

*14<sup>TH</sup> ANNUAL*

*COOK-SANDERS ASSOCIATES, INC. PROFESSIONAL  
ENGINEERS & SURVEYORS*

*WOLVERINE RIDGE XC  
MOUNTAIN BIKE RACE  
INTERMOUNTAIN CUP FINALS*

*AUGUST 4TH, 2007  
EVANSTON, WY*



**Battle the Beast!**

*DOUBLE POINTS RACE*

# RACE BIBLE

## RACE START

The race starts on North Slope Road of the Uinta Mountains within the Wasatch-Cache National Forest, just 25 minutes south of Evanston on the Mirror Lake Scenic Byway. The start of the race can be found by turning east on North Slope Road, just off the byway, several hundred yards south of Bear River Lodge.

## RACE SCHEDULE

7:30-10 am Registration and packet pick-up at Bear River Lodge, 30 miles south of Evanston.  
8:45 am 9 & Under, 10-12 racer meeting.  
9:00 am Race start for 10-12.  
9:02 am Race start for 9 & Under.  
10:45 am Racer meeting and staging.  
11:00 am Cross Country race start.  
4:30 pm Awards ceremony at the tent in Downtown Evanston. Presented by Bootworks, Porter's TNT Fireworks, Domino's Pizza, Western Wyoming Beverages, and Grouchy Mark Productions.

## RACE START TIMES

**10 - 12** will start an approximate 4-mile lap at 9:00 a.m. **9 & Under**, will race 3 laps on the bench at the race start/finish at 9:02 a.m. Awards will be presented at the start/finish at approximately 10:00 a.m.

**All other racers** will start their lap(s) beginning at 11:00 a.m. Race promoter reserves the right to combine categories as necessary. The order and time of start is as follows:

<u>CATEGORY</u>	<u>START TIME</u>	<u>LAPS</u>	<u>DISTANCE/APPROX. TIME IN HOURS</u>
10 - 12	9:00 a.m.	1 Lap	4 Miles .5 - 1
9 & Under	9:02 a.m.	3 Laps on the bench	< 1 Mile .5
Pro Men	11:00 a.m.	2 BL	28 Miles 2 - 2.25
Expert Men 19-29	11:01 a.m.	2 BL	28 Miles 2 - 2.5
Expert Men 30-39	11:02 a.m.	2 BL	28 Miles 2.25 - 2.75
Expert Men 40+	11:03 a.m.	2 BL	28 Miles 2.25 - 2.5
Pro Women	11:04 a.m.	2 BL	28 Miles 2.5 - 3
Single Speed	11:06 a.m.	1 BL + 1 SL	21 Miles 2 - 3
Sport Men 19-29	11:07 a.m.	1 BL + 1 SL	21 Miles 1.75 - 2.75
Sport Men 30-34	11:08 a.m.	1 BL + 1 SL	21 Miles 2 - 2.75
Sport Men 35-39	11:09 a.m.	1 BL + 1 SL	21 Miles 2 - 2.75
Sport Men 40+	11:10 a.m.	1 BL + 1 SL	21 Miles "
Sport/Exp. Men 16-18	11:11 a.m.	1 BL + 1 SL	21 Miles 2 - 2.5
Sport/Exp Men 13-15	11:12 a.m.	1 BL + 1 SL	21 Miles 2 - 2.75
Expert Women	11:13 a.m.	1 BL + 1 SL	21 Miles 2 - 2.5
Men 50+	11:14 a.m.	1 BL + 1 SL	21 Miles 2 - 2.5
Clydesdale	11:15 a.m.	1 BL + 1 SL	21 Miles 2.25 - 3.25

<i>Sport Women</i>	<i>11:16 a.m.</i>	<i>1 BL + 1 SL</i>	<i>21 Miles</i>	<i>2.25 - 3.75</i>
<i>Beginner Men 19-29</i>	<i>11:18 a.m.</i>	<i>1 BL</i>	<i>14 Miles</i>	<i>1.75 - 2.5</i>
<i>Beginner Men 30-39</i>	<i>11:19 a.m.</i>	<i>1 BL</i>	<i>14 Miles</i>	<i>1.75 - 3</i>
<i>Beginner Men 16-18</i>	<i>11:20 a.m.</i>	<i>1 BL</i>	<i>14 Miles</i>	<i>2 - 2.5</i>
<i>Beginner Men 40+</i>	<i>11:21 a.m.</i>	<i>1 BL</i>	<i>14 Miles</i>	<i>“</i>
<i>Men 57+</i>	<i>11:22 a.m.</i>	<i>1 BL</i>	<i>14 Miles</i>	<i>“</i>
<i>Beginner Men 13-15</i>	<i>11:23 a.m.</i>	<i>1 BL</i>	<i>14 Miles</i>	<i>2 - 3.25</i>
<i>Beginner Women</i>	<i>11:24 a.m.</i>	<i>1 BL</i>	<i>14 Miles</i>	<i>2 - 2.5</i>
<i>Women 35+</i>	<i>11:25 a.m.</i>	<i>1 BL</i>	<i>14 Miles</i>	<i>2.25 - 3</i>

