

# WVU MTB 'Pentathlon'

## September 13-14, 2008

USAC Permit 2008-2369

### Saturday @ WISP Ski Resort at Deep Creek Lake Maryland

#### **Short Track - Warmup**

The short track is located on top of the mountain and there will be signs posted to get to the top. Parking will be available there. Please park in the gravel ASCI lot, and do not drive anywhere on the slopes. Similar course as years past on top of the mountain. Expect some technical sections, jumps and open sections. 15 min for each class.

Men C/Women B	9:30 am
Men B/Women A	10:00 am
Men A	10:30am

#### **Super Double-D**

Best combined time from runs on 2 separate courses. Approximate fast lap time of around 2 min. One course from last year, the other is brand new. All riders need to report to the starting area at the top of the mountain at 12:15. The race will start promptly at 12:30 pm. The second run will start shortly after completion of the first using the same starting order. Order will be Men A, Men B, Women A, Men C and Women B.

Starting intervals will be 1 minute if there are less than 30 competitors and 30 seconds if there is more than 30.

Practice is available from 10am-12:15pm

Start time: first rider off at 12:30 pm

#### **Dual Slalom – Cool down**

Short course with jumps, bermed turns, and a starting gate. There will be a racers meeting at 3:00PM at the top of the course. Qualifying will start at 3pm and the race will start shortly after qualifiers. Course is located at the bottom of the DH course.

Start time: 3:00 pm

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### Sunday @ Big Bear Lake--Hazelton, WV

#### **TT – Warmup**

1.7 miles of trails perfect for those who don't like to go fast. A lovely single track blend of logs, roots, rock hops, rock gardens, drops, topped off with a dash climb. Expected fast lap time of 13min. Order will be Men A, Men B, Women A, Men C and Women B.

First Rider off at 10:00 am

## XC - Grand Finale

Course consists of short motocross start to spread things out a little and the rest is some of the finest trails in WV. Expect tight twisty singletrack, loose rocky downhills, a couple sustained climbs, and the rest is fast and rolling.

Start time: 12:00 am

Men A	25 mi
Men B/Women A	18 mi
Men C/Women B	11 mi

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### Fees:

DH: \$15 (includes lift access)

ST: \$10

DS: \$10

TT: \$10

XC: \$15

One day license fee for nonmembers: \$10

Registration will be available Saturday morning at the top of the mountain from 8-9:00 am. This is preferred time to make registration go as smoothly as possible and make sure every one gets registered for the events they want to participate in. **PLEASE REGISTER THEN!!** Registration will also be available before events: DH at the top of the mountain and DS by the rocks at the finish.

Racers wanting to participate in the A class **MUST** have a collegiate license.

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### Directions

To WISP:

From I-68 take exit 14 towards Oakland MD 219 South. Drive~16 miles to McHenry. At the Exxon station make a right turn onto Sang Run Road. Take a left onto Marsh hill road. Turn right into the Wisp. Registration will be in the far left of the parking lot by the tubing park.

Directions to short track: Do not turn into the Wisp parking lot. Go straight past the Wisp parking lot entrance, following the road for ~1mile and there will be a chairlift on the right. Take the right after the chairlift and follow the Blue ASCI signs to the short track parking. Parking is in the far right corner of the lot.

To Big Bear:

24 miles east of Morgantown, I-68 Exit #29. Turn south off of the exit ramp and stay straight on that road for three miles. Check in at gate at camplands, staging will be at the community building just inside Big Bear.

Note: Races are being held in the mountains. Be prepared for possible cold weather and snow, NCSU.

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**Accommodations:** There is also a new MicroTel off of exit 29.

Camping is also available at Big Bear Lake Campground for a fee in Hazleton off I-68 exit #29.

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[Email WVUCycling@gmail.com with questions/concerns](mailto:WVUCycling@gmail.com)

or call Ryan Post (304) 641-9281