



**2024 Mid Week XC Series  
Race #4 - Tuesday, June 25  
Butterfield Canyon Trails - Herriman**

**WEATHER**

The weather in Utah can be unpredictable, make sure you bring whatever you need for rain or shine! Please bring plenty of water.

**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 at the [Butterfield Canyon Trailhead](#). Parking tends to fill up quickly - please carpool to this event.

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

Check-in is available from 4:00-6:00 pm at the Bike Utah Tents in the parking area at the trailhead. If you raced at a previous Mid Week race this season, you will already have a race plate and do not need to check in at this race. Please proceed directly to the start line before your assigned start time.

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

Warm ups for all categories will be allowed on course until 5:15pm. **Please be courteous as you warm up. If you are warming up for a later category, please do so away from the start line and course.**

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**

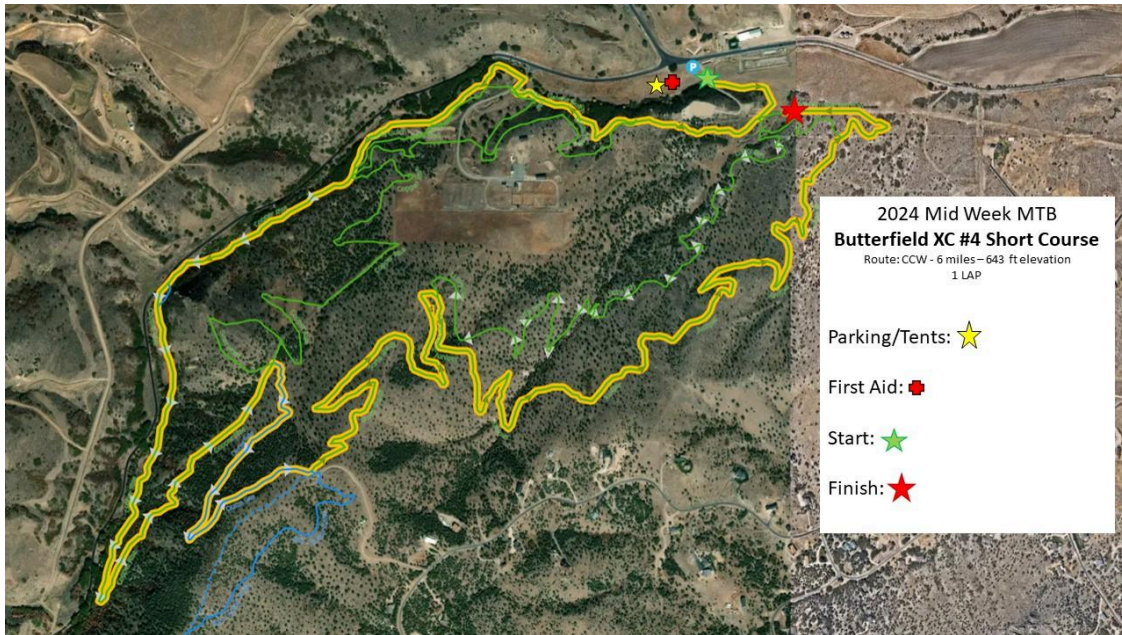
*THERE WILL BE NO FREE KIDS RACE AT THIS VENUE.*

## **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 (1 LAP)**



This is a 6 mile course with 643 ft of rolling elevation gain on a counterclockwise loop. All Youth/Beginner/Short Course participants will ride ONE LAP of the course. This follows the NICA course from last season and is a great race for new NICA riders to get a feel for a typical NICA course.

### **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**

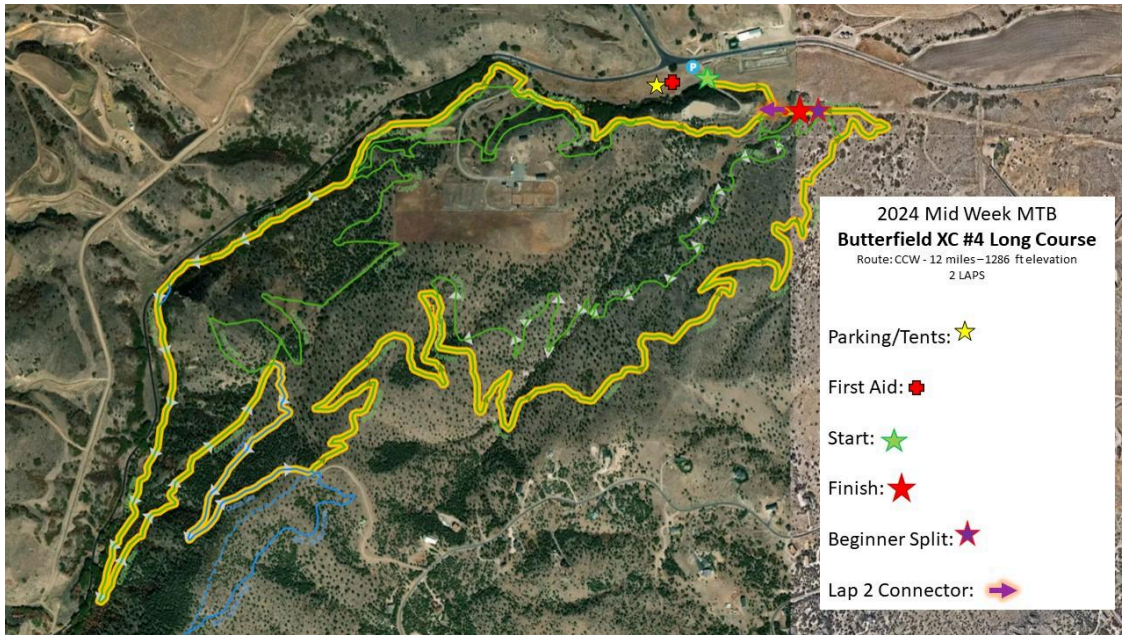
At some point in the race, all racers will be on course. With varying levels of skill and ability, you will pass another racer and you will be passed by another racer. PASS and YIELD when appropriate and with care. BE NICE.

### **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 \(2 LAPS\)](#)



This is a 2 LAP - 12 mile course with 1286 ft of elevation gain. All Sport+ riders will be racing TWO LAPS counterclockwise. You will pass the finish TWICE. If you stop after one lap you will receive a DNF. This follows the NICA course from last season and is a great race for new NICA riders to get a feel for a typical NICA course.

### 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!

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