

RACE # 5

10th Annual HAMMERFEST

SOLDIER HOLLOW, UT

Presented by: Cole Sport and Slim & Knobby's
MAY 19, 2012

- NEW TOTALLY CHANGED HAMMERFEST LOOP!
- Exciting non-stop climbs, drops, turns and dips.
- This grassy course makes the perfect mountain bike race venue.
- Spectators can see 90% of course from tower!
- New sections that have never been raced on before.

HAMMERFEST EVENT SCHEDULE

Saturday, May 19

7:30 AM -9:30 AM Registration at Day Lodge.

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 May 14

\$34, 12 & Under - \$23.

Pro Men & Women - \$43.

Day-of Registration

\$40.00, 12 & Under - \$28.00

Pro Men & Women - \$49.

On-line Registration closes at 6 PM on May 15.

COURSE DESCRIPTION: This 9-mile loop winds, climbs and descends through a maze of ski trails at the Olympic Venue of Soldier Hollow. This course is very unique because the climbs only hurt for a minute or two and descents are short and fast. Your interval training will pay off here. The course changes each year with new single track always being added. For more info call Slim & Knobby's, in Heber City at 435-654-2282 or Cole Sport, in Park City at 435-649-4806 or Soldier Hollow, 435-654-2002.

LODGING: www.hebervalleycc.org/accomodations/index.php?ltype=h

HOW TO GET THERE: From Salt Lake: Take I-80 East to Hwy 40. Travel south through Heber City and turn right on Hwy 189. At Charleston (just before lake) turn right (N.) on Hwy 113 (Charleston Rd.) and drive a couple of miles until you cross the railroad tracks. Turn left (W.) IMMEDIATELY after crossing the tracks. Follow signs to Soldier Hollow. From Provo: Take Provo Canyon (Hwy 189) past Deer Creek Reservoir then turn left (N.) onto Hwy 113 and follow the above directions. If you are lost call Soldier Hollow at 435-654-2002 for directions.

Slim and Knobby's bike shop

520 N. MAIN STREET Suite D

HEBER CITY, UT

435-654-2282

www.slimandknobbys.com or slimandknobbys@gmail.com

Cole Sport

1615 Park Ave.

Park City, UT

435.649.4806

10th Annual HammerFest at the Hollow, Saturday, May 19, 2012
Race #5 of the Intermountain Cup Mountain Bike Racing Series
Presented by: Cole Sport and Slim & Knobby's

START TIMES

(Times and distances are subject to change)

CATEGORY	TIME	LAPS	DISTANCE
10 -12	9:00 AM	2-12*	4+/- Miles
9 & Under	9:01 AM	2-9&Under	1+/- Miles
<u>Racer Meeting & Staging</u>	<u>9:45 AM</u>		
Pro Men	10:00 AM	3+12*	31 Miles
Exp (Cat 1) Men 30-39	10:01	3	27
Exp (Cat 1) Men 19-29	10:02	3	27
Exp (Cat 1) Men 40+	10:03	3	27
Single-Speed	10:04	2	18
Pro Women	10:05	3	27
Expert (Cat 1) Women	10:05	2 + 12*	22
Men 50+	10:06	2	18
Sport (Cat 2) Men 30-34	10:07	2	18
Sport (Cat 2) Men 35-39	10:08	2	18
Sport (Cat 2) Men 19-29	10:09	2	18
Sport (Cat 2) Men 40 +	10:10	2	18
Men 57+	10:11	1+12*	13
Sport/Exp 13-15	10:12	1+12*	13

Sport/Exp 16-18	10:12	2	18
Sport (Cat 2) Women	10:13	1+12*	13
Clydesdale	10:14	1+12*	13
Beginner (Cat 3) Men 30-39	10:15	1	9
Beginner (Cat 3) Men 19-29	10:16	1	9
Beginner (Cat 3) 16-18	10:17	1	9
Beginner (Cat 3) Men 40+	10:17	1	9
Women 35+	10:18	1	9
Beginner (Cat 3) 13-15	10:19	1	9
Beginner (Cat 3) Women	10:20	1	9

Each lap is 9 miles

* 12 & Under Loop