HC 100 Tech Guide 2027

*For passionate mountain bikers · Presented by **Mudslinger Events***

Welcome!

The High Cascades 100 is more than an endurance mountain bike race — it's a tradition born in 2009 and fueled by grit, community, and the incredible trails of Bend, Oregon. Each year brings a new course with fresh challenges and those miles of flow we all live for.

Join us on the third Saturday in July, when determination, dirt, and community come together. The HC 100 is proudly part of the NUE Series.

All the best,
Mike and Andi Ripley & the Mudslinger Events Team

---

mike@mudslingerevents.com · 541-225-7946

See the full guide inside →

TABLE OF CONTENTS

Your complete guide to the 2027 High Cascades 100 event.

Welcome 1

Table of Contents 2

Premier Rider Experience 3

Course & Pace Information 4

Schedule 5

Packet Pickup & Drop Bags 6

Aid Stations & Cutoff Times 7

Bike Safety & Rules 8

Medical & Mechanical Support 9

Logistics 10

Categories & Awards 11

Volunteering & Refunds 12

Course Details & Markings 13

Event Difficulty & COTA 14

Training & Preparation 15

PREMIER RIDER EXPERIENCE

What's included in the 2027 event:

- Premium Rider Socks
- Technical Dri-Blend Event Shirt
- Custom Water Bottle
- Custom Pint Glass
- Personalized Rider Plate
- Thursday 1000 Mile Club Celebration Dinner
- Five fully stocked Hammer Nutrition aid stations
- Drop bag service
- Adventure Medics
- Professional timing
- Professional photography
- Finisher medal
- 10 Barrel Brewing post-race beer
- More than 100 volunteers

COURSE & PACE INFORMATION

2027 HIGH CASCADES 100 – PACE CHART

CUT-OFF TIMES AT EACH AID STATION BASED ON A 5:30 AM START

LOCATION	MILE	ELITE / PRO RIDERS (≈16+ MPH)	EXPERTS (≈14 MPH)	SERIOUS ENTHUSIASTS (≈12 MPH)	INTERMEDIATE RIDERS (≈10 MPH)	SUB 14 (≈7.1 MPH)	SUB 13 (≈7.7 MPH)	SUB 12 (≈8.3 MPH)	SUB 11 (≈9.1 MPH)	SUB 10 (≈10.0 MPH)	SUB 9 (≈11.1 MPH)	SUB 8 (≈12.5 MPH)	SUB 7 (≈14.3 MPH)
Aid 1 – Meissner Snow Park/4615 rd	24.7	6:53 AM	7:35 AM	8:46 AM	10:30 AM	11:07 AM	10:15 AM	9:32 AM	8:40 AM	7:55 AM	7:06 AM	6:18 AM	5:49 AM
Aid 2 – Skyliner *NO SPECTATORS*	33.9	7:32 AM	8:16 AM	9:37 AM	11:29 AM	12:10 PM	11:12 AM	10:23 AM	9:26 AM	8:36 AM	7:42 AM	6:52 AM	6:22 AM
Aid 3 – Dutchman	52.1	9:03 AM	9:55 AM	11:33 AM	1:23 PM	1:55 PM	1:26 PM	12:42 PM	11:31 AM	10:28 AM	9:21 AM	8:25 AM	7:49 AM
Water – Swampy-Dutchman Trail	59.1	10:15 AM	11:15 AM	1:04 PM	2:02 PM	2:46 PM	2:02 PM	1:31 PM	12:43 PM	11:37 AM	10:24 AM	9:20 AM	8:41 AM
Aid 4 – Skyliner *NO SPECTATORS*	67.3	11:37 AM	12:45 PM	2:01 PM	3:06 PM	3:58 PM	3:02 PM	2:17 PM	1:58 PM	1:26 PM	12:12 PM	10:59 AM	10:16 AM
Aid 5 – Meissner Snow Park/4615 rd	76.8	1:01 PM	2:00 PM	3:00 PM	4:36 PM	5:50 PM	4:35 PM	3:37 PM	3:08 PM	2:22 PM	1:58 PM	1:29 PM	12:49 PM
FINISH	100.0	12:15 PM	1:22 PM	2:47 PM	4:53 PM	6:56 PM	5:50 PM	4:45 PM	3:45 PM	3:08 PM	2:35 PM	2:10 PM	1:15 PM

NOTE: Cutoff times are based on average moving speeds shown above and a 5:30 AM start time.
Cutoffs are firm – arrive by the time listed at each aid station or you may be removed from the course.

