

ATHLETE GUNDE



Welcome Racers,

On behalf of this great community of Lutsen, our Lutsen 99er volunteers, local fire and search and rescue department, Lutsen Mountains, Visit Cook County and Life Time, I am honored to provide you with a very warm and gracious welcome.

Nearly 125 years ago and after exploring the shoreline of Lake Superior while fishing from a boat, CCA Nelson is forced to find shelter during inclement weather in a small bay at the mouth of a north shore river. It was there, he discovers the virgin wilderness beauty of the area he named Lutsen and quickly files a homestead claim for \$14. Shortly thereafter, CAA and his wife begin a lifetime of providing hospitality and sharing of this great land with visitors now extending through four generations of the Nelson family.

The Lutsen 99er, 69er, 49er, 25er and kids races start and finish are all staged here at Lutsen Mountains. The ski area was a dream of George Nelson, Jr, grandson of CCA, since his army training days in Colorado with the famed 10th Mountain Ski troops. After returning from the Northern Italy Theater shortly after World War II, George completes his dream and opens Lutsen Mountains in 1948. Tom Rider and Charles Skinner, Jr, purchased the ski area in the early 1990's and today continue to make sizable new investments as they carry on the great tradition of Lutsen hospitality.

Today, your race course will cross over the Poplar River several times, the very river where CAA found refuge, combined with crisscrossing the ski slopes at Lutsen Mountains, the slopes young George, Jr carved from the wilderness nearly 70 years ago. Lake Superior will serve as your backdrop as you begin your bike journey as it leads you up and through the ancient Sawtooth Mountains, around inland glaciated lakes, across glacial eskers and through trails and forest roads of unparalleled wilderness beauty and splendor. Take some time while riding to enjoy this special area.

And most important, this event is about family, friends, building community and camaraderie. Have fun, be safe, and remember, Moose, Deer, Wolves, Fox, Pine Martin and all of God's wonderful creation have course right-of-way.

Best Regards,

Mike Larson

Lutsen Representative - 99er Team Member



SCHEDULE OF EVENTS

Lutsen Mountains - 467 Ski Hill Road, Lutsen MN

Friday, June 24

2:00-8:30pm Packet pickup at Lutsen Mountain (Rosie's Chalet)

- Welcome experience outside of Papas Charlie's
- Free beer/wine tasting from Fulton Beer and North Shore Winery, food available for purchase
- Live music (2-5pm)

Saturday, June 25

5:30-6:30am Race day packet pickup at Lutsen Mountain (Rosie's Chalet)

7:20am All bikers positioned in their respective starting corrals (99er, 69er, 49er, 25er, Friends & Family



99er - Black flag **69er** - Orange flag

49er - Blue flag

25er - Green flag

Friends & Family - Gold flag. For younger kids, families, anyone that wants the most relaxed downhill roll-out. Any distance welcome here!

Breakfast Options

5:00am Lockport Marketplace & Deli, 5364 MN 61, Lutsen5:30am Fika Coffee- Coffee, World's Best Donuts and pancakes 5325 MN 61, Lutsen

7:30 am Start of RACE! -->99 > 69 > 49 > 25 > Friends & Family (two min between waves) ****Hold your position down the hill - NO PASSING!* Passing will lead to disqualification

***DO NOT PASS PACE CAR. Passing the lead car will result in disqualification

8:00am -6:00pm Bike Corral

12:00-7:00pm BBQ, Beer and Festival7:30pm Awards ceremony at Caribou Highlands, outside of Moguls Grille and Tap Room



SCHEDULE OF EVENTS

Sunday, June 26

Niner Kids Event | Sponsored by Micro-Niner (age 2-7) ~ 1/4 mile Mini-Niner (age 8-10) ~ 3/4 mile Junior-Niner (age 11-13) ~2 miles

8:30-9:15am Registration9:30am Start of the Niner events





DIRECTIONS TO LUTSEN MOUNTAINS

Lutsen Mountains - 467 Ski Hill Road, Lutsen MN Road construction information can be found at <u>www.dot.state.mn.us</u>

From South:

Take I-35 North to Duluth, MN. In the Duluth freeway system, take the last possible exit labeled "Hwy 61-North Shore Drive". Stay on Hwy 61 North for 90 miles. Just after the 90 mile-marker, you will see a large, lighted sign for "Lutsen Mountains". Turn Left on Ski Hill Road (County Rd 5). Lutsen Mountains is located 1.5 miles off Hwy 61 on Ski Hill Road.

