

15TH ANNUAL
COOK-SANDERS ASSOCIATES, INC.
PROFESSIONAL ENGINEERS & SURVEYORS

WOLVERINE RIDGE XC
MOUNTAIN BIKE RACE
INTERMOUNTAIN CUP FINALS

AUGUST 9TH, 2008

EVANSTON, WY



Battle the Beast!

DOUBLE POINTS RACE

RACE BIBLE

REGISTRATION

PLEASE KNOW THAT THE LOCATION OF REGISTRATION HAS CHANGED. REGISTER AT THE FOREST SERVICE ATV TRAILER LOCATED ON THE NORTH SIDE OF NORTH SLOPE ROAD.

RACE START

The race starts at the trailhead on North Slope Road in the Uinta Mountains within the Uinta-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 a.m. Registration and packet pick-up at the Forest Service ATV trailer located on the north side of North Slope Road, 30 miles south of Evanston.
- 8:45 a.m. 9 & Under, 10-12 racer meeting.
- 9:00 a.m. Race start for 10-12.
- 9:02 a.m. Race start for 9 & Under.
- 10:45 a.m. Racer meeting and staging.
- 11:00 a.m. Cross Country race start.
- 4:30 p.m. World famous awards ceremony at the tent in Downtown Evanston. Presented by Grouchy Mark Productions, Bootworks, Porters/TNT Fireworks, Domino's Pizza, and Western Wyoming Beverages.

RACE START TIMES

10 - 12 will race a 4-mile lap starting at 9:00 a.m. **9 & Under** will race 3 laps (1 mile) on the bench at the race start/finish starting 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
Sport Women	11:16 a.m.	1 BL + 1 SL	21 Miles	2.25 - 3.75
Beginner Men 19-29	11:18 a.m.	1 BL	14 Miles	1.75 - 2.5
Beginner Men 30-39	11:19 a.m.	1 BL	14 Miles	1.75 - 3
Beginner Men 16-18	11:20 a.m.	1 BL	14 Miles	2 - 2.5
Beginner Men 40+	11:21 a.m.	1 BL	14 Miles	"
Men 57+	11:22 a.m.	1 BL	14 Miles	"
Beginner Men 13-15	11:23 a.m.	1 BL	14 Miles	2 - 3.25
Beginner Women	11:24 a.m.	1 BL	14 Miles	2 - 2.5
Women 35+	11:25 a.m.	1 BL	14 Miles	2.25 - 3

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 cobble rock downhill, approximately 100 yards long. BE ABSOLUTELY CAREFUL.**

After the cobble rock, 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

On Saturday a.m., register at the Forest Service ATV trailer located on the north side of North Slope Road. Please park as directed by volunteers and signs. **YOU MAY NOT LEAVE YOUR VEHICLE PARKED ALONG NORTH SLOPE ROAD.** 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, brightly colored 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 feed zone at the top of Sage Draw. Please do not toss your water bottle into the forest. Please drop your discarded water bottle along the side of the trail. Race volunteers have to find and pick up all water bottles after the race. If you want to splash water 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. 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 Grouchy Mark Productions, Bootworks, Porters/TNT Fireworks, Domino's Pizza, and Western Wyoming Beverages. Free Pepsi, brew and pizza starting at 4:30 p.m. Domino's will be delivering pizza in several waves. **PLEASE DRINK RESPONSIBLY.**

15th 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 mug and race coaster for 1st through 3rd places. Custom race coasters for 4th through 6th places.** GREAT RAFFLE PRIZES donated by Bootworks, Porters/TNT Fireworks, and others.

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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