



Summit Challenge 100 August 27, 2011

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 www.summitchallenge100.org.

REGISTRATION & CHECK-IN INFORMATION

CHECK-IN (Two Options):

Friday, August 26, 4pm - 8 pm at the National Ability Center
Pick up your maps, rider number and swag bag

Saturday, August 27, 7am – 10am at the National Ability Center
Pick up your maps, rider number and swag bag

REGISTRATION (If you did not pre register online):

Saturday, August 27, 6:30 – 10am at the National Ability Center

*** Please note: On Saturday morning, we will require all riders to sign in before they leave the NAC parking lot. Riders will also be required to check back in upon returning from their ride.

LOCATION: National Ability Center (1000 Ability Way, Park City, UT 84068)

RIDE START TIMES

- 100- mile ride: 7:30am
- 50- mile ride: 8:30am
- 15- mile ride: 10:00am

All riders must be on the road by 10:30am. Riders with a disability can start as early as they want regardless of their route length. Please contact our office for more information.





ROUTE MARKING

15 MILE ROUTE MARKING: The **15- mile route** will be marked with **YELLOW** route arrows. 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 barricade with an NAC logo and a turn arrow. You have made the correct turn if you see a route marker 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 which will include emergency contact information.

50 MILE ROUTE MARKING: The **50- mile route** will be marked with **YELLOW** route arrows. 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 barricade with an NAC logo and a turn arrow. You have made the correct turn if you see a route marker 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 which will include emergency contact information.

100 MILE ROUTE MARKING: The **100- mile route** will be marked with **BLUE** route arrows. 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 barricade with an NAC logo and a turn arrow. You have made the correct turn if you see a route marker 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 which will include emergency contact information.

AMENITIES

The Summit Challenge is a fully supported ride with 7 rest stops along the way. Whole Foods will be providing breakfast items before the ride and when you have completed your ride, we will have a BBQ available at the end!

At the Start

Whole Foods will provide breakfast items.

Water Stop Locations

Water stops – will have water and various snacks.

- Meadows Drive (mile 5)
- Trailside Park (mile 11)
- Tuhaye Turn out (mile 20)
- Trailside (mile TBD)
- Base of Brown's Canyon (mile 91)





Lunch Stops

Lunch Stop – will have drinks, snacks and lunch provided.

- NAC (15 Mile Riders)
 - o Will be staffed from 10:30am – 2:30 p.m.
 - o If you reach this location after 1:00 p.m., water and restrooms will be available

- Larry Finan's Home (50 Mile Riders – Around Mile 32)
 - 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 and restrooms will be available

- Wasatch State Park (100 Mile Riders – Around Mile 50)
 - 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 and restrooms will be available

Post – Ride BBQ

The post-ride BBQ, provided by TBD 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. This number along with other sag wagon phone numbers will be available on your small printed map you get at registration / check-in.

Medical Assistance

Your route cards will have contact information for our SAG wagons and medical help. 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 2pm – 5pm at the National Ability Center.

Door Prizes

There will be drawings for door prizes throughout the afternoon.

Opportunity drawing tickets will also be available.

Drawing will be sold at the Registration Area.

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.



Merchandise

Official Summit Challenge Water Bottles - \$5

Official Summit Challenge Cycling Jersey - \$55

Official Summit Challenge Performance Shirt - \$25

(Supplies and items are limited)

RIDE RULES & 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 must ride two abreast, 1 abreast on SR 32.
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](#)