From North:

Take Hwy 61 South through Grand Portage and Grand Marais. Approximately 18 miles south of Grand Marais, you will see a large, lighted sign for "Lutsen Mountains". Turn Right on Ski Hill Road (County Rd 5). Lutsen Mountains is located 1.5 miles off Hwy 61 on Ski Hill Road.

Flying:

Duluth International Airport is the closest, approximately a 2 hour drive Minneapolis/St. Paul International Airport, approximately a 4.5 hour drive





IMPORTANT INFORMATION & RULES

- New Rule 2022 - you must obey directions from State Patrol at Hwy 61 crossing, failure to do so will result in disqualification without warning.

- Must hold your position for the entirety of the downhill roll-out. Passing or weaving through other participants will result in disqualification without warning.

- No Pedal Assist/E-Bikes allowed
- Helmets must be worn when on the bike, and your chin strap must be buckled
- Unsportsmanlike conduct is grounds for disqualification
- Leave no trace No garbage, clothing etc., shall be thrown on the course

- Illegal Assistance - You may not accept assistance outside of aid stations or approved spectator areas (Devil Track Lake Campground Spectator Area)

- DNFs must be reported to timing
- No support vehicles on course
- No Pets on course
- No earphones

- **Timing chip** (on bike number plate) must attach to front of bike. **DO NOT** wrap your bike plate or your chip will not read.

DO NOT PASS PACE CAR. The Pace car will lead all racers down Ski Hill Road and along Highway 61 to Caribou Trail. The Pace car will turn off near the bottom of Caribou Trail. Passing the lead car will result in disqualification. **THANK THE VOLUNTEERS**

CATEGORIES

OTTEGOTIE

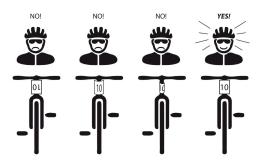
- Geared Bike
- Single Speed
- Fat Bike
- Tandem

COURSE NUTRITION

- GU Hydration & Water
- Fig Bars
- Granola bars
- GU Products

MUST BE IN FULL VIEW ON FRONT OF BIKE!

"How To" and "How Not To" mount your number plate.



No Cutting. No Bending. No Wrapping. No Joking!

Parking

All parking lots on the mountain will be closed until 5:30 am Saturday.

There is no overnight parking or camping in these areas

[*The Visit Cook County MN Information Center has more information on camping. Call* 1-888-922-5000 or email info@visitcookcounty.com -- www.visitcookcounty.com]

Parking will be limited and may fill up before the race start. To avoid last-minute problems, arrive early and minimize the number of vehicles brought to the start.

If you drive, please follow the directions of the parking staff.



Leadville 100 Mountain Bike Qualification System 99er Racers only

Lutsen 99er provides qualifying spots to the Stages Cycling Leadville Trail 100 MTB.

Check in with Treva before the awards ceremony between 6:45-7:15PM (at Caribou Highlands, outside Mogul's) will be distributed to top age-group performers and those that received roll-down spots from the pool of interested athletes. Therefore, it is mandatory that you check-in prior to the start of the awards ceremony. If awards ceremony is canceled, check in as above and token distribution and roll-down will happen at 7:30 with Treva.

Qualifying slot winners MUST be present to claim their token. All qualifier slots will be awarded and redeemed on race day. You must pay your entry to the LT100 when you accept your slot. You will have the option to register for the current year or the following year's LT100 and must decide when accepting your qualification slot. All entries into the LT100 are non-refundable and non-transferrable.

Slots will be distributed to each gender and age group based on the percentage of total athletes in those age groups, with a minimum of one slot for every age group. One slot awarded to the top single speed rider of each gender. Slots will be awarded to the top tandem team.

- In the event the top athlete/athletes elect not to accept a slot, the slot will roll-down to the next athlete within the age group.

