



## Summit Challenge 100 September 5, 2009

**WELCOME** to the Summit Challenge 100 and thank you for your support of the National Ability Center. We are looking forward to hosting a safe and fun ride through Park City, Summit and Wasatch Counties. Included in this packet is important information about the ride and the activities surrounding the Summit Challenge. The information is also available on our website at [SummitChallenge100.org](http://SummitChallenge100.org).

### *Registration information*

#### Check in

Friday, September 4, 4-6 pm at the National Ability Center  
Pick up your maps, rider number and swag bag

#### Saturday, September 5, 7-10 am

Pick up your maps, rider number and swag bag

#### Day Of event registration

#### Saturday, September 5, 6:30-10 am

Registration on the day of the event for the 100- mile ride is \$95, \$75 for the 50- mile ride and \$45 for the 15-mile ride

### *Ride Start Times*

100- mile ride: 7:30 a.m.

50- mile ride: 8:30 a.m.

15- mile ride: 10:00 a.m.

*All riders must be on the road by 10:15 a.m.*

### *Route Marking*

The 100- mile route will be marked with **BLUE** route arrows along the ground. There will be a route arrow before each turn, at the turn and a route arrow just past the turn. Additionally, at major turns and intersections, there will be a yellow barricade with an NAC logo and a turn arrow. You have made the correct turn if you see a yellow and blue NAC sign approximately 100 yards past your turn.

Each rider will also be given a small detailed route map to attach to their bike or place in their pocket.





## ***Amenities***

The Summit Challenge 100 is a fully supported ride with 6 rest stops along the way. Booster Juice will be providing breakfast smoothie before the ride and when you have completed your ride, Bandit's Grill and Bar will be serving up a delicious BBQ.

## **At the Start**

Booster Juice will provide breakfast smoothies.

## **Water Stop Locations**

Water stops – will have water, HEED energy drinks and various snacks

- Willow Creek Park (mile 7)
- Tuhaye Turn out (mile 20)
- Jordanelle Overlook (mile 35 & 64)
- Base of Brown's Canyon (mile 91)

## **Lunch Stops**

Lunch Stop – will have water, HEED energy drinks, snacks and lunch provided by Jason's Deli and Volker's Bakery

- LDS Church East Heber Stake Center (mile 47)
  - o Will be staffed from 10:00 a.m. – 1:00 p.m.
  - o If you reach this location after 1:00 p.m., water, HEED and restrooms will be available
- Larry Finan's Home (mile 72)
  - o Will be staffed from 10:00 a.m. – 2:00 p.m.
  - o If you reach this location after 2:00 p.m., water, HEED and restrooms will be available

## **Post – Ride BBQ**

The post-ride BBQ, provided by Bandit's Grill and Bar will be served from 12:00 p.m. – 6:00 p.m.

## **Sag Wagons**

There will be 6 sag wagons out on the course throughout the day. Sag Wagons will be marked with NAC signage.

If you need assistance, you can call the dispatch number **435.200.0983**. An operator will help to identify your location and will send a sag wagon to help you.

## **Medical Assistance**

There will be a medical tent at the start/finish area and at the mile 47 rest stop. In addition, there will be approximately 20 medics riding the route. Their rider numbers will be highlighted in red ink. If you or someone you are riding with needs immediate assistance and in an emergency, please call 911.





### Accommodations

Don't want to wake up early and drive from Salt Lake, Heber or even Kimball Junction in order to be at the starting line on time? Stay at the National Ability Center Lodge!

**\$65 per night, double occupancy**

To book your stay, call Larry Finan at 435.349.3991 ext. 610

### Entertainment

Entertainment will be provided from 3-5 p.m.

### Raffle

The raffle will be held at 5:00 p.m.

Raffle tickets will be sold at the Registration Booth and at the BBQ

Each rider will receive one free ticket in their swag bag

You will be able to purchase additional raffle tickets during the BBQ – 10 tickets for \$10.

Prizes include

- Trek Bike
- VO2 testing with Max Testa
- Bike Ride with Eric Heiden
- 6 week training sessions with Team 19 Sports
- Cycling Jerseys
- Bike Tune-ups
- Car Washes
- And many other great prizes

### Merchandise

Official Summit Challenge Water Bottles - \$5

Official Summit Challenge Cycling Jersey - \$65





## *Ride Rules and Etiquette*

1. All riders must obey the rules of the road – this includes all Traffic Signs and signals.
  - If in doubt what the laws are ... check the Utah Bicycle Coalition website for a link to local regulations at <http://www.utahbike.org/resources.html>.
  - Riders who are seen violating the rules will be fine \$25 per violation
2. All Riders MUST wear a cycling helmet
3. All Riders must display their rider number where it can be seen
4. NO earphones allowed on the ride.
5. Communicate with your fellow riders, using proper cycling terms, such as "*On your left*," "*Car back*," etc.
  - *Car back* ... move to single file on the right hand side of the road or shoulder. Give way to the car... they are bigger than you and they will win.
  - *On your left* ... allow the person coming up behind you to pass safely within the lane; not crossing over into the other lane. If necessary move to the right.
6. Stay to the right, except to pass. Pass on the left side only. Do not pass on the right.
7. Do not cross center line regardless of passing zone.
8. Use proper signals when turning. Make left turns from the center of the road or left turn lane. Cross railroad tracks at right angles.
9. Ride in control of your bike at all times (i.e. being able to stop within a reasonable distance.)
10. Ride defensively, in consideration of your fellow riders.
11. Don't use Aero bars in a group
12. Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
13. Do not overlap wheels. A slight direction change or gust of wind could easily cause you to touch wheels and fall.
14. Pedal down hill when you are at the front of the bunch. Cyclists dislike having to ride under brakes.
15. When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.

Also check [League of American Bicyclists website](#)

