

2022 NATIONAL CHAMPIONSHIPS



TECH GUIDE



MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

JULY 18-24 | WINTER PARK, CO | 2022

photo by Dejan Smaic



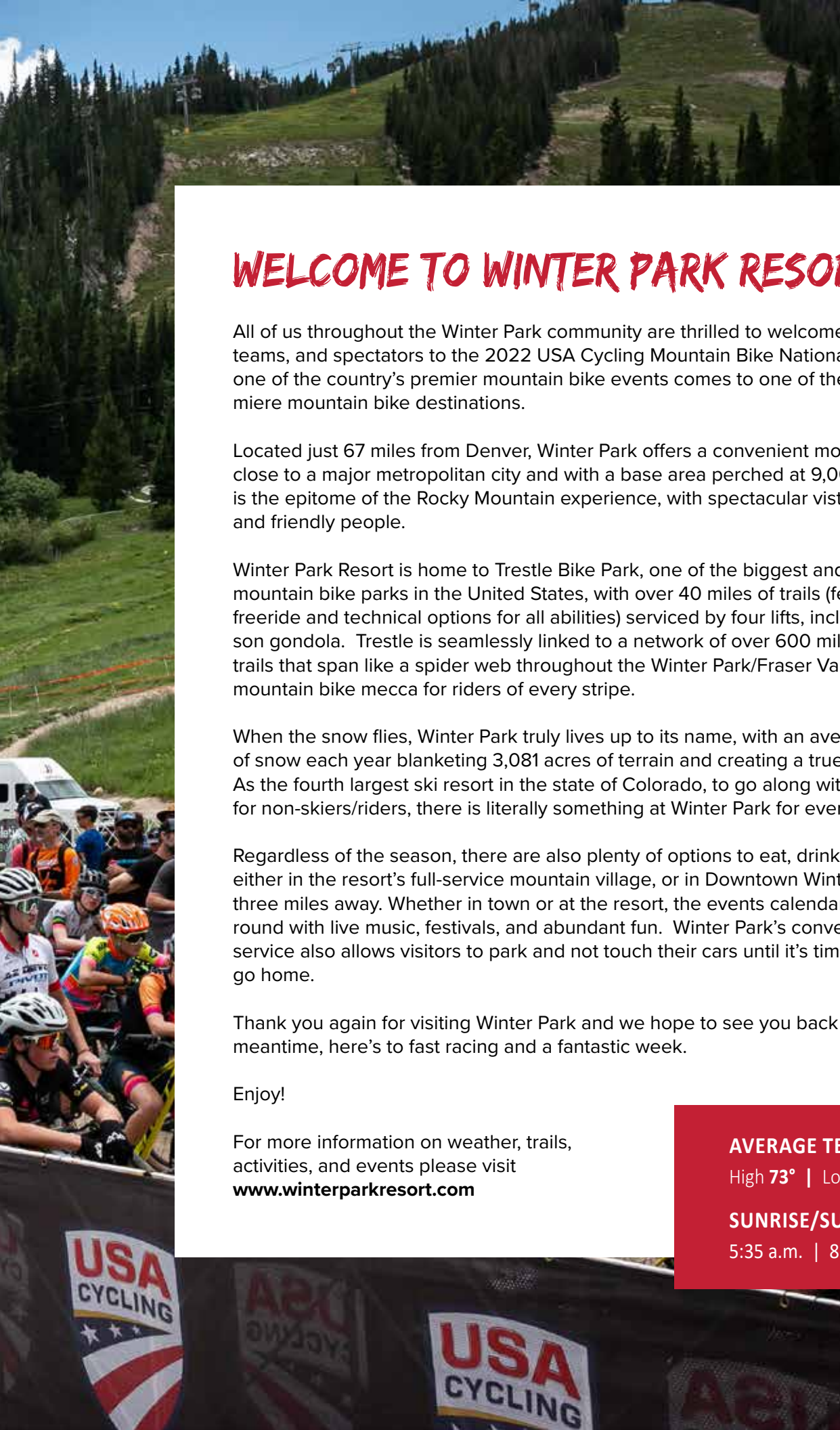
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WELCOME TO WINTER PARK RESORT

All of us throughout the Winter Park community are thrilled to welcome back athletes, teams, and spectators to the 2022 USA Cycling Mountain Bike National Championship, as one of the country's premier mountain bike events comes to one of the country's premiere mountain bike destinations.

Located just 67 miles from Denver, Winter Park offers a convenient mountain getaway close to a major metropolitan city and with a base area perched at 9,000 feet, the resort is the epitome of the Rocky Mountain experience, with spectacular vistas, cool, crisp air, and friendly people.

Winter Park Resort is home to Trestle Bike Park, one of the biggest and best downhill mountain bike parks in the United States, with over 40 miles of trails (featuring a variety of freeride and technical options for all abilities) serviced by four lifts, including a new 10-person gondola. Trestle is seamlessly linked to a network of over 600 miles of cross-country trails that span like a spider web throughout the Winter Park/Fraser Valley, creating a true mountain bike mecca for riders of every stripe.

When the snow flies, Winter Park truly lives up to its name, with an average of nearly 320" of snow each year blanketing 3,081 acres of terrain and creating a true winter playground. As the fourth largest ski resort in the state of Colorado, to go along with myriad activities for non-skiers/riders, there is literally something at Winter Park for everybody.

Regardless of the season, there are also plenty of options to eat, drink, stay, and relax either in the resort's full-service mountain village, or in Downtown Winter Park located three miles away. Whether in town or at the resort, the events calendar is packed year-round with live music, festivals, and abundant fun. Winter Park's convenient, free bus service also allows visitors to park and not touch their cars until it's time to begrudgingly go home.

Thank you again for visiting Winter Park and we hope to see you back very soon. In the meantime, here's to fast racing and a fantastic week.

Enjoy!

For more information on weather, trails, activities, and events please visit www.winterparkresort.com

AVERAGE TEMPERATURES

High 73° | Low 50°

SUNRISE/SUNSET

5:35 a.m. | 8:28 p.m.



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EVENT STAFF

USA CYCLING

Brian Myrick	Race Director
Tara McCarthy	Director of National Events
Chuck Hodge	Chief of Racing and Events
Laura Rice	National Events Manager
James Emeric	National Events Coordinator
Bonnie Walker	Technical Director
Justin Evans	Youth and Collegiate Programs Manager
Valecia Frasier	Customer Service Senior Manager
Trish Black	Director Events and Customer Service
Matt Waite	Event Services Regional Manager
Tom Mahoney	Marketing Operations Manager
Angelina Palermo	Athletics Marketing Lead
Katherine Santos	Events Marketing Lead

ADDITIONAL EVENT STAFF/SERVICES

Socket Events	Stage Manager
Race Day Events	Event Fencing
One2Go Timing	Timing and Results
Shimano	Neutral Support
Julie Carter	Festival Manager
Tim Hopkin	Doer of all things
John Hoopingarner	Announcer
Shaun Radley	Announcer
Will Washam	Announcer
Drew Hager	Announcer
Dejan Smaic	Photographer
Craig Huffman	Photographer

USA CYCLING OFFICIALS

Jugen Heise	Chief Referee
Emily Good	Vice Chief (XC)
Katsu Tanda	Vice Chief (Gravity)
Leslie Ramsay	Secretary
Jared Ferber	Finish Judge
Michael McGuinn	Assistant Judge
Joseph Kidd	Assistant Referee
Ugur Tosun	Assistant Referee
Amy Fear	Assistant Referee
Tobin Behling	Referee (enduro)
Robert Edwards	Referee (enduro)
Jeff Hunter	Referee (enduro)



Thank you
to all of our partners
for their support.





