

ROCKWELL *Relay*

Ladies Pamperfest Challenge
July 21, 2012

THE RACE BIBLE

The Race Bible is your event handbook, rules manual, and course resource.
Please print and keep a copy in your support vehicle. A copy will also be
given to you at packet pick-up.





ITINERARY

Friday July 20th

Packet Pick-up at Biker's Edge in Kaysville 5:00 – 8:00 pm
232 North Main, Kaysville, Utah

Saturday July 21st

Late Packet Pick-up at Snowbasin Resort 6:00 – 7:00 am
Pancake Breakfast (free for everyone) 6:00 – 7:15 am
Team Instruction (mandatory) 7:30 am
START - FUN RIDE 8:00 am
START - RACE 9:00 am
Finish Line opens in Provo 2:00 pm
Results posted at Finish Line 6:00 pm
Result dispute period 6:00 – 6:30 pm
Awards Ceremony at Finish Line 7:00 pm
Finish Line closes 9:00 pm





EVENT SUMMARY

Relay Overview

The Rockwell Relay: Ladies Pamperfest Challenge is just as it sounds – in the grand tradition of Rockwell Relay, for Ladies only, some great Pampering along the route and, for those that are racing the course, a Challenge to the finish line!

The course is ridden in relay format, with two- or four-person teams either competing in various race categories or cycling as a Fun Ride. Riders change positions at established exchange points, with each cyclist completing two or four legs and team totals including eight legs and approximately 162 miles. The event is non-supported, with team vehicles providing necessary food and supplies.

Relay Baton

At the start line, each team will be issued a baton in the form of a slap bracelet. The baton may be worn around the wrist or attached to the bicycle, and must be passed from rider to rider at the exchange location. Only one baton will be given to each team. If team members would like a free souvenir baton they may ask a race official at the finish line.

Timing

The race clock will not stop. The clock will be displayed at the start and finish lines. Times will be manually recorded by race officials. Timing begins when race teams cross the start line at Snowbasin Ski Resort at 9:00 am. Cyclists will check in at each exchange and times will be recorded, with a final team time at the finish line. Fun Riders starting at 8:00 can add one hour to the clock time for their final team time.

Race Results

Race results will be posted at the finish line. Corrections or disputes may then be addressed, and results will be made final and posted soon afterwards. See Itinerary for scheduled posting times. Final results will also be posted on the website the week following the race.

Awards Ceremony

An awards ceremony will be held at the finish line at 7:00 pm, when category prizes and raffle winnings will be given. Riders must be present to claim awards unless prior arrangements have been made with the race directors.

Bottom Line

This is a ride to enjoy and remember! The sense of personal and team accomplishment, plus the camaraderie you'll experience, are great. The fun pampering and beautiful scenery you'll pass (there are SIX reservoirs along the route) are the icing on the cake. You're sure to make this an annual event!



ROCKWELL Relay

SAFETY

The Rockwell Relay is an open course, long distance event and relies upon each cyclist and vehicle driver to be responsible for his or her personal safety as well as the safety of other participants, race officials, and the general public.

The race organizers reserve the right to disqualify and pull the race numbers of any participants posing a safety risk to themselves or others.

Helmets are mandatory for all riders any time they are on a bike for the duration of the event.

Climate

Some course sections could top 100 degrees. Be sure and have at least 4 gallons of water/fluids in your support vehicle, this is Utah in the summer after all. In addition, the mountain passes during the morning hours can be chilly, so have plenty of cold weather gear as well.

We will be racing through a wide variety of weather and light conditions. Be Prepared!

Obey Traffic Laws

Cyclists must obey all traffic signals and lane travel laws. Please stop at all traffic signals and stop signs. Even though this is a planned event, it's an open course and all bikers are subject to traffic laws. The presence of a uniformed officer generally means they are monitoring our event, not stopping vehicle traffic for us.

Support Vehicles

Obey all traffic laws. Obey posted speed limits. Allow plenty of travel time between exchanges so you are not tempted to speed or take unnecessary risks.

Support vehicles are not allowed to impede highway traffic in any way. That includes following riders closely at low speed with your hazards on. You may leap frog your rider to cheer for them at various points along the route*, but only stop in areas where you can pull completely off of the road. UDOT has issued our permit on the basis that our support vehicles will not impede the flow of traffic.

*Except for an emergency, support vehicles may NOT stop along the road on Hwy 32 between Wanship (Leg 5) and Francis (Leg 7)

Failure to follow traffic laws will result in immediate disqualification, whether by cyclists or support vehicles.





SAFETY - 2

Emergency Contacts

In case of a life threatening emergency, call **911** for local emergency services. Otherwise, report any injuries or accidents to one of the race directors:

Dan Stewart 801-809-0086

Cort Stewart 801-643-4673

Anita Stewart 801-809-0083

We have EMT's that will be traveling with the race officials. They will be available for quick response and will work with local emergency services for severe injuries.

Emergency Response Times

Over the course of the race, cyclists will quickly cover a wide area and the event EMT's or local responders may not be able to arrive at a given spot for some time. Support vehicles should carry a first-aid kit and other supplies deemed necessary for an emergency.

We recognize that not all teams will have phone coverage in some areas. If possible, team vehicle phones could include various mobile providers to widen the coverage range. Cyclists are also encouraged to carry a cell phone.

It should go without saying: Be smart and safe. Use the shoulder, ride single-file, listen for traffic, etc. Don't assume motorists will see you. Stay heads up!

Please use common sense and just be safe!



