

A full-page background image showing two cyclists riding on a gravel path through a dense forest. The path is light brown and curves slightly to the left. The cyclists are in the lower half of the frame, riding towards the viewer. The forest is lush with green trees and foliage, with sunlight filtering through the leaves. The overall mood is serene and active.

LIFETIME[®]

Big SUGAR

GRAVEL

RIDER'S GUIDE

OVERVIEW

This document covers the Big Sugar 100-mile and Lil' Sugar 50-mile distances, and is intended to provide event participants with all the information they will need to prepare for a successful and rewarding Big Sugar experience.



BIG SUGAR



is a 100+ mile long ultra-endurance bicycling challenge, held on the gravel roads through the Northwest region of Arkansas and Southeast region of Missouri. The event will occur on Saturday, October 23, 2021 and will start in downtown Bentonville, Arkansas. Navigation will be achieved through the use of maps & cue sheets and/or GPS device. Each rider will be responsible for uploading the GPS file to their own device and/or printing their own maps and cue sheets. Upon arriving at a checkpoint, each rider is responsible for checking in. No one else can check in for a rider.



LIL' SUGAR



is a challenging, shorter-distance option, designed to serve as an introduction to endurance cycling and a "stepping stone" towards the Big Sugar. Tackle the Lil' Sugar this year as you prepare and build up for the longer distance in the future!

GENERAL COURSE INFO

- **Packet Pickup** for all riders will be **Friday, October 22**, at the **Outerbike** demo festival in the open lot East of 8th Street Market from **2:00 pm to 7:00 pm**.
- All Big Sugar event distances will utilize a single-loop format.
- Some blacktop roads will be necessary from time to time, the **majority of the course will be on gravel** and dirt roads.
- Some of these roads receive little to no maintenance throughout the year and can be quite primitive in nature.
- There are many blind corners while traversing the course. **All riders are required to stay right of center on all roads, even if a centerline is not present.**
- In the event of inclement weather, **gravel and dirt roads can become mud roads**. Riders are therefore encouraged to prepare their bikes, their bodies, and their minds to be ready for any and all possible conditions.
- **The course will not be marked.** There may be a few critical or confusing spots marked to assist you, but either GPS or map & cue sheets are needed to navigate the whole course.
- **BEWARE of dogs on course.** Dogs on these rural roads are often allowed to roam free. They will often run out into the road to investigate, and pose a crashing hazard. Some can even be aggressive, so **be on your guard**.
- **Cell reception can be poor** on the hilly back roads. You may not always be able to call for assistance. **There will be support Jeeps** roaming the course to locate and extract you if necessary.

BIG SUGAR COURSE INFO

This 100 (+) mile route will leave downtown Bentonville under police escort, traveling west and then north into Southern Missouri. The route will feature ONE official checkpoint location where Riders will be allowed to meet their support crews.

- Download course file here: [Big Sugar 100 Mile Course](#)
 - **NOTE: this course includes private property at mile 72.4, DO NOT TRESPASS, roads will remain closed until race day**
 - If you do wish to check out the roads that you will see during the race, follow this link that goes around the private property, and bypasses the 8 miles of highway-side riding at the beginning: [Alternate Route](#)
- Start: Mile 0 - The Momentary Arts Center
 - Start time: 6:00 am
 - 8 mile neutral leadout to the city limits
- Checkpoint One: Mile 37 - Pineville, Missouri
 - Cutoff time: 9:45 am
 - Pineville, MO is the only checkpoint that **support crews are allowed** to be at.
- Checkpoint Two: Mile 73.6 - Whistling Springs Brewery, Missouri
 - Cutoff time: 1:30 pm
 - Due to limited space, **ABSOLUTELY NO SUPPORT CREWS ALLOWED AT THIS LOCATION**. This checkpoint will be supported by the event organization.
- Finish: Mile 103.8 - Compton Gardens and Arboretum
 - Cutoff time: 5:00 pm
 - Finish Festival in Arboretum parking lot
 - 1.1 miles from Momentary, 1.2 from Outerbike

GENERAL COURSE INFO

LITTLE SUGAR COURSE INFO

This 50 (+) mile route will leave downtown Bentonville under police escort, traveling north into Southern Missouri. The route will NOT feature any official checkpoint locations where Riders will be allowed to meet their support crews.

