

Update: 5/26/09 – The course has been marked with pink flags. Detailed course marking will take place on Wednesday, 5/27/09, and Sundance will be using our race loop for their mid-week series on Wednesday night. That would be a good time to preview the course at race pace.

**RACE DAY PARKING:** Race parking is in the upper parking lot. There will be porta-toilets in that lot. You may park for 10-15 minutes in the lower lot while you register in Creekside Lodge, then you must move your car to the upper lot. The only exception are the 9&Under racers that are racing in the grass near Creekside.

**Race run rain or shine...but you knew that.**

**A KUHL sweatshirt is guaranteed to all pre-registered racers.  
Adult sizes only.**

INTERMOUNTAIN CUP RACE # 7

**THE SUNDANCE SPIN**

**May 30, 2009**

**SUNDANCE RESORT, UT**

**Presented by: Mad Dog Cycles – 801-222-9577**

**320 E. 800 S. in Orem or 936 E. 450 N. in Provo**

- Spin your way through this great single-track.
- Most spectacular scenery in the world.
- Special course for 9-and-Under racers.

### **Mad Dog Event Schedule**

#### **Saturday, May 30**

7:30-9:30 AM Registration at Creekside Lodge.  
8:00 AM 9 & Under Race Start (Creekside Lodge)  
8:30 AM 10-12 Race Start (Upper Parking Lot)  
9:15 AM Racer meeting for all other racers  
(Upper Parking Lot)  
9:30 AM Race Start (Upper Parking Lot)  
1:00 PM Mad Dog Awards Ceremony

#### **Early Registration**

\$33 by May 25, 12 & Under-\$20, Pro M & W-\$40.00.

#### **Other Registration**

\$39, 12 & Under-\$25, Pro Men & Women - \$45.00.

**Course Description:** This course is made up of a big loop and a small loop. The big loop is 7.1 miles with 1,000' vertical per lap. The race starts on the pavement to Archie's Loop and climbs past Scotts Pond and through Archie's Basin and tops out at 7,100 feet. The service road on the back side gives plenty of room for passing before the descent. Have a blast on the single-track descent back to the finish. The small loop is .5 miles and climbs 200' up to the lowest part of Archies Loop then descends down the Boneyard and back up the pavement to the finish.

**\*\*PRE-RIDING\*\*** - Pay racer rate at the Creekside Lodge. \$3 per racer or \$5 per family to cover facility and insurance expenses. One payment gives you unlimited pre-riding Monday-Friday, May 25-29 until 8:30 PM. Call Sundance at 801-225-4107 with any questions.

**Parking** - Please read signs carefully-cars will be towed

**Lodging or Camping:**

801-225-4107 or outside Utah call 800-892-1600.

**How to get there:** Take I-15 to **Exit 272** (800 North, Orem), follow Hwy 52 (800 North) east to Provo Canyon and Hwy 189. Stay on 189 up the canyon and follow the signs to Sundance. Go to [www.mapquest.com](http://www.mapquest.com) for detailed directions from your location. Call Mad Dog at 801-356-7025 for directions.

**5th Annual Sundance Spin**  
**Presented by: Mad Dog Cycles**  
**Saturday, May 30, 2009 – Sundance Mountain Resort**  
**Race # 7 of the Intermountain Cup Mountain Bike Racing Series**

(Distances subject to change)

**REGISTRATION 7:30-9:00 AM CREEKSIDE LODGE-10 minute parking.**

CATEGORY	START	LAPS	Approx. Time
<b>--- 9 &amp; Under</b>	<b>8:00 AM</b>	<b>9&amp; Under Loops</b>	<b>15 Min. (Creekside Lodge at base of mountain)</b>
<b>--- 10-12</b>	<b>8:30 AM</b>	<b>2 - 12-&amp;-Under Loops</b>	<b>30 Min. Upper Parking start/finish area</b>

**Racer Meeting 9:15 AM – Upper Parking start/finish area**

<b>Pro Men</b>	<b>9:30 AM</b>	<b>3 + 12*</b>	<b>24 Miles</b>	<b>2 hours</b>
Exp Men 30-39	9:31 AM	3	22.8 Miles	1.75 hours
<b>Exp Men 19-29</b>	<b>9:32 AM</b>	<b>3</b>	<b>22.8 Miles</b>	<b>1.75 hours</b>
Single-Speed	9:33 AM	2	15.2 Miles	1 hour
Exp Men 40+	9:34 AM	3	22.8 Miles	1.75 hours
<b>Men 50+</b>	<b>9:35 AM</b>	<b>2</b>	<b>15.2 Miles</b>	<b>1.5 hours</b>
Sport/Exp 16-18	9:35 AM	2	15.2 Miles	1.5 hours

<b>Sport Men 30-34</b>	<b>9:36 AM</b>	<b>2</b>	<b>15.2 Miles</b>	<b>1.5 hours</b>
Sport Men 35-39	9:37 AM	2	15.2 Miles	1.5 hours

<b>Sport Men 19-29</b>	<b>9:38 AM</b>	<b>2</b>	<b>15.2 Miles</b>	<b>1.5 hours</b>
<b>Sport Men 40+</b>	<b>9:39 AM</b>	<b>2</b>	<b>15.2 Miles</b>	<b>1.5 hours</b>
<b>Pro Women</b>	<b>9:40 AM</b>	<b>3</b>	<b>22.8 Miles</b>	<b>2 hours</b>
<b>Expert Women</b>	<b>9:40 AM</b>	<b>2 +12*</b>	<b>16.7 Miles</b>	<b>1.75 hours</b>

<b>Men 57+</b>	<b>9:41 AM</b>	<b>2</b>	<b>15.2 Miles</b>	<b>1.75 hours</b>
Clydesdale	9:41 AM	2	15.2 Miles	1.5 hours

<b>Sport Women</b>	<b>9:42 AM</b>	<b>2</b>	<b>15.2 Miles</b>	<b>1.5 hours</b>
Sport/Expert 13-15	9:42 AM	2	15.2 Miles	1.5 hours

Beginner Men 19-29	9:43 AM	1 lap	7.6 Miles	1 hour
<b>Beginner Men 30-39</b>	<b>9:44 AM</b>	<b>1 lap</b>	<b>7.6 Miles</b>	<b>1 hour</b>

Beginner Men 40+	9:45 AM	1 lap	7.6 Miles	1 hour
Beginner 16-18	9:45 AM	1 lap	7.6 Miles	1 hour

Beginner Women	9:46 AM	1 lap	7.6 Miles	1 hour
Women 35+	9:46 AM	1 lap	7.6 Miles	1 hour

**Beg Men 13-15**      **9:47 AM**      **1 lap**      **7.6 Miles**      **1 hour**  
1,100 vertical feet per lap, Average climb – 6%  
Loop – 7.6 Miles, 12 & Under Loop – 1.5 Miles