

# Hammer Nutrition Missoula XC at Marshall Mountain

\*\*\* Mountain Bike Racing in Missoula, MT \*\*\*

Saturday June 22<sup>nd</sup> 2013

Race sanctioned by USA Cycling and MBRA

Held under USA Cycling Event Permit

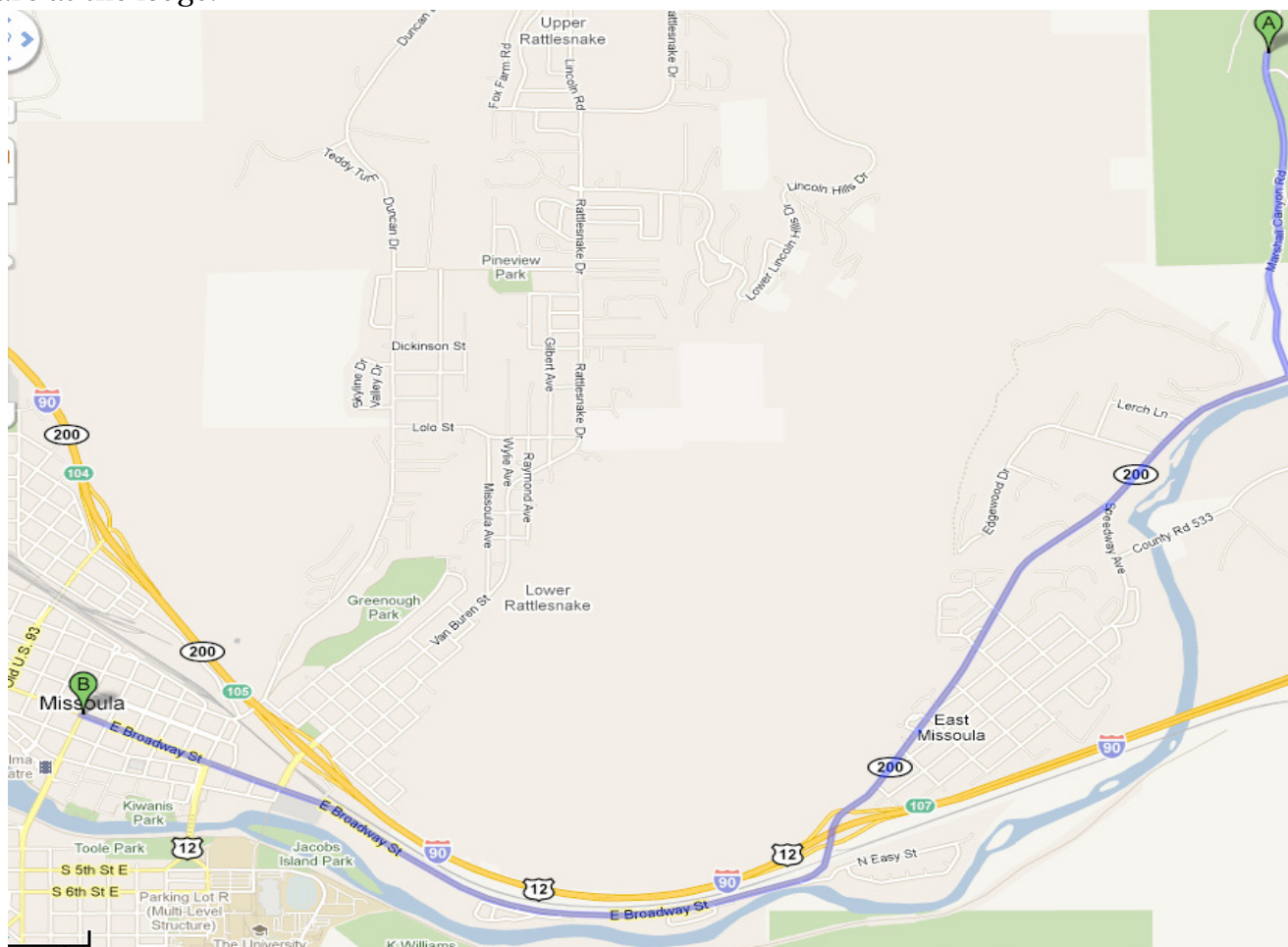


USAC Official:

Vicky Russell



**Directions:** Located at Marshall Mountain 7 miles from downtown Missoula. From the Van Buren I90 exit take East Broadway towards East Missoula. East Broadway is also called Highway 200. Follow East Broadway/Hwy 200 for roughly 3.6 miles. Turn left onto Marshall Canyon Road (There will be a Marshall Resort Sign). Take Marshall Canyon Road for 2.7 miles. Parking is in the lot before the gate or along the road. Race Headquarters and packet pick up are at the lodge.



