

# West Mountain Road Race

June 4<sup>th</sup>, 2022

# Race Guide

*Presented by Zone Five Racing*

USA Cycling Permit: #2022-5109



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## Course Description

The loop around West Mountain is a mostly flat course that can make for some fast pacelines along with short kickers that are just hard enough to cause a break or wear down riders over the miles. But watch out if the wind is blowing as the mountain channels the wind onto the course. Strong headwinds/tailwinds are not uncommon. Each lap is 25.8 miles with less than 700 total feet of climbing with fields doing multiple laps. The start is flat but quickly has some down with turns, watch the corners, then a little kicker to warm things up and cool off on the down where the course merges with a 5.5 mile long straight. While the road is dead straight there is a constant slight grade, just enough to slow the pace noticeably. At the end of the straight is short kicker that will take the pace way down. Then another smaller kicker as you go through the gap into Genola and drop all the elevation gained since the start of the 5.5 mile straight. At the end of this down section is another kicker similar to the one at the end of the straight but a little shorter and with continued rollers before a nice recovery downhill. On the west side the road gets near the lake and gives open views to Lake Mountain and Utah Lake. A few rollers and some flat before a gradual uphill as you round the north point of the loop and back to the start. This is a fun course where any type of rider can pull off a win with the right strategy.

## **Covid-19 Requirements & Recommendations**

- Sign Covid waiver online through email from BikeReg.
- Each participant's temperature will be taken and recorded at check-in along with verifying ID and USAC license, per current requirements.
- If there is a line for check-in, maintain at least 6 feet from others.
- Volunteers will abide by all current State Health Department recommendations such as face coverings, gloves, and maintaining correct spacing at all times.
- There will be no pre or post-race meetings. A quick review of the rules, course and race distance will be done before each field starts.
- All participants are encouraged to maintain at least 6 feet from each other except during the race. Volunteers will remind participants of requirements.
- During arrival, warm-up (pre-race) and departure (post-race) participants are encouraged to spread out and maintain more than 6 feet spacing. Volunteers will observe and remind participants to keep correct distances and not gather in groups.

# Directions & Parking

## RACE HEADQUARTERS – Lincoln Beach

(4700 Lincoln Beach Rd, Spanish Fork, UT 84660)

7:00am – 2:30pm



- Option 1: Take I-15 to 400 S. Springville exit, Exit #260.
- Head west on SR-77 turning right at T with stop sign. Then follow it to SR-147 (next stop sign) and turn right. Follow road west to Lincoln Beach, see map.
- Option 2: Take I-15 to Spanish Fork Main exit, exit, Exit #257.
- Head south on Main to 400 North, turn right and stay on SR-147 until 4-way stop with SR-77. Head straight on road west to Lincoln Beach, see map.

# Race Flyer and Schedules

## June 4<sup>th</sup>, 2022 W. Mountain Road Race Fields and Start Times

Start Time	Category	Prizes	Podium Places*	Course Length/Laps	Field Limit	Advance Registration**	Day of Registration
9:00am	Men 1-3, Collegiate A	Yes	3 – 5	75, 3 laps	50	\$45	\$50
9:02am	Women 1-4, Collegiate A	Yes	3 – 5	75, 3 laps	25	\$45	\$50
9:05am	Men 3-4, Collegiate B	Yes	3 – 5	75, 3 laps	50	\$45	\$50
9:10am	Men 40A 1-4	Yes	3 – 5	75, 3 laps	45	\$45	\$50
9:15am	Men 4, Collegiate C	Yes	3 – 5	50, 2 laps	45	\$45	\$50
9:20am	Men 40B 4 55+ Open 70+ Open	Yes	3 – 5	50, 2 laps	45	\$45	\$50
9:25am	Women 4-5, Collegiate B Women 35+ Open Women 50+ Open	Yes	3 – 5	50, 2 laps	35	\$45	\$50
9:30am	All Novice <sup>1</sup>	Yes	3	25, 1 lap	20	\$25	\$30
9:30am	All JRs	Yes	3	25, 1 lap	25	\$20	\$25

\* Fields less than 7 will only have prizes for 1<sup>st</sup> place. Fields of 25+ will have 5 podium places & prizes.

