

LIFETIME®

LUTSEN NINETY NINER

PRESENTED BY WEST COOK COUNTY MN



2024

ATHLETE GUIDE

LIFETIME®

LUTSEN99ER.COM

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WELCOME INTRO

Welcome Racers,

On behalf of this great community of Lutsen, our Lutsen 99er volunteers, local fire and search and rescue department, Superior National, 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 his find 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.

We are excited to announce the Life Time Lutsen 99er Presented by Visit Cook County 99er, 69er, 45er, and 29er are all now staged at our new race location – Superior National at Lutsen Golf Course. The golf course was yet another dream of the Nelson family. George Nelson, Jr, grandson of CAA, was with the famed 10th Mountain Division Ski troops in World War II. After returning from Northern Italy shortly after the war, George completes one of his dreams for this special area and opens Lutsen Mountains in 1948. In the late 1980's, George Jr and his wife Patti donated nearly 360 acres of pristine land to the people of Cook County to develop a masterpiece of a golf course. The golf course opened in 1992 with unmatched beauty.

Lake Superior will serve as the backdrop as you begin your bike journey from the clubhouse up to 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. As you begin to find your way to the finish line, you will experience some of the spectacular beauty as you weave your way down from the mountain onto the golf course and to the finish line right back from where you started. The Nelson family could not have scripted this better...the combination of this 99er event taking place covering two legacy properties. Wow!

Best Regards,

MIKE LARSON

Lutsen Representative - 99er Team Member

SCHEDULE OF EVENTS

FRIDAY, June 28th, 2024

- 3:00pm–8:00pm** Packet Pickup at Superior National Golf (SNG) – 5731 MN-61, Lutsen, MN 55612
- Opportunity to interact with local and national sponsors and vendors outside the SNG Club House
 - Free beer/cider tasting from Fulton Beer and North Shore Winery, food available for purchase
 - Live music (3:00pm–7:00pm)
 - Kids race PPU will be at the Visit Cook County Tent outside of the clubhouse.
- 5:30pm** Little Niner Kids Event

SATURDAY, June 29th, 2024

- Opens @ 5:00am** Breakfast Options
- Lockport Marketplace & Deli, 5364 MN 61, Lutsen
 - Fika Coffee- Coffee, World's Best Donuts and pancakes 5325 MN 61, Lutsen
- 5:15am–7:15am** Drop bags near the front of the SNG Club House
- 5:30am–6:30am** Race day packet pickup at SNG Clubhouse
- 7:20am** All bikers positioned in their respective starting corrals (99er, 69er, 49er, 25er, Friends & Family)
- 99er – Black flag
 - 69er – Purple flag
 - 45er – Blue flag
 - 29er – Green flag
 - Friends & Family - Gold flag. For younger kids, families, anyone that wants the most relaxed roll-out. Any distance welcome here!
- 7:30am** Start of RACE
- 99 > 69 > 45 > 29 > Friends & Family (two min between waves)
 - Hold your position on the rollout - 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
- 10:00am–6:30pm** Finish Festival
- 4:30pm–7:00pm** Live Music at Caribou Highlands, outside of Moguls Grille and Tap Room
- 7:30pm** Awards ceremony at Caribou Highlands, outside of Moguls Grille and Tap Room
- Stick around after awards for an announcement to enter your LT100 tab (off your race plate) into the random drawing for your chance to win a coveted LT100 MTB slot

DIRECTIONS TO SUPERIOR NATIONAL GOLF

SUPERIOR NATIONAL GOLF:

5371 MN-61, Lutsen, MN

Road construction information can be found at www.dot.state.mn.us

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 lighted sign for “Superior National”. Turn Left.

FROM NORTH:

Take Hwy 61 South through Grand Portage and Grand Marais. Approximately 18 miles south of Grand Marais, you will see a lighted sign for “Superior National”. Turn Right.

FLYING:

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

Superior National Golf: Open to Lutsen 99er Riders on Friday, 12:00pm. Please enjoy the North Shore.



