

RACE # 5
6th Annual HAMMERFEST
MAY 17, 2008
SOLDIER HOLLOW, UT

Presented by: Cole Sport and Brothers Bikes

- 2002 Olympic Cross Country Ski Venue.
- 9-Mile loop with 1,100 vertical feet per lap.
- Smooth, fast, fun course with short climbs and quick descents.
- Spectators can see 90% of course from tower!
- Start, Finish and receive your awards in the footsteps of the Olympians

The course was marked on May 6. Start at the Intermountain Cup Trailer and head west. Follow the pink flags. The 9 & Under and 12 & Under loops are also marked.

****PRE-RIDING**** - Pay at the day lodge. \$3 per racer or \$5 per family to cover facility and insurance expenses. One payment gives you unlimited pre-riding. Call Soldier Hollow for pre-riding days. 435-654-2002.

EVENT SCHEDULE

Saturday, May 17

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

\$33 **by May 12**, 12 & Under - \$20., Pro M & W - \$40.

Other Registration

\$38.00, 12 & Under - \$25.00, Pro Men & Women - \$45.

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 Brothers Bikes, 435-657-9570 or Cole Sport, 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.

HammerFest at the Hollow, Saturday, May 17, 2008
Race #5 of the Intermountain Cup Mountain Bike Racing Series
Presented by: Cole Sport and Brothers Bikes

START TIMES

(Times and distances are subject to change)

CATEGORY	TIME	LAPS	
	DISTANCE		
12 & Under Miles	9:00 AM	2-12*	4+/-
9 & Under Miles	9:01 AM	2-9&Under	1+/-

Racer Meeting & Staging

9:45 AM

Pro Men Miles	10:00 AM	3+12*	31
Exp Men 30-39	10:01	3	27
Exp Men 19-29	10:02	3	27
Exp Men 40+	10:03	3	27
Single-Speed	10:04	2	18
Pro Women	10:05	3	27
Expert Women	10:05	2 + 12*	22

Sport Men 30-34	10:07	2	18
Sport Men 35-39	10:08	2	18
Sport Men 19-29	10:09	2	18
Sport Men 40 +	10:10	2	18
Men 50+	10:11	2	18
Men 57+	10:11	1+12*	13

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

Each lap is 9 miles

* 12 & Under Loop