

Black Sheep Cycling Club Pre-Race Factoids

Event: 2009 Super-D #1

Location: Mt. McKay Ski Area

Date: June 17, 2009

Registration: 6 pm - 6:45 pm

What the heck is Super-D?: Essentially, Super-D is a downhill XC race with a whole lot of down, a little bit of up, a bit more technical terrain than a typical XC course, but less technical than a typical DH course.

Format: The format will be similar to DH in that individual racers will leave at 1 minute intervals. A key difference is the Lemans start where racers leave their bikes parked, then sprint to them, and begin riding. The race will be a "one run sprint for the glory", with the lowest times being the winners. As in DH, there are no age categories . . . only Lambateur, Sport, and combined Advanced/Elite.

Races: Start at 7 pm (sharp). Important: Racers must be at the top of Mt. McKay for at 7 pm for a mandatory racer briefing and for the start.

Fellow Blacksheepers:

Outlined below are the details and courses for Black Sheep's first ever Super-D race. We hope you enjoy it!

Route for Lambateur:

1. Park your bike at the start of the DH course (near the old lift tower) at the 2 coloured markers.
2. Proceed to location of Lemans start (top of the first steep hill of the DH course) at the 2 coloured markers.
3. At the starter's command, run 100 m toward your bike (which is parked at the start of the DH course).
4. Pick up your bike and start down the flatter double-track road that goes left and leads past the trail used to access the infamous Benny Drop.
5. Bypass entrance to trail leading to Benny Drop (whew) and continue along doubletrack.
6. Watch for pink flagging tape and turn right when you see it.
7. Descend grassy hill.
8. At bottom of hill, turn right and proceed along double-track trail until you reach singletrack.
9. Descend single-track until you reach the pink flagging tape, then turn hard right.
10. Proceed and turn hard left onto the double-track road.
11. Descend double-track until you reach the pink flagging tape and markers, then turn right and climb grassy hill.
12. Finish mid-way up grassy hill at the markers.

Distances/Estimated Fastest Times:

Shortest course: = .5 km = ~ 3 minutes.

Route for Sport:

1. Park your bike at the start of the DH course (near the old lift tower) at the 2 markers.
2. Proceed to location of Lemans start (top of the first steep hill of the DH course).
3. At the starter's command, run 100 m toward your bike (which is parked at the start of the DH course).
4. Pick up your bike and start down the flatter double-track that goes left and leads past the trail used to access the infamous Benny Drop.
5. Bypass entrance to trail leading to Benny Drop (whew) and continue along doubletrack.
6. Watch for pink flagging tape and turn right when you see it.
7. Continue on doubletrack (past small a-frame wood structure on your right) and descend.
8. Watch for cleared section and pink flagging tape and turn right.
9. Proceed along singletrack.
10. Watch for more flagging tape (pink of course) and turn right onto yet more single-track.
11. At the pink flagging tape (are you following the theme?), turn left and proceed down a short way.
12. At the pink flagging tape, turn right and exit onto doubletrack.
13. Turn right and climb the grass hill to finish at mid-point.

Distances/Estimated Fastest Times:

Shorter course: = 1.0 km = ~ 4 minutes.

Route for Advanced/Elite:

1. Park your bike at the start of the DH course (near the old lift tower) at the 2 markers.
2. Proceed to location of Lemans start (top of the first steep hill of the DH course).
3. At the starter's command, run 100 m toward your bike (which is parked at the start of the DH course).
4. Pick up your bike and start down the flatter double-track that goes left and leads past the trail used to access the infamous Benny Drop.
5. Bypass entrance to trail leading to Benny Drop (whew) and continue along doubletrack.
6. Watch for pink flagging tape and turn right when you see it.
7. Continue on doubletrack (past small a-frame wood structure on your right) and descend.
8. Watch for cleared section and pink flagging tape and turn right.
9. Proceed along singletrack.
10. Watch for more flagging tape (pink of course) and turn right onto yet more single-track.
11. At the pink flagging tape (are you following the theme?), turn left and proceed down a short way.
12. At the pink flagging tape, turn right and exit onto doubletrack.
13. Turn right and climb the grass hill.
14. At the top, turn left and proceed along trail, taking left turn onto DH2 course.
15. Proceed along singletrack (watch the steep descent marked with flags).
16. Where trail splits, follow pink flagging tape on middle route (left is DH course and double-drop; right is freeride trail), and descend ridgeline.
17. At bottom, turn right and proceed along DH2 trail.
18. Proceed down double-track and descend to finish in parking lot.

Distances/Estimated Fastest Times:

Shorter course: = 1.5 km = ~ 5 minutes.