IMPORTANT INFORMATION & RULES

RULES

- Leave no trace - No garbage, clothing etc., shall be thrown on the course!
- Must hold your position for the entirety of the roll-out. Passing or weaving through other participants will result in disqualification without warning.
- Option B Finish: This finish will not include single track. You will receive a finish time. You will not be eligible for awards or a Leadville Qualifier Coin/gate placement.
- No Pedal Assist/E-Bikes allowed
- Helmets must be worn when on the bike, and your chin strap must be buckled
- Support Vehicles/Outside Assistance - You may not accept assistance outside of aid stations or approved spectator areas
- DNFs must be reported to timing
- 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 out of SNG & along Highway 61 to Caribou Trail. The Pace car will speed up at Ski Hill Rd. Passing the lead car will result in disqualification.
- THANK THE VOLUNTEERS



CATEGORIES

- Geared Bike
- Single Speed
- Fat Bike
- Tandem

COURSE NUTRITION

- Hydration & Water
- Energy bars
- Granola bars

PARKING

SNG Parking will open at 5:00am and Close at 7:15am

No RV's @ SNG

- RV's can park on the shoulder of Ski Hill Rd

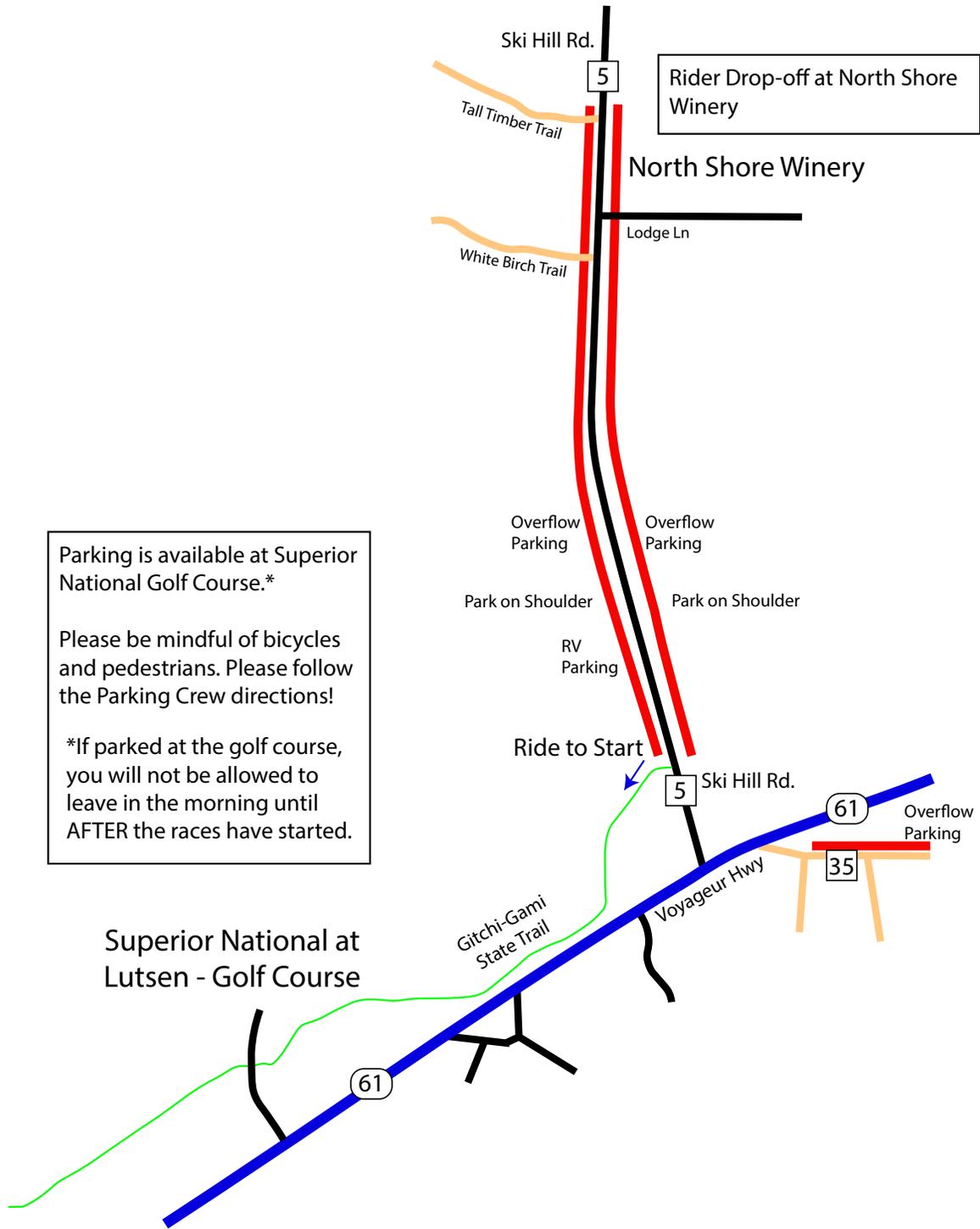
Overflow Parking

- Ski Hill Rd Shoulder

Rider Drop Off

- North Shore Winery 5:30-7:00am

OVERFLOW PARKING MAP



99ER & 69ER COURSE DESCRIPTIONS

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

Last Tuesday, the Lutsen and Cook County area received an extraordinary amount of rain and multiple areas of the course were affected by suspected tornadoes. Our crew has been hard at work, both evaluating the course and clearing downed trees.