- Download course file here: [Lil' Sugar 50 Mile Course](#)
 - **NOTE: this course includes private property at mile 21.5, *DO NOT TRESPASS*, roads will be closed until race day**
- Start: Mile 0 - The Momentary Arts Center
 - Start time: 7:00 am
 - 2.5 mile neutral leadout to the city limits
- Checkpoint One: Mile 22.7 - Whistling Springs Brewery, Missouri
 - Due to limited space, **ABSOLUTELY NO SUPPORT CREWS ALLOWED AT THIS LOCATION**. This checkpoint will be supported by the event organization.
- Finish: Mile 53.3 - Compton Gardens and Arboretum
 - Finish Festival in Arboretum parking lot
 - 1.1 miles from Momentary, 1.2 from Outerbike.



SUPPORT CREW

Due to the rural roads and challenging terrain of the course, support crews will **NOT** be allowed out on course to pick up riders who need to abandon. The event will provide sweep vehicles that will pick up abandoning riders. A phone number will be provided for abandoning athletes to call for pick up.

Due to limited space, support crews are **ONLY** allowed at the Pineville aid station. It is encouraged, but not required, that each participant in the Big Sugar 100-mile distance, have present at the event at least one support crew person.

While the event will provide neutral aid to all riders, a support crew member can provide a rider additional support not provided by the event at the Pineville aid station.

EVENT INFO

EVENT REGISTRATION

Individuals may submit their names for participation in the 2021 Big Sugar beginning November, 15th, 2019. Each participant's credit card will be charged the event registration fee, a small processing fee, any applicable state sales tax, as well as any additional fees for add-on items chosen by the participant. For more information on event registration, visit bigsugargravel.com and click on the "Registration" tab.

BIG SUGAR COMPETITION CLASSES & ENTRY FEES

Men 16-29	\$140
Men 30-39	\$140
Men 40-49	\$140
Men 50-59	\$140
Men 60+	\$140
Women 16-29	\$140
Women 30-39	\$140
Women 40-49	\$140
Women 50-59	\$140
Women 60+	\$140
Non-Binary	\$140
Single Speed - Men	\$140
Single Speed - Women	\$140
Fatbike - Open gender / age (Min 3.8" tire width)	\$140
Tandem - Open gender / age	\$140 Per person



EVENT INFO

LITTLE SUGAR ENTRY FEES

Open Men	\$85
Open Women	\$85
Open Non-Binary	\$85
Open E-Bike	\$85

NOTES ON CLASSIFICATION

For all classifications and distances, "Racing Age" is based on the Rider's age as of October 23rd, 2021. Minimum age requirement for either Big Sugar or Lil' Sugar is 16 years of age. "Tandem" is defined as a solitary bicycle frame with two wheels, designed to be operated by two riders. No pull-behinds. No tag-alongs. No trailers. No "E-Bikes" are allowed in the Big Sugar 100 miler. E-Bikes are only allowed in the Lil' Sugar 50-mile distance. No exceptions. We reserve the right to add, combine, and/or delete classes.

