



**9th Annual Carrabassett Backcountry Cycle Challenge,
100k, 50k, 25k**



Welcome to Western Maine!!

Thank for choosing our race; all profits from the race go into further trail construction and local youth cycling programs. This is the largest fundraiser of the year for Carrabassett Region New England Mountain Bike Association (CRNEMBA).

Our Volunteer force is here to help you finish the race safely. Be NICE to the volunteers, fellow racers and other trail users. This is not a closed course, be good advocates for the sport of mountain biking and please, DO NOT LITTER.....this is part of being a good advocate.

Pre-Race Intel

Race Venue - start/finish will be located at the Sugarloaf Outdoor Center, 3001 Outdoor Center Road, Carrabassett Valley, Maine. The race will begin and end under the large blow-up arch at the Outdoor Center.

Parking: It will be tight, just like last year but TIGHTER. PLEASE carpool and use the bike shuttle as much as possible. The shuttle will be picking up from the base lodge/hotel area at Sugarloaf Ski Resort if you are staying on resort. Overflow parking is at Hugs Restaurant and Carrabassett Valley Academy on Rt 27, if necessary. The shuttle will also be picking up from these overflow areas.

Schedule of Events:

Friday JULY 12

4pm-9pm Registration and Packet Pickup

Note: NO registrations accepted on Saturday for 100k. You may register Friday night for the 100k. You can register for the 50k Saturday morning until 9:00 and the 25k until 10:00 and for the kids race up until 11:00.

Saturday JULY 13

8:00 am 100k Race Start

10:00 am 50k Race Start

11:00 am 25k Race Start

11:30 am kids race

There will be a race meeting approximately 15 minutes prior to each race start. There will be a help desk for questions at registration, which will close at approximately 9PM on Friday night.

Course Intel and Common Sense

DNF CRITICAL: *If you drop out of the race, you **MUST** report to the nearest aid station, no excuses. The aid station will be able to notify First Aid Command at the Outdoor Center by radio. We need to account for everyone, and we keep looking until we locate you. If we hear you are at the bar and didn't notify anyone, look out!! Yes, this happens.*

Emergency Procedures: Emergency protocol for reporting an injury is to notify the nearest course marshal or Aid Station. If the situation is too serious to wait, call 911 if you have phone service.

There are first aid supplies available at each of the aid stations to treat minor injuries such as cuts and scrapes. Anything more serious requiring medical attention should be communicated to our local EMT's. Lives are important. Leave nothing to chance. Be sure you provided us with an emergency contact at packet pickup.

AID STATIONS: Thanks to Hammer Nutrition and local grocers for stalking our aid stations.

Like any race, mileages are approximate and depend on the device you are using

100k

Mile 17 - full service & drop bag -- In Nordic Center Network

Mile 29 - full service & drop bag -- Bottom of Narrow Gauge

Mile 36 - water only -- Stratton Brook

Mile 44 - full service & drop bag -- Birthday Hill

Mile 52 - water only -- Poplar Hut

Mile 52 - full service & drop bag -- Bottom of Narrow Gauge (same as mile 29)

Mile 59 - water, bacon..... Newtons Revenge

50 K

Mile 15 - full service & drop bag -- In Nordic Center Network

Mile 24 - full service & drop bag -- Bottom of Narrow Gauge

Mile 29 - water, bacon.....Top of Newtons Revenge

Drop Bags: Aid Stations are fully stocked as described above. Drop Bags are for items you may want that are not listed. Drop bags must be dropped at the Outdoor Center by 9pm Friday night at the registration check-in. If you are

super early Saturday morning, you will likely be able to drop off then; think Lombardi Time if this is you.

Please be sure to mark your name and race number on your bag using tape and marker provided. Drop bags will only go to aid stations marked above. Drop bags will be returned to the Sugarloaf Outdoor Center in the same location you dropped them off. This will occur shortly after the aid station closes.

Chip Timing: Chips are located on the back of your race plate number. No race plate, no chip time.

Course Markings: You will be following bright orange placards with black arrows around the course. There will be additional signage at major intersections. PAY ATTENTION, the course is well marked, but like any race you can miss markers if your head is down. Parts of the 100k are remote, you will be in the Maine woods. Do not stray from the course if get into trouble. Cell phones might work, or they might not. If you need help notify another racer or an aid station.

Course Map: Currently the map is on Facebook. The map is also available for preview during check-in. If you want a copy of the map, be prepared to take a snapshot with your phone camera. There are slight changes to the course this year, the most noticeable being at the end where the course will descend Newtons Revenge trail rather than Oak Knoll in the past. The 25k course is essentially the same. Modifications to the 50k and 100k should ensure those courses are very close to those actual distances. We heard you. Past Strava links at cbccrace.com are relatively close to what this year's course will look like, with changes noted above.

Spectator Info: Spectating info sheets will be available at check-in.

Post-Race Meal: Food will be provided by Rolling Fatties and Yum Bus for racers. Don't worry, we sorted out who gets what. Basically if you registered early you get a Fatty....if not it's the Yum Bus. There will be a ticket provided for your meal at registration pick-up. No ticket, no meal.

The folks from Yum Bus will also be at the race serving up tasty vitals for purchase by all. They will be present Saturday starting late morning, check them out!

This year's race will once again proudly feature beer from Baxter Brewing. You will need your beer tickets provided at registration to receive beer.

Showers & Bathrooms: There are showers and bathrooms at the Outdoor Center. Please be nice to them, do not leave a mess. The septic system is fragile. If you are going to use the showers, please hose off outside prior to

entering the building. There will also be portable toilets outside. You may also rinse off in the pond, there is a dock at the west end. The leaches won't bother you.

Social Media Types: We love to see your photos if you or your support folks have taken some. If you are posting to Instagram or Facebook, it would be awesome if you used the #CRNEMBA #CBCCrace and #NUESERIES hashtags.

Local Dining Options: Lots of folks are visiting the area for the first time. The following link provides a list of local dining options.

<https://www.hostelofmaine.com/local-restaurants>

Note: There isn't any breakfast at the Outdoor Center this year, there will be coffee available.

Best for Last: 10th Annual CBCC will be July 18, 2020

THANKS, AND GOOD LUCK FROM THE CBCC CREW!!

