

INTERMOUNTAIN CUP RACE # 4  
**THE 6th Annual SUNDANCE SPIN**  
**May 15, 2010**  
**SUNDANCE RESORT, UT**  
**Presented by: Mad Dog Cycles**

- Spin your way through this great single-track.
- Most spectacular scenery in the world.
- Special course for 9-and-Under racers.

**Mad Dog Event Schedule**

**Saturday, May 15**

7:30-9:00 AM	Registration at Creekside Lodge.
8:30 AM	9 & Under Race Start
9:15 AM	Racer meeting for all other racers (Upper Parking Lot)
9:30 AM	Race Start
Noonish	Mad Dog Awards Ceremony

**Early Registration- by May 10**

\$34, 12 & Under-\$23  
Pro Men & Women-\$43.00.

**Late Registration**

\$39, 12 & Under-\$28,  
Pro Men & Women-\$48

**Course Description:** This course is 7.1 miles with 1,000' vertical per lap. The race starts on the pavement to Archie's Loop and climbs past Scotts Pond and through Archie's Basin and tops out at 7,100 feet. Have a blast on the single-track descent back to the finish. Go to [www.intermountaincup.com](http://www.intermountaincup.com) for more details and course changes.

**\*\*PRE-RIDING\*\*** - Pay racer rate at the Creekside Lodge. \$3 per racer or \$5 per family to cover facility and insurance expenses. One payment gives you unlimited pre-riding Monday-Friday, May 10-14 until 8:30 PM. **Please Note that with early season conditions Trail Work will still be going on at this time so be courteous and aware that early season conditions will exist. Call Sundance at 801-223-4121.**

**Parking** - Please read signs carefully-cars will be towed. **Race will take place in upper parking lot. This is where all racers will need to park after registering. Please be courteous and follow parking staffs instructions.**

**Lodging or Camping:** 801-225-4107 or call 800-892-1600.

**How to get there:** Take I-15 to Exit 272 (800 North, Orem), follow Hwy 52 (800 North) east to Provo Canyon and Hwy

189. Stay on 189 up the canyon and follow the signs to Sundance. Go to [www.mapquest.com](http://www.mapquest.com) for detailed directions from your location.

**Call or visit Mad Dog Cycles for directions.**

**360 E. 800 S., Orem, UT 801-222-9577**

**936 E. 450 N., Provo, UT 801-356-7025**

**6th Annual Sundance Spin**  
**Presented by: Mad Dog Cycles**  
**Saturday, May 15, 2010 – Sundance Mountain Resort**  
**Race # 4 of the Intermountain Cup Mountain Bike Racing Series**

(Distances subject to change)

**REGISTRATION 7:30-9:00 AM CREEKSIDE LODGE-10 minute parking.**

<b>CATEGORY</b>	<b>START</b>	<b>LAPS</b>	<b>Approx. Time</b>
--- 9 & Under	8:30 AM	9& Under Loops	15 Min. (Loop in upper lot)

**Racer Meeting 9:15 AM – Upper Parking start/finish area**

10-12	9:28 AM	1 - 12-&-Under Bob Sled Loop		
Pro Men	9:30 AM	3 + 12*	25.2 Miles	2 hours
Exp Men 30-39	9:31 AM	3	22.8 Miles	1.75 hours
Exp Men 19-29	9:32 AM	3	22.8 Miles	1.75 hours
Single-Speed	9:33 AM	2 + 12*	17.6 Miles	1 hour
Pro Women	9:34 AM	3	22.8 Miles	2 hours
Exp Men 40+	9:34 AM	3	22.8 Miles	1.75 hours
Men 50+	9:35 AM	2	15.2 Miles	1.5 hours
Sport/Exp 16-18	9:36 AM	2	15.2 Miles	1.5 hours
Sport Men 30-34	9:37 AM	2	15.2 Miles	1.5 hours
Sport Men 35-39	9:38 AM	2	15.2 Miles	1.5 hours
Sport Men 19-29	9:39 AM	2	15.2 Miles	1.5 hours
Sport Men 40+	9:40 AM	2	15.2 Miles	1.5 hours
Expert Women	9:41 AM	2 +12*	17.6 Miles	1.75 hours

Men 57+	9:42 AM	1+12*	10 Miles	1.75 hours
Clydesdale	9:42 AM	2	15.2 Miles	1.5 hours

Sport Women	9:43 AM	2	15.2 Miles	1.5 hours
Sport/Expert 13-15	9:43 AM	2	15.2 Miles	1.5 hours

Beginner Men 19-29	9:44 AM	1 lap	7.6 Miles	1 hour
Beginner Men 30-39	9:45 AM	1 lap	7.6 Miles	1 hour

Beginner Men 40+	9:46 AM	1 lap	7.6 Miles	1 hour
Beginner 16-18	9:46 AM	1 lap	7.6 Miles	1 hour

Beginner Women	9:47 AM	1 lap	7.6 Miles	1 hour
Women 35+	9:47 AM	1 lap	7.6 Miles	1 hour

Beg Men 13-15	9:48 AM	1 lap	7.6 Miles	1 hour
---------------	---------	-------	-----------	--------

1,100 vertical feet per lap, Average climb – 6%

Loop – 7.6 Miles, 12 & Under Bob Sled Loop – 2.4 Miles