Leadville 100 MTB Corral/Start Position

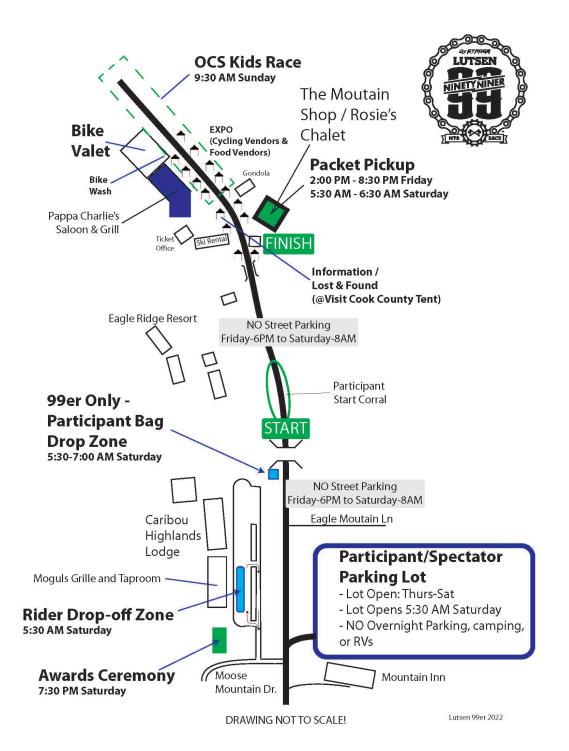
Rider starting positions will be organized by color-coded corrals. These positions will be based on a finish time from the 2019 or 2021 LT100 MTB race or a 2019 -2022 qualifier event finish time.

If you race a qualifier after previously gaining entry YOU MUST email Quinn Cooper at qcooper@lt.life to inform her of your finish time and she will then place you accordingly. You will not be placed automatically. Corrals will be assigned as follows:

Event	Gold	Silver		Green		Orange	Blue	White			
2021 Austin Rattler 60M	Sub 5:00	Sub 5:10	Sub 5:30	Sub 5:50	Sub 6:15	Sub 6:45	Sub 7:20	7:20+			
2020 Austin Rattler 100k	Sub 5:00	Sub 5:15	Sub 5:30	Sub 6:00	Sub 6:30	Sub 7:00	Sub 8:00	8:00+			
2019 Austin Rattler 100k	Sub 3:10:08	Sub 3:18:30	Sub 3:39:01	Sub 3:48:54	Sub 4:11:14	Sub 5:21:10	Sub 5:46:46	5:46:46+			
2022 Wilmington Whiteface 100k**	Sub 4:10	Sub 4:20	Sub 4:30	Sub 4:50	Sub 5:10	Sub 5:40	Sub 7:00	7:00+			
2019 Wilmington Whiteface 100k	Sub 4:10	Sub 4:20	Sub 4:30	Sub 4:50	Sub 5:10	Sub 5:40	Sub 7:00	7:00+			
2022 Lutsen 99er**	Sub 5:45	Sub 6:10	Sub 6:25	Sub 6:45	Sub 7:15	Sub 7:45	Sub 8:30	8:30+			
2021 Lutsen 99er	Sub 5:45	Sub 6:10	Sub 6:25	Sub 6:45	Sub 7:15	Sub 7:45	Sub 8:30	8:30+			
2019 Lutsen 99er	Sub 5:45	Sub 6:10	Sub 6:25	Sub 6:45	Sub 7:15	Sub 7:45	Sub 8:30	8:30+			
2022 Silver Rush 50 MTB**	Sub 4:00	Sub 4:15	Sub 4:45	Sub 5:00	Sub 5:30	Sub 6:00	Sub 7:00	7:00+			
2021 Silver Rush 50 MTB	Sub 4:00	Sub 4:15	Sub 4:45	Sub 5:00	Sub 5:30	Sub 6:00	Sub 7:00	7:00+			
2019 Silver Rush 50 MTB	Sub 3:59:02	Sub 4:12:32	Sub 4:45:02	Sub 5:12:12	Sub 5:55:54	Sub 6:45:07	Sub 7:30	7:30+			
2022 Tahoe Trail 100k**	Sub 4:15	Sub 4:45	Sub 5:15	Sub 6:00	Sub 6:45	Sub 7:30	Sub 8:00	8:00+			
2021 Tahoe Trail 100k	Sub 4:15	Sub 4:45	Sub 5:15	Sub 6:00	Sub 6:45	Sub 7:30	Sub 8:00	8:00+			
2019 Tahoe Trail 100k	Sub 4:15	Sub 4:45	Sub 5:15	Sub 6:00	Sub 6:45	Sub 7:35	Sub 8:15	8:15+			
2022 Leadville Stage Race**	Sub7:00	Sub 7:30	Sub 8:00	Sub 8:30	Sub 9:30	Sub 10:00	Sub 10:45	10:45+			
2021 Leadville Stage Race	Sub 7:00	Sub 7:30	Sub 8:00	Sub 8:30	Sub 9:30	Sub 10:00	Sub 10:45	10:45+			
2019 Leadville Stage Race	Sub 7:00	Sub 7:30	Sub 8:00	Sub 8:30	Sub 9:30	Sub 10:00	Sub 10:45	10:45+			
2021 Barn Burner 104M	Sub 6:30	Sub 6:45	Sub 7:30	Sub 8:00	Sub 8:30	Sub 9:00	Sub 9:30	9:30+			
2019 Barn Burner 104M	Sub 6:30	Sub 7:00	Sub 7:30	Sub 8:00	Sub 8:30	Sub 9:00	Sub 9:30	9:30+			
2021 LT100 MTB	Sub 7:45	Sub 8:15	Sub 8:30	Sub 9:00	Sub 10:00	Sub 11:00	Sub 12:00	12:00+			
2019 LT100 MTB	Sub 7:45	Sub 8:15	Sub 8:30	Sub 9:00	Sub 10:00	Sub 11:00	Sub 12:00	12:00+			
Notes											
2022 TIMES WILL BE UPDATED PO	OST EVENT. PLE	ASE NOTE THE	ABOVE TIMES	FOR 2022 ARE C	NLY APPROXIM	ATIONS BASED	ON 2021, AND M	AY CHANGE B	ASED ON ANY C	OURSE IMPACT	S FOR 202
2020/2021 Wilmington Whiteface wa	s cancelled due	to CV19									
2021 Stage Race - new course											
2021 LT100MTB - new course											
2021 Austin Rattler - new course											
2019 Austin Rattler was hosted on	the old course.	The race was als	so cut short due	to inclement we	ather/lightning.						
2019 Silver Rush 50 was hosted on	a revised cours	e due to snow in	npact on usual c	ourse.							
** 2019 Times will be accepted for a											