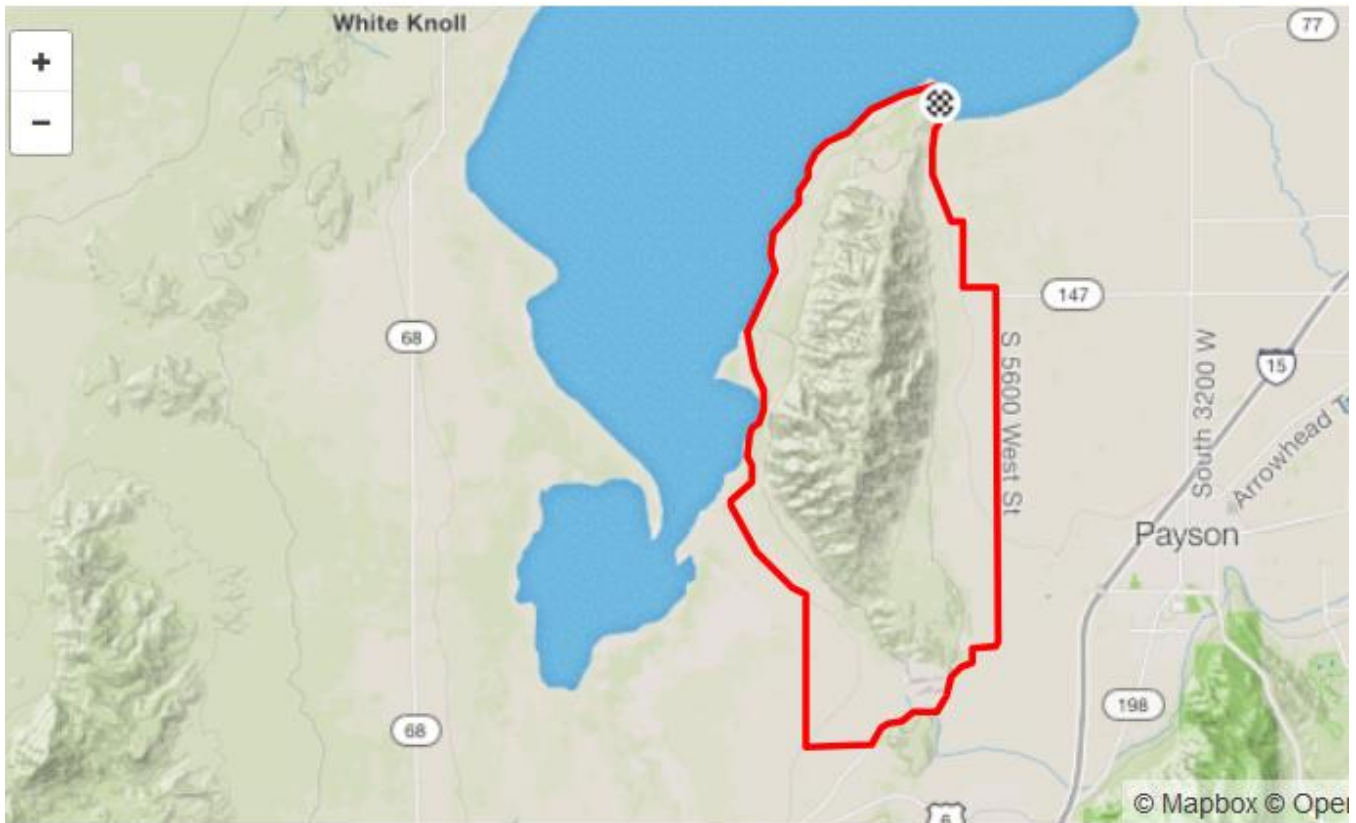
\*\* Registration prices shown may or may not include taxes, registration fees, or 1-day USAC license.