ROCKWELL *Relay*

EVENT RULES

Helmets are mandatory for all riders any time they are on a bike for the duration of the event.

Traffic Laws

Riders and vehicle operators must obey all traffic laws. This is not only for your safety, as outlined in the Safety section, but for the goodwill of the event and Rockwell Relay.

Cyclist Numbers

Bib numbers are to be worn by each rider and displayed on the back of the jersey. If jackets or rain gear are worn, race officials will rely upon the frame numbers for identification. Frame numbers may be mounted under the top tube, or attached to the seat post, depending upon rider preference.

Leg Rotation

Be strategic and study the course before deciding who does which legs. For **race teams**, riders must submit and follow a predetermined leg rotation at the start line. If a rider is unable to finish a leg, a teammate may finish for her by starting at the point that the exiting rider stopped. The team must notify a race director of the substitution. If a rider is unable to finish the race altogether, teammates may complete that rider's legs but must inform race directors of the change.

For **fun ride teams**, we are giving lots of flexibility. You'll sign up as Cyclist One, Two, etc., but you can make your exchanges however you like. You can put your best hill climber on the steeper hills and give the flats to the newbie. You can trade at each exchange point or ride a couple of legs before passing the baton. However, we do ask that you change riders only at the exchange points, unless a rider is unable to finish a leg. If so, the substituting teammate should start at the point that the exiting rider stopped.

Rider Exchanges

All rider exchanges must occur at the exchange point. The incoming rider will transfer the baton (slap bracelet) to the next cyclist, who will then carry the baton to the next exchange.

Non-Compliance

Race officials, exchange officials, volunteers and others may report alleged infractions to the race directors, and non-compliant teams may receive a time penalty or disqualification. Any penalty given is at the sole discretion of the race directors.





OTHER GUIDELINES & POLICIES

Rider Support between Exchanges

Riders may receive mechanical and feed support between exchanges from their support crews*. When providing support for your rider please stay heads up and only stop when you can do so completely off of the roadway. Remember, support vehicles are not allowed to impede highway traffic in any way.

*Except as noted for Hwy 32, under the Safety/Support Vehicles section

Riders are advised to carry a spare tube and co2 or mini pump and plenty of food/fluids in case support vehicle is not readily available.

Teamwork

Riders may draft and work with other teams if they desire. During the last mile of the course, all cyclists from a team may join the current rider and cross the finish line together, if a sprint is not anticipated against opposing teams.

Be Courteous and Friendly

We rely heavily upon the support of local communities, and we want their officials and residents to have a very positive feeling about the event and its participants. Do not honk, yell, or cause other noise near homes or businesses. Please be polite and considerate to everyone so they will want us back every year.

Also, we greatly appreciate and need the sponsors and volunteers that man the exchange points and everyone that assists us and you in so many ways. Remember to tell them thanks whenever you see them.

We are relying on you! Thanks!

Refund Policy

The refund policy is that there are no refunds. This is true regardless of road conditions, course changes, weather factors, sickness, or anything else. Your consolation is knowing that some of your registration fee goes to our charity sponsor, teamgive, for their great work in helping children with rare neurological diseases.

Accident and Liability Waiver Policy

You can read the accident and liability wavier policy on the website, and each cyclist will be required to sign a form during registration packet pickup.





EXCHANGE SCHEDULE

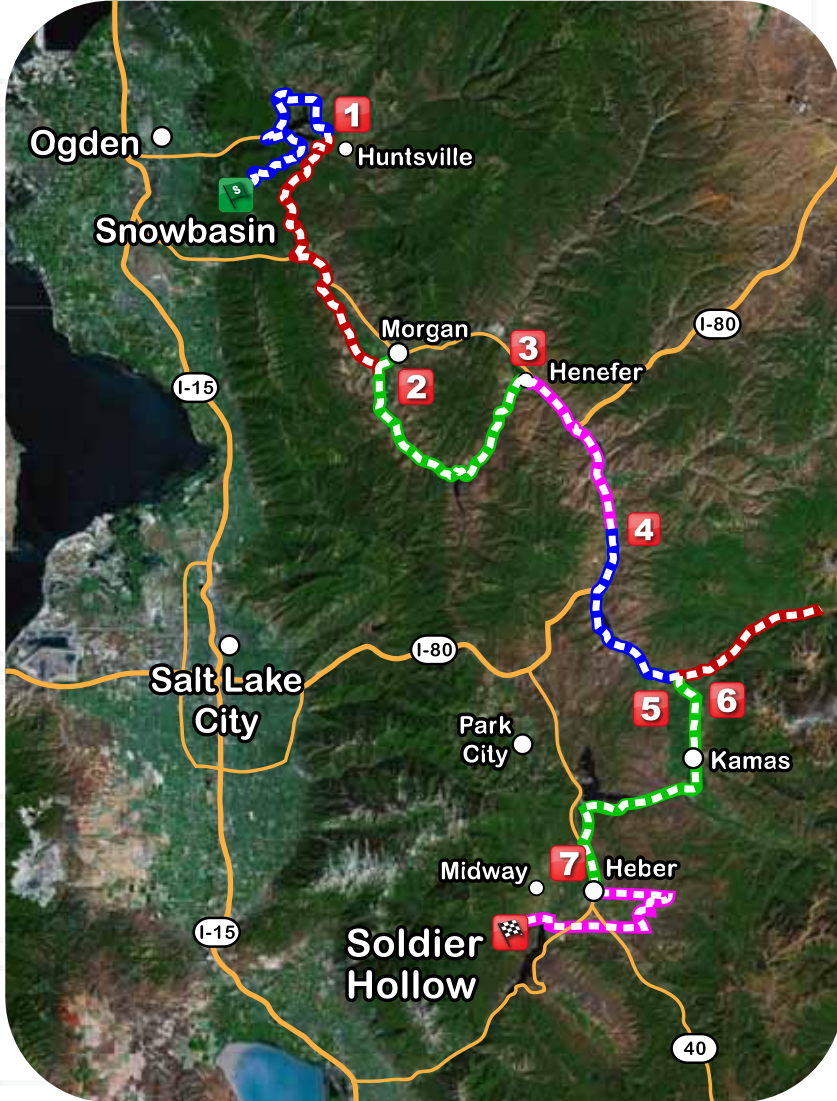
Race Start - Snowbasin	8:00 am / 9:00 am stagger
Exchange 1 - Huntsville	8:30 am to 10:30 am
Exchange 2 - Morgan	9:30 am to 11:30 am
Exchange 3 - Henefer	10:30 am to 1:30 pm
Exchange 4 - Hoytsville	11:00 am to 2:30 pm
Exchange 5 - Oakley	11:30 am to 3:30 pm
Exchange 6 - Oakley	12:30 pm to 5:30 pm
Exchange 7 - Heber	1:30 pm to 7:30 pm
Finish Line - Solider Hollow	2:00 pm to 9:00 pm