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AIRPORTS

Denver International Airport is the gateway to Winter Park. A 90-mile drive from the airport to Winter Park.

Directions to Winter Park Resort

From the Denver metro area, via I-70 west and US Hwy 40, a 75-mile drive to Winter Park.

Scheduled shuttle service from Denver Int'l Airport on Home James van service, charter bus service on Grayline for groups.

Amtrak's California Zephyr between Chicago, IL to Oakland, CA makes a stop in Fraser. Once daily eastbound, once daily westbound.

LODGING

Zephyr Mountain Lodge
Fraser Crossing/Founders Pointe Condominiums
Parry Peak Lofts
Iron Horse Resort
Vintage Hotel

book.winterparkresort.com



COVID PROTOCOL

USA CYCLING

Below you will find COVID protocol for Mountain Bike Nationals. At this time, we have reduced testing requirements to a recommendation. While we are not collecting vaccine or negative COVID test results at packet pickup we are requiring anyone who does test positive while at the event, showing symptoms, or has an exposure notification to follow the general requirements below. *Updated June 30, 2022*

1. Testing recommendations

- a. Who is recommended to test
 - i. All racers who are not fully vaccinated, no matter of age.
 - ii. Fully vaccinated racers are not required to get tested.
 1. Per the CDC, people are considered fully vaccinated 2 weeks after their second vaccine dose in a 2-dose series, such as the Pfizer or Moderna vaccines or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.
- b. Type of test recommended- PCR or rapid antigen testing aka as a rapid COVID test.
- c. Timing of testing is within 3 days of registration/packet pickup.

2. General requirements

- a. a. Anyone showing symptoms may not come to the event venue.
- b. Contact Tara McCarthy, tmccarthy@usacycling.org for further guidance if an athlete or rider support/staff is showing symptoms, tests positive for COVID while onsite, or are alerted that someone they have been in close contact is showing symptoms.



ENDURO INFORMATION

ENDURO INFORMATION INCLUDING STAGES, TRANSFERS, EVENT RULES WILL BE POSTED ON MONDAY NIGHT AFTER THE RIDERS MEETING.

DOWNHILL INFORMATION

Non-championship racer entry includes a discounted chairlift access on Monday and Tuesday only, championship racer entry includes chairlift access Monday through Sunday. Current season pass holders may not use their passes in lieu of purchasing lift tickets. Track walks are open to all downhill participants. Lift service prior to 9:30 a.m. will be restricted to the listed races practice schedule. Check the additional race details section for lift ticket access information.

Riders will take the gondola to the start at the top of the mountain. Athletes must take into consideration the 10-minute lift time to arrive at the top, with a short ride to the start house for their start time. Athletes will be able to use the Explorer Express for practice runs.

If a rider misses their start time, athletes will not receive a new start time for a missed start unless disrupted by a course hold or force majeure or given a new start time by the start official.

The rider's race clock will have been started at his or her assigned start time and will not be adjusted, and no new start time will be assigned. Racers who miss their assigned start time for either the seeding run (if applicable) and/or the finals through no fault of the officials or organizers will not be allowed to start their run until after the last rider of either their own category or the very end of the competition, depending on available time gaps between categories.

Downhill competitors lift access will be granted by RFID lift access cards distributed at registration, please note you will only be allowed to upload a

bike during your specific practice or race times. Spectators may purchase a gondola lift ticket for \$21 per day with an advance ticket, www.winterparkresort.com, or \$21 per day walk up. This ticket does not allow bike loading, it does allow unlimited up and down Gondola, up and down Explorer Lift, and up Arrow Lift (no downloads). If spectators do want to load a bike they can purchase a \$84.00 lift ticket that would allow for riding on any non-race trail.

Please take a picture of your lift ticket in the case that you lose the lift ticket. For those without a photo of the lost lift ticket you will be required to purchase an additional lift ticket.

All riders are **STRONGLY ENCOURAGED** to take at least two downhill practice runs prior to downhill racing or seeding (if applicable). The walking inspections are also strongly recommended.

Timing and results: Timing will be conducted via a timing chip. Timing chips will be distributed during packet pickup.

Start lists: Start lists will be posted as soon as possible, after registration closes the day before competition or after seeding (if applicable). They will be posted online, at registration at Balcony House and on race day at the start.

Seeding (if applicable): Downhill seeding will be run in the order of returning national champion, aged-up national champion, and USA Cycling ranking at 30 second intervals with the exception of UCI races. UCI downhill seeding will be run in the order of returning national champion, UCI rankings, National



DH Series rankings, and then USA Cycling ranking at 30 second intervals with the top 10 at one-minute intervals. 17-18 Cat 1 riders will seed and race with the elite/pro riders. They will be placed within the elite/pro race as well as a separate 17-18 podium. Riders must start their run to advance to finals. Riders who miss their seeding run will not be allowed to start in the finals.

Finals: Downhill finals will be a one-run format with 30 seconds between each rider, except for the top 10 in UCI races. The top 10 in UCI races will receive one minute intervals between each rider. Finals will be run based on slowest to fastest seeding.

Re-runs will only be granted for those riders already on course when a medical or other course hold occurs. These riders must report to the official at the finish line to request the re-run. Re-runs will not be granted to faster riders blocked by slower riders. Slower riders are expected to yield to faster riders.

PRO COURSE TRACK: Trestle DH to Tater Patch to Witness to Snoasis Finish.

AMATEUR COURSE TRACK: Boulevard to Trestle DH to Witness to Snoasis Finish.



