

May 6 – The course was marked today with pink flags. Start by the I-cup Trailer in the infield and go west up the pavement and follow the flags closest to you. The course is in great shape right now. No dust and no mud, Yeah!

RACE # 5

7th Annual HAMMERFEST

MAY 16, 2009

SOLDIER HOLLOW, UT

Presented by: Cole Sport and Brothers Bikes

I. Cup do-rag guaranteed to all pre-registered racers

- **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**

Course marking update:

Early Registration

\$33 by May 11, 12 & Under - \$20., Pro Men & Women - \$40.

Other Registration

\$39.00, 12 & Under - \$25.00, Pro Men & Women - \$45.

EVENT SCHEDULE

Saturday, May 16

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

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.

7th Annual HammerFest at the Hollow, Saturday, May 16, 2009
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
Men 50+	10:06	2	18
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 57+	10:11	1+12*	13

Sport/Exp 13-15	10:12	1+12*	13
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
Women 35+	10:18	1	9
Beg 13-15	10:19	1	9
Beginner Women	10:20	1	9

Each lap is 9 miles

* 12 & Under Loop