The **99er** course, which includes the Timber Frear loop, has an insurmountable number of trees down, and the logging area on the Wringer Road has been turned into an impassable, muddy quagmire. The **99er** course was stunningly beautiful and we were excited for you to experience it - so we're already looking forward to that opportunity next year!

This weekend, **99ers will now be riding the 69er course** as well. This course is fun, challenging, and fantastic, and will provide you a great experience.

We have faced multiple challenges in recent years (pandemics, rain, bridges rendered unsafe, fire, venue change, more rain, tornadoes) and we are so fortunate to call Cook County and its residents, our family.

They continue to amaze us with their resilience and dedication to providing you, the participants, with the best possible experience.

A special thanks to all our helpers this week who worked some incredibly long hours to prepare the course for you.

DROP BAGS

- Drop bags for those registered for the 99er will now be available at the FR350/Sawbill Aid Station (mile ~47).

CUT OFF TIMES

- Updated aid station cut-offs for 2024:
- 11:30AM | Rice Lake/ATV Trail
- 2:15PM | FR350/Sawbill Trail
- 4:06PM | NEW CUTOFF Baker Road (Formerly Onion River Road)
- Note: Any riders arriving after this time should be transported back to the start/finish via sag vehicles.
- If riders insist on continuing it at their own risk, they will be listed as a DNF and their race plate will be removed.