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PRO DOWNHILL



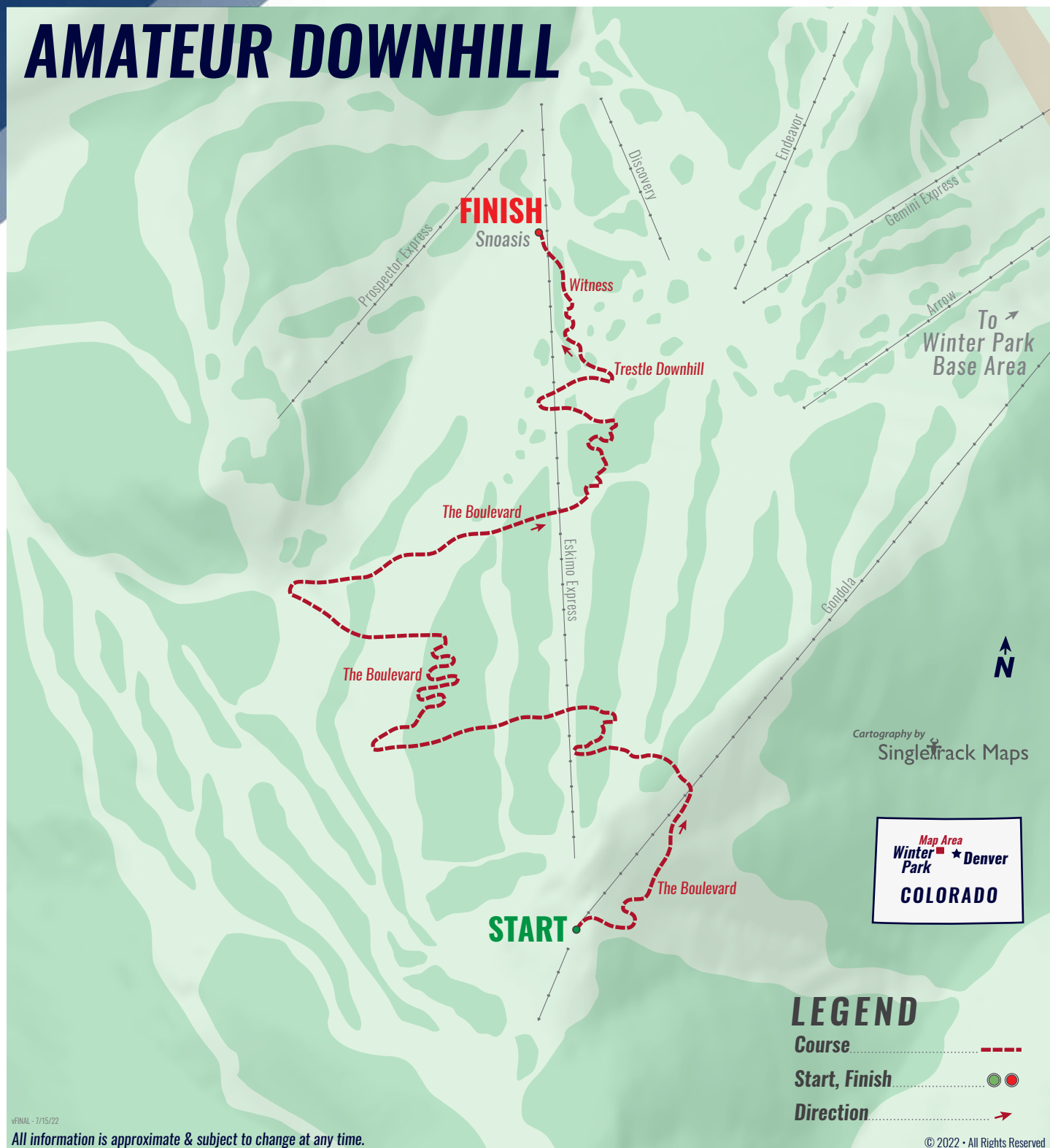
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AMATEUR DOWNHILL



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DUAL SLALOM INFORMATION

Athletes are encouraged to inspect the dual slalom course at the earliest opportunity. Practices with gate use are indicated in the schedule.

Riders will walk their bikes to the top of the dual slalom course to start in both training and competition.

Riders will complete a qualifying run in each lane on a first-come basis. They will be seeded based on the combined time from both runs. Please note that the penalty during qualifying runs for missing gates, false starting, etc. is disqualification (see USAC Rule 8G4).

In bracket competition, riders will be timed by differential (at the finish) with a maximum differential time of 1.5 seconds. Riders will take one run on each course. Riders will advance based on differential time. Second run winner will break any and all ties (Rule 5E2(g)).

Registered dual slalom athletes have the opportunity to purchase a discounted bike park lift ticket. Athletes can purchase [online](#), and pick up at the competition center on the main level of the Balcony House. The price of this lift ticket is \$35 and is good for one day.

CROSS COUNTRY INFORMATION

Courses are not available to ride outside of practice times. Part of the XC course goes up a downhill Trestle bike park trail and should not be ridden outside of posted practice times.

Courses will be marked by yellow and black signs; each sign will indicate which course by the inclusion of a sticker that is the same color as the course name.

Staging will begin 15 minutes prior to each race start.

Call-ups will be conducted based on the information in the rules and eligibility section. There will be no call-ups for the category 2/3 XC races.

All races will start their race on an abbreviate lap using the road to separate riders before riders will enter the single track on their first lap.

The feed and tech zone will be located near the start/finish line. This area will be open for athlete support during amateur and junior races. Pro, U23 and Cat 1 17-18 athletes are limited to two support personnel in the feed/technical assistance zone. Passes will be given out at the rider meeting on the day before the respective race. They will also be available from the race secretary on race day. It is the rider's/team's responsibility to locate the race secretary and procure the needed passes.

Technical assistance will be allowed only for the following XC races: pro men, pro women, U23, Cat 1 junior 17-18. These categories will have separate technical assistance and feed zones and an additional tech zone at the top of the right as riders make a right off the road. Team support staff must walk equipment to this area and signage will be placed all week for team support and riders to identify the location. For all other categories this zone will be only a feed zone.

The number of laps will be determined during race week before the races, depending on weather and trail conditions. This will be communicated in the riders' meetings, in communique(s), and online.

All riders, including those who have been lapped, will finish on the same lap as the leader. Riders may be pulled and will be placed in the results. Riders who have been lapped by the leader in their respective category/age group will finish on the same lap as said leader. For safety reasons, riders out of contention may be pulled at the discretion of the chief referee. Any pulled riders will be placed in reverse order that they were removed from the course. Riders that are pulled will be placed based on their finish under the truss.

Courses will run in a clockwise direction. Laps will run through the finish line. See maps for details.

Registered cross country athletes have the opportunity to purchase a discounted bike park lift ticket. Athletes can purchase [online](#), and pick up at the competition center on the main level of the Balcony House. The price of this lift ticket is \$35 and is good for one day.

