

*Mission Statement: To create a unique cycling experience for those who desire to push both body and mind to the extreme.*

**NEW THIS YEAR!!** 100 Mile Version. Due to an increasing number of requests to create a shorter version of the increasingly popular R.A.N.A.T.A.D. we are introducing the **R.A.N Century (Ride Around Nebo)** which will follow the same course as the R.A.N.A.T.A.D. but will finish at the Payson Lunch Feed Zone (#2 on the course map). The distance of the R.A.N Century will be approximately 100 miles with close to 7,500' of climbing. Riders will **NEED** to have their OWN transportation from Payson Park back to their vehicle at Sundance.

### **R.A.N.A.T.A.D. Ride Around Nebo And Timpanogos in A Day**

August 3<sup>rd</sup>, 2009

160 miles - 12,000' of Climbing

The 3<sup>rd</sup> Annual R.A.N.A.T.A.D. kicks off on Monday August 4<sup>th</sup> at 6:30am from Sundance Resort. This epic endurance ride is quickly becoming a Utah favorite. Covering some of the most challenging and beautiful terrain in the State this 1 day ride is a must for anyone who is looking for bragging rights and an ego boost.

R.A.N.A.T.A.D. is an organized ride, not a race. We have tried hard to create an event that supports riders of all levels. We want this event to be one that anyone with a desire to push both body and mind to the extreme can participate.

**History:** The concept for the R.A.N.A.T.A.D. came about over 8 years ago when Jerry Warren, Czar Johnson and Jerry Thoreson, all Sundance employees decided to ride the Nebo Loop and keep on going. That year we finished in Orem after riding both the Nebo Loop and the Alpine Loop. Though shorter than our current course it proved to be an epic ride as we were totally self supported by Visa and Master Card (and my wife who provided lunch in our front yard). It was a ride that we talked about for years to come.

Three years ago we started talking about our epic adventure and decided to raise the stakes and invite more friends. That year we left from Sundance with 15 friends and a spirit of adventure. That first year was as epic as they come. We had temperatures in the upper 90's and had to ride 2.5 miles of dirt road due to construction. We were out on the bikes so long that UDOT had time to chip seal a section of road that we had ridden on earlier in the day and had to ride through on our way back. After 9.5 hours on the bike and some of the greatest memories we have ever had on a bike we rolled into the Sundance parking lot and said unanimously this needs to happen EVERY year. So, here we are, 3 years later and 3 times as many friends ready to create another year full of R.A.N.A.T.A.D. memories.

**Info:** The R.A.N.A.T.A.D. can be a grueling test of will and determination. Riders will experience every emotion the human body is capable of during the day on the bike. Preparation is key to having a successful R.A.N.A.T.A.D. experience. Here are some of the basics to give you an idea of what is involved.

Date: Monday August 3<sup>rd</sup> 2009. Yes it is on a Monday. We do this so as to avoid heavy traffic weekends on both the Nebo and Alpine Loops.

Time: Registration - 6:00 a.m.  
Pre-Ride Meeting - 6:15 a.m.  
Ride Start Time - Approximately 6:30 a.m.

Registration: **R.A.N.A.T.A.D.:** \$65 – Includes 3 Feed Zones, Sag Support, T-Shirt, Finisher Award and unforgettable memories (We don't charge extra for the Memories).

**R.A.N. Century:** \$45 – Includes 2 Feed Zones, Sag Support, T-Shirt and unforgettable memories (We don't charge extra for the Memories).

Registration for Both the R.A.N.A.T.A.D. and the R.A.N. will be on [www.sportsbaseonline.com](http://www.sportsbaseonline.com) and will open June 1<sup>st</sup>, 2009.

**\*In order to insure a T-Shirt and swag you must be registered by July 19<sup>th</sup>.**

Support: Sundance will provide support for this event in the way of:

- + **Sag Vehicles** - Each vehicle will be stocked with water, food, first aid kits, pumps, tubes and tools for minor repairs. We will have 2 Sag Vehicles. One will be towards the front group(s) the other will stay behind with the back group(s).
- + **Feed Zones** - We will provide 3 feed zones throughout the day. The first feed zone will be at the bottom of the descent from Nebo (see map and directions). This feed zone will have a good variety of energy foods and drinks. The second feed zone will be in Payson at memorial park. This will be more of a lunch type feed zone and will be supported and sponsored by Park's Sportsman of Orem, Utah. The third and final feed zone will be at Discovery Park in Pleasant Grove. We will have the same types of food and drink here as we had at the first feed zone.

\*Please note that the Sag Vehicles can't be everywhere at the same time and it is critical that you come prepared with your own tools, tubes, patch kits etc. in the event that the Sag Vehicle isn't close by.

