LIFE TIME® **JUTTLE SUGAR** MTB

2024 ATHLETE GUIDE

WELCOME!

This document covers the Little Sugar 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 experience.

EVENT SCHEDULE

SATURDAY, OCTOBER 12TH

11:00 я.м 5:00 р.м.	Packet Pickup
2:00 р.м.	Athlete Meeting #1
5:00 р.м.	Athlete Meeting #2



SUNDAY, OCTOBER 13TH

7:30 я.м.	50k Start LOCATION: <u>Coler MTB Homestead</u> 100k Elite Men Start LOCATION: <u>Coler MTB Homestead</u>	
8:00 я.м.		
8:10 п.м.	100k Elite Women Start	
8:20 a.m.	100k Age Group Start LOCATION: Coler MTB Homestead	
10:30 a.m.	20k Start LOCATION: Coler MTB Homestead	
1:30 р.м.	Checkpoint 1 Cutoff LOCATION: Lumber Yard	
4:30 р.м.	Checkpoint 2 Cutoff LOCATION: Cooper Elementary	
6:30 р.м.	Finish Line Cutoff LOCATION: N Main Street	
11:00 я.м 8:00 р.м.	Finisher Party Open	
2:30 p.m.	20k Awards	
3:00 p.m.	50k Awards	
3:30 p.m.	Pro Awards	
6:30 р.м.	100k Age Group Awards	

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 60.9 miles long. There will be a controlled police leadout on pavement to about mile 1.1. 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.

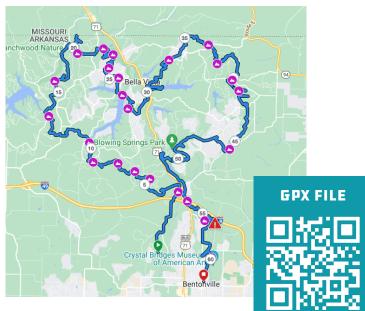
All Little Sugar courses use a pointto-point format, starting at the Homestead in Coler MTB Preserve and finishing in Bentonville Downtown at the Square.

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 a combination of pin flags, course tape, and color coded directional arrows. A GPS device is highly recommended. 100K COURSE WILL BE MARKED IN BLACK!

The course is physically and technically challenging in general. There are two sections in particular to be extra aware of. These are Technical Difficulty 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!



COURSE OVERVIEW

> **DISTANCE** 60.9 Miles > ELEVATION GAIN: ~7,000'

- START
 Coler MTB Homestead
- FINISH
 Downtown Bentonville
- TWD DFFICIAL CHECKPOINTS
 Stocked w/ hydration and nutrition
 Checkpoint #1 Mile 30.1 | Lumber Yard

SUPPORT CREWS ALLOWED (SEE PG 9)

Checkpoint #2 - Mile 50.8 | Cooper Elementary SUPPORT CREWS NOT ALLOWED

TWD WATER DASIS
 WATER ONLY
 Water Oasis #1 - Mile 17.8
 Water Oasis #2 - Mile 45.3

BIGSUGARCLASSIC.COM | LIFETIME

CLICK OR SCAN

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.

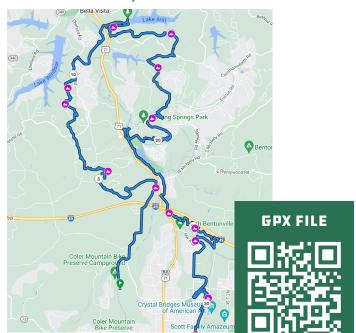
The 50k course is approximately 32.7 miles long. There will be a controlled police leadout on pavement to about mile 1.1. There will be two official checkpoints with nutrition provided. There are also many publicly available water spigots along the course.

All Little Sugar courses use a pointto-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 vield to cross traffic when present!

The course will be marked with a combination of pin flags, course tape, and color coded directional arrows. A GPS device is highly recommended, 50K COURSE WILL **BE MARKED IN BLUE!**

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

CLICK OR SCON

- > ELEVATION GAIN: > **DISTANCE** 31.0 Miles
- > START Coler MTB Homestead
- > FINISH Downtown Bentonville
- > TWO OFFICIAL CHECKPOINTS Stocked w/ hydration and nutrition Checkpoint #1 - Mile 12.1 | Lumber Yard SUPPORT CREWS ALLOWED (SEE PG 9) **Checkpoint #2** - Mile 20.9 | Cooper Elementary

~3.700'

SUPPORT CREWS NOT ALLOWED

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.

