

**EVENT SHIRTS GUARANTEED TO PRE-REGISTERED RACERS.**

**MOUNTAIN BIKE RACERS ARE TOUGH. ALL RACES ARE HELD RAIN OR SNOW OR SHINE.**

**THIS IS MOUNTAIN BIKE RACING AT ITS BEST!**

**Sign up to [icupracing](#) on twitter for real-time race information.**

<http://www.wrh.noaa.gov/slc/current/meso.wfrnt.php> for weather at 5-Mile Pass

INTERMOUNTAIN CUP - RACE # 3

**RACERS CYCLE SERVICE PRESENTS:**

# **SHOWDOWN AT 5-MILE PASS**

**Saturday, May 1, 2010**

**LEHI, UTAH**

**801-942-3498**

**FAST, FUN COURSE THAT IS PERFECT FOR  
EARLY SEASON RACING**

- ROLLING HILLS & PLENTY OF ROOM FOR PASSING
- COURSE LOOPS THROUGH START/FINISH AREA.
- RACE SPONSORED BY: RACER'S CYCLE SERVICE,  
159 W. 500 N., Provo, UT 801-375-5873.
- 16TH ANNUAL SHOWDOWN AT 5-MILE PASS!!

## **EVENT SCHEDULE**

### **Saturday, May 1**

7:30 AM -9:30 AM Registration at race site.  
9:00 AM 9 & Under and 10-12 Start  
9:45 AM Racer Meeting for all other racers.  
10:00 AM Cross Country Race Start

### **Early Registration- by April 26**

\$34, 12 & Under - \$23  
Pro Men & Women - \$43.

### **Other Registration**

\$39.00, 12 & Under - \$28.00  
Pro - \$48.

**COURSE DESCRIPTION:** This 11-mile loop is marked with arrows and flagging. CHECK THE MAP ON THE BLM ANNOUNCEMENT BOARD OR AT Racer's Cycle at 159 W. 500 N. in Provo. This fun rolling XC course is on the south side of Highway 73 and loops through the start/finish area on every lap.

**CAMPING AT RACE SITE,** no services.

**LODGING:** Super 8, Lehi, Utah – 801-766-8800  
Bike race special is \$55 + tax. Book your room as soon as possible.  
Located just west of I-15, Exit 279.

**HOW TO GET THERE:** Take I-15 to Exit 279 (Lehi) and go west on Highway 73 for 23 miles. At approximately mile marker 17 you will see a large parking area on the north side of the road. This area is the Five Mile Pass OHV Park. Park on the south side of the road.

WEATHER AT 5-MILE PASS: <http://www.wrh.noaa.gov/slc/current/meso.wfrnt.php>

Call RACER'S CYCLE SERVICE

801-375-5873 for instructions or

Visit Racer's Cycle Service at

159 W. 500 N. in Provo, Utah.

**Showdown at 5-Mile Pass, Saturday, May 1, 2010**

**Race # 3 of the Intermountain Cup Mountain Bike Racing Series**

**START TIMES**

**(Times and distances are subject to change)**

**CATEGORY**

**TIME**

**LAPS**

**DISTANCE**

***12 & Under Racer Meeting 8:55 AM***

<b>10-12 year olds</b>	<b>9:00 AM</b>	<b>3</b>	<b>about 4.5 miles</b>
<b>9 &amp; Under</b>	<b>9:01</b>	<b>1</b>	<b>about 1.5 mile</b>

***Racer Meeting & Staging 9:45 AM***

<b>Pro Men</b>	<b>10:00 AM</b>	<b>4</b>	<b>43 Miles</b>
<b>Expert Men 30-39</b>	<b>10:01</b>	<b>3</b>	<b>32</b>
<b>Expert Men 19-29</b>	<b>10:02</b>	<b>3</b>	<b>32</b>
<b>Expert Men 40+</b>	<b>10:03</b>	<b>3</b>	<b>32</b>
<b>Pro Women</b>	<b>10:04</b>	<b>3</b>	<b>32</b>
<b>Expert Women</b>	<b>10:04 AM</b>	<b>2+12*</b>	<b>23.5</b>

<b>Single-Speed</b>	<b>10:06</b>	<b>2+12*</b>	<b>23.5</b>
<b>Men 50+</b>	<b>10:07AM</b>	<b>2</b>	<b>22</b>
<b>Sport Men 30-34</b>	<b>10:08</b>	<b>2</b>	<b>22</b>
<b>Sport Men 35-39</b>	<b>10:09</b>	<b>2</b>	<b>22</b>
<b>Sport Men 19-29</b>	<b>10:10</b>	<b>2</b>	<b>22</b>
<b>Sport/Expert 16-18</b>	<b>10:11</b>	<b>2</b>	<b>22</b>
<b>Sport Men 40 +</b>	<b>10:12</b>	<b>2</b>	<b>22</b>
<b>Men 57+</b>	<b>10:13 AM</b>	<b>1+12*</b>	<b>12.5</b>
<b>Sport Women</b>	<b>10:14</b>	<b>2</b>	<b>22</b>
<b>Beginner Men 19-29</b>	<b>10:16 AM</b>	<b>1</b>	<b>11</b>
<b>Beginner Men 30-39</b>	<b>10:17</b>	<b>1</b>	<b>11</b>
<b>Beginner 16-18</b>	<b>10:18</b>	<b>1</b>	<b>11</b>

<b>Beginner Men 40+</b>	<b>10:19</b>	<b>1</b>	<b>11</b>
<b>Clydesdale</b>	<b>10:20</b>	<b>1</b>	<b>11</b>
<b>Women 35+</b>	<b>10:21 AM</b>	<b>1</b>	<b>11</b>
<b>Beginner Women</b>	<b>10:22 AM</b>	<b>1</b>	<b>11</b>
<b>Sport/Expert 13-15</b>	<b>10:23</b>	<b>1+12*</b>	<b>12.5</b>
<b>Beginner 13-15</b>	<b>10:23</b>	<b>1</b>	<b>11</b>

**\* 12 stands for a 12-&-Under lap. This will come after the big laps.**