Please contact Tyler Servoss at 801-425-4535 or Dan Stewart at 801-809-0086 if you are outside the schedule, or if your team decides to drop out of the event. We want to keep track of you!



ROCKWELL *Relay*

COURSE OVERVIEW

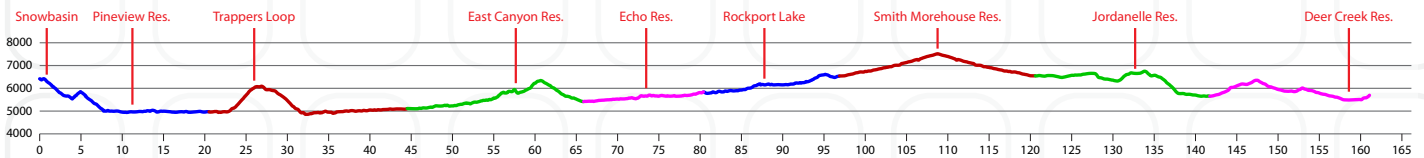


Full Race Stats

Distance	161.0 Miles
Start Elevation	6370 Feet
Finish Elevation	5632 Feet
Total Ascent	8777 Feet
Total Descent	-9530 Feet
Net Elevation	-743 Feet
High Point	7443 Feet
Low Point	4835 Feet

GPS

Start GPS	N 41° 12.992'
	W 111° 51.443'
Stop GPS	N 40° 28.851'
	W 111° 30.037'



ROCKWELL Relay

LEG 1

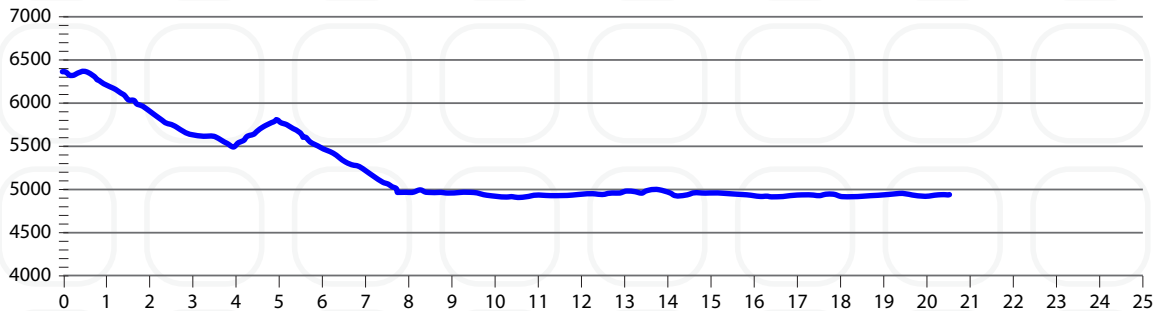


Stats

Distance	20.2 Miles
Start Elevation	6375 Feet
Finish Elevation	4928 Feet
Total Ascent	712 Feet
Total Descent	-2154 Feet
Net Elevation	-1447 Feet
High Point	6375 Feet
Low Point	4891 Feet

GPS

Start GPS	N 41° 12.992'
	W 111° 51.443'
Stop GPS	N 41° 15.639'
	W 111° 46.132'



Leg Notes

After a nice tour around the Snowbasin Resort parking lot you will descend down the steep and windy Old Snowbasin Road. You'll encounter the one and only climb on this leg half way down the descent. It is steep but short. At the bottom of Old Snowbasin Road go left at Pineview Reservoir, the first of 6 reservoirs you will pass today. Circle the reservoir crossing the dam and around to Eden and eventually back around to Huntsville to the 1st Exchange as you loop the beautiful Ogden Valley.

