

HC 100 Tech Guide 2025

For passionate mountain bikers

PRESENTED TO
Our MTB crowd

PRESENTED BY
Mudslinger Events
mike@mudslingerevents.com ~ 541-225-7946

WELCOME!

The High Cascades 100 is an endurance MTB event established in 2009! Like others, this year's course will be unique and feature easy miles and some challenges! New Policies in 2024 do not allow us to take the path or two tracks seldom traveled, as designated trails and roads are the staples of our amazing route.

The Bend, Oregon, community is unique in so many ways, from endless singletrack and beer to landscapes that are hard to beat. Finishing what you start is challenging in our busy world of demands, but somehow, we all make it happen. Riding your way to a podium or sub 10 hours, or sub 12, 13, 14, or even DFL, is what it is all about the third Saturday in July each year, and we hope you will join us.

The High Cascades 100 is proudly part of the NUE Series!

For many, it would not be possible to actually "RACE" 100 miles without support. So, we are here, ready to make this challenge fun! Thank you!

Mike Ripley/Mudslinger Events

For the latest info, [subscribe](#) to the Mudslinger Events newsletter! You can just scroll to the submission section to request to be added to the newsletter.

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SCHEDULE

THURSDAY

9 am: Pre-Ride with COG Wild Shuttles and Tours (2025 Planned

Ride 20-25 miles by booking a shuttle with Cog Wild! COST IS 17.00 PAID TO COG WILD. RIDE FROM WANOGA DOWN TO 4614 AND FOLLOW THE LOOP TO DINAH MOE HUMM AND BACK TO THE FINISH. 31 MILES OR TAKE A SHORT CUT TO RIDE TYLERS TRAVERSE TO CATCH AND RELEASE BACK TO BEND. OTHER OPTION INCLUDES MEISSNER TO SKYLINER BACK TO MEISSNER FOR 22 MILES, AND RIDE THE PAVEMENT BACK TO BEND TO NOT TRASH YOUR LEGS. CONTACT US

FRIDAY – MANDATORY PACKET PICKUP & DROP BAG LOCATION

1 pm - 6:30 pm: Packet Pickup, Sagebrush Cycles

(Yes, you can pick up for someone else as long as they have signed the waiver.)

There will be NO packet pickup on Saturday.

1:30 pm – 7 pm: Drop Bag Drop off, Athletic Club of Bend

(5-min drive from Sagebrush Cycles)

ALL Drop Bags must be smallish or 12x18 and have your Last name and which aid station number

2025: Aid 1/5 (mile 22/74 - 4613/950), Aid 2/4 (mile 44/67 - Meissner) No Spectators at Aid 1/5 and Aid 3



SATURDAY

4:30 am - 5:15 am: Rider drop-off only, Athletic Club of Bend.

All spectator or rider vehicles must be removed before 6 am.

4:30 am - 5 am: Final Drop Bags for AID 1/5 Drop 1 or Aid 2/4 Drop 2 at Meissner, 3, 4. Look for the correct U-Haul

5:30 am: **Mass start for all riders**, Athletic Club of Bend

11:45 am: Expected first finisher to return to the Athletic Club of Bend! Please have your timing chip removed, get your 32 OZ finisher Growler, enjoy the food, and more!

1:30 pm: Parking allowed for the rest of the day, Athletic Club of Bend

3 pm—8 pm: The estimated time for drop bags to be available for pick-up at the Athletic Club of Bend is dependent on the last rider through the aid station.

6:30 pm: Awards, Athletic Club of Bend. All raffle items will be texted to you if you won!

SUNDAY

8 am – 9 am: Remaining drop bags will be available at the Athletic Club of Bend!

Meet our crew at the finish area.

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**COURSE MAP 2025 Posted online
Cue cards with profile will be handed
out. Fancy map coming soon.**

COURSE MAP

Course Markings:

It takes over 40 hours to mark the entire 100-mile loop or in reality 88 miles or so not counting the pavement out and back. If you are a local and would like to help, please visit our **volunteers** page. 90% of the course will be marked by Wednesday of the week of the event. 2025 Map Via Ride with GPS. Make sure to look at the Cue sheet. [LINK](#)
In 2025 the logging companies may move suddenly so expect possible tweaks leading into the event.

What to look for:

- Pink arrows or red arrows with a white background and multiple ones prior to faster corners!
- Orange and red striped ribbons along the way, with multiple ribbons on the side of the turn, and confirming you're on course.
- Multiple ribbons together will be placed on the side of the turn, usually two before and one after the turn
- Bright yellow Wrong Way X that says NO, to mark trails you should not follow

The course is open to all recreational traffic, so be careful and always download the GPS file when it becomes available. Rules of the road always apply

Major Trails will have laminated signs with the trail name and listed distance. Please do not touch the signs or move anything, as riders can become lost or disoriented in the heat of the day.