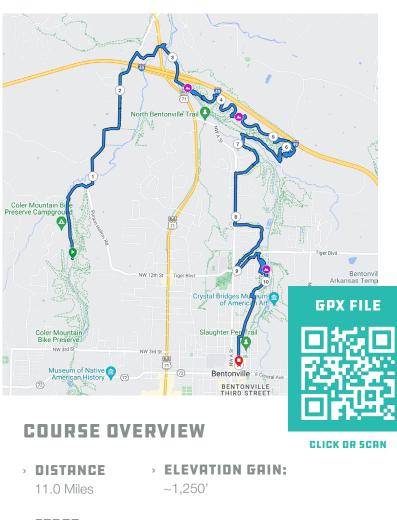
The 20k course is approximately 11.0 miles long. There will be a controlled police leadout on pavement to about mile 2.7. There are no official checkpoints or water oases on this course.

All Little Sugar courses use a point-topoint 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 a combination of pin flags, course tape, and color coded directional arrows. A GPS device is highly recommended. 20K COURSE WILL BE MARKED IN GREEN!

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!



- > **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 except for the LUMBER YARD aid station on Pinion Drive. See Page 9 for a map of support crew parking etc.
- Pickup vehicles will be available for riders needing to abandon the course due to mechanical or other issues. To request a pickup, call 480-242-6147.

AID STATIONS

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

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

DROP BAGS

Drop bags available for your use at LUMBER YARD aid

- Drop-Off Times:
 Saturday: 11:00 AM 5:00 PM
 Sunday: 3:00 PM-7:00 PM
- Sunday: 6:00 AM-8:00 AM
 Location: <u>Arvest Bank Parking Lot</u>
- Location: Packet Pickup/Start



PARKING

There is **very little parking near Coler MTB Preserve**. We HIGHLY encourage riders to park in Bentonville Downtown and ride the 2.7 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.



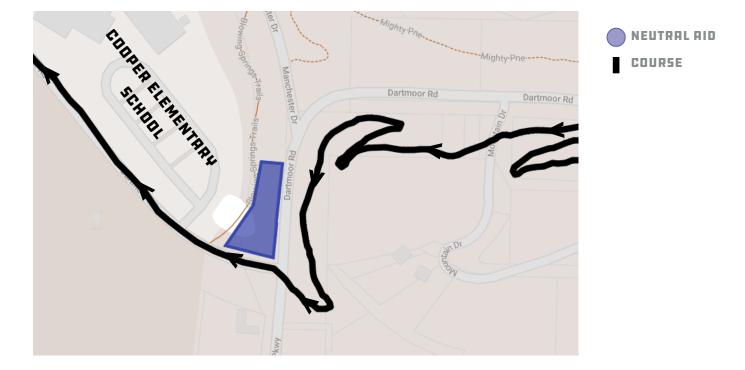
AID STATIONS

LUMBER YARD



NOTE: PINION DR IS OPEN TO PUBLIC TRAFFIC, BE CAUTIOUS AND CURTEOUS

COOPER ELEMENTARY



AWARDS

SCHEDULE

2:30 p.m.	20k Awards
3:00 p.m.	50k Awards LOCATION: The Hub
3:30 p.m.	100k Pro Awards LOCATION: The Hub
6:30 р.м.	100k Age Group Awards LOCATION: <u>The Hub</u>

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



50K & 20K

- › Open Men
 - Non-binary Open
- › Open Women › Men's E-bike
- › Para Men
- › Para Women
- Junior Boys

› Women's E-bike

- › 50K: 14-19
- > 20K: 12-19
- › Junior Girls
 - › 50K: 14-19
 - > 20K: 12-19

EVENT RULES

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

- 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.
- Athletes must wear a helmet while operating their bicycle.
- Athletes must pass over the timing mats at each of the official checkpoints. Cutoff 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.



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

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



- 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!

- Challenges to event results must come from a registered participant, must be made either in-person, or via email to bigsugargravel@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 bigsugargravel@ltevents.zendesk.com no later than midnight on Wednesday, the week of 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



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** 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.



THANK YOU

Additionally, we'd like to extend a huge thank you to the following organizations: Bentonville Parks and Rec, Trailblazers, the Trail Adoption Program (TAP) and the countless volunteers for the many hours of work to give the participants the best courses possible. As you may know, the Bentonville and Bella Vista communities endured severe storms earlier this year, impacting trail systems on the Little Sugar MTB courses. These organizations were crucial in clearing and ensuring the safety of these trails.

OUR MOST SINCERE THANKS TO YOU ALL!

TRAILBLAZERS