All riders may have their own support crews if desired. We would ask that these support crews drive safe and obey all traffic laws. We would also ask that they don't directly follow a rider to avoid injury to other riders or themselves.

Heat & Hydration: Summer in Utah can be brutally hot. We have experienced temperatures in the low 100's in the past. Though we have pushed the date back a month we still anticipate very warm temperatures. Hydration will play a critical role in your health and enjoyment of this event. We also ask that you consider electrolyte supplements during the day.

Roads: Though we will be traveling on allot of rural roads the course does have some sections with heavy traffic. These sections include: University Ave in Provo, Geneva Road through Provo, Orem and Pleasant Grove. Please use extreme caution while riding these sections of road.

Additionally, on all mountain descents the risk of loose gravel and vehicles exist. Please use extreme caution while descending any of the mountain passes.

Weather: August is typically a warm month in Utah. Click below to see the average temperature for August 4<sup>th</sup> in Provo Utah.

[http://www.wunderground.com/history/airport/KPVU/2007/8/4/DailyHistory.html?req\\_city=NA&req\\_state=NA&req\\_statename=NA](http://www.wunderground.com/history/airport/KPVU/2007/8/4/DailyHistory.html?req_city=NA&req_state=NA&req_statename=NA)

Please monitor the weather as we get close to the event and come prepared. It is typically cool in the morning descending Sundance and Provo canyon but warms up quickly. We will have a vehicle at Memorial Park in Payson if you need to unload any unwanted clothing. Be sure any clothing that you plan to drop has your name and # somewhere in or on it so we can be sure to get it back to you.

Course:

- Start at Sundance Resort.
- Head down SR 92 to Hwy 189 (Provo Canyon).
- Ride Down Provo Canyon to University Ave. Enjoy the wind push at your back.
- At the mouth of the canyon, ride through Provo on University Ave until you get to East Bay Blvd, just before I-15. Turn Left.
- Follow East Bay Blvd as it flows back to the south and turn left on 1860 south. Follow it a few blocks until you get to South Industrial Pkwy.
- Turn Right on South Industrial Pkwy and head south along the Rail Road tracks towards Springville.
- After a flow turn to the west, turn left on 1750 West and ride a few blocks to the light.
- At the Light Turn Right and head over the Freeway.
- Continue on Route 77 to the west and then to the south, through Benjamin into Payson.
- Follow Main Street through town to Memorial Park.
- MEMORIAL PARK IS A GOOD BATHROOM STOP AND WATER STOP – this will be your second feed zone after the Nebo loop.
- From the park, go east on 200 South to 600 East and Turn Right.
- 600 East will turn into South Payson Canyon Road and take you up and over Nebo Loop. Ya Hoo!
- PAYSON LAKES IS A GOOD BATHROOM STOP AND WATER STOP. This is approximately 12 miles up the road from Payson. It is off the road in and out.
- You will ride another 8 mini summits before the long descent. Watch out for loose rock on the road.
- **FEED ZONE 1** At the Bottom of the Descent you will get to Feed Zone #1. It Will Be On the Left Hand Side ½ a mile before the turn off on Hwy 132.
- Turn Right on Hwy 132 to Nephi.
- Go through Nephi until you get to Hwy 41 and head North through Town.
- A Few Miles out of Town There will Be a Left Hand Turn Onto Hwy 91
- Follow Hwy 91 through Mona and into Santaquin. If we're lucky, a slight tail wind will assist the return to Santaquin, then Payson.
- In Santaquin, Hwy 91 turns into 200 West Street. Turn right on main street and go east until you go under I-15 Where you'll flow left – north.

- You are now on 198 and will continue until past the little community of Spring Lake and on to the first light going into Payson.
- Turn right at this first light, go to South. Main Street – about 2 blocks and turn left and proceed to Memorial Park for your second feed zone.
- **FEED ZONE 2** - MEMORIAL PARK in Payson
- From Payson, just duplicate your route back to the University Ave. in Provo.
- Cross University Ave. and go around the southern tip of Provo Town Center.
- Turn left on 500 West.
- Turn Left, which is west, at the First Stop Light You Come To.
- Follow this road through a neighborhood to 1100 West.
- Turn Right on 1100 West and Follow it to 600 South.
- Turn Left on 600 South and Follow it to 2050 West.
- Turn Right on 2050 West.
- 2050 West turns into Geneva. Follow Geneva all the way to Pleasant Grove.
- **FEED ZONE 3** – Discovery Park
- From the park, follow 146 north to the mouth of American Fork Canyon and turn right on 92. You are now on the Alpine Loop and loving it!!!
- Continue over the top. Be careful on the descent into Sundance.
- GOOD JOB!