Directions

- 0.0 Head north toward Snow Basin Rd / UT-226
- 0.3 Turn left onto Snowbasin Rd / UT-226
- 7.3 Turn left onto Ogden Canyon / UT-39
- 10.1 Turn right to cross Pineview Dam Bridge / UT-158
- 13.9 Stay right - continue onto 2200N
- 14.5 Turn right onto 5500 E / Route 166
- 14.9 Take the 2nd left onto 1900 N / Route 166
- 19.6 Turn right onto 100 S
- 20.0 Turn left onto 7400 E
- 20.1 Turn left onto 200 S
- 20.2 Arrive at Exchange 1

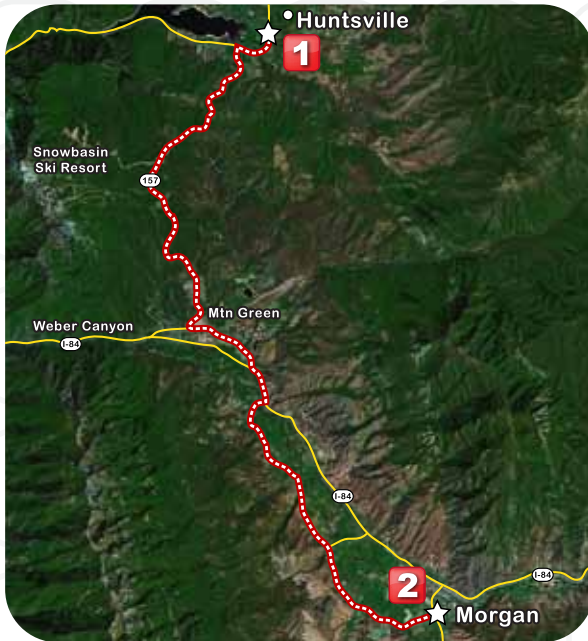
Exchange #1

Sponsor	TBA
Location	Huntsville Town Park
Mileage Completed	20.2 Miles
Mileage to Finish	140.8 Miles
Open Time	8:30 am
Close Time	10:30 am



ROCKWELL Relay

LEG 2

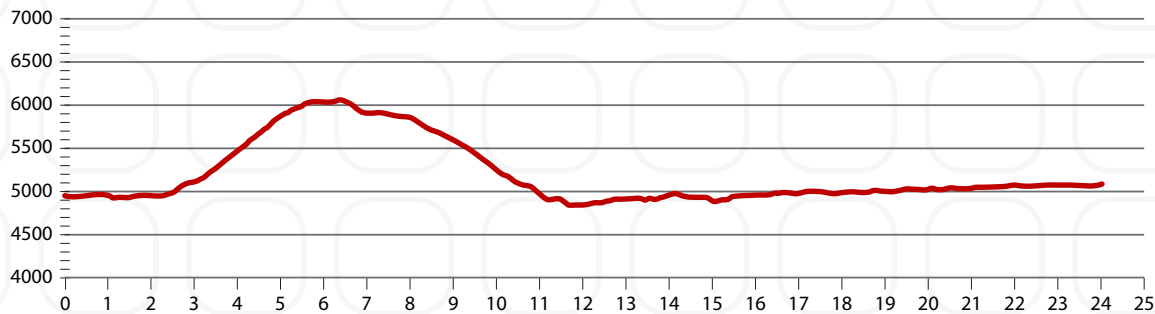


Stats

Distance	24.0 Miles
Start Elevation	4928 Feet
Finish Elevation	5062 Feet
Total Ascent	1646 Feet
Total Descent	-1511 Feet
Net Elevation	134 Feet
High Point	6056 Feet
Low Point	4835 Feet

GPS

Start GPS	N 41° 15.639'
	W 111° 46.132'
Stop GPS	N 41° 02.435'
	W 111° 40.492'



Leg Notes

Shortly out of Huntsville you will take a left and start the climb of Trappers Loop. This is the steepest and most difficult climb of the whole route. The ascent is about 1100 feet over 4.3 miles (average 4.6% grade). The descent is one of the steepest as well, fast and fun! At the bottom of Trappers Loop you will go left and pass through the quaint farm towns on the Morgan Valley Drive including Mountain Green, Peterson, and Milton. Watch for farm dogs and tractors along these roads. Finish this leg in Morgan at the Riverside Park.

Directions

- 0.0 Head east on 200 S
- 0.3 Turn right on 7700 E
- 0.7 Turn left on 500 S
- 0.8 Turn right onto 7800 E / UT-39
- 2.1 Turn left on Trappers Loop Rd / UT-167
- 11.6 Turn left onto Old Hwy Rd / Hwy-30
- 14.6 Turn right onto 4300 N
- 14.9 Turn left onto Morgan Valley Dr
- 22.5 Hang left onto Young St (Morgan)
- 23.6 Turn left onto 200 E
- 24.0 Arrive at Exchange

Exchange #2

Sponsor	TBA
Location	Riverside Park (Morgan)
Mileage Completed	44.2 Miles
Mileage to Finish	116.8 Miles
Open Time	9:30 am
Close Time	11:30 am



ROCKWELL Relay

LEG 3

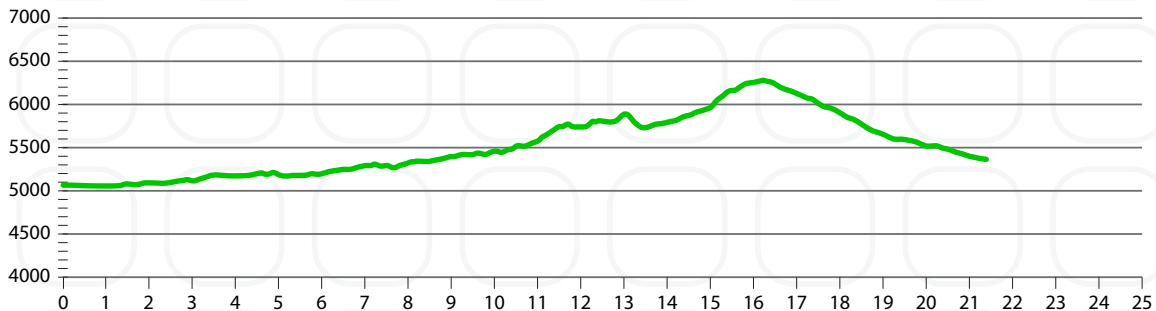


Stats

Distance	21.5 Miles
Start Elevation	5062 Feet
Finish Elevation	5367 Feet
Total Ascent	1663 Feet
Total Descent	-1358 Feet
Net Elevation	305 Feet
High Point	6280 Feet
Low Point	5062 Feet

