



**Roanoke, VA July 14-20**

Communique No. 5 // Thursday, 7/17/25

## **XCO Day 1**

### **XCO**

[Link to Explore Park Venue Map](#)

[https://drive.google.com/file/d/1miYWSXP2Woll4pr640-UUyGsGpPzlwwn/view?usp=drive\\_link](https://drive.google.com/file/d/1miYWSXP2Woll4pr640-UUyGsGpPzlwwn/view?usp=drive_link)

### **Lap Counts are updated in the schedule**

[Link to Schedule](#)

<https://d31phgno5jngny.cloudfront.net/mtbnats/documents/2025-Endurance-MTB-Schedule.pdf>

### **XCO Practice**

Number plates must be worn during all official practice timeframes and no one will be allowed on course without a plate. Spectators should only cross in the crosswalks, do not duck underneath course tape – there is a risk of endangering riders and yourself and it compromises the integrity of the tape/race course.

### **Staging**

Report to staging 10 minutes prior to your race start.

### **Pulling/80% Rule**

80% will be in effect for all XCO groups that race the Black course. For Red and Blue course, racers will be sent out up until 10 minutes prior to the next race start.

Example: 9:30AM start wave racer would be allowed to go out on their next lap until 10:50AM assuming the next group starts at 11:00AM.

### **Parking**

Give yourself extra time for parking. There are three remote parking areas on Roanoke River Parkway Rd. and a shuttle will be running to/from those lots to the venue beginning at 6AM.

### **Feed Zone**

Friday - Feed (Tech allowed for 17/18 Men LCQ only) on the riders right side from the final turn onto the finish stretch until the finish line. All support staff will need a wristband to be in that zone, which can be obtained at number plate pickup. 2 support staff allowed for UCI pointed races, 1 for all other groups.

### **[Link to Tech Guide](#)**

<https://d31phgno5jngny.cloudfront.net/mtbnats/documents/2025-Endurance-MTB-Tech-Guide.pdf>

### **[Link to Live Results](#)**

<https://my.raceresult.com/groups/6656/>