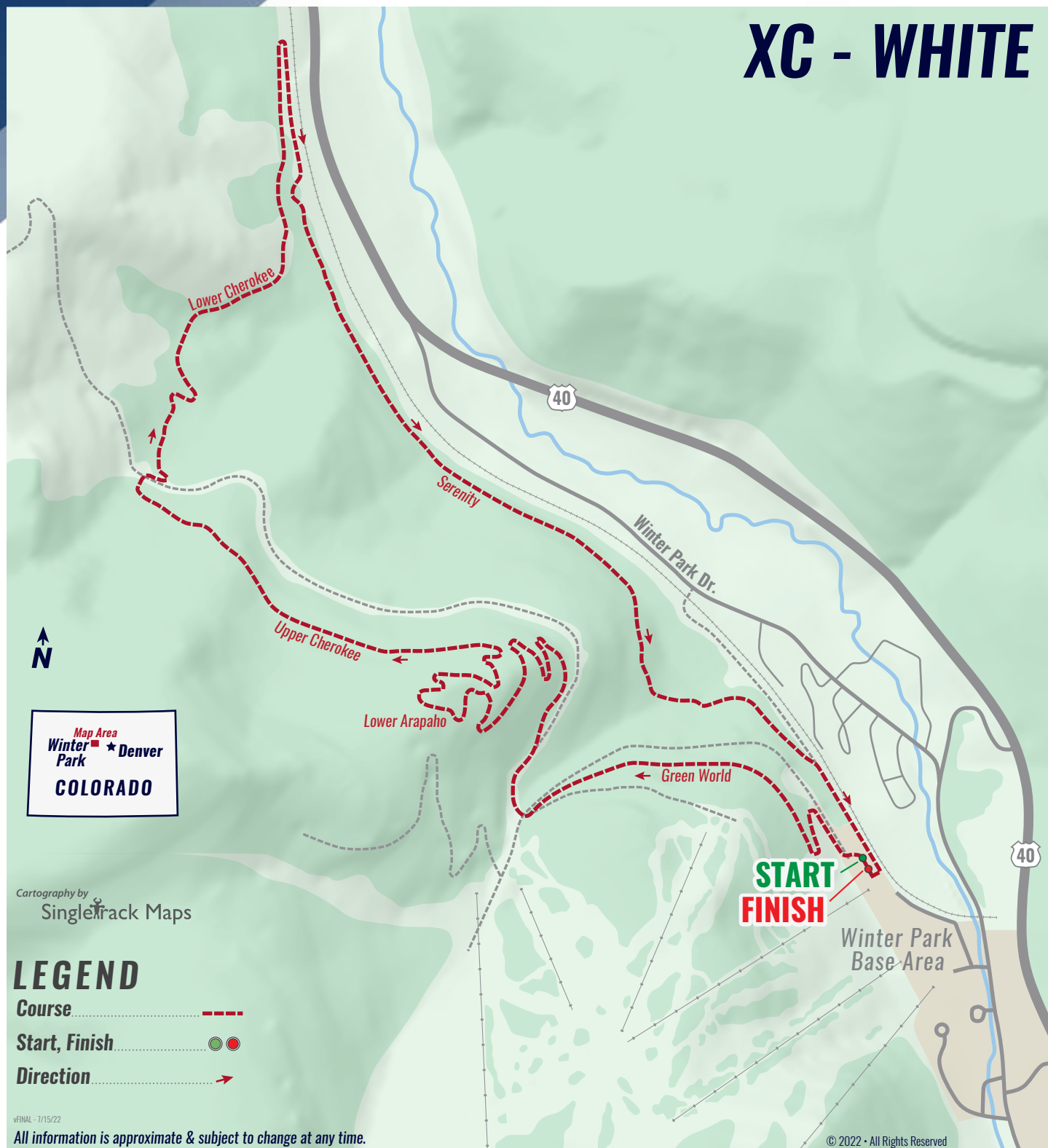




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XC - WHITE



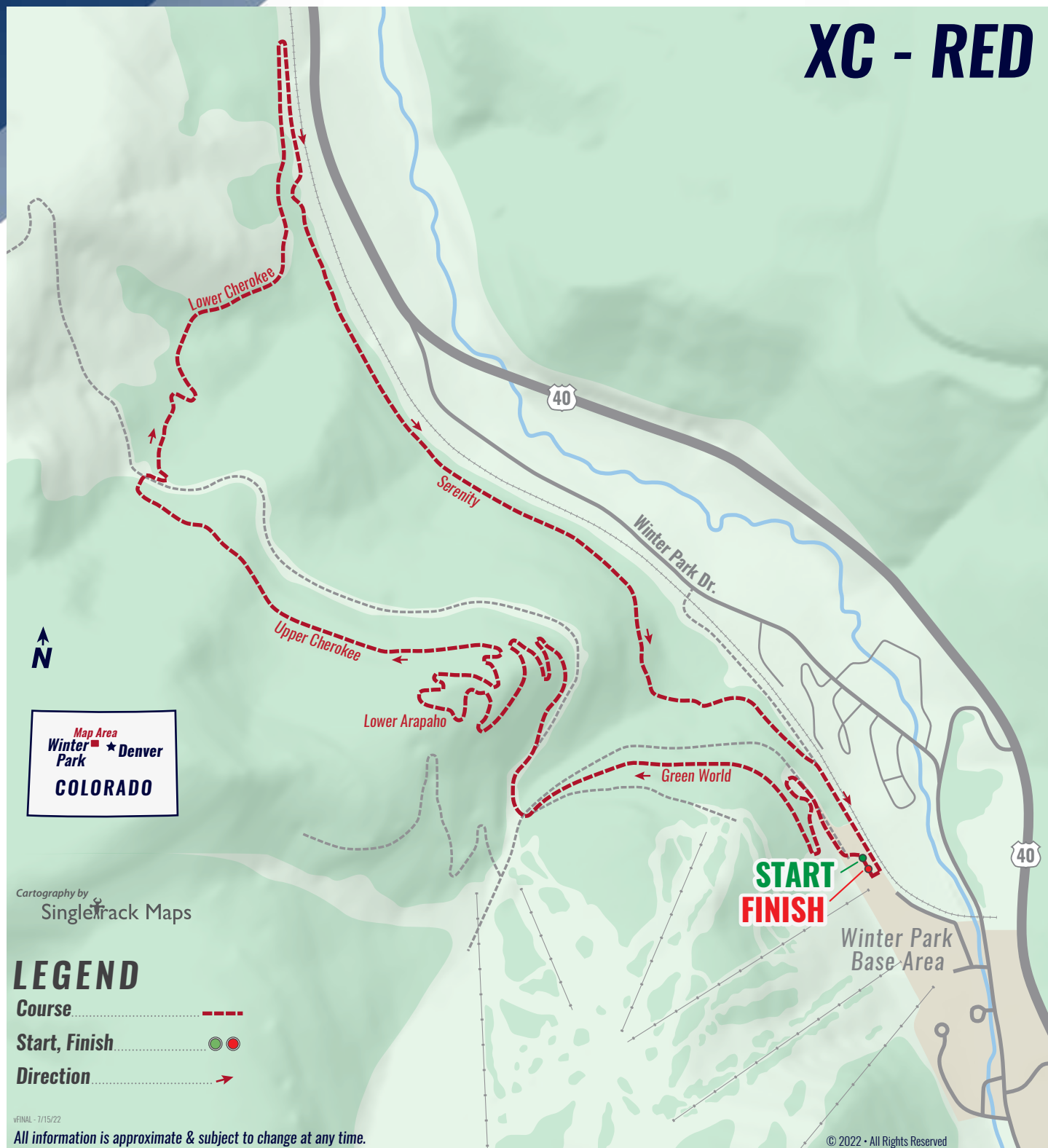
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XC - RED



