

# **BikeUtah** **Mid Week MTB Series**

Utah's community mountain bike race series

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## **2024 Mid Week XC Series Race #1 - Tuesday, May 14 Eagle Mountain**

### **WEATHER**

The spring weather in Utah can be unpredictable, make sure you bring whatever you need for rain or shine! (We've even been lucky enough to get the occasional snow).

### **VOLUNTEER**

We cannot run a race without our volunteers. Please encourage family and friends to sign up for a volunteer position [HERE](#).

### **REGISTRATION INFO**

[Race day registration](#) is available! Beginning at midnight on race day, the price goes up - sign up now or share the link with someone who would like to join us. It's also not too late to [purchase a season pass](#).

Race plates must be purchased with your first Mid Week race registration or season pass. You will use this race plate for any Mid Week XC or Mini Enduro race during the 2024 season. If at any point during the Mid Week MTB Series you misplace, lose, or otherwise forget to bring your assigned race plate, we'll happily provide you with a replacement plate for a \$15 fee.

### **PARKING**

Parking will be in the [Hidden Valley Parkway Trailhead Parking lot](#). Parking tends to fill up quickly - please carpool to this event. Overflow parking is along Hidden Valley Parkway, and if necessary, at Hidden Hollow Elementary School. Please **DO NOT PARK** on the residential streets inside of the neighborhoods or block any streets or driveways.



## **CHECK IN + RACE PLATE PICK UP**

Check-in is available from 4:00-6:00 pm. Bike Utah tents will be set up in the southwest corner of the parking lot (see map above). As this is the first race of the 2024 Mid Week season, everyone will need to pick up a race plate. PLEASE ARRIVE EARLY ENOUGH before your start time to pick up your race plate - the Bike Utah tents will be busy!

## **WARM-UPS + START TIMES**

Warm ups will be allowed on course until 5:15pm. **Please be courteous as you warm up. Stay off of neighborhood sidewalks and driveways. This is a busy area and we want to be good guests!** There are plenty of trails and roads in the area to use for your warm up other than the race course after 5:15!

You must be lined up and ready to race **5 MINUTES** before your posted start time.

5:30pm – Short Course Categories Start

- 5:30pm - Men Beginner (all age categories)
- 5:31pm - Women Beginner (all age categories)
- 5:32pm - Youth Beginner 12-
- 5:33pm - Short Course Open + Adaptive Cycle

6:00pm – Long Course Categories Wave 1 Start

- 6:00pm - Men Pro, Men Expert 19-
- 6:01pm - Men Expert 20–29, Men Expert 30-39
- 6:02pm - Men Expert 40+, Men Masters 50+
- 6:03pm - Single Speed
- 6:04pm - Women Expert/Pro

6:10pm – Long Course Categories Wave 2 Start

- 6:10pm - Men Sport 19-
- 6:11pm - Men Sport 20-29, Men Sport 30-39
- 6:12pm - Men Sport 40-49, Men Sport 50+
- 6:13pm - Women Sport 19-
- 6:14pm - Women Sport 20-29, Women Sport 30-39
- 6:15pm - Women Sport 40+, Women Masters 50+
- 6:16pm - Long Course Open, Adaptive Cycle

6:30pm – Free Kids Race Start

7:45pm – Post-Race Sponsor Swag Giveaway (approximate time)