Speeds are approximate and include aid stop time.

⚠ ⚠️ **COURSE SUBJECT TO CHANGE**
The course is subject to change and adjustments for logging or other activities. Cutoff times are firm — arrive by the time listed at each aid station or you may be removed from the course.

SCHEDULE

THURSDAY

9 am: Best time to book a trip with Cog Wild, and our suggestion is to ride 15 miles or so of the course. If you are a 1000 mile club rider look for an invite to attend a small gathering for dinner.

Ride 20-25 miles by booking a shuttle with Cog Wild Shuttles and Tours.

FRIDAY – MANDATORY PACKET PICKUP & DROP BAG LOCATION

1 pm - 6 pm: Packet Pickup at USWE, 563 SW 13th St

1:30 pm – 6:30 pm: Drop Bag Drop off at Athletic Club of Bend

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

There will be NO packet pickup on Saturday except for pre-arranged late arrivals.

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

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 Look for the correct U-Haul Meissner/Skyliner or Dutchman

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

11:45 am-12:15pm: Expected first finisher to return to the Athletic Club of Bend

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

6:30 pm: Awards, Athletic Club of Bend

SUNDAY

8 am – 9 am: Remaining drop bags will be available at the Venue

PACKET PICKUP & DROP BAGS

PACKET PICKUP

Friday, 1–6 pm at USWE — Mandatory. No race-day pickup.

Your packet includes:

- Number plate (attach to handlebars with red twist ties)
- Red timing chip (attach to right front fork with black zip ties) — **$100 fee if lost**
- Each rider has their own chip — do not swap. Return at finish.
- Socks, t-shirt, pint glass, water bottle
- Drop bag labels (if needed)

A friend may pick up your packet if you have signed the waiver.

DROP BAGS

Optional. Use to stash personal items (e.g., extra water, bars, snacks, hydration pack) at aid stations. Not required — aid stations provide water and snacks.

Size limit: 1-gallon zip-lock, drawstring bag, or small cooler (max 12" × 18").

Label clearly: Last name, race number, and aid station number.

Drop-off locations (look for the UHauls):

- Athletic Club of Bend: Fri 1:30–6:30 pm & Sat 4:30–5:15 am

Return: Bags back at Athletic Club of Bend by 3–4 pm Saturday, available until 8 pm Sat or 8–9 am Sunday. Unclaimed items donated or discarded after Sunday 9 am.

AID STATIONS & CUTOFF TIMES

Aid Stations

Aid stations vary by year — check the current course map for locations and drop-bag sites.

- **Full Aid Station:** Water, Heed, snacks (pickles, chips, trail mix, etc.)
- **Water & Heed Only:** No snacks or drop bags; typically also stocks pickle juice, Coke, PB&Js
- **Spectators:** Not permitted at all aid stations — see course map for details

Hammer Nutrition discount code: **MIKE50368** (15% off)

Cutoff Times Protocol

- **Start:** 5:30 AM
- **Finish by:** 7:45 PM
- **Hard halfway cutoff:** ~1:00 PM at 50–55 miles (~7 mph avg required)
- Times listed are for **leaving** aid stations

Cut-off times exist for your safety — no riding in the dark after 100 miles.

If cut: complimentary sag transport to Bend, or ~10-mile paved descent via Century Drive / Skyliners Road. Return your timing chip at the finish line.

⚠ Continuing after a missed cutoff requires surrendering your plate and chip. You assume full responsibility for safety and hydration.