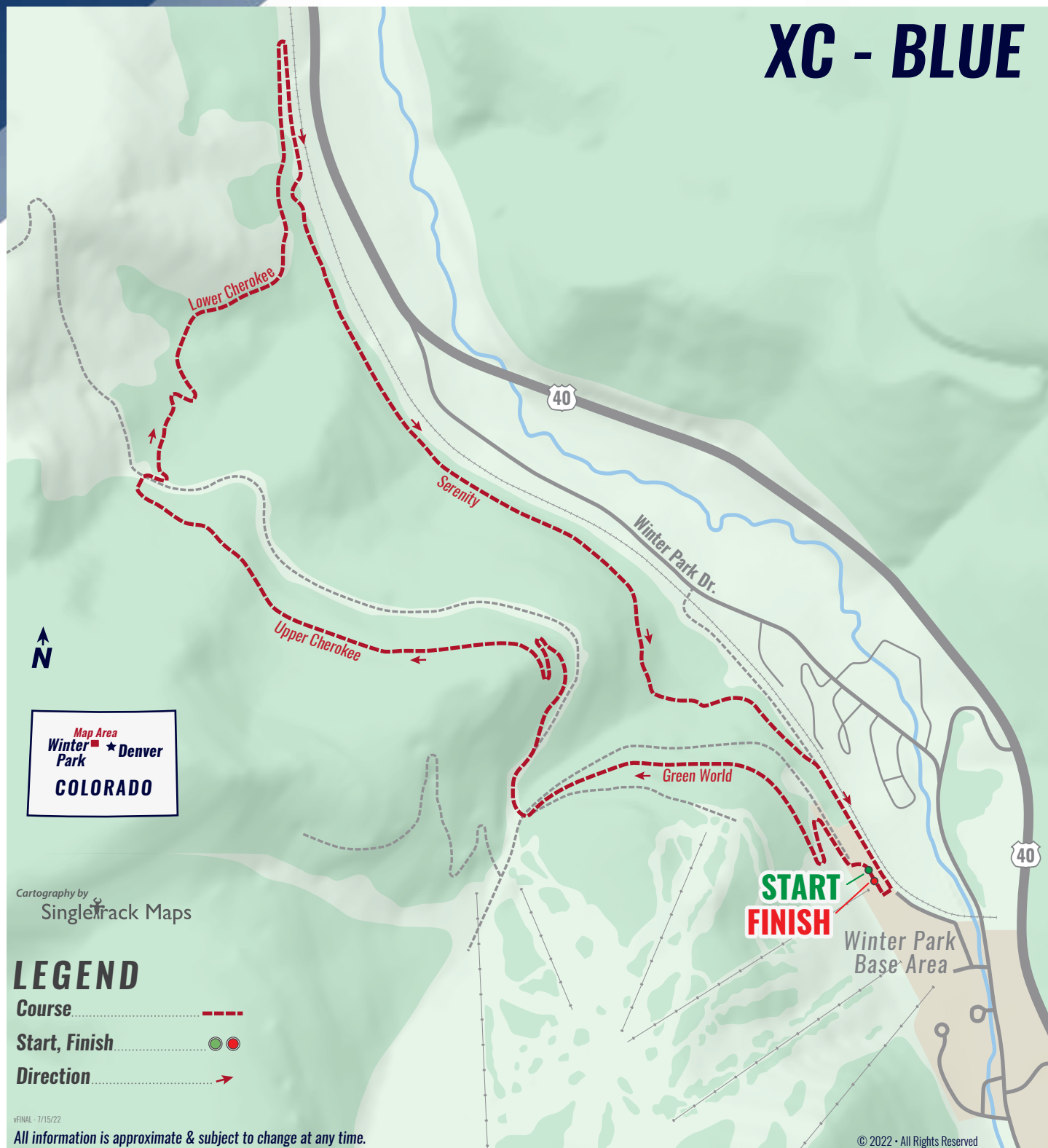
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XC - BLUE



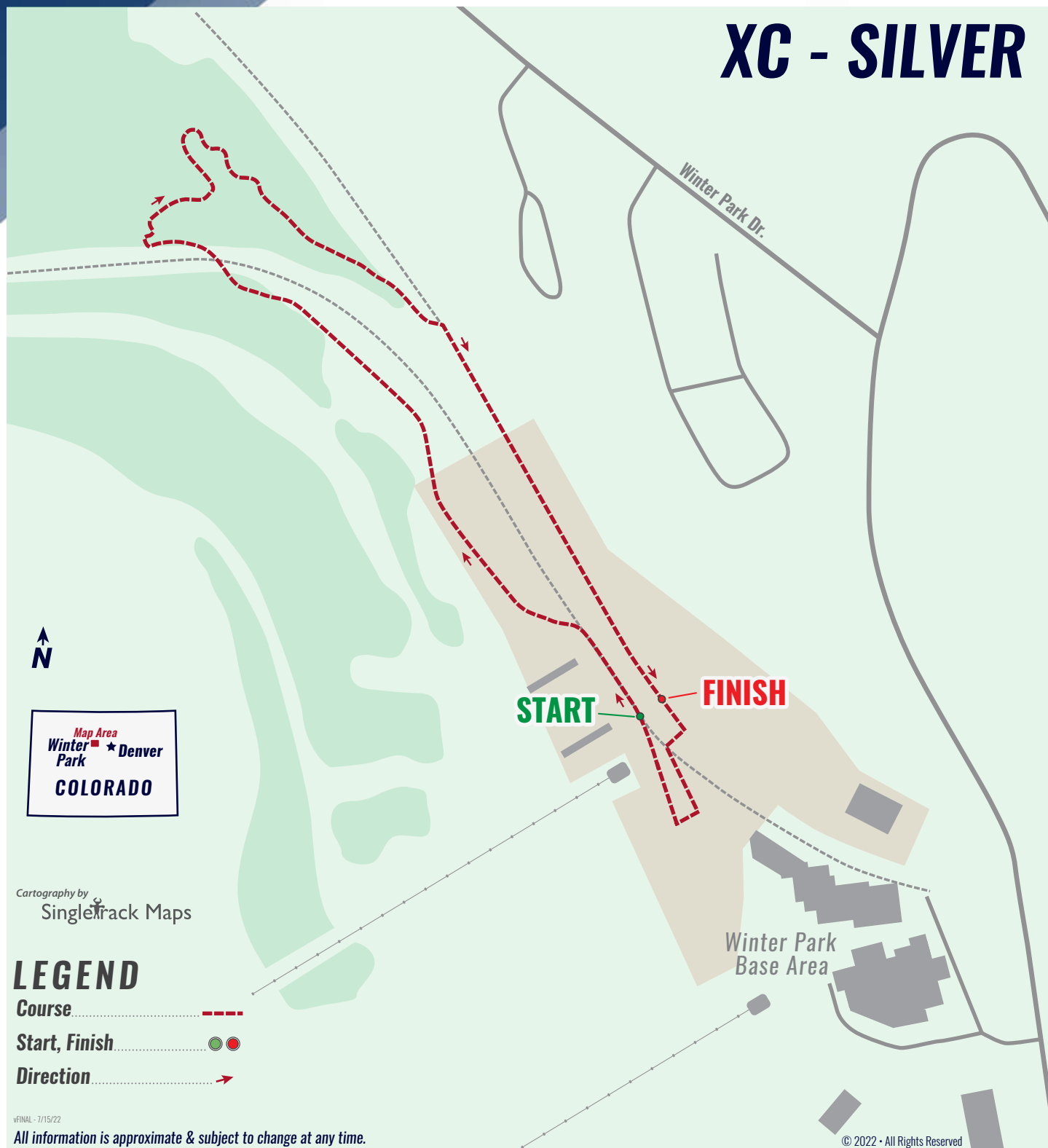
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XC - SILVER