## **FREE KIDS RACE**

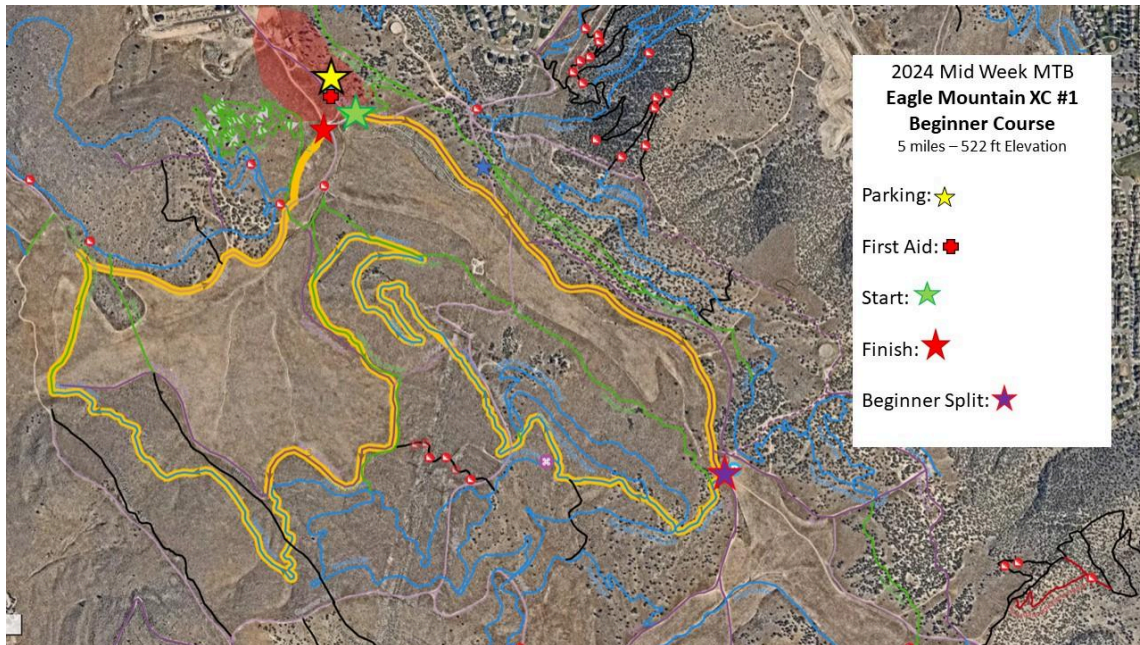
*THERE IS NO FREE KIDS RACE AT THIS VENUE.*

## **POST-RACE**

Stick around for our sponsor-donated swag giveaway post-race. We'll host this drawing at the Bike Utah tents after everyone has crossed the finish line. All racers and volunteers will get a free entry into this giveaway.

## **COURSE MAPS**

### **Youth/Beginner/Short Course**



This is a flowy 5 mile course with 522 ft of elevation gain. All Youth/Beginners/Short Course riders will complete 1 lap going clockwise. The course begins on a dirt road and climbs the road until the youth/beginner/short course categories split off from the main course just after the rock pile. There is a punchy and rocky climb shortly after the course split. Conquer this steep climb to the prayer flags and you are rewarded with a flowy downhill to rest and recover before jumping back on a dirt road for another climb! As you exit the dirt road back onto single track there is another punchy climb, but it is smooth and flowy. This single track section meanders up and down until you get back on the road for a fast finish!

Be aware that Eagle Mountain trails, while not super technical in nature, are full of tire-eating rocks! Come prepared with a fix kit and a spare tube!

### **KNOW YOUR COURSE!**

Parents of youth and young beginner racers - please communicate with your racer and inform them which category they are in and which course they are riding. Trail marshals and course markings/signs can only help if a racer knows where they are supposed to go in the first place!

### **YOU WILL ENCOUNTER OTHER RIDERS**

At some point in the race, all racers will be on course. With varying levels of skill and ability, you will pass another racer and you will be passed by another racer. PASS and YIELD when appropriate and with care. BE NICE.