**Registration:** \$30 for pre-registration, \$35 for raceday registration for all amateur categories, kid's race is free. \$50 for UCI Elite Men and Women. \$15 for pre-registration and \$20 for raceday registration for juniors, the kids' race is free. Visit [www.usacycling.org](http://www.usacycling.org) or [www.MissoulaXC.org](http://www.MissoulaXC.org) for online registration. Online registration closes Wednesday June 19<sup>th</sup> at

**QUESTIONS:** Contact Ben Horan, 312-502-5997, [bhoran@gmail.com](mailto:bhoran@gmail.com), [www.missoulaxc.org](http://www.missoulaxc.org)

11pm MDT. No registration required for the kid's race.

## **Event Schedule:**

### **Friday, June 21 - Summer Solstice Short Track**

|              |            |                               |
|--------------|------------|-------------------------------|
| 2:00-6:00 PM |            | Athlete Check-In              |
| 5:00 PM      |            | Elite Athlete/Manager Meeting |
| 6:30 PM      | 30 Minutes | Open Women                    |
| 7:15 PM      | 30 Minutes | Open Men                      |
| 8:00 PM      | 30 Minutes | Pro Women                     |
| 8:45 PM      | 30 Minutes | Pro Men                       |

### **Saturday, June 22 - Hammer Nutrition Missoula XC at Marshall Mountain**

|  |                |                               |
|--|----------------|-------------------------------|
| 7:00 AM - 30 Minutes prior to race start |                | Athlete Check-In/Registration |
| 7:00-7:45 AM                             |                | Course open for pre-ride      |
| 8:00 AM                                  | 2 Laps         | Men Cat 3                     |
|  | 2 Laps         | Women Cat 3                   |
|  | 2 Laps         | Juniors                       |
| 10:00 AM                                 | 3 Laps         | Men Cat 2                     |
|  | 3 Laps         | Men SS                        |
|  | 3 Laps         | Master B                      |
|  | 3 Laps         | Women Cat 1                   |
|  | 3 Laps         | Women Cat 2                   |
|  | 3 Laps         | Women SS                      |
| 12:00 PM                                 | 4 Laps         | Men Cat 1                     |
|  | 4 Laps         | Master A                      |
| 3:00 PM                                  | 75-90 Minutes  | UCI Elite Women               |
| 5:00 PM                                  | 1 Short Lap    | Kids' Race                    |
| 6:00 PM                                  | 90-105 Minutes | UCI Elite Men                 |

### **Sunday, June 23 - Hair of the Dog Super D**

|              |     |  |
|--------------|-----|--|
| 8:30 AM      |     | Athlete Check-In/Registration                                      |
| 8:30-9:45 AM |     | Course open for pre-ride   |
| 10:00 AM     | All | Preliminary seeding runs, within Category                          |
| 11:30 AM     | All | Super D, two minute intervals                                      |
| 1:00 PM      |     | Weekend award ceremony, King/Queen of the mountain, omnium scoring |

\*Racer meeting 10 minutes prior to each race at the start line

\*Podium Presentations 20 minutes after conclusion of each race (except Elite Women)

\*No pre-riding during races

\* The A-Line jump will only be open for the 12pm, 3pm, and 6pm races

## **Course Descriptions:**

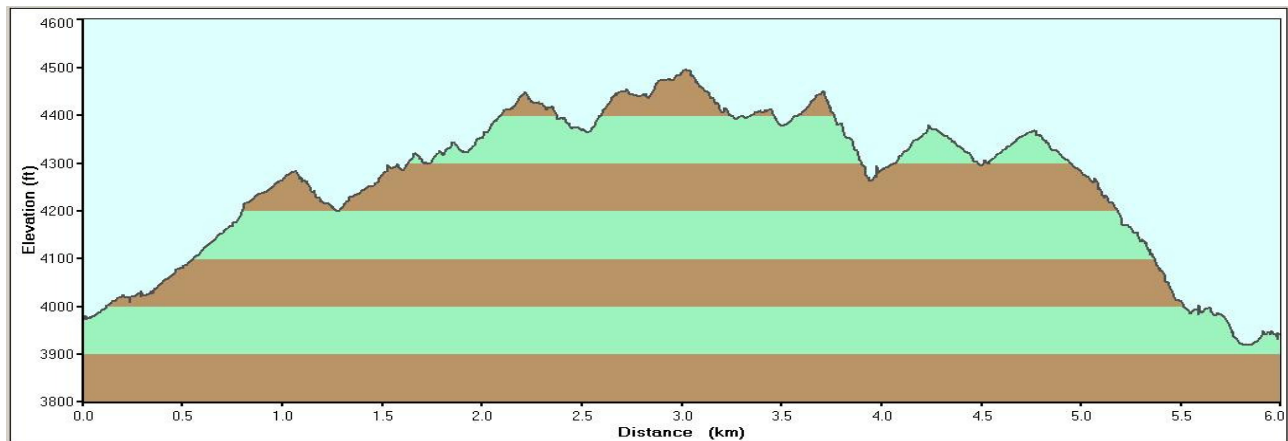
### **Summer Solstice Short Track XC:**

The Short Track XC course is located at Marshall Mountain on the lower "Local Glory" loop of the Cross Country Olympic course. The start/finish used for these races are the same.

