

2008 RMBC

ROANOKE MOUNTAIN BIKE CHALLENGE

CARVINS COVE CROSS COUNTRY

Sunday, July 20, 2008



Each category has a unique point to point course based on conditioning, experience and time in the saddle. Category, (Length), Start Time Directional cue based on the following Carvins Cove Natural Reserve map

All Experts, (2-3 hours), 11:00am
(Expert men/women: 15-18, 19+, 35-44, 45+)

Expert part 1: continue on Happy Valley FR (# 1) - left on Songbird (# 9) - cross Tunnel (# 19) - continue on Songbird - right on #1 then left on Enchanted Forest (#11), then left on Tuck-A-Way (# 3), cross creek - right on Comet (# 4) - left on # 1 - left up Brushy Mtn FR (# 2)

Expert part 2: continue up #2 - descend Hemlock Tunnel (good ole Clownhead) (# 7) - over to Comet (# 4) - descend to 4-Way Intersection - continue through on #4 back to # 2

Expert part 3: take Four Gordge (#24) to Hidee Ho (# 17) make left up Hidee Ho - right on (# 2) - right to descend Buck's Rut (# 15) - towards bottom make right onto Hotel (# 16) to finish in Bennett Springs parking lot

All Sports, (1.5-2.5 hours), 11:10am

(Sport men women: 15-18, 19+, 35-44, 45+.
Clydesdale & Singlespeed: stage in this order)

Sport part 1: continue on Happy Valley FR (# 1) - left on Songbird (# 9) - cross Tunnel (# 19) - continue on Songbird - right on #1 then left on Enchanted Forest (#11), then then left on Tuck-A-Way (# 3), cross creek - right on Comet (# 4) - left on # 1 - left up Brushy Mtn FR (# 2)

Sport part 2: continue up # 2 - descend Hemlock Tunnel (good ole Clownhead) (# 7) - over to Comet (# 4) - descend to 4-Way Intersection - continue through on #4 back to # 2

Sport part 3: go up # 2 - take the Four Gordge (#24) to Hidee Ho (# 17) make right - follow # 17 to finish in Bennett Springs parking lot

All Beginners, (.75-1.5 hours), 11:20am

(Beginner men/women: 19+, 35-44, 45+, 15-18, 10-12, 13-14: stage in this order)

Parent/gaurdian (no entry required) are encouraged to ride with their children.

Beginner part 1: continue on Happy Valley FR (# 1) - left on Songbird (# 9) - cross Tunnel (# 19) - continue on Songbird - right on #1 then left on Enchanted Forest (#11), then left on Tuck-A-Way (# 3), cross creek - right on Comet (# 4) - left on # 1 - left up Brushy Mtn FR (# 2)

Beginner part 2: take Four Gordge (#24) to Hidee Ho (# 17) make right - follow # 17 to finish in Bennett Springs parking lot