Venue/Parking Map





COURSE DESCRIPTIONS

99er and 69er COURSES

These courses have a mix of pavement, snowmobile/ski trail, gravel/forest service road and singletrack.

There are six aid stations for the 99er - 24, 42, 60, 71 & 79 miles

There are four aid stations for the 69er - 24, 42, 53 & 61 miles

Drop bags (99er course only)

Bags drop Saturday morning until 7:15 a.m. under the startline bridge We will provide a bag tag at packet pick-up Bags will be available at mile 41 and mile 59 Post-ride bags will be available on the grass in front of the Gondola

Cut-off Times

3:00 PM Honeymoon Trail Aid Station
3:45 PM Onion River Road Aid Station
11 Hours for the full 99er
Note:
Any riders arriving after this time should be transport

Any riders arriving after this time should be transported back to the start/finish via sag vehicles.

If riders insist on continuing it will be at their own risk, they will be listed as a DNF and their race plate will be removed.





49er and 25er COURSES

These courses have a mix of pavement, snowmobile/ski trail, gravel/ forest service road and singletrack.

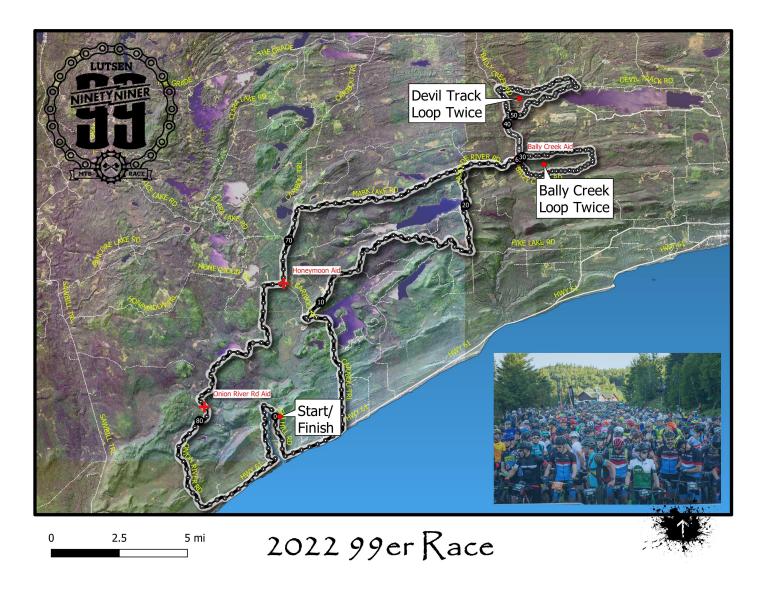
There are three aid stations for the 49er - 24, 35 & 43 miles There are two aid stations for the 25er - 11 & 19