HOW HARD IS THE EVENT?

This is not an easy event by any means, but you can succeed with proper training and a positive mindset. Historically the average finisher rate has been about 89%.

The toughest piece is handling all the fantastic trails that can be hard on the body over time while staying hydrated. Pacing yourself and staying hydrated are very important to make it to the finish. If you average 7.5 MPH, you can finish! Your pace will depend on: which trails are included in the event, the soil moisture, and your ability to ride Bend Trails. Remember, the center of the trail is your friend, straying outside the center can cause you problems. Keep in mind that these trails start at 3600 feet and will go over 5000 feet elevation depending on the course.

WHAT'S INCLUDED

- The best possible course I can come up with to include 70-75 miles of trail
- Amazing support to get you to the finish! 89% do!
- Custom Crankit Sport 6'inch socks, shirt, pint glass, and water bottle for all!
- Jerseys, Fleece Hoody's, Trucker Hats and other merchandise available for purchase
- On-course Aid stations with food, water, and Hammer Nutrition Heed
- Amazing Medical Support from Adventure Medics
- Neutral Mechanical Support [Sagebrush Cycles](#)
- 32 OZ Custom 10 Barrel Brewing Finisher growler after you cross the finish line!
- Awards 3 deep with custom medals and overall prizes for 9 categories
- Cash purse is equal for men and women \$4000
- Great beer from [10 Barrel Brewing](#).
- 14.00 Food voucher for Cowgirl Cookin or 10 Barrel Brewing westside through Saturday, suited for all dietary needs
- Chip timing with live results with live course split at Meissner Aid 2/4 Mile 45/67
- Memories to last a lifetime!

PACKET PICK-UP / WAIVERS

Please sign the online waivers through bike reg at least 1 week prior to the event. You should have been given the option to sign the online waiver when you registered, or an email reminder will be sent to you. Please remember you are under no obligation to participate if you feel this event is too dangerous for your ability or personal safety.

MANDATORY Packet Pickup Sagebrush Cycles on Friday from 1 pm – 6:30 pm
NO DAY OF PACKET PICKUP

What will be in your packet:

- Number Plate – to be attached to your handlebars with red twist ties
- Red Timing Chip – to be attached to your right front fork with black zip ties
- DO NOT LOSE IT! You will be charged \$100 for lost or unreturned chips
- Each person has their own timing chip, do not switch with anyone
- All timing chips must be returned to the finish area
- Socks, t-shirt, pint glass, and water bottle
- Drop Bag labels, if you need them (see the Drop Bag section for more info)

You can have a friend pickup your items as long as you have signed the waiver.



DROP BAGS

What is a Drop Bag? This is an OPTIONAL resource for you to have your own things along the course to help you finish. One example would be a 1-gallon zip lock bag with an extra water bottle, two bars, and favorite energy snack. Another example would be a hydration pack. A drop bag is NOT a medium sized cooler full of stuff.

Do I NEED a Drop Bag for this race? No. Plenty of aid stations along the way with water and snacks for you to enjoy. The drop bags are ONLY if you want to have your OWN items. In some years, though, dropping a hydration pack is a wise move or something special for your stomach!

When will I get my Drop Bag back? Drop bags that have been left at the aid station will be returned to the Athletic Club of Bend after all riders have cleared that aid station. Usually, the first bags are back around 3-4 pm and can be picked up until 8 pm on Saturday night, or between 8 am and 9 am on Sunday morning.

After 9 am on Sunday, any extra food items and water bottles will be thrown away. Anything else of value will be taken back to my house, and you can email me to arrange for shipping. Any unclaimed clothing will be washed and donated.

Drop bags should be a 1-gallon zip-lock bag, drawstring bag, or small cooler (not to exceed 12 in x 18 in). Pack your bag with special treats, electrolyte drink powder that works for you, extra socks, or other items that will help you get back to the finish line.

Where and when do I drop off my Drop Bag? First, visit packet pick-up at Sagebrush Cycles between 1 pm and 6:30 pm to get your Drop Bag Labels and instructions. Then, head to the Athletic Club of Bend (a 5-minute drive) to drop off your drop bags in the parking lot.

