

Update: The Cabriolet Lift will open at 9 AM on race day. Park in the main lot and take the lift to the registration/race area. The lift is free and you can put your bikes on it. Better yet, ride your bike for 3 minutes up to the resort center.

Race # 12

**ROCK THE CANYONS**  
**Intermountain Cup Grand Finale**  
**BBQ, BIKE & MUSIC**  
**THE CANYONS RESORT, UTAH**  
**Saturday, August 1, 2009**  
**Presented by: The Canyons Resort**

**Canyon's green Intermountain Cup Cycling Socks are guaranteed to all pre-registered racers.**

- Great location with plenty of single-track
- Post-race BBQ then walk a few steps to the free Summer Concert Series (Georgia Satellites will be playing. Great 80s Rock & Roll)
- Weekend lodging packages available
- This is NOT a double points race.

**The Canyons Event Schedule**

**August 1, 2009**

10 AM-Noon - Race Registration

11:30 AM - 9 & Under and 10-12 kids race

Noon - Cross Country Race Start

**Early Registration:**

\$38 by July 27, 12 & Under - \$20, Pro M&W - \$40

**Other Registration:**

\$45.00, 12 & Under - \$25, Pro M&W - \$45

On-Line Registration is open until 6:00 PM on Tuesday, 7/28.

[www.intermountaincup.com](http://www.intermountaincup.com)

- **DAY-OF REGISTRATION WILL TAKE PLACE IN THE SKI SCHOOL OFFICE. This office is located in the building to the north of the top of the Cabriolet Lift.**

- **AWARDS CEREMONY WILL TAKE PLACE AT 3 PM ON THE STAGE NEAR THE TOP OF THE CABRIOLET LIFT.**

- **RESTROOMS AND A BIKE SHOP ARE LOCATED IN THE LONG BUILDING THAT FACES THE STAGE.**

**Course Description:** This exciting XC course starts and finishes on the dirt road near the base of the gondola at The Canyons Resort. The course is about 90% wide single track and is described below: Start up the service road that starts at the base of the Golden Eagle chair. All categories will do a half lap first which stays on the service road past the base of the Condor lift and up the mountain to a sharp left onto Ambush. If you are doing the full loop, make a sharp right turn onto Ambush just after the gate then another right onto Rosebud's Heaven. When the trail splits veer left onto Rob's then left back onto Ambush. Veer right onto Short Swing then left onto Holly's and back to the start/finish area. The half lap follows the service road all the way up the mountain past the bottom of the Condor lift and turns left over a bridge onto the Ambush trail.

**Lodging:**

The Canyons at 1-888-226-9667, [www.thecanyons.com](http://www.thecanyons.com)

**How to get there:** Take I-80 to Kimble Junction (Exit 145) and go south on Olympic Pkwy/UT-224 for 2.7 miles. Turn right at the light onto The Canyons Resort Drive. **PARK IN THE MAIN PARKING LOT AND TAKE THE CABRIOLET LIFT OR RIDE YOUR BIKE UP TO THE REGISTRATION/START AREA.**

**1<sup>st</sup> Annual Rock the Canyons XC Race at The Canyons, Utah**

Presented by: The Canyons Resort, Saturday, August 1, 2009

Race # 12 of the Intermountain Cup Mountain Bike Racing Series

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

<b>CATEGORY</b>	<b>TIME</b>	<b>LAPS</b>	<b>Distance</b>
<b>10-12</b>	<b>11:30 AM</b>	<b>1 – <i>Half Lap</i></b>	<b>3.5 Miles</b>
<b>9 &amp; Under</b>	<b>11:31 AM</b>	<b>2 - 9-&amp;-Under Laps</b>	<b>1 Mile</b>
<b>Awards for kids at 12:30 PM if all kids have finished by that time.</b>			
<b><u>RACER MEETING</u></b>	<b><u>11:45 AM</u></b>	<b><u>APPROX.</u></b>	
<b>Women 35+</b>	<b>12:00</b>	<b>1 Lap</b>	<b>6.1 Miles</b>
<b>Beginner Women</b>	<b>12:01</b>	<b>1 Lap</b>	<b>6.1 Miles</b>
<b>Beginner 16-18</b>	<b>12:01</b>	<b>1 Lap</b>	<b>6.1 Miles</b>
<b>Beginner 13-15</b>	<b>12:01</b>	<b>1 Lap</b>	<b>6.1 Miles</b>
<b>Pro Men</b>	<b>12:02</b>	<b>Half Lap + 3 Laps</b>	<b>21.6 Miles</b>
<b>Expert Men 30-39</b>	<b>12:03</b>	<b>Half Lap + 2 Laps</b>	<b>15.6 Miles</b>
<b>Expert Men 19-29</b>	<b>12:04</b>	<b>Half Lap + 2 Laps</b>	<b>15.6 Miles</b>
<b>Single-Speed</b>	<b>12:04</b>	<b>Half Lap + 2 Laps</b>	<b>15.6 Miles</b>

<b>Expert Men 40+</b>	<b>12:05</b>	<b>Half Lap + 2 Laps</b>	<b>15.6 Miles</b>
<b>Pro Women</b>	<b>12:05</b>	<b>Half Lap + 2 Laps</b>	<b>15.6 Miles</b>

<b>Expert Women</b>	<b>12:06</b>	<b>Half Lap + 2 Laps</b>	<b>15.6 Miles</b>
<b>Men 50+</b>	<b>12:06</b>	<b>Half Lap + 2 Laps</b>	<b>15.6 Miles</b>
<b>Sport/Exp Men 16-18</b>	<b>12:06</b>	<b>Half Lap + 2 Laps</b>	<b>15.6 Miles</b>
<b>Sport Men 30-34</b>	<b>12:07</b>	<b>Half Lap + 2 Laps</b>	<b>15.6 Miles</b>
<b>Sport Men 35-39</b>	<b>12:08</b>	<b>Half Lap + 2 Laps</b>	<b>15.6 Miles</b>
<b>Sport Men 19-29</b>	<b>12:09</b>	<b>Half Lap + 2 Laps</b>	<b>15.6 Miles</b>
<b>Sport Men 40 +</b>	<b>12:10</b>	<b>Half Lap + 2 Laps</b>	<b>15.6 Miles</b>

<b>Men 57+</b>	<b>12:11</b>	<b>Half Lap + 1 Lap</b>	<b>9.6 Miles</b>
<b>Sport Women</b>	<b>12:11</b>	<b>Half Lap + 1 Lap</b>	<b>9.6 Miles</b>

<b>Sport/Expert Men 13-15</b>	<b>12:12</b>	<b>Half Lap + 1 Lap</b>	<b>9.6 Miles</b>
<b>Clydesdale</b>	<b>12:12</b>	<b>Half Lap + 1 Lap</b>	<b>9.6 Miles</b>
<b>Beginner Men 30-39</b>	<b>12:12</b>	<b>Half Lap + 1 Lap</b>	<b>9.6 Miles</b>

<b>Beginner Men 19-29</b>	<b>12:13</b>	<b>Half Lap + 1 Lap</b>	<b>9.6 Miles</b>
<b>Beginner Men 40+</b>	<b>12:13</b>	<b>Half Lap + 1 Lap</b>	<b>9.6 Miles</b>

**Each Lap** – Approximately 6.1 Miles, 1,200 vertical feet

**Half Lap** – Stay on Service road for .9 miles then cross the bridge to Ambush.

**THE HALF LAP.** 3.5 mile lap.

**12 & Under** – Will race the half lap.

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