1. Additional Novice fields may be added if registration demand exceeds 20. The fields are limited to 20 for safety for first time racers.
2. Combined fields will race together, scored separately.

\*\*\* *Bring ID and USAC License Information* \*\*\*

Saturday, June 4<sup>th</sup>, 7:30am – 8:45am at Race Check-in  
4700 Lincoln Beach Rd, Spanish Fork, UT 84660

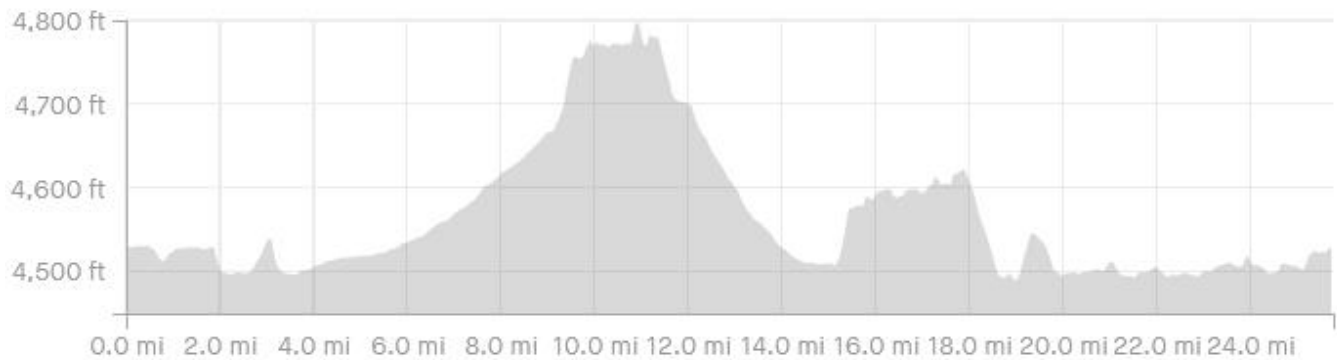
**Each lap is 25.8 miles and ~700 feet elevation**