Drop Bag Drop-off at the Athletic Club of Bend – look for the UHauls.
1:30 pm – 7 pm Friday AND 4:30 am - 5:15 am Saturday

Since the course changes every year, you will need to refer to the current course map to know at what mile you will have access to your drop bags.

There will be a minimum of two drop bag locations – (usually around mile 50 and 75).

Label your bags CLEARLY with your last name, race number, and the Aid Station indicated as a Drop-Bag Location.

AID STATIONS



Aid stations will vary each year depending on the course. Please take a look at the current course map for full details and for which aid stations will be drop-bag locations.

Please use my 15% off code for your Hammer Nutrition Products

<https://www.hammernutrition.com/MIKE50368>

A Full Aid Station will have Water, Heed, and Snacks (pickles, chips, trail mix, etc.).

A Water & Heed ONLY Aid Station will not have snacks or drop bags but will have water and heed (ham electrolyte).

NOTE: Not all aid stations allow spectators, please see course map for details. We love spectators and cheering! However, some of our aid station locations are small and unfortunately do not have room for extra people.

CUT OFFS

We want everyone to finish, and many elements are in play. Heat and hydration and staying upright, to name a few! We set the cut-off times for safety so you are not riding in the dark at the end of 100 miles. Please take a look at the website and maps for current cutoffs. All riders must be leaving the aid stations at or prior to the designated cut-off times.

While things do change year to year depending on the course, the hard-cut halfway point is usually established at 1 p.m. at 50-55 miles. The average speed needed to make this cut-off is about 7.5 mph. Please respect the cutoff times and know that you must meet them to continue to the finish. Cut-offs for the current year's planned route are listed in the black section of the webpage.

Riders not cutting will have two options: get complimentary transport back to Bend from our friends at Cog Wild or change course to access Century Drive or Skyliners Road for a 10-mile mostly downhill paved roll back to family and friends. Either way, please join us at the finish line to return your timing chip and enjoy some refreshments. We need to account for all riders, so please let staff know that you are okay and are done with the event.

Sadly, out of the 10-15% that do not finish, we have 1% or less that end up being irrational, unwilling to leave the course, and are not courteous to our volunteer sweeps who are taking their time to help the riders along the route. We understand your passion and sincerely appreciate your efforts, but we ask for everyone's safety, please respect the cut off times.

If you choose to continue to ride the course after you have missed a cut off time, you will be required to surrender your event plate and your timing chip and take on all responsibility for your own safety and hydration. I appreciate your understanding.

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VOLUNTEERING

There are many volunteer opportunities for you or your friends and family who are there to support you. Positions include: course marking before the event, packet pickup, local sweeps, aid station assistance, cleanup, and more!

Signing up for one volunteer position can get you 50% off! Fill two volunteer positions and get a free entry! All volunteers receive a meal voucher and t-shirt, along with our sincere thanks! Visit this [link](#) and sign up!

CATEGORIES

Open Men
Open Women
40-49 Men
40-49 Women
50-59 Master Men
50+ Master Women
60+ Super Master Men
Singlespeed
Clydesdale 200+



We will expand to include a 60+ Super Master Women category and even a 70+ Extreme Master Men category once we have 4 participants in those age groups who finish the event. A

These Categories above for the High Cascades 100 will also be sent to the NUE Series based on the four categories that qualify.

Open Men
Open Women
Masters 50+ Men
Masters 50+ Women
Singlespeed Men

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WHERE TO STAY

Finding Bend is easy! Located in Central Oregon and serviced by the Redmond airport.

Drive times:

- From Portland: 3 hours
- From Boise: 5 hours
- From Seattle: 5 hours 30 minutes



The start and finish of the race is at the Athletic Club of Bend (61615 Athletic Club Dr, Bend, OR 97702), located just off of SW Century Drive.

We highly recommend the Hotel Peppertree Inn (1082 SW Yates Dr, Bend, OR 97702), located just 1 minute by bike from the start and finish area.

Camping is available at Wanoga Snowpark (Cascade Lakes Highway, Bend, OR 97703) only on Friday and Saturday nights, located 15 minutes west of Bend towards Mt Bachelor. Please be sure to watch out for areas where you should not park, and be sure to check for fire restrictions.

An Annual Forest Pass is often required if you would like to camp in areas other than the parking lot at Wanoga. Passes can be purchased from REI or other local outfitters, including the Forest Service Welcome Center (63095 Deschutes Market Rd, Bend, OR 97701).

PARKING/CAMPING

We encourage everyone to park where they are staying!

You can park and drop off your rider at the Athletic Club of Bend from 4:30-5:15 am to see the start of the race. You will need to find alternative parking until after 1 pm on Saturday to finish area activities.