BIKE SAFETY & RULES

🚵 General Rules

- **Helmets required** at all times on your bike
- No personal music allowed on course
- Stay hydrated throughout the ride
- **Lights required** before 5:30 AM start
- Light jacket recommended for early morning chill
- Leave lights/jackets with staff at start — collected at finish

🌿 Trail Etiquette

- Course is **open to all users** — runners, hikers, equestrians where allowed
- Be courteous; greet other trail users
- You are not entitled to trail priority during the race
- Keep singletrack single — Dont overshoot corners and ride within your limits

🤝 Passing Protocol

- Stay back or overtake safely — no tailgating
- If being passed, find a safe spot and move over
- Use passing lanes whenever available and call out your passes. Dont be a "Dick"

🐴 Horse Encounters

- Slow down immediately when encountering horses
- Alert riders that a race is in progress
- Give horses the high side of the trail

🚫 Littering = Disqualification

- **Zero tolerance** for littering on course
- Pocket all gels or leave them at aid stations
- Anyone caught littering is **immediately disqualified**

KEY SPONSOR: SCARBOROUGH BICYCLE ACCIDENT LAW

SCARBOROUGH
BICYCLE ACCIDENT LAW

BICYCLEACCIDENTLAW.COM / (813) 253-0097

Scarborough Bike Law is a Key Sponsor of the HC 100. Founded by trial lawyer Matt Scarborough, a cyclist who has raced mountain bikes for 34 years, the firm is dedicated to protecting riders and making roads safer.

bicycleaccidentlaw.com · (813) 253-0097

🚨 IF YOU CRASH WHILE TRAINING OR RIDING

- Get to safety and check yourself for injuries — get medical attention if needed
- **Document everything immediately:** photos, location, and driver info
- Use the Scarborough crash reporting tool at bicycleaccidentlaw.com/report — no app download required. Scan the QR code on your bike or tap the NFC chip, and your data goes straight to their legal team
- Speak to a cycling-focused attorney for clear, honest advice before dealing with insurance companies
- Avoid mistakes that could cost you compensation — let the legal team handle insurers and build your case

📘 FREE CYCLIST INJURY GUIDE

Download a step-by-step guide on what to do after a crash, how to deal with insurance, and mistakes to avoid.

Download the free Cyclist Injury Guide →

MEDICAL & MECHANICAL SUPPORT

MEDICAL SUPPORT

Consult your physician before participating. This is a 100-mile mountain bike race — train and prepare accordingly.

- Advanced first aid with Adventure Medics at most aid stations and finish area
- ARES radio communication at each checkpoint
- Remote extractions can take **up to 2 hours** depending on location
- Serious injuries may result in transport to **St. Charles Hospital, Bend**

If you find an injured rider, note their race plate number and text **541-225-7946** with a photo if possible. Look out for each other on course.

For accident protection, visit **getspot.com**.

MECHANICAL SUPPORT

Mechanics from **Sagebrush Cycles** will be on course — a key reason for our 90% finisher rate. Visit their shop when in town!

- Services: chain lube, derailleur adjustments, limited tubes & tires at aid stations
- Pack your own patches, tube, and CO2 in drop bags
- If repairs require payment, give your race number/name and settle with the shop on Sunday

Bike shipping option: $220 includes build, mini tune-up & safety check. Ship to arrive by Monday the week of the event — contact Sagebrush Cycles first.

SAGEBRUSH CYCLES: YOUR BEST BET IN BEND

Local, independent, and rider owned. Sagebrush Cycles has been serving Bend riders since 2007 and is the HC 100's on-course mechanical support partner.

VISIT THE SHOP

558 SE 9th St, Unit 4, Bend, OR 97702

(541) 389-4224 · info@sagebrushcycles.com

sagebrushcycles.com

Bike shipping for the event ($220: build, mini tune-up & safety check) — contact Sagebrush Cycles first.

