

# RACER HANDBOOK



**Tour des Suds**



## Know Before You Ride ...

Presented by Skullcandy, Tour des Suds is a 7-mile mountain bike climb starting at City Park. The Tour des Suds is the zaniest mountain bike party in the west! Don't forget your costume!

Be sure to follow us on Facebook: <https://www.facebook.com/mountaintrailsfoundation> for the most up-to-date race day details, training runs and more!



# RACE DETAILS

Tour des Suds is a 7-mile mountain bike climb starting at City Park. Go hard and treat it like a legit mtb race or a crazy costume party on bikes. Either way, it's 2,700' of vert straight up to the finish line at the top of Guardsman Pass. Festivities continue back at City Park with lunch and the "Suds" provided by [Red Rock Brewery](#), along killer opportunity drawing, costume contest and awards.

**Please note: E-bikes are not allowed.**

## Early number plate pick-up

Friday, September 13, 2019

3:00-7:00pm

MTF Offices (1665 Bonanza Drive, Park City). *Avoid the morning rush and pick up Friday!*

## Race Day Schedule – Sunday, September 15, 2019:

- 8:30-9:30am / Number Plate Pickup and Day of Registration at Park City, City Park Gazebo (1354 Park Ave, Park City, UT 84060)
- 10:00am / Race starts (Mass Start)
- 11:00am / Post-Race celebrations at City Park – **bring your ID for the "Suds"**
- 1:30pm / Awards

**Only participants who register before September 1st are guaranteed a pair of official 2019 Tour des Suds socks!**

## The Course

A mass start will begin on Park Avenue at the entrance of Park City's, City Park to the top of Guardsman Pass. The distance is approximately a 7-mile hill climb on single and double track trail, with a 2,700' elevation gain. From City Park we ride up Park Avenue turning left on Heber Ave then Right on Main Street and continue up Daly, by the water tank. Left at intersection uphill on Service Rd. (Ontario Bypass), turn right at next intersection and stay to the far right where the single track skirts the dirt pile, follow Ontario Bypass/Tour Des Suds signage to the Guard Rd. Cross the Guard Rd and continue on Ontario Bypass/Tour Des Suds to intersection with Mid Mt Trail. Turn right on Mid Mt and continue on it until you reach the Tour Des Suds intersection. Go left on Tour Des Suds and continue up to the service rd. Turn left on the service road and continue to the next intersection. Go left (short downhill) on service road until it runs into the Team Big Bear single track where you will veer right. Stay on Team Big Bear until the Flagstaff loop intersection. Take the right most single track and follow it a short distance to a service rd. Veer left onto single track once more. Turn right at next intersection and continue uphill until it spits you out on a street. Turn left (uphill) on the street and continue downhill, veering left in between boulders on gravel road to the finish. **Dogs are not allowed. Please Note: Course is subject to change without notice.**

## After Party

Join us back at City Park for food, drinks and awards. Each participant will receive lunch and a beverage. For those that want to take part in the "Suds" be sure to bring your ID. Awards will be given to the best costume plus the top three men/women in the following age divisions:

- Men / Women: Under 10
- Men / Women: 10-14
- Men / Women: 15-19

- Men / Women :20-29
- Men / Women: 30-39
- Men / Women: 40-49
- Men / Women: 50-59
- Men / Women: 60-69
- Men / Women: 70-79
- Men / Women: 80+
- Men / Women Parent towing child

### Xotio Photography

Photographers will be on course to capture runners in the race moment. Participants can visit their website following the event to download a FREE event photo. Make sure to download your photo and post it to your social media #Tourdessuds!

### Opportunity Drawing

Each participant will receive an opportunity drawing ticket as you enter the after party back at City Park. More tickets may also be purchased at the finish line. The opportunity drawing is sponsored by Skullcandy, GoalZero, LaSportiva, Salomon just to name a few! We have stacks of really cool outdoor gear for you to win!

### Share the Love

Once you've recovered from a hard push, please share your excitement on social media by tagging Mountain Trails Foundation, #pctrails, mtntailspc. Spreading the word helps support Mountain Trails Foundation, a non-profit that builds, maintains and protects trails in Park City. All race proceeds go directly back to the trails you love!