Sorry, no camping exists close to Bend. Snow parks such as Meissner and Wanoga are options 15 minutes away by car. In recent years, dispersed camping has become ever more challenging due to fire season and forest activities. Book a place early for the best price.

BIKE SAFETY

ALWAYS FOLLOW: THE RULES OF THE ROAD

Helmets required anytime you are on your bike at this event.

Please stay hydrated!

The course IS open for ALL riders, so PLEASE be aware of your surroundings at all times. Some trails can be crowded. Runners, dog walkers, families, tour groups, racers, equestrians, and recreational cyclists all share the same trails. Please be courteous to other users, and extend a friendly nod or "hello" when passing. You are not any more entitled to use these trails than anyone else even though it's a race, please behave and be friendly regardless of what the other trail users are doing. Especially true during a long descent where blind corners and sharp turns exist. Please know you are the person in charge of your bike and responsibilities around not injuring any other person while participating in this event.

No personal music is allowed at any point during the event.

Mountain biking is all about passing SAFELY! When you come behind another rider stay back or overtake them. If you are the rider being overtaken, PLEASE find a safe place to move over so the other rider can pass safely. Use passing lanes whenever possible.

Crashing Happens: 3-6 times at each High Cascades 100, and the hotter the event, the more crashing. All of you are talented riders so falling requires a certain random act to take place in 90% of the cases. Soft soil, being distracted, overcorrection of your front wheel and too many other items to mention.

We hire Adventure Medics who can patch you up, and or stabilize you until further medical services can be dispatched. We also have Ham Radio operators at all main aid stations on the course for communication along with aid station captains to direct 10 volunteers supporting you along your journey.

Most injuries are minor while some can involve advanced lifesaving methods to stabilize your injury. Please know that our next level provider in Bend is High Lakes Urgent Care. If your injury is beyond their care you would be transported to St Charles ER in Bend. Check the google venue map for all vital services connected to this event on our website and race smooth.

BIKE SAFETY cont.

Keep Single Track single. Most vegetation is fragile and very sensitive to trampling. When you stop for a break, please remove your bike from the trail so others can pass without being forced to go off the singletrack.

DO NOT LITTER AT ANYTIME ON COURSE! Place all gels back in your pockets or leave at the aid stations! Anyone found tossing litter on the course will be disqualified immediately!

Horse Encounters: For the past 15 years, some of the courses have taken on areas with the potential to encounter an equestrian. We love horses and do not want anyone to be injured due to the event or your actions. We do our best to notify the local user groups, and also to post signs leading into the race to alert them. If you do encounter a horse, please slow down and mention that the race is happening and if possible, give them the high side of the trail to safely avoid a crash or interaction.

Lights are required on your bike if you are riding to or warming up or riding before the 5:30 am start. You may leave your light with our staff at the start area, and it will be waiting for you to collect at the finish.

Early morning starts can be chilly even in July; having a light jacket is often nice. You may leave your jacket with our staff at the start area, and it will be waiting for you to collect at the finish.

Special thank you for the support of [Bicycle Accident Law](#). Matt and his team are with you on every Ride.



MEDICAL

This event is for people who have ridden bikes for quite a long time and understand the need for proper training, hydration, and that there is always a chance of a severe injury. Please consult your physician before entering any event and especially a 100-mile mountain bike race.

We have advanced first aid available on course with Adventure Medics at most aid stations and at the finish area. We also have radio communication by the ARES radio group at each checkpoint. Being that this course is extensive, in the case of bad injuries where we would need to call for an extraction, that this can take up to two hrs to get to you, depending on where you crash!

Please take care of each other on the course and make sure to alert aid station personnel if someone is hurt and needs assistance. Please look at the injured rider's race plate for the rider's race number; this links to their personal information in case of an emergency. If possible, take a photo and text me at 541-225-7946 if you have your phone.

Please remember it is your responsibility to ride in control and not injure anyone on course, riding, volunteering, or who may not be involved with the event. Control your bike and understand that you will encounter other recreational riders. We post signs and encourage other riders to ride in the direction of the course. Obviously, we can't control this, and we need to ensure you understand this.

Over the years, we have had some injuries such as broken collarbones and puncture wounds and the typical loss of skin or concussion, neck trauma, and or an IV from dehydration, and we would like to leave it at that. This requires you to maintain control of your bike and do what you can to come back safely.

Looking for accident protection? Getspot.com is a good option!

Please take a look at the venue map online for [High Lakes Urgent Care](#) or [Best Med](#); also, the [West Side of Bend is an excellent choice](#). These professionals are ready to help you get back on your feet and or patch you up!