WHY SAGEBRUSH IS THE BEST BET IN BEND

- **Local & rider owned:** founded in 2007 by Oregon native and lifelong racer James Gritters, a Bend resident since 1996
- **Trail-tested expertise:** the team knows Central Oregon trails and what bikes need to survive them — the same crew keeping HC 100 riders rolling (a key reason for the 90% finisher rate)
- **Pivot specialists:** Pivot dealer since day one, plus Marin and Pinarello, with a Pivot rental fleet from beginner to aggressive enduro
- **Full-service shop:** complete tunes ($150), wheel builds, tubeless setups, fork and shock service, suspension setup, drivetrain, brake and cockpit work, and Shimano Di2 / SRAM AXS updates
- **Top brands in stock:** Fox, RockShox, Maxxis, Schwalbe, SRAM, Shimano, DT Swiss and more, plus nutrition like Maurten and Honey Stinger
- **Lifetime service and support** on every bike they sell

> "You want to be around good people who are knowledgeable and passionate and that's what you'll find at Sagebrush." — Cam McCaul

LOGISTICS

PERSONAL SUPPORT & SPECTATORS

- Spectators allowed **only at designated course locations** — refer to course map
- Riders will be **disqualified** for support received outside designated zones
- **Do not leave for spectator areas before 6 AM** — no unofficial vehicles on road
- Consider volunteering — great meal, shirt, and you can support your rider!

TIMING

- Red timing chips issued at packet pickup — **$100 charge if lost**
- Attach with two zip ties to the **right front fork** — not in pockets or bags
- Chips are person-specific — do not swap
- **All chips must be returned** to the finish area

WHERE TO STAY

Start/Finish: Athletic Club of Bend, 61615 Athletic Club Dr, Bend, OR 97702

- **Hotel:** Peppertree Inn (1082 SW Yates Dr) — 1 min by bike from start/finish
- **Camping:** Wanoga Snowpark (Fri & Sat nights only), 15 min west toward Mt Bachelor
- Annual Forest Pass required for non-parking-lot camping — available at REI or Forest Service Welcome Center

Drive times: Portland 3 hrs · Boise 5 hrs · Seattle 5.5 hrs

PARKING

- Park where you're staying when possible or on open city streets
- Drop-off at Athletic Club of Bend: **4:30–5:15 AM only**
- No parking at start/finish area until after **1 PM Saturday**
- Overflow options: Meissner or Wanoga snowparks (~15 min away)

CATEGORIES & AWARDS

CATEGORIES

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

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.

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

AWARDS

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

Finisher Medals for all finishers and custom Medals for all top 3 in all categories

$4000 in Cash to the top riders, equal payout top 5 men and women:

- 1st: $750
- 2nd: $500
- 3rd: $350
- 4th: $200
- 5th: $200

Award medals 3 deep and amazing raffle prizes for those who attend. Super Custom Finisher Medal for all finisher

VOLUNTEERING & REFUNDS

VOLUNTEERING VIA REGISTRATION

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! Access no spectator areas

Signing up for one volunteer position can get you $20.00 per hour of credit towards this event or another Mudslinger Events. All volunteers receive a meal voucher and t-shirt, or socks, depending on stock, along with our sincere thanks!

Visit the Bike Reg page that also hosts registration and sign-up. Email us for your discount before paying full price if that is what you want to do.

Sign up anytime and email us if this is for volunteer credit at volunteer@mudslingerevents.com

https://www.bikereg.com/high-cascades-100

REFUNDS & TRANSFERS

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. 50% credit will apply until this time and will be valid for one year.

See our policies HERE at
https://www.mudslingerevents.com/about

COURSE DETAILS & MARKINGS

COURSE INFORMATION

19th Edition | Saturday July 17, 2027
100 Miles | 9,620 Vert Ft
Start/Finish: Athletic Club of Bend

The course is heavily marked with correct way (arrow signs) and wrong way ("X" / "NO" signs). Download the GPS file when available. Rules of the road always apply.