miles

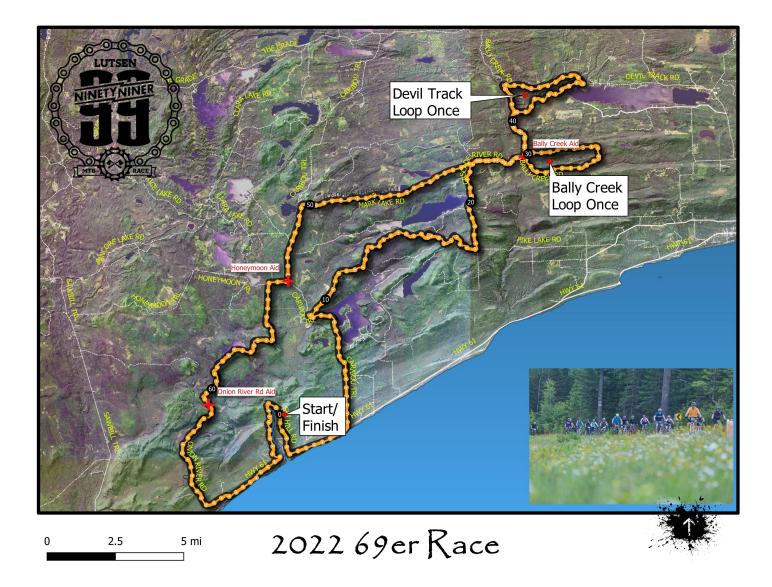
Cutoff Times:

3:00 PM Honeymoon Trail Aid Station **3:45 PM** Onion River Road Aid Station

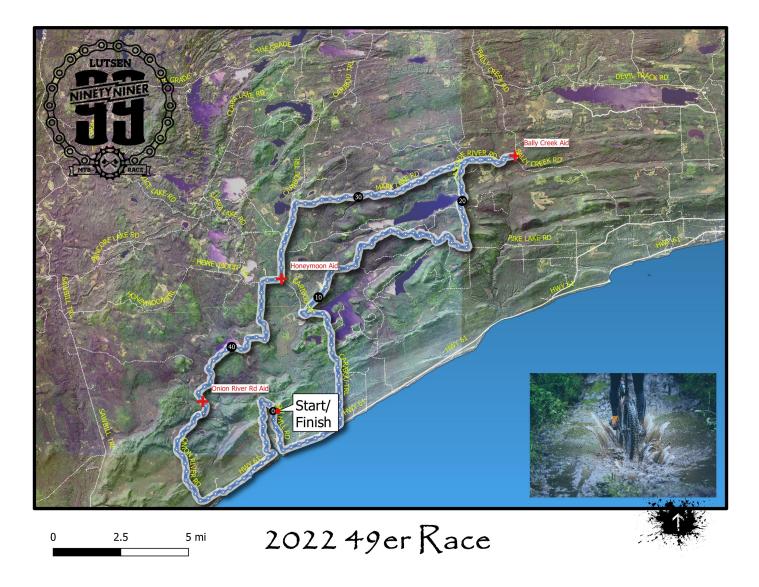




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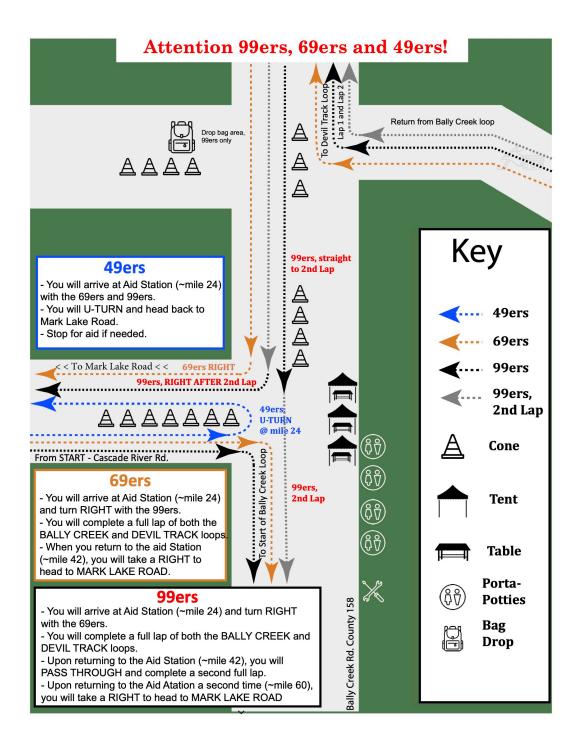


