

BikeUtah **Mid Week MTB Series**

Utah's community mountain bike race series

2024 Mid Week XC Series
Race #3 - Tuesday, June 11
Coyote Trails, UVU Wasatch Campus, Heber City

WEATHER

The weather in Utah can be unpredictable, make sure you bring whatever you need for rain or shine! These trails are west facing and get very warm when the sun is out. 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 in the [UVU-Heber Campus parking lot](#). 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. Bike Utah tents will be set up on the southeast side of the parking lot 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

The kids race will consist of a very short loop on the west side of the canal. This loop is appropriate for kids on strider bikes and those younger ones still new to mountain biking. It may be too short and simple for those that have been riding for longer. Kids will be allowed to complete as many laps as they wish before finishing. Prizes are available to all racers when they finish.

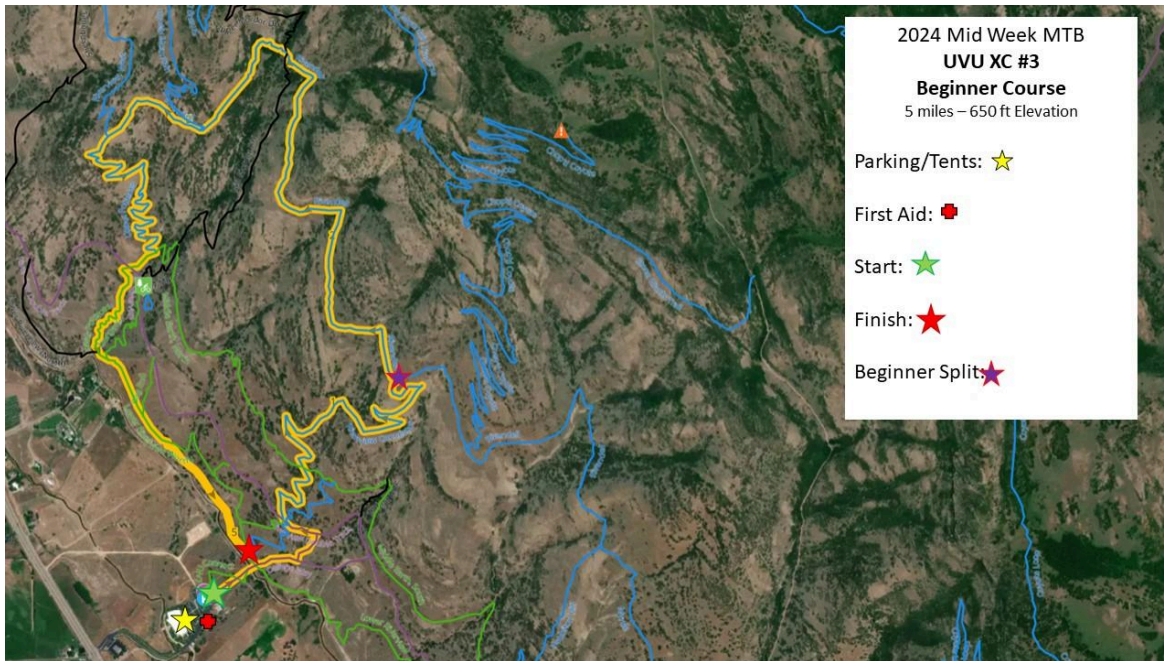
Free registration for this race begins at 5:30 pm at the Bike Utah tents. Parents must sign a race waiver, and racers will have the opportunity to decorate their own race plates. Helmets and closed toe shoes are mandatory.

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 5 mile course with 650 ft of elevation gain. All Youth/Beginners/Short Course riders will complete 1 lap going counter clockwise. Almost all of your elevation gain will be in the first 2 miles of the course. The climb is gradual, but consistent. Keep pushing through the climb and you are rewarded with a long downhill almost to the very end of the course! There are plenty of switchbacks and some small rocky sections, but nothing very technical. The most difficult part of this trail is the whole climb being right at the beginning! The course starts on a double track which quickly gets rocky as you cross the canal. There are still plenty of opportunities to get in position before beginning the single track climb up the Riverview Connector. At the top of this climb, all Youth/Beginners/Short Course riders will need to watch for the yellow signs and TURN LEFT onto Rivendell. If you turn right here, you will be going the wrong way. KNOW YOUR COURSE! You will traverse across Rivendell, turn left to stay on Upper Potatoes all the way down Lower Potatoes, where you will again turn left onto Lower Riverview. After riding along Lower Riverview you will peel off to the right (there will be a Trail Marshal) to ride a newer trail to the finish.

