



## MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

JULY 2022 • WINTER PARK, CO

### USA Cycling National Championship Enduro Format

Saturday, July 23, 2022

Course maps will be posted online on the evening of Monday, July 17.

There will be 5 timed stages for all age groups and classes. Follow the stage transfer signs. Riders will begin the day at the gondola and ride transfer 1 to stage 1 where they will be started according to their assigned start time. Please note there are different stage 1 courses for Pro/Elite and amateurs. The Pro/Elite will race the Pro DH track and the amateur racers will race the Am DH track.

If athletes have not started Stage 4 by 3:00 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 4 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 available at the bottom of Stage 5 and will be texted to athletes based on the phone number provided during BikeReg registration. Preliminary results will be posted throughout the day electronically and updated periodically. Final results will be posted as all riders in an age group or categories have finished.

Riders will have until 4:00 p.m. to protest final results for the 7:45 p.m. awards ceremony. If an age group's final results have not been posted by 4:00 p.m., that age group's awards ceremony will be moved to Sunday evening's awards ceremony and a protest period will be communicated to riders in those affected age groups or categories.

Practice times are:

- Tuesday 8:00 a.m. – 9:45 a.m. Stage 2
- Tuesday 10:00 a.m. – 12:00 p.m. Stage 4
- Tuesday 12:45 p.m. – 1:45 p.m. Stage 1 Amateur Only
- Tuesday 1:00 p.m. – 3:00 p.m. Stage 5
- Tuesday 2:00 p.m. – 3:00 p.m. Stage 1 Pro Only



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- Wednesday 8:00 a.m. – 9:45 a.m. Stage 3
- Wednesday 10:00 a.m. – 12:00 p.m. Stage 4
- Wednesday 1:30 p.m. – 2:15 p.m. Stage 1 Pro Only
- Wednesday 2:00 p.m. – 3:00 p.m. Stage 5
- Wednesday 2:30 p.m. – 3:15 p.m. Stage 1 Amateur Only
- Thursday 8:00 a.m. – 9:45 a.m. Stage 2
- Thursday 10:00 a.m. – 12:00 p.m. Stage 4
- Thursday 12:00 p.m. – 1:00 p.m. Stage 1 Pro Only
- Thursday 12:00 p.m. – 1:00 p.m. Stage 5
- Thursday 5:30 p.m. – 6:45 p.m. Stage 1 Amateur Only
- Friday 8:00 a.m. – 9:45 a.m. Stage 3
- Friday 10:15 a.m. – 11:45 a.m. Stage 1 Pro Only
- Friday 2:00 p.m. – 3:30 p.m. Stage 4
- Friday 4:30 p.m. – 5:45 p.m. Stage 5
- Friday 4:30 p.m. – 6:00 p.m. Stage 1 Amateur Only

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. 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 Five after the finish. If you forget, please return the transponder to registration. Any athletes failing to return their transponder will be charged \$150 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 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.



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Each athlete must use the same frame for all five stages. Any infractions will result in disqualification (DQ). Riders are allowed to support other riders through mechanical assistance in the interest of sportsmanship.

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 all stages. 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 arrived to Stage 4 by 3:00 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 4 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, at Snoasis (bottom of Stage 2, Stage 5 transfer), and top of Stage 4/Stage 5 transfer climb.

Permanent bathrooms will be available at the top of the mountain at Sunspot Lodge, at the bottom of Stage 1 at Snoasis and at the Olympia Alice's Restaurant. Portable toilets will be available at the top of the Olympia, and top of Stage 4.

### Stage Descriptions and [Course Maps](#)

**Pre-Race "Transfer": Ride Gondola to top of mountain where Stage 1 begins.**

#### **Stage 1 Pro: Trestle Downhill/Witness 1.31 miles**

Trestle Downhill is the bike park's most challenging technical trail. It features several rock gardens, natural and man-made drops, and steep rutted segments. Racers then merge onto Witness, a tight black diamond technical trail with steep switchbacks, a rock garden, gap jump, and high-speed finish.

