

12TH ANNUAL



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Participant Guide

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2019 LBJ 100 Participant Guide

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ABOUT THE RIDE

Starting and ending on the famed LBJ Ranch, the routes take riders under majestic live oaks, past historical landmarks that figured prominently not only in the Johnson family history, but also in U.S. presidential history. See the descendants of President Johnson's famed Hereford cattle herd as you exit the Ranch. Thereafter, it's on to spectacular Hill Country cycling – on smooth-surfaced ranch-market roads and bucolic country lanes that will take you back in time. Visit rural, historic Gillespie County schools that do duty as rest stops on this scenic tour. This is truly a **"Ride to Preserve History."**

Our 36th President loved his ranch. He often conducted presidential business under the spreading oak trees, and he sought solace here from the rigors of the presidency.

As President Johnson told visitors to his beloved Hill Country ranch, "All the world is welcome here!" We want riders in the LBJ 100 Bicycle Tour to feel the same warm welcome and sense of Presidential history as those who came before them.

SCHEDULE OF EVENTS

| Time | Event |
|----------|---|
| 7:00 AM | Parking OPENS |
| 7:00 AM | Packet Pickup OPENS |
| 8:30 AM | Staging Begins |
| 9:00 AM | Packet Pickup CLOSES |
| 9:05 AM | Operation Comfort START |
| 9:15 AM | 62 milers START |
| 9:25 AM | 42 milers START |
| 9:35 AM | 30 milers START |
| 9:45 AM | 10 milers START |
| 11:00 AM | Post Event Activities OPEN (Food & Drinks) |
| 11:00 AM | Yoga Stretches (Packet Pick Up Tent) |
| 1:00 PM | Luci Johnson Guided Ride START (Start/Finish Line) |
| 2:00 PM | 30 & 42-Mile Routes – Mandatory Pick Up before Rest Stop #9 |
| 2:30 PM | 62-Mile Route – Mandatory Pick Up before Rest Stop #7 |
| 3:00 PM | Yoga Stretches (Packet Pick Up Tent) |
| 4:00 PM | Post Event Activities CLOSE (Food & Drinks) |
| 4:30 PM | Event CLOSES, Park Entrance Gate CLOSES |
| 5:00 PM | VENUE CLOSES |
| 5:30 PM | PARK GATES LOCKED – All cars must be removed from park by 5:30pm |

Ride start is staggered in waves to help regulate traffic, particularly around the narrow turns as you pass the Texas White House. We have also scheduled Rest Stop opening times based on these wave times. Please be respectful of these start times and wait for your wave to be released to begin the ride.

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RULES OF THE ROAD

All laws pertaining to cyclists apply to the LBJ 100, especially the provision of the Texas Transportation Code that specifies that riders may only ride two abreast. Sec. 551.103(c) states: **"Persons operating bicycles on a roadway may ride two abreast. Persons riding two abreast on a laned roadway shall ride in a single lane. Persons riding two abreast may not impede the normal and reasonable flow of traffic on the roadway. Persons may not ride more than two abreast unless they are riding on a part of a roadway set aside for the exclusive operation of bicycles."**

Please obey the law and be respectful of our rancher and farmer neighbors' rights to be on the road, as you would want them to be respectful of your rights to be on the road. Also, be aware that DPS patrolmen have given out tickets to some LBJ 100 cyclists in recent years. Don't ruin your ride by getting a ticket.

WHAT TO BRING

- Bike Helmet – *You will not be allowed on the bike course without it.*
- A bicycle in good condition.
- Cycling shoes, gloves, sunglasses, and other cycling accessories to make your ride more comfortable.
- Tire change kit, including tubes and pump or CO2 cartridges.
- Two water bottles or hydration pack.
- A towel for post ride activities.
- Sunscreen and lip balm.
- Personal Nutrition – *We will have water, nuun (electrolytes), Pickle Pops, Clif products and snacks on course. If you have special dietary needs, please bring you own nutrition.*
- A photo ID
- A photo copy of your medical insurance card
- **CASH!** Meal tickets and merchandise may not be able to handle credit cards so be prepared and have some cash on hand.

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PARKING

Parking for all cyclists is on the airstrip located on the LBJ Ranch and is included in your registration fee. When you enter the ranch, follow the signs and instructions from Park Rangers.

Note that the ride takes place at the LBJ National Park, not the adjacent LBJ State Park.

The Ranch gates open at 7:00 AM. Ideally you should plan to arrive no later than 8:00 AM to allow time to park, pick up your bib, and get ready to ride!

The Park entrance gates will be closed at 4:30 PM. Please plan your ride accordingly to ensure you make it back to the park by 4:30 PM to get your vehicle and have exited the property no later than 5:30 PM.

