



MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

JULY 2019 • WINTER PARK, CO

USAC Nationals Enduro Format

Thursday July 25, 2019

Course maps will be posted online on the evening of Sunday, July 21.

There will be 8 timed stages for all age groups and classes. Follow the stage transfer signs. Riders will begin the day at the new gondola and ride transfer 1 to stage 1 where they will be started according to their assigned start time. If athletes have not finished Stage 6 by 6:00 p.m., the officials will pull them from the race for safety of the riders, medical staff, and volunteers. Should this happen, any pulled racers will still be placed accordingly. Even racers who have met the Stage 6 cut off time may be subject to being pulled from the race for safety reasons at the discretion of race staff.

In the event of weather that dictates shortening the amount of stages, final results will be calculated off the last completed stage of the age group or category.

Results will be posted at the bottom of Stage 8 in the tent across from the finish. Preliminary results will be posted throughout the day as riders finish and will be updated periodically. Final results will be posted as all riders in an age group or categories have finished. Riders will have until 6:45 p.m. to protest final results for the 7:30 p.m. awards ceremony. If an age group's final results have not been posted by 6:45 p.m., that age group's awards ceremony will be moved to Friday evening's awards ceremony and a protest period will be communicated to riders in those affected age groups or categories.

Practice times are:

- Monday 9:00 a.m. – 2:00 p.m. Stages 1-7



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- Monday 1:00 p.m. – 3:00 p.m. Stage 8
- Tuesday 9:00 a.m. – 2:00 p.m. Stages 1-7
- Tuesday 1:00 p.m. – 3:00 p.m. Stage 8
- Wednesday 9:00 a.m. – 2:00 p.m. Stages 1-7
- Wednesday 1:00 p.m. – 3:00 p.m. Stage 8

Race sequence: You must race in order of the designated stage sequence; failure to do so will result in disqualification.

Timing for the Enduro will be via active transponders that attach to the rider's bike. All athletes are responsible for picking up their transponder at registration on Thursday morning prior to the race. Registration opens at 7:30 a.m. Failure to have your transponder will result in no time. Athletes are also responsible for returning the transponder once they have finished their Enduro at the bottom of Stage Eight in the finish corral. If you forget, please return the transponder to registration. Any athletes failing to return their transponder will be charged \$100 per missing transponder.

Racers will depart the start line of each stage individually on 30 second intervals.

Course cutting or taking short cuts in order to gain an advantage is not allowed. Riders not following the designated route will be disqualified.

Each rider must be completely self-sufficient in regard to equipment and nutrition, carry with you what you will need. Any external assistance, including between riders, from non-racers, or by means of retrieving personal equipment from your car or condo will result in disqualification (DQ). Neutral water available at the official feed stations is excluded from this rule.

Each athlete must use the same frame for all eight stages. Any infractions will result in disqualification (DQ).



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While riding their bikes, all riders must wear a helmet from the start of their Enduro competition until they have crossed the finish line, including all timed stages and transfer stages. Full-face helmets are strongly recommended on stages 2, 5, and 8. Please carry your full-face at the start of the day.

This Enduro event needs to keep moving/progressing without breaks. All riders are strongly encouraged to make continuous progress. Stopping for lunch, social visits or the like may prevent athletes from riding one or more of the final stages. If athletes have not completed Stage Six by 6:00 p.m., the officials will pull them from the race. Should this happen, any pulled racers will still be placed accordingly. Even racers who have met the Stage 6 cut off time, may be subject to being pulled from the race for safety reasons at the discretion of race staff.

Neutral water will be available at the top and bottom of all lifts, and at the top of the mountain at Sunspot Lodge. Also, neutral water will be available at aid stations at the bottom of Stage 2 which is also on the transfer between Stage 5 and 6, at the top of Stage 3 which is also on the transfer to 4, at the top of Stage 7, and on the transfer to Stage 8.

Permanent bathrooms will be available at the top of the mountain at Sunspot Lodge, at the bottom of Stage 2, and on the transfer to Stage 6. Portable toilets will be available at the top of Stage 3 and the top of Stage 7, and on the transfer to Stage 8.

Stages

1. Space Force to Green World—High Lonesome= 0.97 miles / 386ft drop



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2. Dirty Dozen= 0.63 miles / 345ft drop
3. Upper Roof of the Rockets—East to Green World—Top Olympia= 1.21 miles / 350ft drop
4. Icarus to Upper Roof of the Rockies—West= 1.40 miles / 418ft drop
5. Mountain Goat= 1.95 miles / 988ft drop
6. Lower Arapahoe—High Point to Eye to Eye—Low Point= 0.65 miles / 291ft drop
7. Helly's to Ice Hill= 1.12 miles / 526ft drop
8. Lower Long Trail to Jury Duty to Boot Camp= 1.00 miles / 377ft drop

Transfers

To Stage 1: Ride the new Gondola to Green World to the bottom of the High Lonesome Lift. Climb Gunbarrel Road to the beginning of Space Force, which is the start of Stage 1. Please plan at least 20 minutes to get to the start of Stage 1 so you do not miss your assigned start time.

To Stage 2: Pedal Green World—High Lonesome to the top of Dirty Dozen, which is the start of Stage 2.