EVENT RULES

- 1.) The EVENT SPONSORS, ORGANIZERS, PROMOTERS, STAFF and anyone having anything to do with this event ARE NOT RESPONSIBLE FOR YOUR SAFETY OR WELL BEING. We cannot stress this strongly enough... YOU ARE RESPONSIBLE FOR YOU!
- 2.) Big Sugar is a bicycle event along the gravel roads of rural Arkansas and Missouri. For the purpose of this event, "bicycle" is defined as "a vehicle consisting of a frame mounted on two wheels one behind the other, and having a seat, handlebars for steering, two hand-operated brakes, and propelled solely by the operator via two pedals connected to the rear wheel by a chain or belt. "E-Bikes" in CLASS 1 or CLASS 3 (no throttle, $\leq 750W$ motor, 20 or 28mph speed cap) will be allowed in the Lil' Sugar 50-mile event. E-bike riders must register within and will be scored in their own category. E-Bikes will **NOT** be allowed in the Big Sugar 100-mile distance.
- 3.) All roads are open to public traffic. For your safety, it is imperative that you be constantly aware of your surroundings. Therefore, headphones / earbuds are strictly forbidden.
- 4.) **ALL participants MUST attend Rider Sign-In on Friday, October 22nd, 2021** to receive their event packet. (Reference our Schedule of Events for exact times.) A government-issued photo I.D. will be required to sign in. Event packets will be given out to registered participants only. No one else can receive your pack for you. Sign-In will NOT be available on Saturday. So plan accordingly.
- 5.) The courses may have a limited number of course markings to reassure participants they are on route. **DO NOT RELY ON COURSE MARKINGS FOR NAVIGATION. USE THE MAP, CUE SHEETS, AND/OR GPS!!!** GPS files will be provided so that participants may load the route into their GPS unit prior to the event. Digital files of cue sheets and maps will be available, but participants will be responsible for printing their own physical copies prior to the event.
- 6.) There will be checkpoints along the route where all participants must check in.
- 7.) Cut-off times will be established for reaching and for departing each checkpoint. Any participant not reaching a checkpoint before the established arrival cut-off time will be pulled from the event. Any participant still at a checkpoint after the departure cut-off time will not be allowed to continue past that point. Arrival cut-off times are based on an average speed of 10 mph and are established for the purpose of rider safety. Therefore, these times will be strictly enforced.
- 8.) Participants may help other participants with mechanical support, navigational assistance, or by any other means.

EVENT RULES

9.) The Pineville checkpoint will serve as the only checkpoint where Big Sugar participants may meet their support crew to restock supplies and repair equipment. **RECEIVING ASSISTANCE FROM A SUPPORT CREW AT ANY OTHER POINT ALONG THE ROUTE WILL RESULT IN IMMEDIATE DISQUALIFICATION.**

10.) Participants may stock up on food, water, and other supplies at stores and businesses along the route. Participants may also receive "neutral" assistance from residents along the route. "Neutral" is defined as support that is freely offered equally to ALL event participants, and is done so from a stationary, non-moveable location. In other words, it is OK to stop at a farmhouse and fill up a water bottle from a garden hose. It is OK to receive a can of soda from a resident sitting in a lawn chair in their front yard with a cooler full of cold drinks. It is NOT OK to receive a hand-up from a vehicle that "just happens" to be at the side of the road. Folks, this rule is really quite simple. Please don't make it something it is not.

11.) Participants may not advance along the route by any means other than a bicycle, or by foot. There will be no hitching rides. Drafting on another event participant is allowed. Drafting on a non-participant cyclist, or on a motorized vehicle will result in disqualification.

12.) The primary route must be followed at all times. No short cuts or alternate routes are permitted. The course may be altered by the promoters in the event of inclement weather, or other unforeseeable circumstances. Should this occur, participants will be sufficiently advised.

13.) All riders are expected to **stay to the right of the center-line** on the road. If no center-line exists, riders are expected to remain to the right of the center of the road. No exceptions. The course contains many blind corners and is open to the public.

14.) Riders must remain within the primary boundaries of the roadway at all times. If the roadway is bordered by fences, stay between them. If the roadway is not contained (no fences), stay out of the ditch and on the road. Leaving the roadway is cutting the course. Hopping the fence is trespassing on private property, and as such is punishable by law. We will fully cooperate with local law enforcement to see that violators are dealt with appropriately.

15.) 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.

16.) Participants must start and complete the entire course on the same bicycle frame. All other components and equipment may be repaired or replaced during the event. Participants in the SingleSpeed class shall have only one gearing combination installed on their bike, and must complete the entire event using the same gearing combination.

EVENT RULES

17.) Bicycles must be equipped with two (front and rear) fully-functional hand-operated brakes. Coaster style brakes do not satisfy this requirement. "Fixed-Gear" bikes are not exempt from this requirement.

18.) Participants must wear a properly approved helmet while operating their bicycle.

19.) Participants must obey all city, county, and state laws, and "Rules of the Road". You are completely on your own. Use your head. Watch for and yield to traffic. All roads are open to public traffic.