## **Hammer Nutrition Missoula Cross Country Olympic:**

The Missoula XC racecourse is being designed and constructed specifically for this event, and will reflect the contemporary World Cup course template. Steep, technical climbs and descents will alternate between single track, double track, and infrequent dirt road sections. Frequent and sudden rhythm changes will challenge racers, but several sequences of fast and fun sections will be included as well. The course features over 850 feet (275 m) of relief per lap; while it is not at extremely high altitude, multiple long, steep climbs per lap will test racers' fitness limits. Course maps and elevation profiles can be found on the race website.

Lap length: ~4.4 km (~2.75 miles) +/-



## **Hair of the Dog Super D:**

The Hair of the Dog Super D course is located at Montana Snowbowl. The start is accessed by the Grizzly Chair lift, please allow for at least a 20 minute chair lift ride before your start time. The course is generally downhill, but is punctuated by brief climbs that will test the riders' fitness. Locals will recognise the course as following the Beargrass Highway trail.

Directions to Snowbowl:

From downtown Missoula, travel west on I-90 and exit at Reserve Street, exit 101. Travel north on Grant Creek Road for approximately 4 miles before turning left onto Snowbowl Road. Follow this road to its conclusion.

## **Prizes:**

### **Hammer Nutrition Missoula XC:**

All podiums presentations will happen 20 minutes after the completion of each race. Top 3 in each category will receive a Missoula XC trophy.

### **Amateur**

|             | 1st    | 2nd    | 3rd    | LAPS | Total |
|-------------|--------|--------|--------|------|-------|
| Junior Boy  | prizes | prizes | prizes | 2    |       |
| Junior Girl | prizes | prizes | prizes | 2    |       |

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|                                |        |        |        |   |         |
|--------------------------------|--------|--------|--------|---|---------|
| Women<br>Category<br>1         | \$250  | \$150  | \$100  | 3 | \$500   |
| Women<br>Category<br>2         | \$100  | \$60   | \$40   | 3 | \$200   |
| Men<br>Category<br>1           | \$250  | \$150  | \$100  | 4 | \$500   |
| Men SS                         | \$150  | \$100  | \$50   | 3 | \$300   |
| Men/<br>Women<br>Category<br>3 | prizes | prizes | prizes | 2 | prizes  |
| Master<br>Men 40+              | \$150  | \$100  | \$50   | 3 | \$300   |
| Master<br>Men 50+              | \$150  | \$100  | \$50   | 3 | \$300   |
| Men<br>Category<br>2           | \$100  | \$60   | \$40   | 3 | \$200   |
| Women<br>SS                    | \$75   | \$50   | \$25   | 3 | \$150   |
| Total                          |        |        |        |   | \$2,600 |

## Elite

| Place | Elite Men | Elite Women |
|-------|-----------|-------------|
| 1st   | \$863.30  | \$863.30    |
| 2nd   | \$688.05  | \$688.05    |
| 3rd   | \$519.28  | \$519.28    |
| 4th   | \$428.41  | \$259.64    |
| 5th   | \$344.02  | \$168.77    |
| 6th   | \$259.64  | \$129.82    |
| 7th   | \$214.20  | \$103.86    |

|       |            |            |
|-------|------------|------------|
| 8th   | \$168.77   | \$84.38    |
| 9th   | \$129.82   | \$71.40    |
| 10th  | \$84.38    | \$51.93    |
| 11th  | \$71.40    | \$0.00     |
| 12th  | \$71.40    | \$0.00     |
| 13th  | \$71.40    | \$0.00     |
| 14th  | \$71.40    | \$0.00     |
| 15th  | \$71.40    | \$0.00     |
| Total | \$4,056.88 | \$2,940.43 |

### **Omnium Scoring:**

Omnium points will be awarded for all three races according to the breakdown provided below. Lapped riders will be pulled from the short track XC, but places will be recorded and points awarded within categories.

[Omnium Points Breakdown Here](#)

**Lodging:** Host hotel is the Holiday Inn Parkside in downtown Missoula. 200 South Pattee Street Missoula, MT 59802, (406) 721-8550. Limited home stays are available, contact Ben Horan at BFHoran@gmail.com, or visit [www.MissoulaXC.org](http://www.MissoulaXC.org) for more information.

**Food:** There will be food vendors and beverages at the race venue throughout the weekend. Racers will receive a free meal with their entry.

**Race Website:** [www.missoulaxc.org](http://www.missoulaxc.org), updates, results, registration.

**Packet Pick-up:** Mandatory Packet Pick-up and check-in are available inside the Lodge at Marshall Mountain.

### **Short Track Cross Country:**

Friday, June 21st, 2-6pm.

### **Olympic Cross Country:**

Friday, June 21st, 2-6pm and all day Saturday.

### **Super D:**

Friday, June 21st, 2-6pm and all day Saturday at Marshall Mountain. Sunday, June 23rd, 8:30-9:30am at Snowbowl.

**NOTE check in closes 30 minutes prior to each race.**

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