To Stage 3: Ride the Olympia Lift. Pedal up the Summer Road until you reach Upper Roof of the Rockies. Turn left and pedal until you reach the High Lonesome Lift Line. This is the start of Stage 4.

To Stage 4: Turn left at the bottom of stage 3, and then again turn left and begin to climb the Summer Road. Pedal past the top of the Olympia Lift, and past the Upper Roof of the Rockies road crossing. After a couple of switchbacks, you will come to a 3-way intersection. Take a left and continue to climb to the top of Mary Jane Mountain. Go right and around the Lunch Rock café and down an old



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double-track road to the start of Stage 4 at the Icarus Spur to Upper Roof of the Rockies.

To Stage 5: Take a left at the bottom of Stage 4, and pedal Lower Roof of the Rockies, past Happy Camper, until you reach Fantasy Meadow where you will take a left. Go around either side of the loop until you reach the top of stage 5 at Mountain Goat.

To Stage 6: Pedal up the Summer Road, past the bottom of the Olympia, until you reach Zip's, which is at the top of No Quarter trail. Do not turn left onto Lower Arapahoe or Roly Poly. Take a left at the intersection at Zip's, and pedal across the Zip's Dump road past old lift parts. At the end of the road, climb up the singletrack connector to Lower Arapahoe. Once you reach Lower Arapahoe, continue straight and uphill, and climb the technical switchbacks until you reach the start of Stage 6.

To Stage 7: Finish pedaling Eye to Eye. Once you reach Tunnel Hill Road, cross it on Helly's and continue to pedal until you reach the teepee. This is the start of Stage 7.

To Stage 8: Pedal up Little Vasquez/Arapahoe Road, which is to your left at the bottom of Stage 7. Do not turn on any singletrack trails. Please be aware that this transfer is on a public Forest Service Road, and expect vehicles. Pedal up this road, and continue under the Denver Water diversion pipe, until you reach a 4-way intersection. Take a left and climb up a couple of switchbacks. Do not turn off of the main road. You will eventually pass the top of Stage 7, and when you begin descending you will pass the XC Course. Please use caution here. Once you reach the resort, take a left and climb past the Red Gate until you reach Long Trail. Drop into Long Trail and at the top of the swooping berm, climb to your right and follow signs for Lower Long Trail. Once you have topped out on Lower Long Trail, you are at the start of the final Stage 8.



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Stage 1

Drop into Space Force below the Gunbarrel Road. Be aware this trail rollers, jumps, and doubles. Merge onto Green World—High Lonesome and enjoy the fast downhill through old-growth forests of spruce and pine. Once you cross the creek, sprint out your finish.

Stage 2

Drop into the technical downhill of Dirty Dozen. Before long, you will be in rock garden and natural rock jumps. The trail finishes in the freeride downhill with bridges and hips.

Stage 3

Starting at the High Lonesome lift line, you will begin pedaling through some technical singletrack before you are in the wide-open with a terrific Continental Divide backdrop. Cruise down the raw singletrack, and keep up your speed as you will need to sprint the next section of technical trail before you drop into Green World—Top Olympia. This section is super fun and fast freeridey downhill with flat corners.

Stage 4

At the Icarus Spur to Upper Roof, you will drop in and begin to sprint to gain some speed before you are thrown into some technical, rooty single track. At the next intersection, stay left on Upper Roof of the Rockies and continue through the shadowy forest. Watch out for elk! The stage will finish with some more open and fast trail.



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Stage 5

Welcome to Mountain Goat. Drop in and hold on tight as you will be thrown into the famous gnar. Rock garden and drops await. As the trail flattens out, you will be in some faster technical areas around Little Vasquez Creek. Take a nano-second to enjoy the waterfalls. Finish strong in the next rock gardens and you will be rewarded with a terrific singletrack sprint to the finish filled with exciting airs and speed!

Stage 6

Begin to pedal down Lower Arapahoe and take your next right onto Eye to Eye. This trail is fast and loose with some risky exposure. Don't take your eye off of the trail to catch stunning glimpses of the Fraser Valley and the Continental Divide. At the bottom of the first clear cut, we will finish stage 6.

If you have not finished Stage 6 by 6:00 p.m. you will be pulled from the course. To return to the resort, turn right on Tunnel Hill Road at the bottom of Stage 6. Continue down the hill, passing the XC course, until you reach Winter Park Resort. At the 4-way intersection, turn left and continue down the Summer Road-Turnpike Ski Trail. Please use caution here as there may be vehicles on the road. Make sure to turn in your transponder at the finish area.

Stage 7

At the teepee, we will drop into Helly's. Like Eye to Eye, this trail is fast and loose. You will switchback across the clear-cut hillside until you reach Ice Hill. Take a left and descend through a dark woody forest until you bottom out, and then you will need to sprint your behind to the finish on Little Vasquez/Arapahoe Road.

Stage 8:



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You've made it! Congrats! Drop into the technical rocky sections of Lower Long Trail before you merge onto Jury Duty. You will encounter a freeridey C-Wall before you cross the road on Boot Camp. You are riding Trestle history. Boot Camp is full of rollers, small jumps, C-walls, and huge berms. Enjoy the wooded seclusion before you jump out on the Practice Hill and finish your enduro race to the sound of cheering fans.