

Bike Bemidji – Loop the Lake Timeline for 2018

Location (distance from previous rest stop)	Time	Activity	Mechanical Support	Medical Support	Food	Beverage	Photo	Music	Rest rooms/ rooms/ other
Sanford Center	7:30- 10:00 AM	Rolling start Start Banner photo op	Northern Cycle 7:30 – 10 am	yes	Bagels, muffins	Water, coffee, chocolate milk		8:00 – 11:00 am KB101 Music truck	Registration and check-in Portable Johns
3 miles									
Diamond Pt Park	7:45- 10:30 AM	Fruit, water and mechanical help	Mark Morrissey BSU OPC staff 7:45 – 10:15	yes	Bananas	Water	Diamond Point Park		Rest room
4 miles									
Ruttger's Birchmont Lodge	8:00- 11:00 AM	Food Music	Charlie Merhar 8:00 – 11:00 am	yes	Muffins	Water, coffee, juice	Lake Bemidji	9-11:00 Lumberjack String Trio	Rest rooms in the lobby
3 miles									
Lake Bemidji State Park	8:15- noon	Music and food Eagle viewing with spotting scope	Mark Fulton 8:30 - noon	yes	Small sandwiches, cookies and more	Water, coffee	bear cub sign near the marina	9-11:30 am Big Bass Ramblers	Two pit toilets
2 miles									
Whitetail Rd & PB Trail	8:30- 12:30 pm			yes					Portable John
2 miles									
Mississippi River Bridge	8:45-12:45 pm	Photo op					Mississippi River		
3 miles									
Sanford Center	10 am- 1:30 pm			Yes	Subs, sandwiches, spring rolls, frozen custard, cookies and more	water	Arch with finish banner	8:00 – 11:00 KB101 music truck 11:00 – 1:00 Wooden Nichols	Portable Johns