GPS

Start GPS	N 41° 02.435'
	W 111° 40.492'
Stop GPS	N 41° 01.015'
	W 111° 30.556'



Leg Notes

From Morgan head back out to Morgan Valley Drive and go south. Follow the scenic valley road as it hooks up with State Road 66 and winds up the canyon toward East Canyon Reservoir (the second reservoir of the trip). This section of the road has a narrow shoulder and has the potential for boats to be traveling up and down, so take care and use caution. Crest up over the dam and take in the beauty of the lake. You've got a couple more short but steep climbs up to a gentle summit, then a nice gradual descent into Henefer. Exchange 3 is at the Memorial Park right as you enter town.

Directions

- 0.0 Head South on 200 E
- 0.2 Turn right onto Young St
- 1.3 Turn left onto 600 W / Morgan Valley Dr
- 2.9 Turn left onto 1550 S / Richville Ln
- 3.7 Turn right onto 100 E (State St) / UT-66
(turns into UT-65 just after the reservoir)
- 21.5 Arrive at Exchange

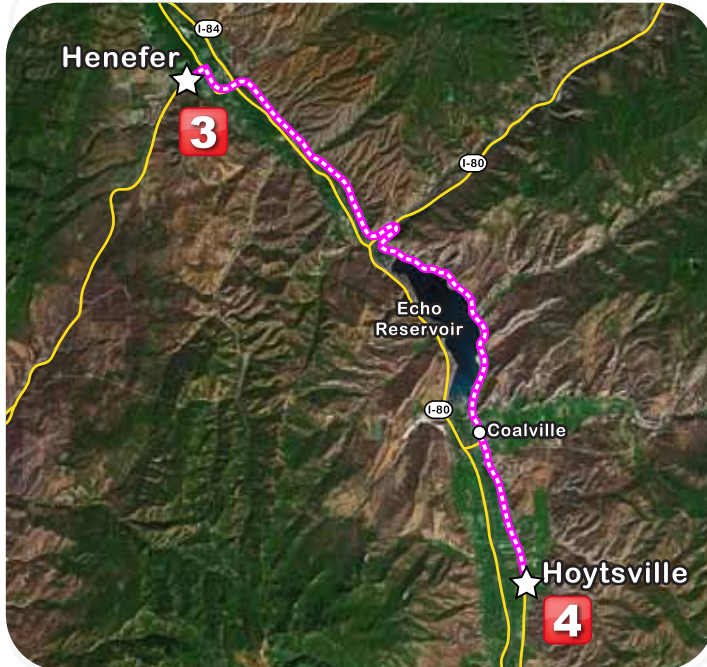
Exchange #3

Sponsor	TBA
Location	Henefer Memorial Park
Mileage Completed	65.7 Miles
Mileage to Finish	95.3 Miles
Open Time	10:30 am
Close Time	1:30 pm



ROCKWELL Relay

LEG 4

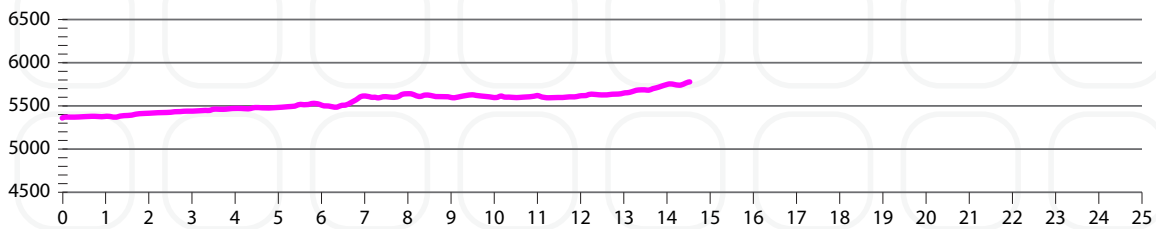


Stats

Distance	14.5 Miles
Start Elevation	5367 Feet
Finish Elevation	5773 Feet
Total Ascent	654 Feet
Total Descent	-247 Feet
Net Elevation	406 Feet
High Point	5774 Feet
Low Point	5364 Feet

GPS

Start GPS	N 41° 01.015'
	W 111° 30.556'
Stop GPS	N 40° 52.491'
	W 111° 22.836'



Leg Notes

Travel through Henefer and over I-84, then south on Old Hwy 30 towards the abandoned town of Echo. After crossing under the freeway, you will climb up over another dam and get your first view of the third reservoir, Echo. Continue passing the reservoir on the right and through Coalville, the county seat of Summit County then over several gentle rollers till you arrive to Hoytsville and Exchange 4.