Arkansas State Bicycle Laws

<https://www.bikenwa.org/rules-of-the-road>

Missouri State Bicycle Laws

<https://mobikefed.org/content/missouris-bicycle-and-pedestrian-laws>

20.) Big Sugar participants must have a clear front headlamp and a red tail light for the duration of the event. Riders may choose to mount additional lighting while at one of the official event checkpoints. (Headlamps may be mounted either on the bike, or on the rider's helmet.)

21.) Challenges to event results must come from a registered participant, must be made either in-person, or via email to unboundgravel@ltevents.zendesk.com, and must be received no later than 11:59 pm on Sunday, October 26, 2021.



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. (To track your mileage.)
- ☐ 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

- | | |
|---|--|
| <input type="checkbox"/> A GPS system to communicate your exact location to support or rescue personnel in the event of an emergency. | <input type="checkbox"/> Chain tool |
| <input type="checkbox"/> Cash, debit card or credit card. (To purchase food, water, supplies.) | <input type="checkbox"/> Puncture repair kit |
| <input type="checkbox"/> Small rucksack / hydration pack | <input type="checkbox"/> Allen wrench set |
| <input type="checkbox"/> Waterproof / windproof jacket | <input type="checkbox"/> Spoke wrench |
| <input type="checkbox"/> Extra thermal top or warm layer | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> An emergency / survival blanket | <input type="checkbox"/> Chamois Butt'r |
| <input type="checkbox"/> Food – energy bars, gels, chocolate, etc. | <input type="checkbox"/> Chain lube |
| <input type="checkbox"/> Tire levers | <input type="checkbox"/> Handlebar map case |
| | <input type="checkbox"/> Compass |



A WORD TO SUPPORT CREW PERSONNEL

We suggest you research the area surrounding Bentonville, Arkansas beforehand. Bring your GPS. Although printed maps will not be provided for you, we will advise you of the checkpoint locations along the event route. Please stay on paved highways, and off all area gravel roads on or near the course. Big Sugar is all about self-sufficiency in a rugged and remote environment. Having to dodge cars compromises this experience for our event participants. Thank you for your understanding.

EMERGENCY INFORMATION

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, AR AREA:

Northwest Medical Center –Bentonville
601 SW Regional Airport Blvd Bentonville,
AR 72713
(479) 553-1000

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

TO THE NORTH:

Pineville Medical Clinic (Missouri)
5265 US-71, Pineville, MO
(417) 223-4290

Freeman Neosho Hospital (Missouri)
113 West Hickory Street, Neosho, MO
(417) 451-1234

OCH Noel Family Clinic (Missouri)
125 Main Street, Noel, MO 64854
(417) 475-6151

Mercy Hospital Cassville (Missouri)
94 Main Street, Cassville, MO
(417) 847-6000

EMERGENCIES DIAL 911



APPENDIX A

OUR STANCE ON DOPING, WADA, AND “FAIR PLAY”

Life Time / Big Sugar is dedicated to providing high-quality, grassroots events to the endurance cycling and running communities. Although we are not affiliated with any sanctioning bodies, we do agree with and fully support the Fundamental Rationale for the World Anti-Doping Code, which states...

“Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as “the spirit of sport.” It is the essence of Olympism, the pursuit of human excellence through the dedicated perfection of each person’s natural talents. It is how we play true. The spirit of sport is the celebration of the human spirit, body, and mind, and is reflected in values we find in and through sport, including:”

- Ethics, Fair Play, and Honesty
- Health
- Excellence in Performance
- Character and Education
- Fun and Joy
- Teamwork
- Dedication and Commitment
- Respect for Rules and Laws
- Respect for Self and other Participants
- Courage
- Community and Solidarity

Doping is fundamentally contrary to the spirit of sport. To fight doping by promoting the spirit of sport, the Code requires each Anti-Doping Organization to develop and implement education and prevention programs for Athletes, including youth and Athlete Support Personnel.

Therefore:

Athletes who are currently serving a ban from sport or competition by WADA or any intergovernmental organizations, governments, public authorities, and other public and private bodies fighting doping in sport will not be allowed entry or participation in Big Sugar events.