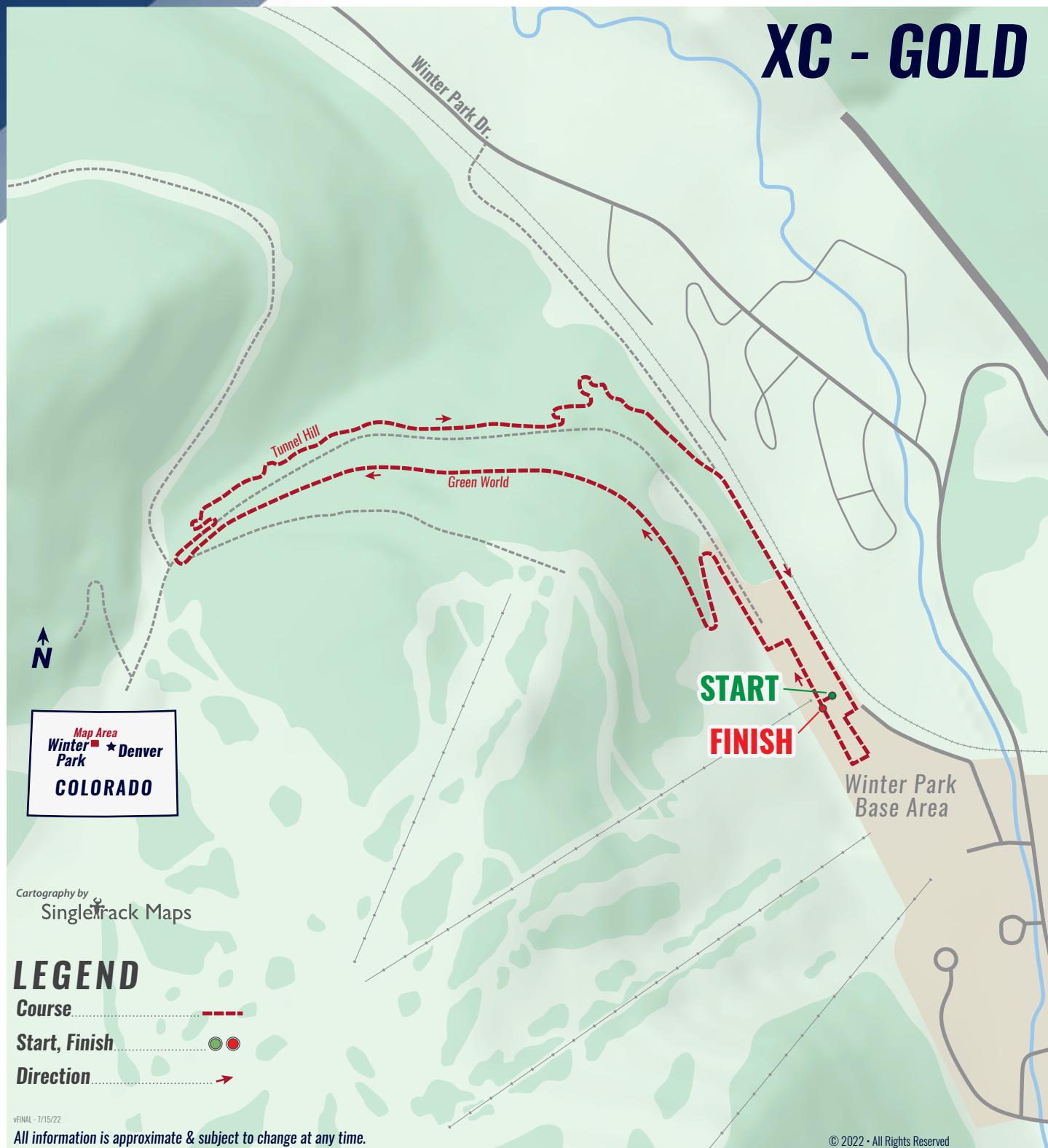
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XC - GOLD



RIDEWITH GPS LINK



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SHORT TRACK INFORMATION

Staging will begin 15 minutes prior to each race start.

Call-ups: will be conducted based on the information in the rules and eligibility section.

Course will travel in a counter-clockwise direction.

Race duration for females 11-14 and males 11-14 is 10 minutes + 1 lap. Race duration for all other age groups and categories is 20 minutes + 3 laps.

There will be no feed or technical assistance zone for the short track cross country races.

Riders who are 80% behind the leader on any given lap may be pulled. Pulled riders will be placed in reverse order that they were removed from the race. Riders who are pulled will be placed based on their finish under the truss.

All riders, including those who have been lapped and were not pulled, will finish on the same lap as the leader.