COURSE MARKINGS

90% of the course will be marked by Wednesday of event week. Map available via Ride with GPS — check the Cue Sheet. Expect possible tweaks leading into the event due to logging activities.

📍 ridewithgps.com – High Cascades 100 2027

WHAT TO LOOK FOR

→ Pink or Red Arrows, Black Arrows

White background; multiple placed before faster corners.

→ Orange & Red stripped Ribbons

Along the course; multiple ribbons mark the side of each turn — two before, one after.

→ Bright Yellow "X" / NO Signs

Mark trails you should NOT follow.

→ Laminated Trail Signs

Show trail name and distance. Do not touch or move signs.

EVENT DIFFICULTY & COTA

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 90%.

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.

CENTRAL OREGON TRAIL ALLIANCE "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: **https://www.cotaoregon.org/**

BIG THANKS TO OUR SPONSORS!

Hammer Nutrition, Bicycle Accident Law (Matt Scarborough), 10 Barrel Brewing, USWE, Squirt Lube, Joes No Flats Club Ride, High Desert Sports & Spine, Kuhl, Ryan McGlone Property Group, Peppertree Inn, Magicshine

TRAINING & PREPARATION

Successful completion of the High Cascades 100 demands strategic preparation. Follow this guide to optimize your training and arrive race-ready.

TRAINING PHASES

1

Base Building

Aerobic fitness, low-intensity rides (12–16 weeks out).

2

Build Phase

Increase intensity; add tempo and interval work (8–10 weeks out).

3

Peak

Race-specific efforts and longer rides (4–6 weeks out).

4

Taper

Reduce volume for fresh legs on race day (1–2 weeks out).

Full tips and safety guide: mudslingerevents.com/rider-tips-and-safety

KEY TRAINING FOCUS AREAS

- **Endurance:** Long, steady rides to build stamina.
- **Climbing:** Hill repeats and sustained climbs.
- **Technical Skills:** Trail riding, cornering, and line choice.
- **Nutrition:** Test hydration and fueling on long rides including any of Mudslinger Events Calendar
- **Cross-Training:** Strength training and yoga for injury prevention.

PRE-RACE CHECKLIST

- **Bike Maintenance:** Full tune-up, new chain, brake pads, fresh tires.
- **Gear Testing:** Test all apparel, hydration packs, and shoes.
- **Nutrition Plan:** Finalize hydration, calorie, and electrolyte strategy.
- **Mental Preparation:** Visualize success and stay calm.

HAMMER NUTRITION: FUEL RIGHT, FEEL GREAT

ABOUT HAMMER NUTRITION

Hammer Nutrition has been providing natural, science-based fuels, supplements and education for endurance athletes since 1987. Their products are 100% USA-made and free of added sugars, artificial colors, flavors and preservatives.

SHOP HAMMER NUTRITION

Shop Hammer Nutrition with your HC 100 discount →

ENDURANCE FUELING BASICS (HAMMER'S BASELINE)

- Calories: 120–180 per hour
- Fluids: 20–25 oz per hour
- Electrolytes: replenish hourly (e.g., Endurolytes) — follow the dosing in Hammer's guide
- Philosophy: *"Less is Best"* — fuel with complex carbohydrates and avoid overloading your gut

THE 5 SECRETS OF SUCCESS

1. **Pre-Exercise Fueling** — when and how much to eat before you ride
2. **Calories Count** — what and how much you consume during exercise can be the difference between a PR and a DNF
3. **Proper Hydration** — what you need to know to stay in the flow
4. **Electrolyte Replenishment** — resupply vital minerals to finish strong
5. **Recovery Done Right** — for a better performance tomorrow, recover right today

FREE ENDURANCE TRAINING & FUELING RESOURCES

- Download the free 5 Secrets of Success guide (PDF) →
- How-to-fuel guides by sport →
- Endurance Library (essential & advanced knowledge on hydration, calories, electrolytes, pre/post-exercise fueling) →
- Endurance News Weekly articles →
- Questions? Call 1-800-336-1977 to speak with a client advisor