Directions

- 0.0 Head East on Canyon Rd / UT-65
- 0.5 Turn right onto UT-65
- 1.4 Continue onto Main St / Echo Rd / Old Hwy 30
- 6.0 Turn right onto Echo Dam Rd
- 11.4 Turn right onto 200 N
- 11.5 Turn left onto Union Pacific Rail Trail
- 11.9 Turn left onto 100 S
- 12.0 Turn right onto Main St
- 14.5 Arrive at Exchange

Exchange #4

Sponsor	TBA
Location	Hoytsville LDS Park
Mileage Completed	80.2 Miles
Mileage to Finish	80.8 Miles
Open Time	11:00 am
Close Time	2:30 pm



ROCKWELL Relay

LEG 5

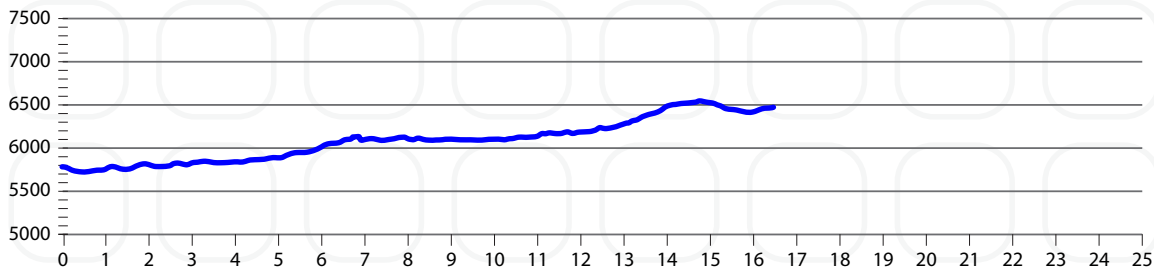


Stats

Distance	16.4 Miles
Start Elevation	5773 Feet
Finish Elevation	6460 Feet
Total Ascent	1120 Feet
Total Descent	-433 Feet
Net Elevation	687 Feet
High Point	6542 Feet
Low Point	5718 Feet

GPS

Start GPS	N 40° 52.491'
	W 111° 22.836'
Stop GPS	N 40° 42.464'
	W 111° 17.119'



Leg Notes

Leaving Hoytsville the gentle rollers continue. Pass along many more farms and spread out homes fed by the Weber Basin Valley. After passing Wanship climb up over yet another dam and crest the Rockport Reservoir (the fourth reservoir). Pass the reservoir and enjoy the rustic farms and valley of this area. Pass through Peoa and then up a short climb to Oakley for the finish of Leg 5. Note - On Hwy 32 between Wanship and Francis, cyclists must rider single-file to comply with county requirements.

Directions

- 0.0 Head South on Hoytsville Rd
- 4.7 Turn left onto UT-32 (Wanship)
- 12.5 Turn left to stay on UT-32
- 16.2 Turn left towards park/bowery
- 16.4 Arrive at Exchange

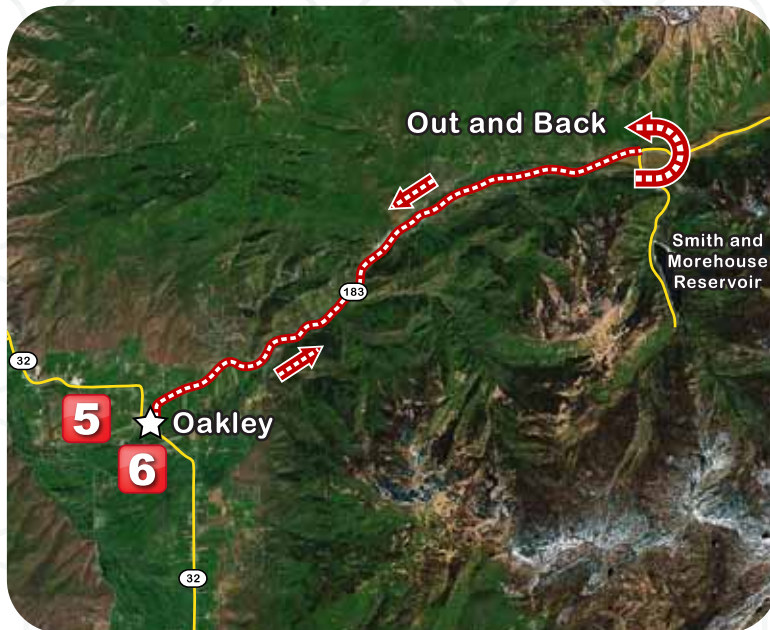
Exchange #5

Sponsor	TBA
Location	Oakley Recreation Park
Mileage Completed	96.6 Miles
Mileage to Finish	64.4 Miles
Open Time	11:30 am
Close Time	3:30 pm



ROCKWELL *Relay*

LEG 6

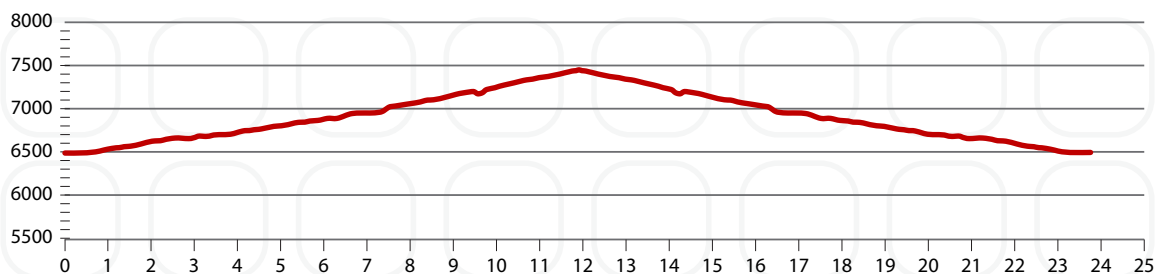


Stats

Distance	23.8 Miles
Start Elevation	6460 Feet
Finish Elevation	6460 Feet
Total Ascent	1091 Feet
Total Descent	-1091 Feet
Net Elevation	0 Feet
High Point	7443 Feet
Low Point	6460 Feet