45ER & 29ER COURSE DESCRIPTIONS

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

- 45er Aid Stations 22 & 38.7
- 29er Aid Stations 22.8

45er CUT OFF TIMES | All riders must maintain a minimum avg of 9.35 MPH

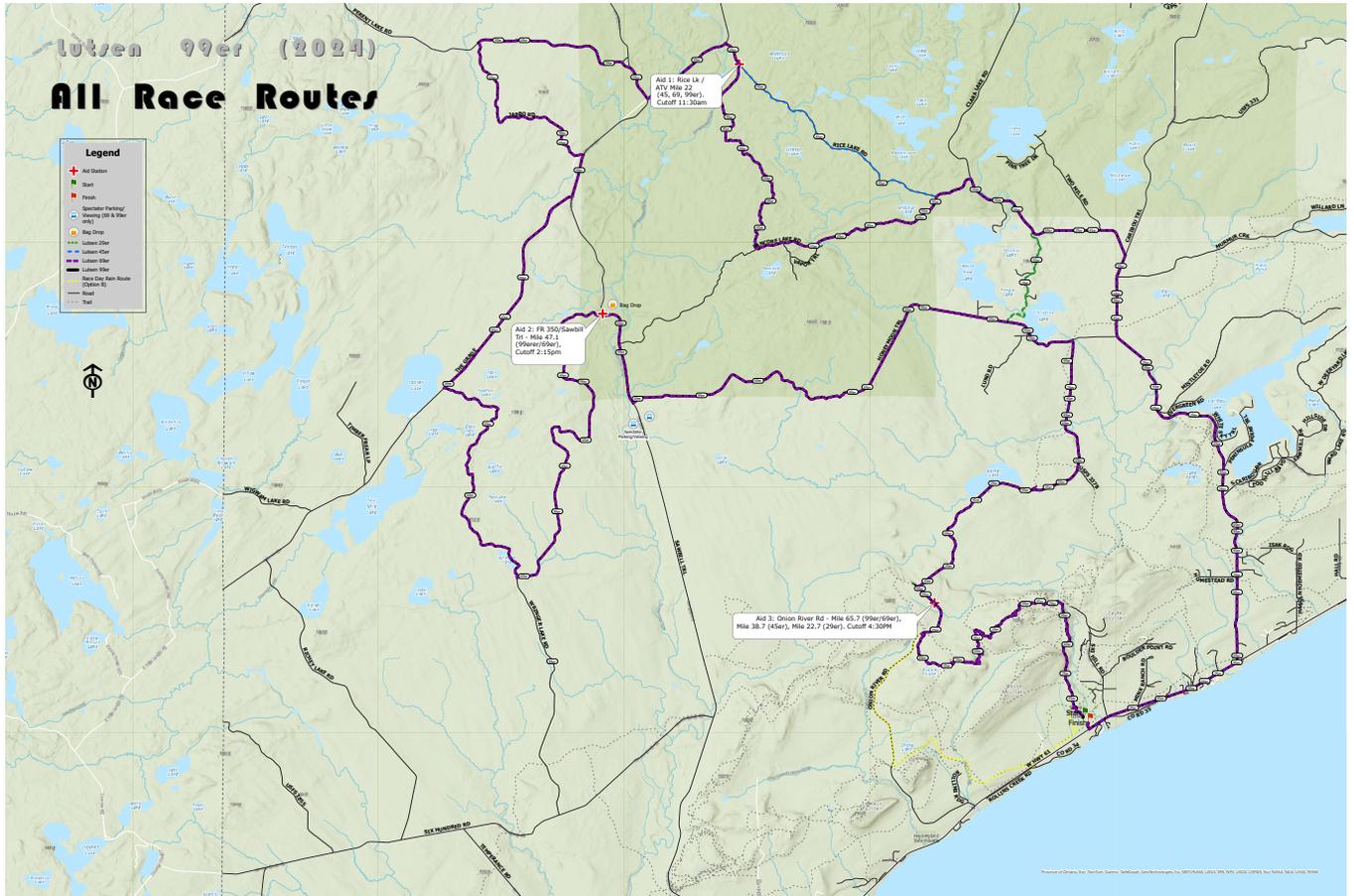
- 11:30AM | Rice Lake/ATV Trail
- 4:06PM | NEW CUTOFF for Barker Road (Formerly Onion River Aid Station)
- Note: Any riders arriving after this time should be transported back to the start/finish via sag vehicles. If riders insist on continuing it at their own risk, they will be listed as a DNF and their race plate will be removed.

29er CUT OFF TIMES | All riders must maintain a minimum avg of 9.35 MPH

- 4:06PM | NEW CUTOFF for Barker Road (Formerly Onion River Aid Station)
- Note: Any riders arriving after this time should be transported back to the start/finish via sag vehicles. If riders insist on continuing it at their own risk, they will be listed as a DNF and their race plate will be removed.