We are supported and sponsored by these fine people and appreciate all they do for the Central Oregon Community of Active People.

If your injury is not the typical collarbone or wound needing stitches, and you are unconscious, you could be transported to St Charles Hospital in Bend!

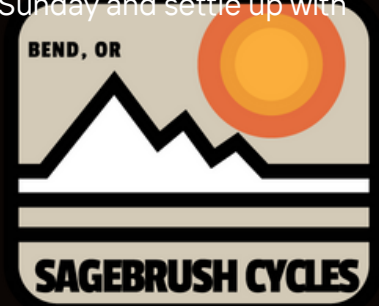
MECHANICAL SUPPORT

Mechanics from Sagebrush Cycles will be there to keep the wheels rolling, and the rest is up to you. James and his crew dominate this event and are among the critical factors at maintaining that 89% finisher rate. Please stop in and visit Sagebrush Cycles when in town! Look for a new location by August 2025 just ½ mile from the Old Mill District!

We offer a bike shipping option through registration, which includes a bike build and a mini tune-up and safety check for \$200. Make sure to ship your bike to arrive no later than Monday, the week of the event or sooner after contacting Sagebrush Cycles.

We will lube your chain, adjust derailleurs, and assist to the best of our ability. In addition, we will have some tubes and a tire or two at each aid area, but make sure to store some rubber patches/a tube, a CO2, or other small parts in your drop bags to ensure your bike makes it to the finish line.

If, by chance, you do need a repair that requires payment, please give the mechanic your race number and name. Then stop by the shop that fixed your bike on Sunday and settle up with them.



PERSONAL SUPPORT

We do allow spectators on the course ONLY at specific points. Please refer to the course map for your designated location. Your rider will be disqualified if they receive support in any area other than the designated locations. Please consider volunteering for one of our No Spectator areas if you would like to support outside the designated spectator zone.

SPECTATORS HEADING TO ANY SPECTATOR-FRIENDLY AREA MUST NOT LEAVE UNTIL AFTER 6 AM or later. Any car on the road following the riders outside of official vehicles will result in a complete disqualification to your rider. A highway is a dangerous place with extra cars that do not need to be on the road early.

If you want to support your rider, we encourage you to volunteer...we need your help and you get a great meal and shirt!

TIMING

Red timing chips will be given to you at packet pickup. You will be charged \$100 if it gets lost or is NOT returned.

Attach the timing chip properly to your bike using two supplied zip ties to the right front fork. This chip **MUST** be attached to your bike, NOT in your pocket, NOT on your backpack.

Each chip is assigned to a specific person, do not switch it with someone else's chip.

All timing chips **MUST** be returned to the finish area. If you do not complete the race, please notify staff at the finish area, return your timing chip, and enjoy some food and beer.

AWARDS

**10 BARREL
BREWING CO**

All results will be live on-site at the timing trailer located at the finish area. Results will also be posted live online at Mudslinger Events results tab and HC 100 event page.

6:30 pm: Awards at the Athletic Club of Bend and Grassy Area!

\$4000 in Cash to the top riders, equal payout top 5 men and women (750, 500, 350, 200, 200) Award medals 3 deep and amazing raffle prizes for those who attend.

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REFUNDS

See the Website at mudslingerevents.com

BikeReg offers a registration protector. This is optional insurance for registration fees and is purchased when registering for the event and is handled by outside parties. If you are concerned about possible registration refunds, we highly recommend you purchase this insurance to protect you if you are injured before the event.

Transfers can happen through BikeReg for a small fee until 14 days prior to the event.

Within 8 days of the event, if you want out due to an injury that would prevent you from participating or simply can't make it, you must email me to see if we will transfer your entry to any other current year's event. We cannot push your entry to next year due to the limited number of riders we are allowed at this event. If our final event is full at the Ring of Fire, your only option is to transfer via Bike Reg to a friend up until 7 days prior and no later.

COTA

We could not produce and do this event without your support and the support of our sponsors, volunteers, and crew of Mudslinger Events. Please take the time to thank the volunteers and also give back to our fundraising group and local trail advocacy group COTA, the Central Oregon Trail Alliance. Consider registering for the "racing for COTA category" while spots exist, with 100% of those entries donated back. Please take time every year to give back 8 hrs of your time or 8 hrs of your money to maintain and build the trails we love

Link to giveback to [COTA](#)

RULES

This event is under a special event permit with the US Department of Agriculture US Forest service Bend-Fort Rock Ranger District.



"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited bases apply to all programs.)

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