GPS

Start GPS	N 40° 42.464'
	W 111° 17.119'
Stop GPS	N 40° 42.464'
	W 111° 17.119'



Leg Notes

Leg 6 is an out and back that continues to follow the Weber River and puts you into the west mountains of the Uinta's. This leg could easily be argued as the most scenic as it winds up the canyon and into the pines. At the end of the paved road grab your token from the volunteer and head back down the same path. Hook up back with your girlfriends at Exchange 6 (which is in the same location as Exchange 5). Support vehicles are not allowed on this leg.

Directions

- 0.0 Head East on park road
- 0.0 Turn first left on unmarked street
- 0.4 Take left onto New Ln
- 1.2 Take right onto Weber Canyon Rd / 213
- 11.9 TAKE TOKEN FROM WORKER and turnaround
- 22.4 Turn left onto New Ln
- 23.2 Turn right on unmarked street
- 23.6 Turn right on park road
- 23.8 Arrive at Exchange

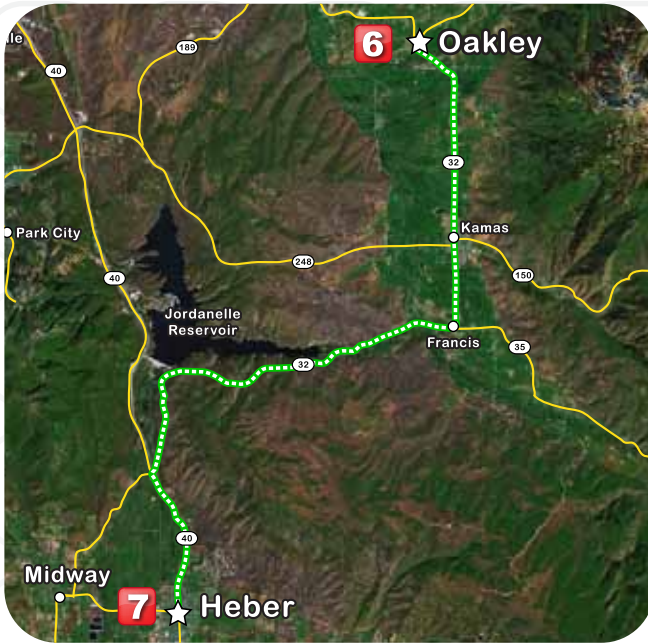
Exchange #6

Sponsor	TBA
Location	Oakley Recreation Park
Mileage Completed	120.4 Miles
Mileage to Finish	40.6 Miles
Open Time	12:30 pm
Close Time	5:30 pm



ROCKWELL Relay

LEG 7

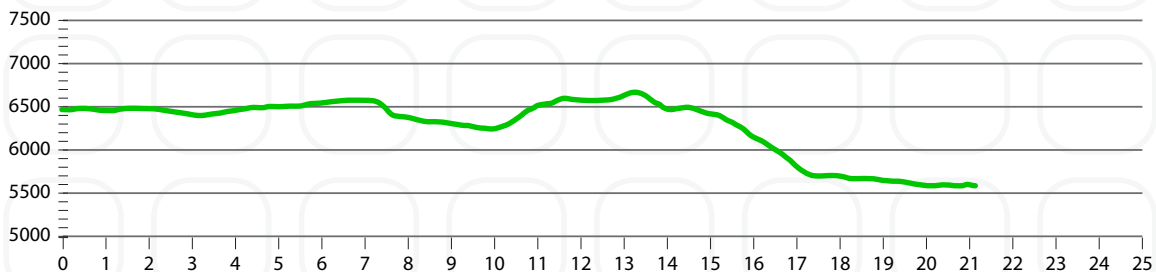


Stats

Distance 21.1 Miles
Start Elevation 6460 Feet
Finish Elevation 5591 Feet
Total Ascent 698 Feet
Total Descent -1583 Feet
Net Elevation -869 Feet
High Point 6669 Feet
Low Point 5597 Feet

GPS

Start GPS N 40° 42.464'
W 111° 17.119'
Stop GPS N 40° 30.498'
W 111° 24.910'



Leg Notes

From Oakley head straight south passing Kamas and taking a right at Francis. Right out of Francis you will drop a steep hill into another river basin, the Provo River. The Provo River flows down into Jordanelle Reservoir as you climb up above it. Jordanelle is the fifth reservoir of the route. After a bit of climbing you will hit a summit and a long decent awaits you as you enter into the north end of Heber. Turn onto Highway 40 and head into Heber. The majestic mountains just to your right are the back side of Timpanogos. Enjoy the small town of Heber. Exchange will be at the Heber City Offices downtown.