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

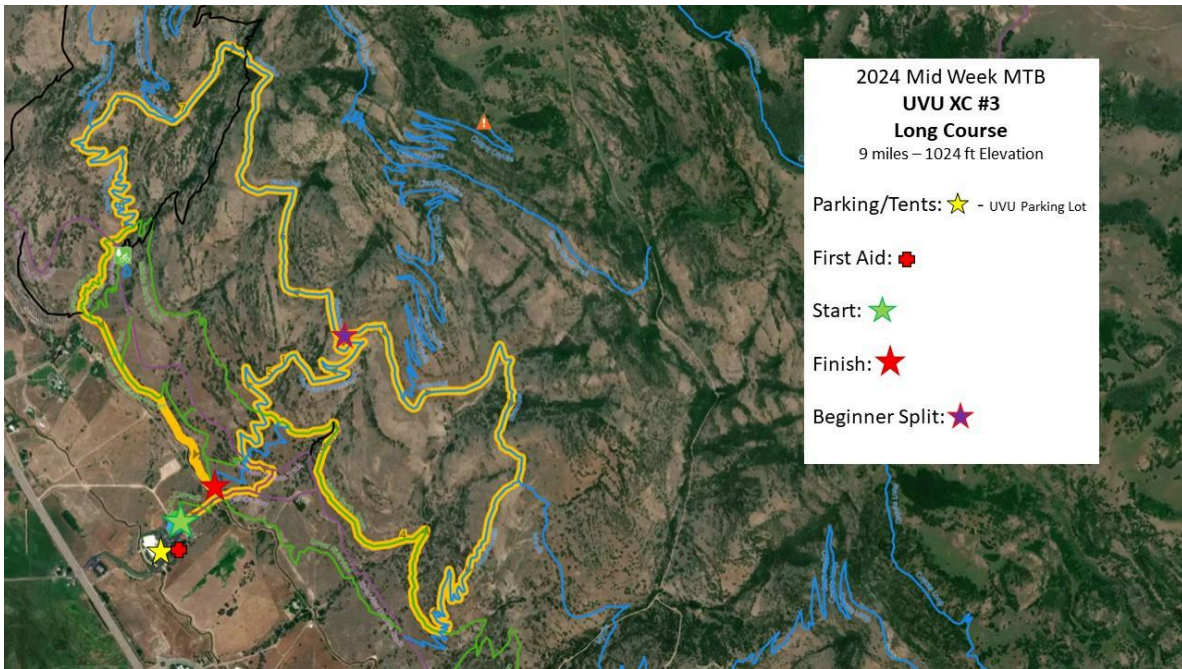
At some point in the race, all racers will be on course. With varying levels of skill and ability, you will pass another racer and you will be passed by another racer. PASS and YIELD when appropriate and with care. BE NICE.

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 12 mile course with 1063 ft of elevation gain. Look at the map carefully! This course is a figure eight. You will complete the southeast loop going **CLOCKWISE** and then ride back up through a portion of the initial climb to complete the northwest loop **COUNTER CLOCKWISE**. This means you will **TURN RIGHT** the first time you finish climbing up Riverview Connector, and then **TURN LEFT** the second time you finish the climb up Riverview Connector in order to complete the course. If you don't ride both loops in the correct order, you will be disqualified. **KNOW YOUR COURSE!** The course begins on double track which quickly turns rocky, but still with plenty of opportunity to get into position for the single track. You will climb up Riverview Connector, **TURN RIGHT** onto Rivendell and then turn right to come down Hobbiton Hill. Make another right (see a theme here?) to turn onto Middle Earth and ride back to Riverview Connector and turn right to climb back up to the top. At the top of Riverview Connector your second time around **TURN LEFT**. Traverse across Rivendell to Upper Potatoes where you will again turn left. Head all the way down both Upper and Lower Potatoes to turn left onto Lower Riverview. You will peel off of Lower Riverview to the right (there will be a Trail Marshal) to ride a newer trail to the finish.

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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