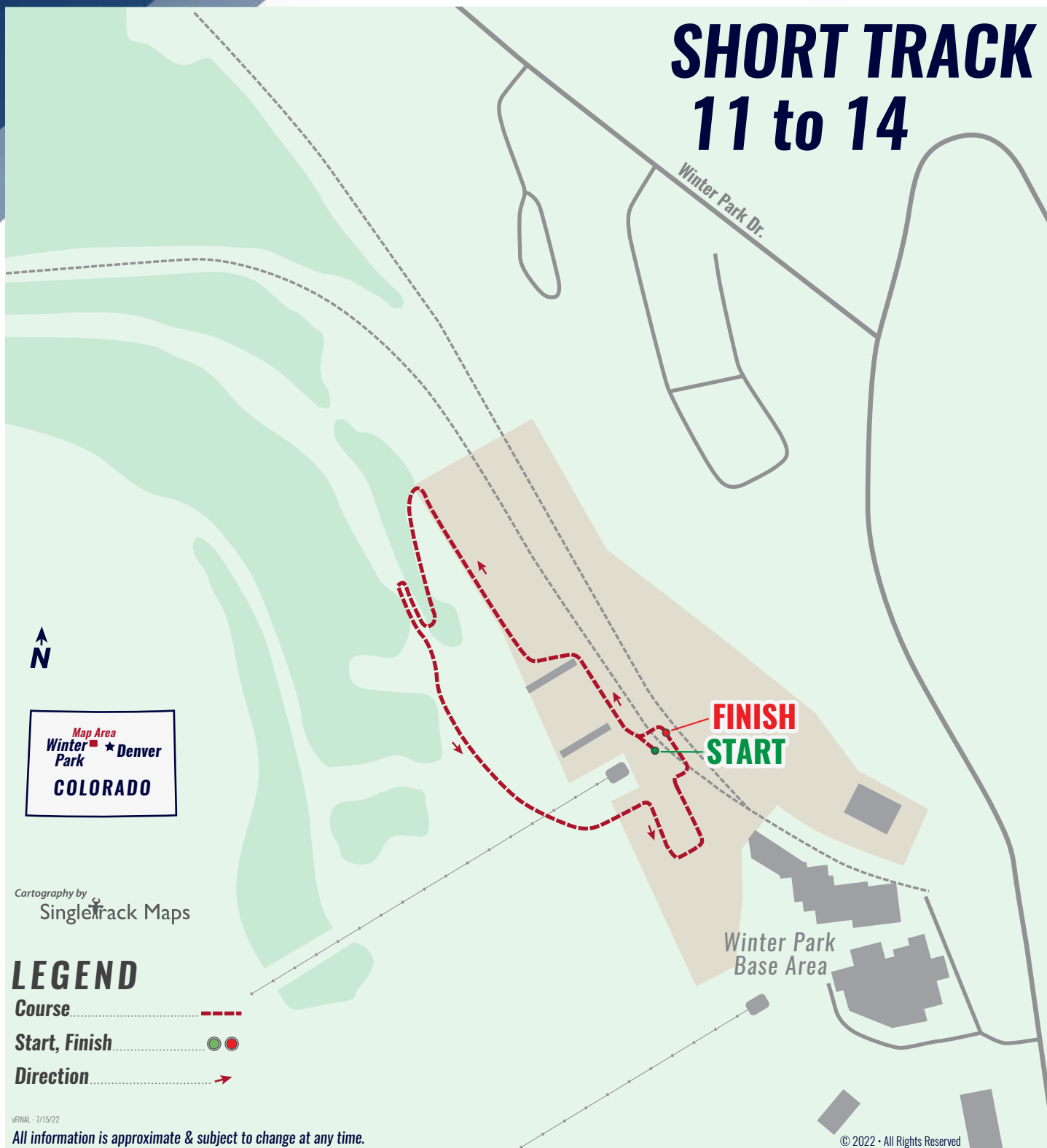
Registered short track cross country athletes have the opportunity to purchase a discounted bike park lift ticket. Athletes can purchase [online](#), and pick up at the competition center on the main level of the Balcony House. The price of this lift ticket is \$35 and is good for one day.



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SHORT TRACK 11 to 14



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SHORT TRACK 15+



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VENUE MAP



EVENT INFORMATION

EVENT WEBSITE

usacycling.org/events/national-championships/2022-mtb-nationals

USA CYCLING RULE BOOK

usacycling.org/resources/rulebook

EVENT SCHEDULE

Event schedule can be found here, usacycling.org/mtb-nats-schedule. This is the official event schedule and all others should not be referenced.

TRANSPORTATION & PARKING

General Parking: General parking will be offered on-site at no charge.

Winter Park: Get around Winter Park by downloading The Lift: www.theliftwp.com/all-routes/#lift-rider

AWARDS

All awards ceremonies will be held on the Village Plaza Stage. In inclement weather, awards will be inside West Portal Station main level outside of Moffat Market. Refer to the event schedule for times.

The top-3 male and female finishers in the UCI categories of U23 and Jr 17-18, and Elite/Pro/Open and the top-5 finishers in each category are required to participate in the appropriate award ceremonies. No bikes will be allowed on the podium during the ceremonies.

PRIZES

All amateur races will receive medals for the top five and a stars and stripes jersey for the first-place finisher of the championship races. For elite/pro/open, U23 and 17-8 races will receive medals for the top three and a stars and stripes jersey for the first-place finisher of the championship races. The payout will be as follows:

1st: \$350 | **2nd:** \$250 | **3rd:** \$175

4th: \$125 | **5th:** \$100

UCI POINT DISTRIBUTION

Please refer to the UCI rulebook for points distribution for XC and DH,

www.uci.org/docs/default-source/rules-and-regulations

CALL-UPS & SEEDING

Call-ups and seeding for downhill, short track cross country, and cross country will be conducted based on the information in the rules and eligibility section and will be posted with start lists the night before the event.

DAILY RIDER MEETINGS

While not mandatory, athletes and coaches are encouraged to attend the daily rider meetings, particularly if they are racing the following day. Important race-day information will be given at these meetings, including verification of number of laps for XC races, possible course changes, important notes, and time for questions at the end. Rider meetings will be held on Level 2 West Portal/Moffat.

MEDICAL

Winter Park Resort Patrol will be providing medical support for all races. In case of an emergency, Denver Health East Grand is located at the base of Winter Park Resort, (970) 726-4299 (open during race hours), in Winter Park, Colorado and Middle Park Medical Center in Granby, CO, (970)-887-5839, located 20 miles from the mountain.

NEUTRAL SUPPORT

Shimano will be providing neutral support outside of competition throughout the event and will be located near XC finish in the vendor village.

RESULTS

Results will be posted at the finish of each venue. The protest period is 15 minutes after posting, after which time they become FINAL. Final results will be posted to the USA Cycling website.

RADIOS

While riding in training or competitions, riders may not use radios, telephones, or other communication devices. No earpieces may be worn. Audio playback devices are forbidden.

NUMBER PLATES

Riders must display number plates at all times on all courses for practice and race sessions. All coaches of 14-and-under XC and DH athletes pre-riding on the courses will be required to sign a waiver and pick up a “coach” plate at registration. Plates must be displayed on bikes at all times.

EQUIPMENT

All riders are required to wear a securely buckled helmet when on a bike, per rule 1J1. Riders competing in the downhill and dual slalom races are required to wear full-face helmets, per rule 1J2.

SEVERE WEATHER GUIDELINES

When looking at weather conditions, the safety of the athletes, spectators, staff, and volunteers is the utmost priority. While often providing an additional challenge, adverse weather in its extremes may result in hypothermia, heat exhaustion or other dangerous conditions. In preparation for the upcoming Mountain Bike Nationals in Winter Park CO; USA Cycling and a cross section of key constituents have created the following plan to help mitigate any weather-related risks while respecting the unique racing conditions of the sport.

In the case of severe weather, the following group would be empaneled to make decisions regarding the conduct of the race(s):

- Tara McCarthy | Director of National Events
- Chuck Hodge | Chief of Racing and Events
- LOC | Tom Carey and Bob Holme
- Team Mgr | to be chosen prior to event
- Chief Referee | Jurgen Heise

Other staff and experts may be included and consulted based on the specific conditions.