***Mileage is approximate.***

***BL - Big Lap***

***SL - Small Lap***

***RACE DISTANCE INCLUDES THE DISTANCE FROM THE START/FINISH LINE TO THE START OF A LAP, THE DISTANCE OF THE LAP, AND THE DISTANCE BACK TO THE START/FINISH LINE.***

*The race begins by crossing a flat before dropping steeply to the East Fork of the Bear River and a wooden plank bridge. Be very careful riding down the dugway to the bridge across the Bear River. There will be hay bales lining the bottom of the dugway. THIS IS A NARROW TRAIL AND BRIDGE.*



*After a sharp climb, the two-track heads for the forest on a spur of the Lily Lake Cross Country Ski Trail - the East Fork Bear River Trail. All racers will come to the Sage Draw intersection. Everyone will stay to the right riding up Sage Draw. Be careful as you ride the Draw. There are some large boulders and loose rocks. As you ride to the top of the Draw, YOU WILL PASS THROUGH AN OPENING IN A POLE FENCE. PAY ATTENTION TO THE SIGNS.*

*Racers will ride the back side of the Wolverine ATV Trail. There are several steep sections with loose rock and a narrow trail. Please exercise caution. After approximately 4 miles, the trail exits onto a gravel road. The transition from the trail to the road is narrow. Please be careful! A Uinta County Fire Protection District ambulance crew will be stationed at this location. Racers will turn left at the gravel road riding approximately ½ mile to the start of the Wolverine ATV Trailhead. RACERS NEED TO BE AWARE OF THE POSSIBILITY OF ATV'S OR OTHER VEHICLES ON THIS GRAVEL ROAD.*

*At the start of the Wolverine ATV Trailhead, racers will ride sharply uphill to a commanding view of the North Slope. Here, the trail is a gradual uphill climb, passing through the forest, across a wooden plank bridge, and through the East Fork fire burned area. The trail descends steeply at several locations. The trail is loose and rocky and is marked with warning signs. As the trail approaches Lily Lake, racers will maneuver through a difficult cobblerock downhill, approximately 100 yards long. BE ABSOLUTELY CAREFUL.*



*After the cobblerock, racers will pass a weather station on their way to Lily Lake. The trail intersects with the Lily Lake jeep road at Deadman's Trail. All racers turn right at Deadman's Trail traveling uphill to the top of Deadman's Pass. At the top of the Pass, the trail descends steeply through pine trees to a meadow at the base of the Pass. THE DESCENT IS STEEP WITH A DROP-OFF ON THE RIGHT SIDE OF THE TRAIL. THERE IS SOME*

**LOOSE SOIL AND ROCK. RACERS ARE WARNED TO EXERCISE EXTREME CAUTION. WATCH FOR THE SKULL WHICH MARKS DEADMAN'S PASS.**

*At the bottom of the Pass, all racers follow a two-track through an open meadow back to the East Fork Bear River Trail. Racers will turn left at the Sage Draw intersection riding back up Sage Draw to complete another lap OR to go to the finish.*

- **Beginner Men & Women, Women 35+, and Men 57+** turn right at the Bear Claw Trail intersection, following the trail to the finish. **BEGINNERS RACE ONE BIG LAP.**
- **Single Speed, Sport Men & Women, Sport/Expert Men 13-15 and 16-18, Expert Women, Men 50+, and Clydesdale** ride to the top of the Draw again passing through the opening in the pole fence. Turn left following the Lily Lake jeep road approximately 1 mile to the intersection with Deadman's Trail. Turn left at Deadman's Trail for a second trip to the top of Deadman's Pass, down the Pass, through the meadow to Sage Draw, left at Sage Draw to the Bear Claw Trail intersection, turning right following the trail to the finish. **THIS GROUP RACES ONE BIG LAP AND ONE SMALL LAP.**
- **Pro Men, Expert Men, and Pro Women** ride to the top of the Draw again passing through the opening in the pole fence. Ride straight ahead for a second trip along the Wolverine Ridge ATV Trail. After riding down Deadman's Pass, racers will ride through the meadow to Sage Draw, left at Sage Draw to the Bear Claw Trail intersection, turning right following the trail to the finish. **THIS GROUP RACES TWO BIG LAPS.**

*The trail to the finish passes through open forest intersecting with the East Fork Bear River Trail. Turn left at this intersection riding back across the plank bridge, up the dugway, to the top of the ridge and back to the start/finish. The finish and start line are located at the same area.*

**Racers are cautioned to keep a watchful eye for wildlife. You may encounter moose, deer, bobcat, bear, etc. Please exercise caution around any wild animal.**