ALL DISTANCES COURSE MAP



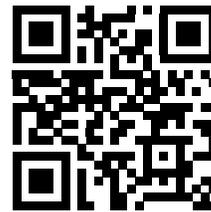
99er / 69er



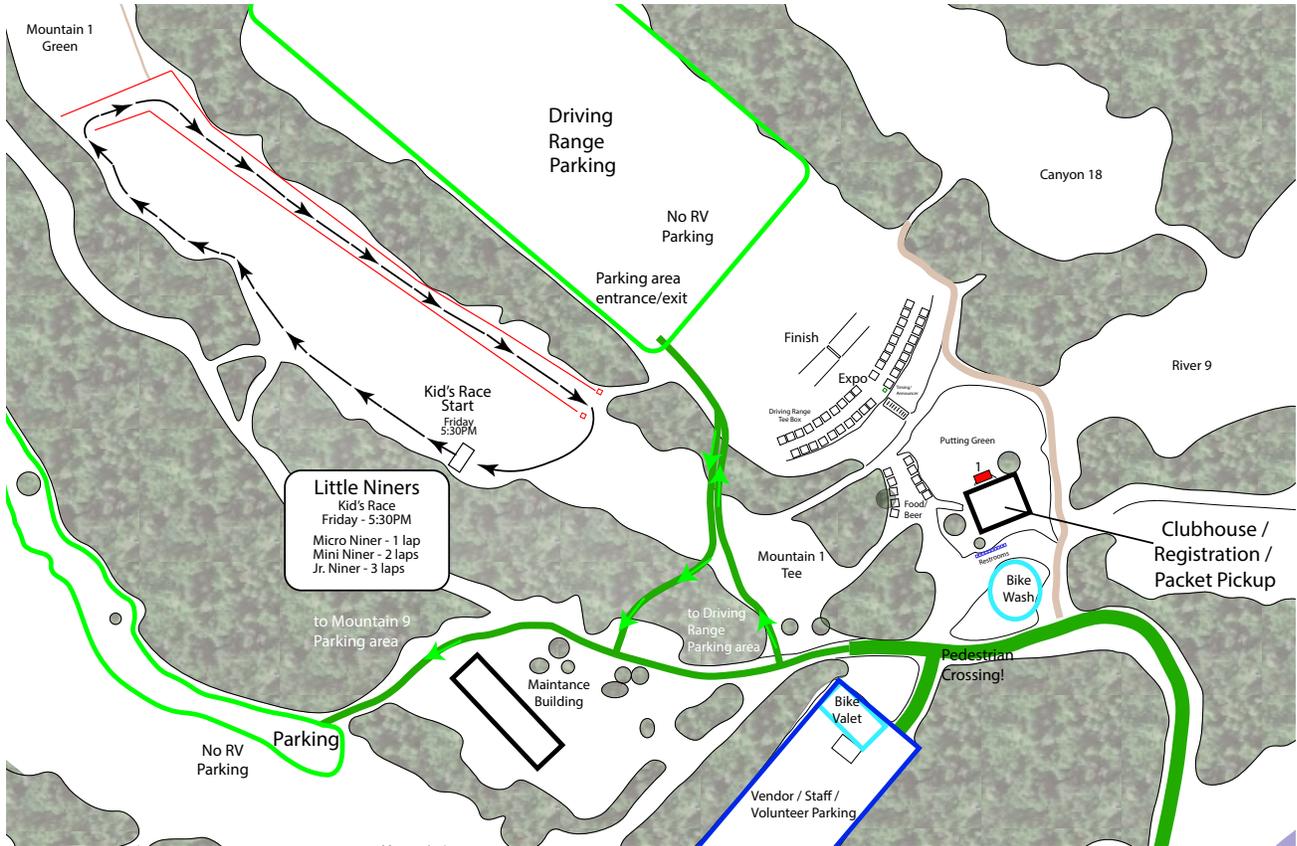
45er



29er



KIDS COURSE MAP



LITTLE NINERS KIDS EVENT EVENT

- Micro Niner – 1 lap
- Mini Niner – 2 laps
- Jr. Niner – 3 laps

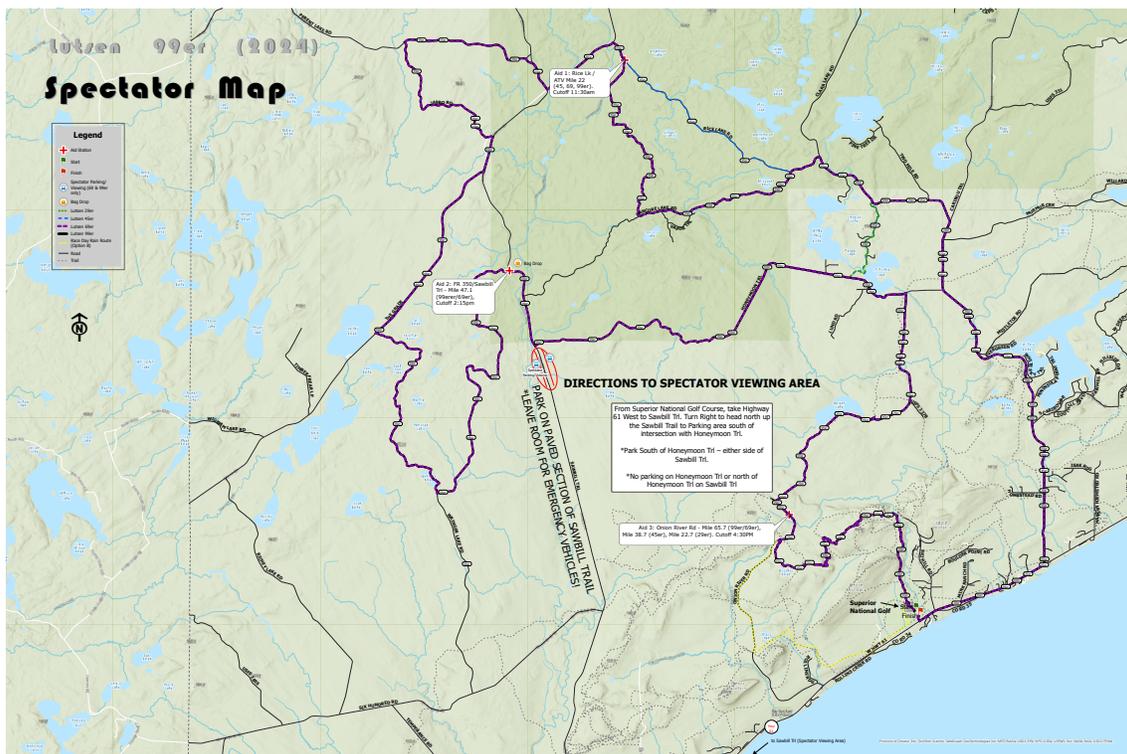
SPECTATOR INFORMATION

NEW LOCATION

- Outside help will only be available at this designated spectator location. No mobile support, including motorized vehicles, are allowed on course.
- No spectators will be allowed at any of the aid stations.
- Spectators for the 99er & 69er are welcome at Sawbill & Honeymoon Trail.

TO HONEYMOON TRAIL FROM SNG: 99 AND 69ER ONLY!

- Take Hwy 61 East towards Tofte.
- Turn North on 2/Sawbill Trail.
- It's approximately 11 miles to the Honeymoon Trail.
- All spectators must park South of Honeymoon Trail.
- NOTE: Spectator location is mile 78.8 for the 99er riders & mile 49.8 for the 69er riders.



LEADVILLE 100 MTB QUALIFICATION SYSTEM

DUE TO THE 2024 STORM RE-ROUTE:

Those registered for the 69er:

- Athletes will be racing their fellow 69ers for awards. You will not be able to change to the 99er.

Those registered for the 99er:

- Athletes will be racing their fellow 99ers for awards and Leadville qualifier coins.
- If you are registered for the 99er and finish the race (now shortened) you will be eligible for both merit-based Leadville coins and the drawing for the additional coins.

99ers RACE ONLY

The Life Time Lutsen 99er presented by Visit Cook County is a qualifier for the Life Time Leadville Trail 100 MTB presented by Kenetik.