CONVENING THE PANEL

This panel would be immediately convened under the following circumstances:

- A NOAA special weather statement is issued for the race venue.
- Severe cold/heat and/or wind anticipated within 72 hours.
- Freezing rain, heavy snow or other threatening precipitation is forecast.
- Other atmospheric conditions that could affect the health and welfare of athletes, spectators, staff, and volunteers.
- Road conditions, travel and transportation to and from the venue, poses danger to volunteers, staff, spectators, or athletes.

Any member of the panel would also be empowered to request that the group convene based on conditions outside of those mentioned above.

ACTIONS

The following actions may be taken based on the forecast and conditions:

- No direct action/monitor situation
- Modification of the course
- Change of start times (e.g. later starts when warmer or precipitation has stopped)
- Combining of classes and categories
- Shortening of individual races
- Change of start date
- Cancellation In addition to the above actions affecting race participants, the following actions may be considered in relation to spectators, staff and volunteers:
 - Increased medical staffing
 - Warming/cooling areas provided
 - Decrease in shift times/exposure These lists are not exhaustive, and may be used in combination or separately on different days or at different times.

COMMUNICATIONS PLAN

Status updates, and if needed revised schedules, will be communicated to the affected parties through a variety of methods:

- A text message will be sent to the phone number in the registration database.
- USA Cycling will utilize its social media platforms to provide outreach to spectators and volunteers
- Venue announcements will be used in the case of on-site modifications and notifications, using Public Address System and posted materials at Race Office/Awards Stage.
- Credentialed media will be provided with updates through USA Cycling communications staff.

EVENT PHOTO SERVICES

Event photos will be provided by Dejan Smaic. Visit www.sportifimages.com for copies of your photos.

RESTROOMS

In addition to the portable restrooms staged near the Starts and Finishes of the Race Zones, Winter Park Resort has many permanent restrooms that are maintained regularly and have more capabilities than the portable units. These facilities all have running water, multiple stalls and family options. Throughout the base area, guests and competitors are encouraged to utilize these facilities first and save the portable restrooms for emergencies. Here are some locations to note:

- **Winter Park Base** | Near XC, STXC and DS Start/Finish
- **West Portal** | Basement Level, Primary Restroom Location
 - **Upper Level** | Derailler Bar, Satellite Restrooms
- **Balcony House** | Near Registration/Vendor Village
 - **Main Level** | Ladies Restrooms
 - **Lower Level** (adjacent to ticket window), Men's Restrooms

- **Winter Park Village** | Near Prime Parking
 - **Level 1 of Parking Structure** | Primary Restroom Location
 - **Village Square Near Awards** | Restrooms located adjacent to Club Rendezvous
 - **Many Village Restaurants** will offer their own private restrooms for patrons
- **On Mountain** | Near Start of Enduro & DH, DH Finish, Enduro Midpoint
 - **Sunspot** | Lodge at the Top of the Gondola
 - **Snoasis** | Lower Level

ANTI-DOPING

UNITED STATES ANTI-DOPING AGENCY The United States Anti-Doping Agency is the independent anti-doping agency for the Olympic

Movement in the United States. USADA

is dedicated to eliminating doping in sport, preserving the well-being of sport,

and ensuring the health of athletes through drug testing, research initiatives, and educational programs.



SELECTION OF RIDERS FOR DOPING CONTROL By registering to compete at this event you have consented to be subject to drug testing and adhere to the penalties associated with an anti-doping rules violation. Noncompliance or refusing to be tested will result in the same penalties as a doping violation. For more detailed information concerning USADA protocol and banned substances, please visit the USADA website at www.usantidoping.org. All athletes should check the USADA Anti-Doping Station once they complete their race. If athletes are selected for testing, numbers of selected riders will be posted here.

REGISTRATION INFORMATION

Please note that to compete in a USA Cycling National Championship, riders must have their date of birth, gender and citizenship or permanent resident status verified. Having verified this information, a free UCI ID is issued. If a UCI ID is not currently displayed on your license, log into your USA Cycling My Account and look for this in your Profile link. If you need help obtaining a UCI ID please contact membership@usacycling.org and include a copy of your birth certificate or passport and Permanent Resident Status (Green Card) as it applies for processing.

ONLINE REGISTRATION CLOSES JULY 14, 2022 AT 11:59 P.M. EST

CHAMPIONSHIP EVENT REGISTRATION FEES & SCHEDULE

	Online Registration May 14, 2022 at 11:00 a.m. ET	Price Increase June 10, 2022 at 11:59 p.m. PT	Onsite Registration
Juniors 14 & under	XC: \$80 STXC: \$75 DH: \$155 DS: \$80	XC: \$95 STXC: \$90 DH: \$170 DS: \$95	XC: \$125 STXC: \$120 DH: \$205 DS: \$120
Juniors 15-18	XC: \$85 STXC: \$75 DH: \$160 DS: \$85 Enduro: \$190	XC: \$100 STXC: \$90 DH: \$175 DS: \$100 Enduro: \$210	XC: \$130 STXC: \$120 DH: \$210 DS: \$135 Enduro: \$240
Masters/Amateurs	DH: \$170 DS: \$95 Enduro: \$195	DH: \$185 DS: \$110 Enduro: \$215	XC: \$140 STXC: \$130 DH: \$220 DS: \$120 Enduro: \$245
Pro & U23	XC: \$105 STXC: \$95 DH: \$185 DS: \$105 Enduro: \$225	XC: \$120 STXC: \$110 DH: \$200 DS: \$120 Enduro: \$245	XC: \$150 STXC: \$140 DH: \$240 DS: \$155 Enduro: \$270

All championship race prices include a lift ticket for July 18-24.

REGISTRATION INFORMATION

NON-CHAMPIONSHIP EVENT REGISTRATION FEES & SCHEDULE

	Online Registration May 14, 2022 at 11:00 a.m. ET	Price Increase June 10, 2022 at 11:59 p.m. PT	Onsite Registration
Juniors 14 & under	XC: \$80 DH: \$100 DS: \$80	XC: \$95 DH: \$115 DS: \$95	XC: \$145 DH: \$145 DS: \$120
Juniors 15-18	XC: \$85 DH: \$105 DS: \$85	XC: \$100 DH: \$120 DS: \$100	XC: \$135 DH: \$150 DS: \$135
Masters/Amateurs	XC: \$95 DH: \$115 DS: \$95	XC: \$110 DH: \$130 DS: \$110	XC: \$145 DH: \$160 DS: \$145

All non-championship race prices include a lift ticket for July 18-19.

- All participants taking part in the enduro and wishes to take part in the EWS qualifier must be EMBA member, [please see EWS qualifier info here](#).
- All riders wishing to race in either the cross-country or downhill championship events must check if they need to qualify in their given discipline. For how to qualify, please read the [Rules, Qualifications, & Call Up document](#).

If you have any further questions about the registration process, please contact **Trish Black** at tblack@usacycling.org or (805) 452-7565.

CLICK HERE FOR
ELIGIBILITY & RULES



WATCH



LIVE ON
FLOBIKES

SUBSCRIBE TODAY AT [FLOBIKES.COM](https://flobikes.com)




android 



Roku



 chromecast

Be There.



photo by Melton Weaver

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