**You may be lucky enough to see an elusive, legendary wolverine! Like other wild animals, wolverines are not pets. DO NOT STOP TO HUG, CARESS, OR FEED A WOLVERINE. THEY CAN ATTACK WITHOUT WARNING APPROACHING DARTING SPEEDS OF 20-30 MPH.**

### **COURSE ELEVATIONS**

*Elevation at the start/finish line is 8,300 feet. Elevation at the trail intersection to Deadman's Pass is 9,086 feet. Elevation at the Wolverine Trailhead is 9,371 feet.*

### **REGISTRATION/PARKING**

*At Saturday a.m. registration at Bear River Lodge, there is only limited vehicle parking in the parking lot. After you register, please move your vehicle to the North Slope Road parking lot at the start/finish. **YOU MAY NOT LEAVE YOUR VEHICLE PARKED ALONG THE MIRROR LAKE SCENIC BYWAY.** There will be volunteers to assist with traffic control and parking needs. Please be patient and help us promote a safe race!*

### **COURSE MARKING/VOLUNTEER ASSISTANCE**

The race course will be marked with CAUTION & DANGER SIGNS, yellow caution tape, red arrows, pink, yellow, and orange flags, and colored survey tape. **PAY CAREFUL ATTENTION TO ALL SIGNS AS THEY ALERT YOU TO COURSE HAZARDS AND COURSE INFORMATION.**

## **DO NOT ASK VOLUNTEERS FOR COURSE DIRECTIONS. YOU ARE RESPONSIBLE FOR KNOWING WHICH WAY TO GO.**

*Every effort is being made to keep non-race ATV and vehicle traffic off the race course. However, there is a possibility that a non-race vehicle may be on the course. Be alert! Pay attention! Ride carefully! Watch for non-race traffic!*

*The race course will be patrolled by volunteers on ATV's and motorcycles. Please be alert for these volunteers. If you are in need of assistance, let one of these volunteers know.*

### **MEDICAL SUPPORT**

*A Uinta County Fire Protection District Ambulance crew will be located at the race start/finish and on the Wolverine ATV Trailhead side where the trail intersects with the gravel road. Other volunteers will have first aid kits and radios. If you are in need of medical attention, please let a volunteer know.*

### **RESTROOMS/WATER/FEED ZONE/WATER BOTTLES**

*There will be port-a-potties located at the start/finish. Water, Gatorade and fruit will be available at the start/finish. Water and Gatorade will be available at the feed zone at the top of Sage Draw after the opening in the fence. **Souvenir water bottles will be available at the start/finish and at the feed zone at the top of Sage Draw. If you want water to douse on your head or body, please take a cup of water from a feed zone volunteer.***

### **TRAFFIC**

*There may be some non-race vehicles or ATV's on the race course. If you encounter a vehicle or ATV, give right-of-way to the vehicle or ATV. Please be careful!*

### **RULES**

*Rules as posted at [intermountaincup.com](http://intermountaincup.com). ANSI/SNELL approved helmets are required. Helmets must be worn at all times when you are on your bike.*

### **RACE RESULTS**

*Final results will be available at the Awards Ceremony at approximately 4:30 p.m. Please do not ask race officials about your time while the race is ongoing. **GO TO THE RESULTS BOARD.***

## ***SPECTATOR VIEWING***

*Non-race vehicles are not allowed on the course. The best location for spectators is at the top of the dugway, across the river on the bench area, or at the start/finish. These areas are only accessible by walking.*

## ***AWARDS CEREMONY***

***BEST AWARDS CEREMONY ON ANY PLANET!*** Awards ceremony at the tent in Downtown Evanston. Presented by Bootworks, Porter's TNT Fireworks, Domino's Pizza, Western Wyoming Beverages, and Grouchy Mark Productions. Free Pepsi, brew and pizza starting at 4:30 p.m. Domino's will be delivering pizza in several waves. ***PLEASE DRINK RESPONSIBLY.***

***13th Annual Best Legs Contest. Show off your legs - \$150 to be distributed. \$50 best legs men 30 and under; \$50 best legs men over 30; \$50 best legs women.***

## ***CASH PURSE/AWARDS/RAFFLE***

*Cash payback for Pro Men and Pro Women, as listed on page 7 in the Intermountain Cup Handbook. For others, cold hard cash \$25 - 1st, \$20 - 2nd, \$15 - 3rd. An official race visor for 1st place. A pint glass and custom ribbon for 1<sup>st</sup> place. Custom ribbons for 2<sup>nd</sup> - 6<sup>th</sup> places. Raffle prizes donated by Bootworks, Porter's TNT Fireworks, Road ID and other Evanston businesses.*

***DON'T FORGET TO TURN IN YOUR RAFFLE TICKET  
FOR GREAT RAFFLE PRIZES!!!***

***PROMOTED BY THE EVANSTON, WYOMING CYCLING CLUB AND THE  
CITY OF EVANSTON, WYOMING.***

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