



ENDURANCE MOUNTAIN BIKE

NATIONAL CHAMPIONSHIPS

Roanoke, VA July 14-20

Communique No. 6 // Thursday, 7/18/25

Lap Counts

Due to course conditions and expected times of racers, the lap counts for Friday afternoon races have changed as follows:

1:30 PM	Amateur Women 19-29 Cat 1/2	XCO	4 Laps Red Course/Explore Park
1:30 PM	Master Women 30-34 Cat 1/2	XCO	4 Laps Red Course/Explore Park
1:30 PM	Master Women 35-39 Cat 1/2	XCO	4 Laps Red Course/Explore Park
1:32 PM	Master Women 40-44 Cat 1/2	XCO	4 Laps Red Course/Explore Park
1:32 PM	Master Women 45-49 Cat 1/2	XCO	4 Laps Red Course/Explore Park
1:34 PM	Master Women 50-54 Open	XCO	4 Laps Red Course/Explore Park
1:34 PM	Master Women 55-59 Open	XCO	4 Laps Red Course/Explore Park
1:34 PM	Master Women 60-64 Open	XCO	3 Laps Red Course/Explore Park
1:34 PM	Master Women 65-69 Open	XCO	3 Laps Red Course/Explore Park
1:34 PM	Master Women 70+ Open	XCO	3 Laps Red Course/Explore Park
2:45 PM	E - MTB (M/W), SS (M/W), Non-binary	XCO	4 Laps Red Course/Explore Park
4:00 PM	Amateur Men 19-29 Cat 1/2	XCO	5 Laps Red Course/Explore Park
4:03 PM	Master Men 30-34 Cat 1/2	XCO	5 Laps Red Course/Explore Park
4:03 PM	Master Men 35-39 Cat 1/2	XCO	5 Laps Red Course/Explore Park

[Link to Tech Guide](#)

<https://d31phgno5jngghy.cloudfront.net/mtbnats/documents/2025-Endurance-MTB-Tech-Guide.pdf>

Staging

Report to staging 15 minutes prior to your race start.

[Link to Live Results](#)

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