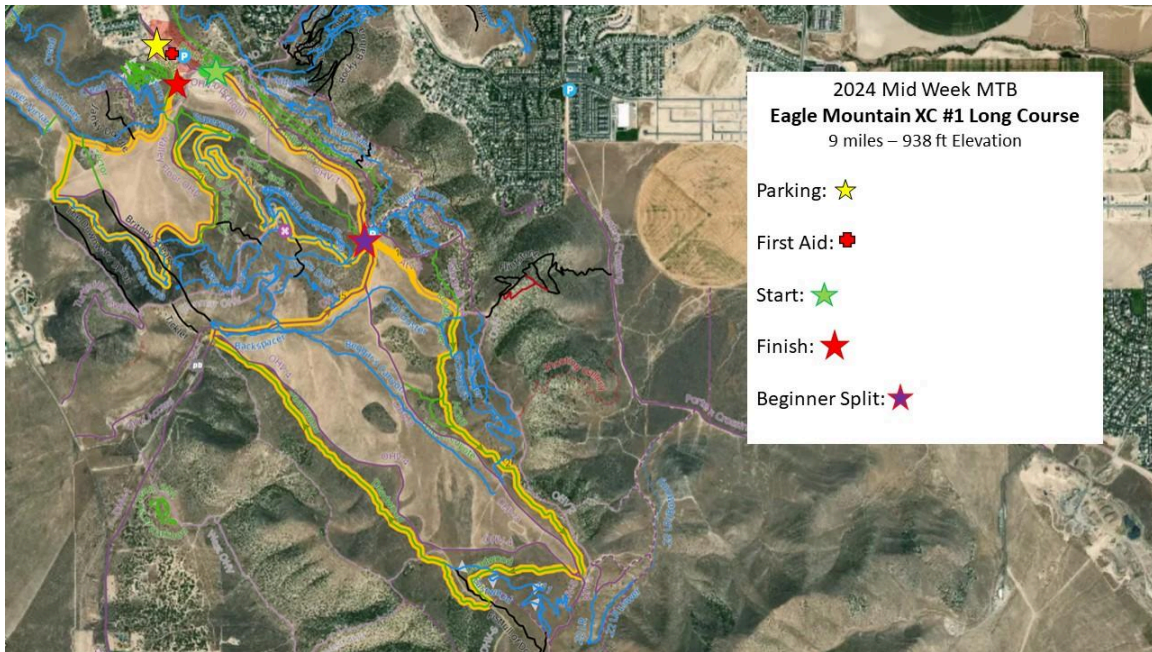
### **BE NICE**

Please know that all trails on our race courses are open to the public at all times. We give notice of our event, but we DO NOT close trails for our races. Keep your eyes up and watch out for hikers, other cyclists, and animals (domesticated or otherwise). Good trail etiquette applies at all times - especially during races! CYCLISTS YIELD TO EVERYONE. Be nice, and say hi to anyone you encounter. THANK A TRAIL MARSHAL as you go by them!



## **COURSE MAPS**

### **Sport/Expert/Pro/Masters/Single Speed/Long Course**



This is a flowy 9 mile course with 938 ft of elevation gain. The course begins on a dirt road and climbs the road until the youth/beginner/short course categories split off from the main course just after the rock pile. All other categories will continue on the road until it jumps on Roadrunner trail and will remain on flowy singletrack until it dumps you out on the road again for just a quick passing opportunity before the fun and fast Deadwood Downhill singletrack. You'll have another good passing opportunity at the bottom of Deadwood with another road climb. The course then merges back onto singletrack with a rocky climbing section. Conquer this steep climb to the prayer flags and you are rewarded with a flowy downhill to rest and recover before jumping back on a dirt road for another climb! As you exit the dirt road back onto singletrack there is another punchy climb, but it is fairly smooth and flowy. This singletrack section meanders up and down until you get back on the road for a fast finish!

Be aware that Eagle Mountain trails, while not super technical in nature, are full of tire-eating rocks! Come prepared with a fix kit and a spare tube!

### **KNOW YOUR COURSE!**

Parents of young sport racers - please communicate with your racer and inform them which category they are in and which course they are riding. Trail marshals and course markings/signs can only help if a racer knows where they are supposed to go in the first place!

### **YOU WILL ENCOUNTER OTHER RIDERS**

At some point in the race, all racers will be on course. With varying levels of skill and ability, you will pass another racer and you will be passed by another racer. PASS and YIELD when appropriate and with care. BE NICE.

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