**25.78mi**  
Distance

**676ft**  
Elevation Gain

**Road**  
Ride Type



RidewithGPS Link: <https://ridewithgps.com/routes/31873056>

Strava Link: <https://www.strava.com/routes/27586219>

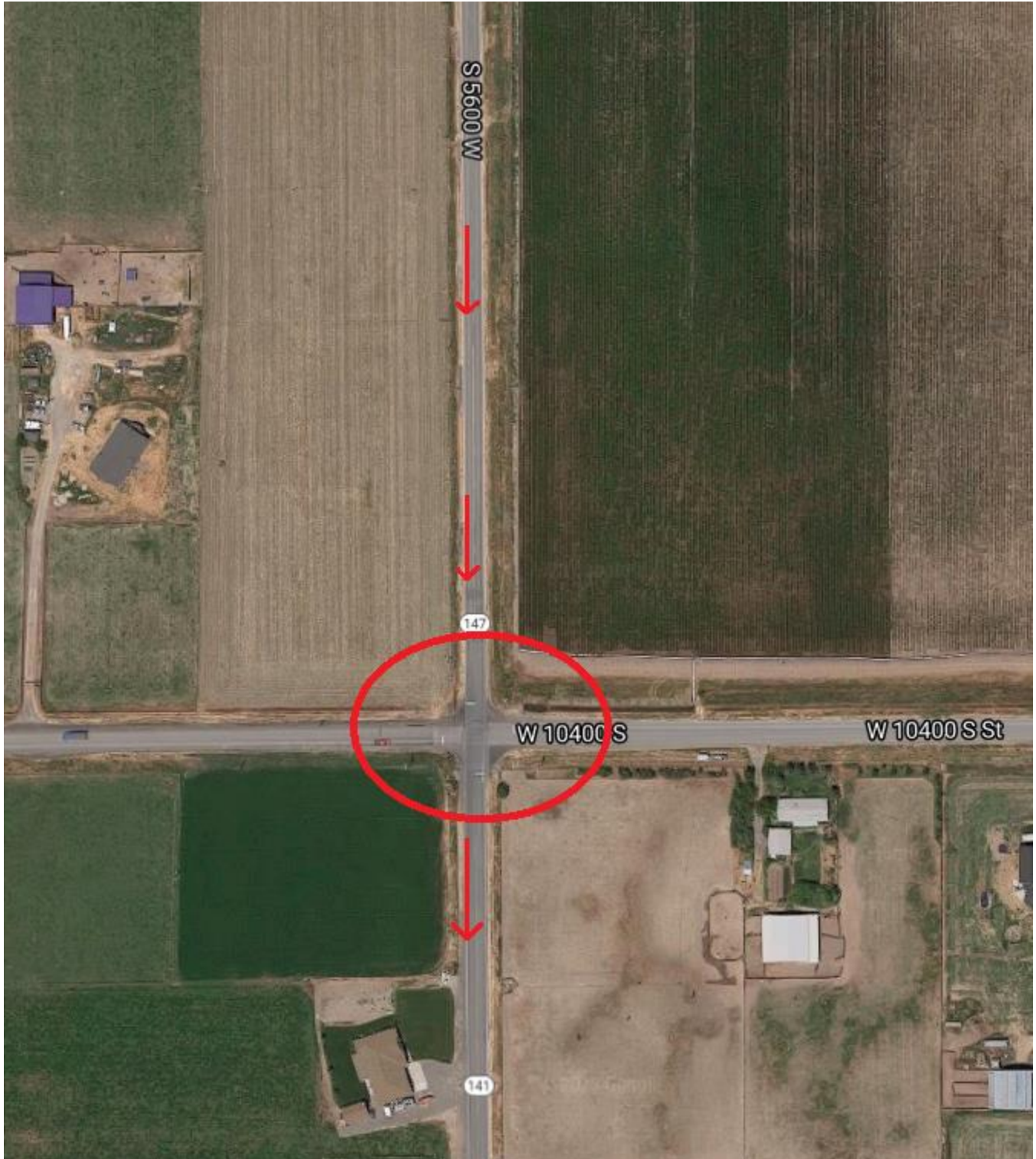


***'Event Traffic Ahead'* sign location option with course arrows.**



# Intersection of SR-147 (5600 West) & 10400 South 4-way stop sign – Traffic controlled Intersection

9am – Noon (3 hr. window)





**Possible volunteer location to keep riders on course with course arrows.**

9:30am – Noon (2.5 hr. window)



# Intersection of Center Street & Main Street in Genola

## 4-way stop sign – Traffic controlled Intersection

9:30am – Noon (2.5 hr. window)





# Finish Line Location with 'Event Traffic Ahead' option location, cone chute for finish

10am – 1:00pm (3 hr. window)



# Aid Stations & Support

**NO** water hand-ups will be provided. Carry a 3<sup>rd</sup> bottle, if needed.

Bathrooms will only be at the RaceHQ. Be sure to go before your race.

Please do NOT litter along the course. Racers are subject to DQ for littering.

## Rules of the Road

- All USAC rules are in effect.
- Helmets – No helmet, no race.
- This is an open course and will have some traffic although should be very minimal. Center Line Rule is in effect. Cross the yellow line and risk DQ. If no painted centerline marking is present riders must always keep to the right side of the road unless instructed by an official.
- Each rider will be given a bib number and it must be worn on the jersey above the pockets. Number placement location will be given at time of packet pick up/check-in.
- Do not cut, fold or alter numbers per USAC rules and also makes it harder for the finish line camera to record your finish placement.
- No littering – If you throw your trash anywhere but a trash can you risk a DQ.
- No public urination – Bathrooms are available at the start/finish line only. Be sure to go before your race starts.
- Depending on registration numbers, some fields may race together but will be scored/podium separately.
- Personal support vehicles are not allowed for private support.
- Wheel cars will be provided, as possible.
- Podium with prizes will be done ~ 30 mins after race finish as results are finalized.
- A sweep vehicle will drive the course after the event to clean any accidental trash from the riders and pick up any riders, if needed.

### **Contact Info:**

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