PASSENGER DROP OFF & LEAVE

Follow the signs and instructions from Park Rangers just as if you were planning to park at the ranch. Once you are on the airstrip you will be directed by the park rangers to continue down the airstrip towards the start/finish line, where there is a “Drop & GO” zone. Once you have dropped off your rider, you will be directed to exit Bravo Road, which is a paved road just before the Registration tent. Once on Bravo, follow the signs to exit by turning left onto Bailey Road and exiting the park via the tour route.

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YOUR RIDE BIB

ALL Participants will receive a bib. Bibs must be worn on the back of your shirts/jerseys at all times.



The bottom of your bib has a tear off ticket for your post event meal!
Don't lose this! Tickets cannot be replaced.

SPECIAL BIBS YOU'LL SEE ON THE COURSE

Red Bibs identify the Bike Medics.
These folks are here to help you with medical issues.

Blue Bibs identify the Air Force Cycling Team.
They will also be wearing Air Force Cycling Team Jerseys.
They are on the course to help with any mechanical issues.



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POTENTIAL HAZARDS

The LBJ 100 goes through active ranch land in many parts. As such, cyclists will encounter some potential obstacles such as cattle guards, loose gravel, pitted roads, cattle and sheep (and their droppings), and low water crossings. Please be careful as you encounter these.

In particular, there are two low water crossings on the 42-mile route that can be very slippery if wet, which all depends on how much rain the area has received the week prior to the ride. Ride organizers will monitor these two crossings up before the ride to determine what additional safety measures might be taken to minimize these potential hazards.

HOW TO CROSS CATTLE GUARDS

So here are some tips to help you safely cross a cattle guard.

- As you approach there should be a sign saying cattle guard ahead.
- Look for cows, very important!
- Head into the cattle guard straight on.
- Do not apply your brakes while crossing the guard.
- Keep a good speed while going across—momentum is your friend.
- Relax but have a good grip on your handle bars. Hold your handle bars nice and straight. Stop pedaling before you get to the cattle guard, then coast across.

If you have cattleguardaphobia signal that you're stopping and dismount your bike carefully. Walk across the cattle guard on the right (careful, this can be tricky in clipless road shoes). Stop for a bit and enjoy the scenery before proceeding!

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WEATHER AND SAFETY

We reserve the right to delay the start, reduce the distances or cancel the event in the case of severe weather or unsafe road conditions. We will post any changes to the event on Facebook and the LBJ 100 website as soon as a decision is made. We recommend that you check these medias for updates prior to your departure for this event.

It is possible to experience a number of weather conditions in Texas at this time of year. Participants should be prepared for potential high winds and temperature changes throughout the day ranging from 40 to 95 degrees Fahrenheit, and/or heavy rain.

In the event of severe weather occurring during the ride, we ask each participant to take cover as best they can. Participants are responsible for their own safety and should use their best judgment in deciding whether or not to continue in severe weather.

Severe Weather

Ride organizers are constantly watching the weather for any activity that may disrupt the ride. Generally, the ride will be held, rain or shine, cold or hot, windy or not, unless severe weather is forecast. If severe weather is a possibility, ride organizers will make a call by 5:00 PM on Friday, March 29, to hold the ride or to cancel it. Updates will be posted on the ride website. If the ride is cancelled due to severe weather, no refunds will be given.

The 42-mile route has multiple low water crossings that will be monitored leading up to the ride. If the crossings become too flooded or slippery, we will remove the 42-mile route.

Saturday Morning THUNDER Plan

- If we hear thunder, there will be a 30-minute wait to release riders. Every occurrence of thunder will re-start this clock.
- If the event starts 1 hour late, we will remove the 62-mile route – Rest Stops #3, #5, #6 and #7 will close.
- If the event starts 2 hours late, we will remove the 42-mile route – Rest Stops #2 and #4 will close.
- If the decision is made to delay the event 3 hours or more, we will postpone the event until next year.

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REST STOP CLOSING TIMES

Rest Stop 1/8 – 4 p.m. * * *

Rest Stop 2 – 11:30 p.m. * *

Rest Stop 3 – 12:30 p.m. *

Rest Stop 4 – 12:00 p.m. *

Rest Stop 5 – 1:15 p.m. *

Rest Stop 6 – 1:30 p.m. *

Rest Stop 7 – 2:45 p.m. *

Rest Stop 9 – 2:30 p.m. * *

* 30-Mile

* 42-Mile

* 62-Mile

MANDATORY PICK UP

The LBJ Ranch entrance gate closes at 4:30 PM. To ensure that all cyclists have returned to the start/finish line by 4:00 PM the following mandatory pick up rule applies:

- Cyclists traveling the 30 & 42-mile routes must have reached Rest Stop #9, located at Nebgen School, by 2:00 PM in order to continue the ride.
- Cyclists traveling the 62-mile route must have reached Rest Stop #7 by 2:30 PM, located at the intersection of FM 1320 and FM 2721, in order to continue the ride.

LBJ 100 administrators and partners will travel the routes from the rest stops backwards to pick up cyclists and provide transportation for cyclists back to the LBJ Ranch.