. Whether local or national, we ask our participants and fans to look to these sponsors first for the services or products they provide. We truly could not host these amazing events without all of you.

OUR MOST SINCERE THANKS TO YOU ALL!



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