#### **Stage 1 Amateur: Boulevard/Trestle Downhill/Witness ~2.2 miles**

Upper Boulevard is a fast, black diamond trail that mixes some technical riding with large dirt tabletop jumps. Middle Boulevard is a bermed technical trail with high speed segments, and



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one flat pedal zone about halfway down the course. Racers will again merge onto Trestle Downhill "Tater Patch" segment which is a technically demanding segment of trail featuring man made and natural drops, with rocky and rooty sections. Racers then merge onto Witness, a tight black diamond technical trail with steep switchbacks, a rock garden, gap jump, and high-speed finish.

### **Transfer Directions to Stage 2:**

Ride Explorer Lift, follow yellow signs to Shy Ann Bike Trail access to Summer road, continue to follow yellow signs down Summer road to top of Double Jeopardy Trail/Race Start.  
(Approximately 0.5 miles)

### **Stage 2: Double Jeopardy/Dirty Dozen 1.65 miles**

Double Jeopardy is a fast-paced blue/black diamond technical trail that features one technically demanding rock garden at its halfway point. Double Jeopardy will then merge with a short section of Shy Ann, a blue square flow trail that will include a flat ground pedal across 5 points to the start of Dirty Dozen. Dirty Dozen is a fast, technically demanding black diamond technical trail that features rock gardens, natural rock doubles, drops, and gaps.

### **Transfer Directions to Stage 3:**

At the bottom of Dirty Dozen, load the Olympia lift for an 11 min ride. At the top of the Olympia lift follow yellow signs to ride "Diane" bike trail and continue to follow signage onto lower roof of the Rockies to Happy Camper/Race Start. (Approximately 0.6 miles)

### **Stage 3: Happy Camper/Happier Camper/Field Trip 2.49 miles**

Happy Camper, Happier Camper, and Field Trip are fast paced blue, and blue/black freeride trails respectively. They feature small to large dirt tables, tight switchbacks and optional large gap features with some off-camber landings. Happier Camper merges onto a new trail this year called "Field Trip" which is a hybrid trail featuring freeride features interlaced with hand built technical segments throughout. This entire stage is a very fast paced race on freeride trails built for riders with intermediate to advanced jumping skills. **AVERAGE RACE PACE ON THESE TRAILS WILL BE FASTER THAN NATURAL TRAIL SPEED.** Riders should use control at race pace and look to "scrub," or absorb air-time over trail features.



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### **Transfer to Stage 4:**

From Little Vasquez Road at the bottom of Stage 3, pedal uphill on Little Vasquez Road, past the Olympia lift and aid station, continue on road following yellow signs to turn left onto Lower Arapahoe XC trail. Continue on Lower Arapahoe to the Eye to Eye trailhead. Follow yellow signs and begin to ride Eye to Eye trail. Cross Tunnel Hill Road (passing aid station) and resume Eye to Eye trail by following yellow signs to Stage 4 Race Start/Lower Eye to Eye. (Approximately 2.25 miles)

### **Stage 4: Eye2Eye/Ice Hill 1.15 miles**

Eye to Eye is a technical downhill trail with a cross country designation with a skinnier, looser and more natural trail-feel than any other stage. It features tight switchbacks, random rocks, and brief areas of slight uphill grade. At the bottom of Eye to Eye, racers will turn left for a brief section of Ice Hill trail, which will be fast with roots and rocks.

### **Transfer to Stage 5:**

At the end of Ice Hill Trail, turn left onto Arapaho Road and beginning pedaling uphill following yellow signs staying on the dirt road. Continue to follow yellow signs that will turn riders onto Tunnel Hill Road. Stay on Tunnel Hill road for a steep climb, the top of which will pass by the top of Stage 5, and the aid station there. Continue downhill on Tunnel Hill Road. Racers will encounter XC race marshals who may need to moderate Enduro riders crossing the XC race venue. Upon re-entering the main resort area, racers will follow yellow signs to turn right and pedal uphill on the summer road to the top of the Arrow Lift and the beginning of Stage 5. (Approximately 4.7 miles)

### **Stage 5: Middle Boulevard Bear Arms, 0.56 miles**

Middle Boulevard winds through three short forested sections of black diamond technical riding consisting of many roots and rocks, before an open fast and technical straightaway. Bear Arms is a short but technical black diamond trail. It will feature fast racing through tight trees with several rock gardens.

Riders will then ride Lower Boulevard to Boot Camp or BeeAllUCanBe to return to the base area.