

INTERMOUNTAIN CUP - RACE # 13

2nd Annual

ROCK THE CANYONS! XC

GRAND FINALE EVENT -- August 7, 2010

THE CANYONS RESORT, UTAH

Presented by: 19 Sports and The Canyons

www.IntermountainCup.com or [icupracing](#) on Twitter

- GREAT SINGLE TRACK
- FANTASTIC NEW RACE VENUE
- COME ENJOY THE GRAND FINALE!
- EVENT T-SHIRT GUARANTEED TO ALL PRE-REGISTERED RACERS.
- **POST RACE BBQ WITH RACE ENTRY!**

19 Sports Event Schedule

Saturday, August 7

7 AM - 8:30 AM Registration at the Resort Center at the top of the Cabriolet Lift. Park in Sun Dial and Silverado/Red Hawk parking lots and ride up to registration. The Cabriolet lift will not be running.

7:45 AM - 9 & Under, 10-12 racer meeting.

8:00 AM - Start of kids race.

8:55 AM - Racer meeting and staging.

9:00 AM - Start of race for all remaining categories.

12:00 PM - Grand Finale Awards Party & BBQ in the Resort Center.

EARLY REGISTRATION - by August 2

\$39, 12 & Under - \$28

Pro Men & Women - \$48.

Other Registration:

\$44, 12 & Under - \$33, Pro Men & Women - \$53.

COURSE DESCRIPTION: RACE ROUTE SUBJECT TO CHANGE. Park in the Sundial Parking lot and follow the paved road up to the mountain side of the condos. Start at the ICup Trailer and follow the flags up a steep road for about 100 yards then turn right into the grass and ride over to Holly's. Follow Holly's across the mountain and just before the sharp left switchback you will see a new trail that has been cut that continues across the mountain toward the service road that we raced up last year.

Stay on the service road and fork to the right at the base of the Super Condor Chair Lift. Continue up the service road past the entry to Ambush (12 & Under will turn right at this point) and at the first sharp left switchback in the road you will see that the pink flags will take you up a draw on an overgrown jeep road. Your granny gear will be used a lot in this section. Just keep climbing in the right track until you see the circle of flags with a large rock in the middle. Go around the rock and descend down the same jeep and service road, keeping right, until you get to Ambush, then make a sharp **right** turn over a small bridge and onto Ambush. Use caution on the descent. There is construction going on and a ton of trucks are constantly going up and

down the road. Climb Ambush until the flags direct you onto Rob's for a fast descent to Rosebud's and back to the service road and back to the start/finish area. Descending on Rob's you will see dogs, hikers and bikes going the opposite direction. Use extreme caution. The locals are very possessive about their trails and you will get an ear full if you ride too fast into them.

The course will be looping through the start/finish area.

LODGING: Call 888-226-9667 and ask for the Bike Race Special.

HOW TO GET THERE: Take I-80 east out of Salt Lake to Exit 145. Turn south toward Park City on UT-224. In about 2.5 miles turn right on Canyons Resort Dr. Follow the signs to the Sundial Lodge Parking Lot. If you live in Park City, you will know how to get there. Overflow parking is near the Sundial Lot.

2nd Annual Rock the Canyons XC Race at The Canyons, Utah

Presented by: The Canyons Resort, Saturday, August 7, 2010

Race # 13 of the Intermountain Cup Mountain Bike Racing Series

(Distances, lap, course and times are subject to change)

CATEGORY	TIME	LAPS	Distance
10-12	8:00 AM	1.5 – 12 & Under Lap	3.5 Miles
9 & Under	8:01 AM	4 - 9-&-Under Laps	1 Mile

Awards for kids at the same time as all other awards.

RACER MEETING 8:45 AM APPROX.

Pro Men	9:00	3 Laps	24 Miles
Expert Men 30-39	9:01	3 Laps	24 Miles
Single-Speed	9:01	2 Laps	16 Miles
Expert Men 19-29	9:02	3 Laps	24 Miles
Expert Men 40+	9:02	3 Laps	24 Miles
Sport Men 30-34	9:03	2 Laps	16 Miles
Sport Men 35-39	9:03	2 Laps	16 Miles
Sport Men 19-29	9:04	2 Laps	16 Miles
Sport Men 40 +	9:05	2 Laps	16 Miles
Men 50+	9:06	2 Laps	16 Miles
Pro Women	9:07	2 Laps	16 Miles
Expert Women	9:07	2 Laps	16 Miles
Sport/Exp Men 16-18	9:08	2 Laps	16 Miles
Sport/Expert Men 13-15	9:08	1 Lap + 12 & Under	10 Miles
Men 57+	9:09	1 Lap + 12 & Under	10 Miles
Sport Women	9:09	1 Lap + 12 & Under	10 Miles
Clydesdale	9:10	1 Lap	8 Miles
Beginner Men 30-39	9:10	1 Lap	8 Miles
Beginner Men 19-29	9:11	1 Lap	8 Miles
Beginner Men 40+	9:11	1 Lap	8 Miles
Beginner 16-18	9:11	1 Lap	8 Miles

Women 35+ 9:12 1 Lap 8 Miles

Beginner Women 9:13 1 Lap 8 Miles

Beginner 13-15 9:13 1 Lap 8 Miles

Kids race awards at about 9:20 AM, overall series awards at the end of the race.

Each Lap – 8 Miles & 1,440'

12 & Under Lap – Service road for .9 miles then turn right to Ambush. 2 Mile Loop.

9 & Under- Figure 8 loop near the start/finish