

INTERMOUNTAIN CUP - RACE # 1
RED ROCK DESERT RAMPAGE
MARCH 7, 2009
ST. GEORGE, UTAH
Sponsored by: Red Rock Bicycle Co. 435-674-3185
www.redrockbicycle.com



EVENT SCHEDULE:

Friday, March 6:

5:00 – 7:00PM Registration and packet pick up at Red Rock Bicycle Co.
100 S. Bluff, St. George, UT 435-674-3185

Saturday, March 7:

8 AM - Noon Registration and packet pick up at Green Valley Raceway
race site. Find maps at www.redrockbicycle.com

9:45 AM Racer Meeting for Beginner Categories including 9 & Under,
10-12, and Women 35+.

10:00 AM Beginner Cross Country Race Start.

11:45 AM Racer Meeting for Pro/Expert/Sport Categories including
Men 50+, Men 57+, Clydesdale 220lb., and Single Speed.

12:00 Noon Pro/Expert/Sport Cross Country Race Start.

Course Description: From the start/finish area, gain your position on the ½ mile
of dirt road before hitting the first section of singletrack. Race over classic
desert terrain which include Key Hole Wash, Cow Pond Single Track, Rampage
Wash and Cinsal Single Track. The course is subject to change due to weather,
land owners, or director's decision. Trailhead N 37° 03.116'W 1138 37.362
Find an area map at www.redrockbicycle.com

Beg = 1 lap
Sport = 2 laps
Exp = 3 laps
Pro = 4 laps
Clydesdale = 2 laps
(Distances subject to change)

PRERIDE: The BLM permits year round riding on the Recreation Area trails Located in St. George, Utah. For trail information, weather conditions, and Recreation Area Maps, contact Red Rock Bicycle at 435-674-3185

REGISTRATION

\$33 **by March 2**, 12 & Under - \$20, Pro Men and Women - \$40.00
\$39 **after March 2**, 12 & Under - \$25, Pro Men and Women - \$45.00
Pre-reg on-line at www.intermountaincup.com

LODGING: Sullivan's Rococo Inn: 435-673-3305 or www.rococo.net

CAMPING: Undeveloped on-site camping is available.

HOW TO GET THERE: Take I-15 to Bluff Street Exit 6 and exit west. Immediately turn left at the Hilton stop light and drive over Black Ridge Dr. Turn right at the stop sign that connects to Hilton Dr., Continue around golf course on Dixie Dr. approximately 3 miles to Canyon View Dr., Left at the sign for Green Valley Spa. Drive past the spa to dirt at the end of the end of Canyon View Dr. (0.6 miles) Turn right at the top of the mesa, then immediately left to the start/finish area. Watch for signage.

Ames Promoting
www.intermountaincup.com
(435) 757-4310 contact: Kaylene Ames

**START TIMES &
DISTANCE**

**RED ROCK DESERT
RAMPAGE 2009**

	<u>CLASS</u>	<u>START TIME</u>	<u>DISTANCE</u>	
BM19	BEG. MEN 19-29	10:00 AM	1 BIG LAP	7 MILES
BM30	BEG. MEN 30-39	10:01 AM	1 BIG LAP	7 MILES
BM16	BEG. 16-18 combined category	10:02 AM	1 BIG LAP	7 MILES
BM40	BEG. MEN 40+	10:03 AM	1 BIG LAP	7 MILES
BW	BEG. WOMEN	10:04 AM	1 BIG LAP	7 MILES

W35+	WOMEN 35+	10:05 AM	1 BIG LAP	7 MILES
BM13	BEG. 13-15 combined category	10:06 AM	1 BIG LAP	7 MILES
10-12	10-12	10:07 AM	* 2 SMALL LAPS	4 MILES
9 & U	9 & UNDER	10:08 AM	* 2 SPECIAL LAPS	2 MILES
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ProM	PRO MEN	12:00 PM	4 BIG LAPS	28 MILES
XM19	EXPERT MEN 19-29	12:01 PM	3 BIG LAPS	21 MILES
XM30	EXPERT MEN 30-39	12:02 PM	3 BIG LAPS	21 MILES
ProW	PRO WOMEN	12:02 PM	3 BIG LAPS	21 MILES
XM40	EXPERT MEN 40+	12:03 PM	3 BIG LAPS	21 MILES
XW	EXPERT WOMEN	12:04 PM	2 BIG LAPS	14 MILES
SS	SINGLE-SPEED	12:05 PM	2 BIG LAPS	14 MILES
SM19	SPORT MEN 19-29	12:06 PM	2 BIG LAPS	14 MILES
SM30	SPORT MEN 30-34	12:07 PM	2 BIG LAPS	14 MILES
SM35	SPORT MEN 35-39	12:08 PM	2 BIG LAPS	14 MILES
SM40	SPORT MEN 40+	12:09 PM	2 BIG LAPS	14 MILES
SX16	SPT/EXP 16-18 combined category	12:10 PM	2 BIG LAPS	14 MILES
50+	MEN 50 +	12:11 PM	2 BIG LAPS	14 MILES
57+	MEN 57+	12:11 PM	2 BIG LAPS	14 MILES
SX13	SPT/EXP 13-15 combined category	12:12 PM	2 BIG LAPS	14 MILES

SW	SPORT WOMEN	12:13 PM	2 BIG LAPS	14 MILES
CL	CLYDESDALE	12:14 PM	2 BIG LAPS	14 MILES

***NOTE: SMALL LAP FOLLOWS THE COURSE MARKED 10 - 12 ONLY**

***NOTE: SPECIAL LAP FOLLOWS THE COURSE MARKED 9 & UNDER**

***NOTE: AWARDS FOLLOW EACH
RACE**