- There are a total of 50 LT100 qualifier coins up for grabs at this year's race.
- Half of the total LT100 coins will be distributed based on performance and half of the coins will be given away in the Event Lottery at the conclusion of the awards ceremony.
- 25 slots will be distributed based on performance:
- Only the 99er distance serves as a qualifier for the LT100 MTB.
- Slots will be distributed to each gender and age group (20-29, 30-39, etc.) based on the percentage of total athletes in those age groups, with a minimum of one slot for every age group.
- The top athletes in each age group will receive the allocated slots.
- In the event a top athlete elects not to accept a slot, the slot will roll down to the next athlete in the results within the age group.
- In the event slots are not claimed after the roll down in each age group, those slots will be allocated to the Event Lottery, as described below.

25 slots will be distributed through the Event Lottery:

- Finishers of the 99er distance will be eligible to win an LT100 MTB coin in the Event Lottery.
- All riders who finish within the established course cutoff time and who have indicated their desire to participate in the lottery will be entered in the lottery.
- Names will be drawn from the eligible lottery athletes and slots will be given out.
- In the event an athlete opts not to accept a slot, the slots will roll down to the next athlete that is drawn until ALL slots have been distributed.
- Qualification slots must be claimed in person immediately.
- Registration for the Leadville Trail 100 MTB must be completed and paid for during the designated time offered.
- Only solo riders competing the required distance under the allotted cutoff time will be considered as potential qualifiers.
- All registration fees for the LT100 MTB are non-transferable and non-refundable.

Use updated corral charts

2024 Leadville Trail 100 MTB Qualifier Finish Times & Coinciding Corral Placements									
Event	Gold	Silver	Red	Green	Purple	Orange	Blue	White	Brown
2023 Sea Otter Fuego XL	Sub 5:00	Sub 5:15	Sub 5:30	Sub 5:45	Sub 6:00	Sub 6:15	Sub 6:30	Sub 7:00	7:00+
2023 Lutsen 99er	Sub 5:20	Sub 5:40	Sub 6:00	Sub 6:15	Sub 6:25	Sub 6:45	Sub 7:00	Sub 7:30	7:30+
2023 Silver Rush 50 MTB	Sub 4:20	Sub 4:35	Sub 4:50	Sub 5:05	Sub 5:20	Sub 5:35	Sub 6:00	Sub 6:30	6:30+
2023 Tahoe Trail 100k	Sub 4:15	Sub 4:45	Sub 5:05	Sub 5:30	Sub 6:00	Sub 6:30	Sub 7:00	Sub 7:30	7:30+
2023 Leadville Stage Race	Sub 7:00	Sub 7:30	Sub 8:00	Sub 8:30	Sub 9:00	Sub 9:45	Sub 10:45	Sub 11:30	11:30+
2023 Little Sugar 100K	Sub 5:40	Sub 5:50	Sub 6:05	Sub 6:15	Sub 6:30	Sub 6:45	Sub 7:00	Sub 7:30	7:30+
2023 Austin Rattler 60M	Sub 4:45	Sub 5:00	Sub 5:20	Sub 5:35	Sub 5:50	Sub 6:05	Sub 6:25	Sub 7:00	7:00+
2023 LT100 MTB	Sub 7:45	Sub 8:15	Sub 8:30	Sub 9:00	Sub 10:00	Sub 11:00	Sub 12:00	Sub 13:00	13:00+
NOTES									
*** NEW FOR 2024 - WE HAVE ADDED A BROWN CORRAL!!									
* All corral placements are percentages based on annual results and will change annually in accordance.									
* All qualifiers are being closely reviewed to bring consistency across all events moving into 2024. YOU WILL SEE CHANGES.									
* 2024 Events will be reviewed and updated post each event subject to course impacts.									
* Only 2023/2024 Times are eligible for consideration.									
**CORRAL ASSIGNMENT TIMES ARE THE SOLE DISCRETION OF THE LEADVILLE RACE SERIES AND SUBJECT TO CHANGE									

AT YOUR SERVICE THE LUTSEN 99ER STAFF

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VOLUNTEERS

The Life Time Lutsen 99er presented by Visit Cook County would not be complete without the help of the volunteers and sponsors. Please thank the volunteers while you are out on course.



THANK YOU TO OUR SPONSORS

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