

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

801-942-3498 OR IntermountainCup.com

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

19 Sports Event Schedule

Saturday, August 7

7 AM - 8:30 AM Registration in Ski School Office at the top of the Cabriolet Lift.

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

8:00 AM - Start of all 12 and Under racers.

8:55 AM - Racer meeting and staging.

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

12:00 PM - Grand Finale Awards Party in the Resort Center. Don't even think of missing this Awards Party. Great fun!!

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: This new loop starts with wide service road climb for 1.6 miles then you will descend back down the same road and turn right onto Ambush. Climb Ambush until it intersects with Rob's. Descend down Rob's and Rosebud's back to the service road. Turn down the service road keeping left to the base of Golden Eagle Chair and to the start of the next lap. Check out www.intermountaincup.com for a full description and be sure to pick up a trail map from 19 Sports in the Resort Center.

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.

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 – <i>Half Lap</i>	5.6 Miles
9 & Under	8:01 AM	3 - 9-&-Under Laps	1.5 Miles
Awards for kids at the same time as all other awards.			
RACER MEETING	8:45 AM	APPROX.	
Pro Men	9:00	3 Laps	21 Miles
Expert Men 30-39	9:01	3 Laps	21 Miles
Single-Speed	9:01	2 Laps	14 Miles
Expert Men 19-29	9:02	3 Laps	21 Miles
Expert Men 40+	9:02	3 Laps	21 Miles
Sport Men 30-34	9:03	2 Laps	14 Miles
Sport Men 35-39	9:03	2 Laps	14 Miles
Sport Men 19-29	9:04	2 Laps	14 Miles
Sport Men 40 +	9:04	2 Laps	14 Miles
Men 50+	9:05	2 Laps	14 Miles
Pro Women	9:06	3 Laps	21 Miles
Expert Women	9:06	2 Laps	14 Miles
Sport/Exp Men 16-18	9:07	2 Laps	14 Miles
Sport/Expert Men 13-15	9:07	1 Lap + Half Lap	12.6 Miles
Men 57+	9:08	1 Lap + Half Lap	12.6 Miles
Sport Women	9:08	1 Lap + Half Lap	12.6 Miles
Clydesdale	9:09	1 Lap + Half Lap	12.6 Miles
Beginner Men 30-39	9:09	1 Lap	7 Miles
Beginner Men 19-29	9:10	1 Lap	7 Miles
Beginner Men 40+	9:10	1 Lap	7 Miles
Beginner 16-18	9:10	1 Lap	7 Miles
Women 35+	9:11	1 Lap	7 Miles
Beginner Women	9:12	1 Lap	7 Miles
Beginner 13-15	9:12	1 Lap	7 Miles

Each Lap – Approximately 7 Miles, 1,200 vertical feet. Climb service road 1.6 miles

Half Lap – Stay on Service road for .9 miles then turn left to Ambush. 5.6 mile loop

9 & Under- Lap runs up the service road for .25 m then descends down the single-track. Each-9 &-Under lap is .5 m.