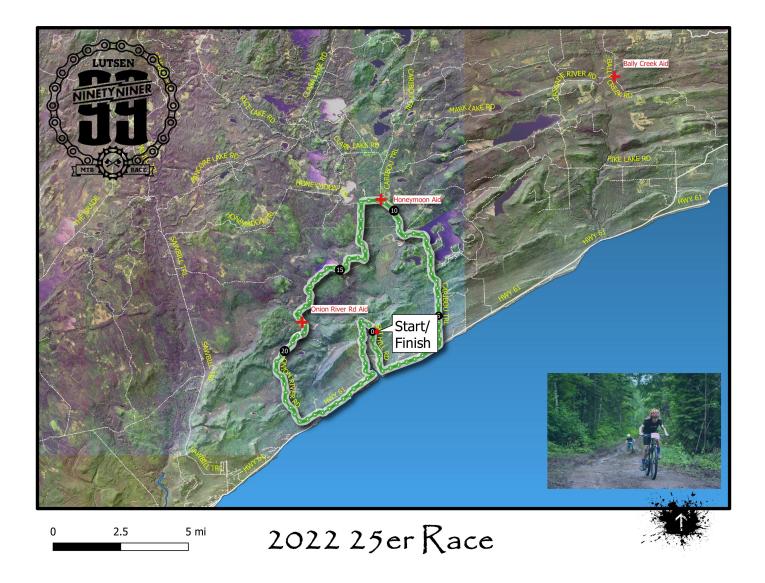
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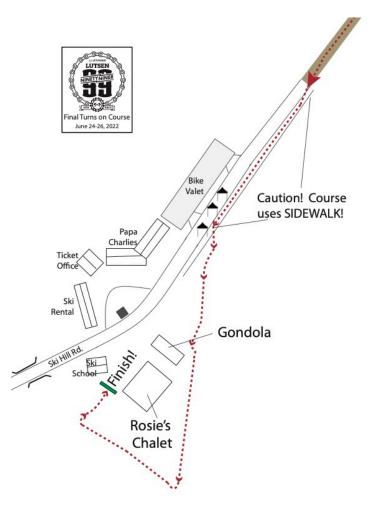
49, 69, 99 Aid Station





GPX File: link

FINISH AREA MAP



SPECTATOR INFO

No spectators will be allowed at Aid Station 1,2&3. Spectators are welcome at Devil Track Lake Campground - 99er riders pass by twice here, 69ers once

To Devil Track Campground from Lutsen: 99 and 69er only!

- Go Northeast on Scenic Hwy 61 to the Harbor Town of Grand Marais (~ 20 minutes)
- LEFT on 5th Street 5th is located at the bottom of the hill as you enter Grand Marais
- LEFT on The Gunflint Trail and follow that up the meandering hill to County Rd #8 (+/- 3 miles)
- LEFT on County Road #8 (Devil Track Road) continue for 8 miles
- County #8 turns into County #57 (basically stay on the same road)
- This will lead you to the Devil Track campground parking available on the shoulder.

To Honeymoon Trail Aid Station: 99, 69 and 49er only!

- Northeast on Hwy 61
- Left on Caribou Trail (County 4)
- 6.7 miles to aid station.



AT YOUR SERVICE... THE LUTSEN 99ER STAFF

PETER SPENCER Race Director/Brand Manager **pspencer@lt.life** (952)229-7330

MIKE LARSON Local Contact mikelarson@staycvr.com (218) 370-1536

SIGNE LARSON Volunteer Coordinator signesummer@gmail.com (218) 370-9169

JOHN TWEIST Course Boss jtweist@arrowhead.coop (218)370-1510

JAMES COLEMAN Operations ridejc1@gmail.com (218)370-0572

TREVA WORREL Athlete Services tworrel@lt.life 620-794-5863

AMANDA BOYER Marketing Manager aboyer@lt.life 720-601-9422

VOLUNTEERS

The Lutsen99er would not be complete with out the help of the volunteers and sponsors. Please thank the volunteers while you are out on course.

THANKS TO OUR SPONSORS