Directions

0.0 Head West toward UT-32
0.2 Turn left onto UT-32
7.0 Turn right onto Main Village Way / UT-32
17.4 Turn left on US-40 / US-189 (into Heber)
21.0 Turn right onto 100 N
21.1 Turn left onto 100 W
21.1 Arrive at Exchange

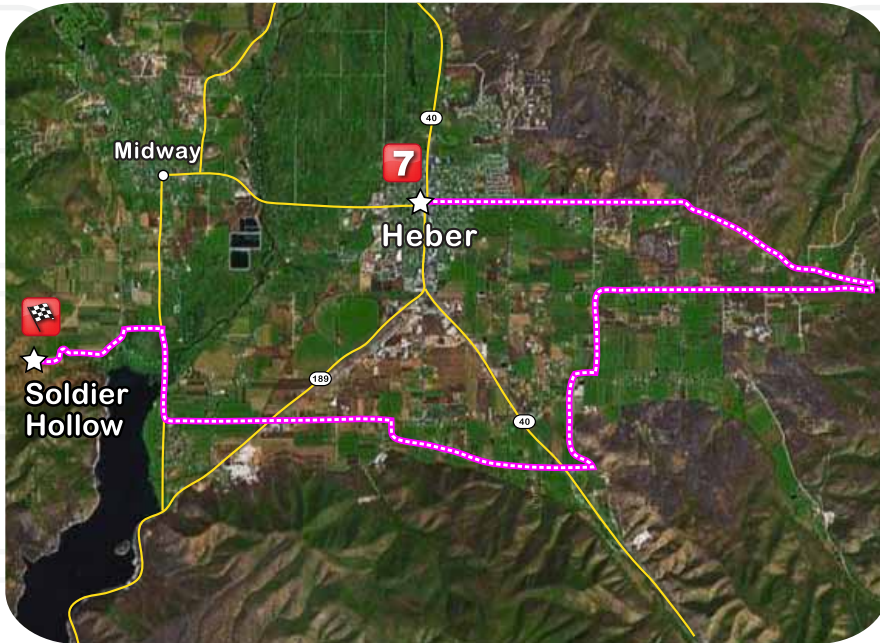
Exchange #7

Sponsor TBA
Location Heber City Offices
Mileage Completed 141.5 Miles
Mileage to Finish 19.5 Miles
Open Time 1:30 pm
Close Time 7:30 pm



ROCKWELL Relay

LEG 8

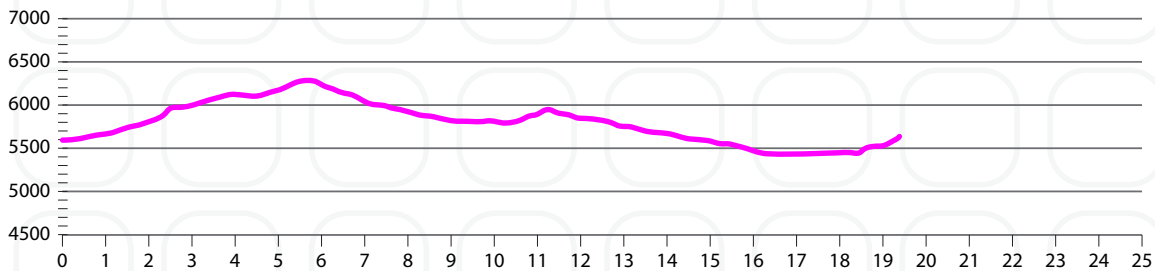


Stats

Distance 19.5 Miles
 Start Elevation 5591 Feet
 Finish Elevation 5632 Feet
 Total Ascent 1193 Feet
 Total Descent -1153 Feet
 Net Elevation 41 Feet
 High Point 6286 Feet
 Low Point 5413 Feet

GPS

Start GPS N 40° 30.498'
 W 111° 24.910'
 Stop GPS N 40° 28.851'
 W 111° 30.037'



Leg Notes

After leaving the Heber City Offices you'll head east to take a scenic tour of the Heber City Valley. After going just about as far east as you can go in the valley, you'll take the road just south to start heading back towards Midway. You'll pass the mouth of Daniels Canyon and Deer Creek Reservoir before arriving at Soldier Hollow Olympic Park. Riders will want to follow signs to the finish line next to the main events building. Parking will be just north east of the finish line. There is a large grassy area just south of the finish line where you are encouraged to sprawl out and enjoy your accomplishment with your teammates, family and friends. Congratulations on completing the Rockwell Relay: Ladies Pamperfest Challenge!!

Directions

- 0.0 Head south on 100 W
- 0.1 Turn left on Center St
- 2.2 Continue onto Lake Creek Rd
- 2.9 Keep right at the fork - follow Lake Creek Rd
- 5.7 Turn right onto 6400 E
- 5.8 Turn right towards 1200 S
- 6.4 Continue onto 1200 S
- 9.0 Turn left onto 2400 E
- 10.0 Turn right onto 2400 S / Center Creek Rd
- 10.2 Turn left onto Duke Lane
- 11.3 Turn right onto 3600 S
- 12.2 Continue onto Little Sweden Rd
- 13.3 Continue onto Daniel Rd
- 13.5 Turn left onto 3000 S
- 15.2 Turn left onto US-189
- 15.2 Immediately turn right onto 3000 S
- 16.4 Turn right onto 3600 W / Charleston Rd
- 17.5 Turn left onto Tate Lane
- 18.0 Turn left onto Stringtown Rd
- 19.1 Take your 1st Right
- 19.5 Arrive at the Finish Line!

Finish Line

Sponsor Rockwell Relay
 Location Soldier Hollow Olympic Park
 Mileage Completed 161.0 Miles
 Mileage to Finish 0.0 Miles
 Open Time 2:00 pm
 Close Time 9:00 pm

***See Next Page for Support Vehicle Parking**

