

GOOSEBERRY EPIC

2026 ATHLETE GUIDE

NOVEMBER 7, 2026 • GOOSEBERRY MESA • APPLE VALLEY, UTAH

INTERMOUNTAIN CUP
RACING SERIES

PRESENTED BY: GREATER ZION

WELCOME TO THE GOOSEBERRY EPIC

Technical terrain. Incredible views. One unforgettable day on the bike.



Welcome to one of the most unique races on the Intermountain Cup calendar.

Gooseberry Mesa isn't a place where miles tell the whole story. Slickrock, technical singletrack, punchy climbs, challenging descents and incredible views across Greater Zion make this a race where skill, endurance and smart riding all matter. Whether you're taking on the Full Distance or Half Distance, you've chosen a course that will challenge you - and give you the kind of riding experience that makes Gooseberry one of the most memorable mountain bike destinations in the West.

Our job at ICUP is to give you a well-supported, well-marked race and help you arrive ready for the challenge. Your job is to know your course, come prepared for the terrain, take care of yourself and your bike along the way. Study your map, download the GPX file and attend Friday's athlete briefing. The better prepared you are, the more you'll be able to enjoy what makes this race so special.

Most importantly, enjoy where you are. Race hard, ride smart and look up every once in a while. Take care of the trails, respect the landscape and the people around you, and appreciate the opportunity to race your mountain bike across Gooseberry Mesa.

PREPARE WELL. RACE SMART. TAKE CARE OF THE MESA.

We'll see you at the start line.

RACE WEEKEND AT A GLANCE

Screenshot this page.

FRIDAY • NOV 6

ALL ACTIVITIES ARE AT RED ROCK BICYCLE

268 West State Street, Hurricane, Utah 84737

5:00-7:00 PM Packet Pickup
5:30 PM Athlete Briefing
6:30 PM Athlete Briefing
Please attend one briefing.

SATURDAY • NOV 7

ALL ACTIVITIES ARE ON SITE AT THE RACE VENUE

7:00-8:30 AM Race-Morning Packet Pickup
7:45 AM Drop Bag Deadline
7:45 AM Road Closure Begins
8:00 AM Full Distance Starts
8:30 AM Half Distance Starts

HALF DISTANCE CUTOFF

12:00 PM
White Trailhead • Approx. Mile 11
Must begin Hidden Canyon/South Rim Loop.

FULL DISTANCE CUTOFF

1:00 PM
White Trailhead • Approx. Mile 33
Must begin Hidden Canyon/South Rim Loop.

COURSE CLOSED

3:00 PM
All race courses officially close.

RACE-DAY EMERGENCY / DNF NUMBER

435-705-3110 • Save this number in your phone before race morning.

5 THINGS TO KNOW BEFORE YOU START

- KNOW YOUR COURSE - Study the official map, download the correct GPX for your course and attend Friday's briefing.
- WHITE TRAILHEAD MATTERS –The FIRST visit sends you to the Hidden Canyon/South Rim Loop. The SECOND visit sends you toward the Practice Loop and the Finish.
- BE SELF-SUFFICIENT - Carry the tools, nutrition and equipment needed between aid stations.
- RIDE SMART – Gooseberry Mesa is a technical course. Choose lines that match your ability, especially as fatigue builds.
- TAKE CARE OF THE MESA - Stay on the marked route, use established parking/camping and never litter.

PACKET PICKUP, START WAVES & NUMBER PLATE



FRIDAY PACKET PICKUP

Red Rock Bicycle

268 West State Street

Hurricane, Utah 84737

5:00-7:00 PM

Packet includes race shirt + number plate with integrated timing chip.

A designated person may pick up your packet.

ATHLETE BRIEFINGS

Red Rock Bicycle

268 West State Street

Hurricane, Utah 84737

5:30 PM and 6:30 PM

Please attend one. We will cover navigation, safety procedures, course conditions and last-minute updates.

RACE-MORNING PICKUP

Gooseberry Epic Start Line

7:00-8:30 AM

If you wait until race morning for packet pickup, remember that you are still responsible for being ready for your assigned start time.

START SCHEDULE

FULL DISTANCE

8:00 Elite

8:03 Expert Men Open / 35-49 / 50-64

8:06 Sport Men Open / 35-49 / Women Open

8:09 Junior Boys / Relay Teams

8:12 Sport Men 50-64 / Masters Men 65+

8:15 Masters Women 50+ / Junior Girls

HALF DISTANCE

8:30 E-Bike Open

8:33 Sport Men Open / 35-49 / 50-64

8:36 Junior Boys / Junior Girls

8:39 Masters Men 65+ / Sport Women Open / Masters Women 50+

START IN YOUR ASSIGNED WAVE

Starting in a wave other than your assigned wave results in a 30-minute time penalty.

GETTING THERE, ROAD CLOSURE, PARKING & CAMPING

START / FINISH

Located on the double-track road immediately outside the entrance to Gooseberry Yurts. You can find a link to the Gooseberry Yurts on the race website under the "Course Info" tab.

ROAD CONDITIONS

The road onto Gooseberry Mesa is gravel with rough and bumpy sections. Normal passenger cars can generally access the venue; higher clearance is recommended when possible. Give yourself plenty of time to arrive early.

ROAD CLOSED 7:45 AM-11:00 AM

The double-track road from the Start/Finish area all the way to Wire Mesa Trailhead will be closed to vehicle traffic. This road is part of the Full Distance race route. Plan travel and parking accordingly; do not move barricades or drive around the closure.

PARKING

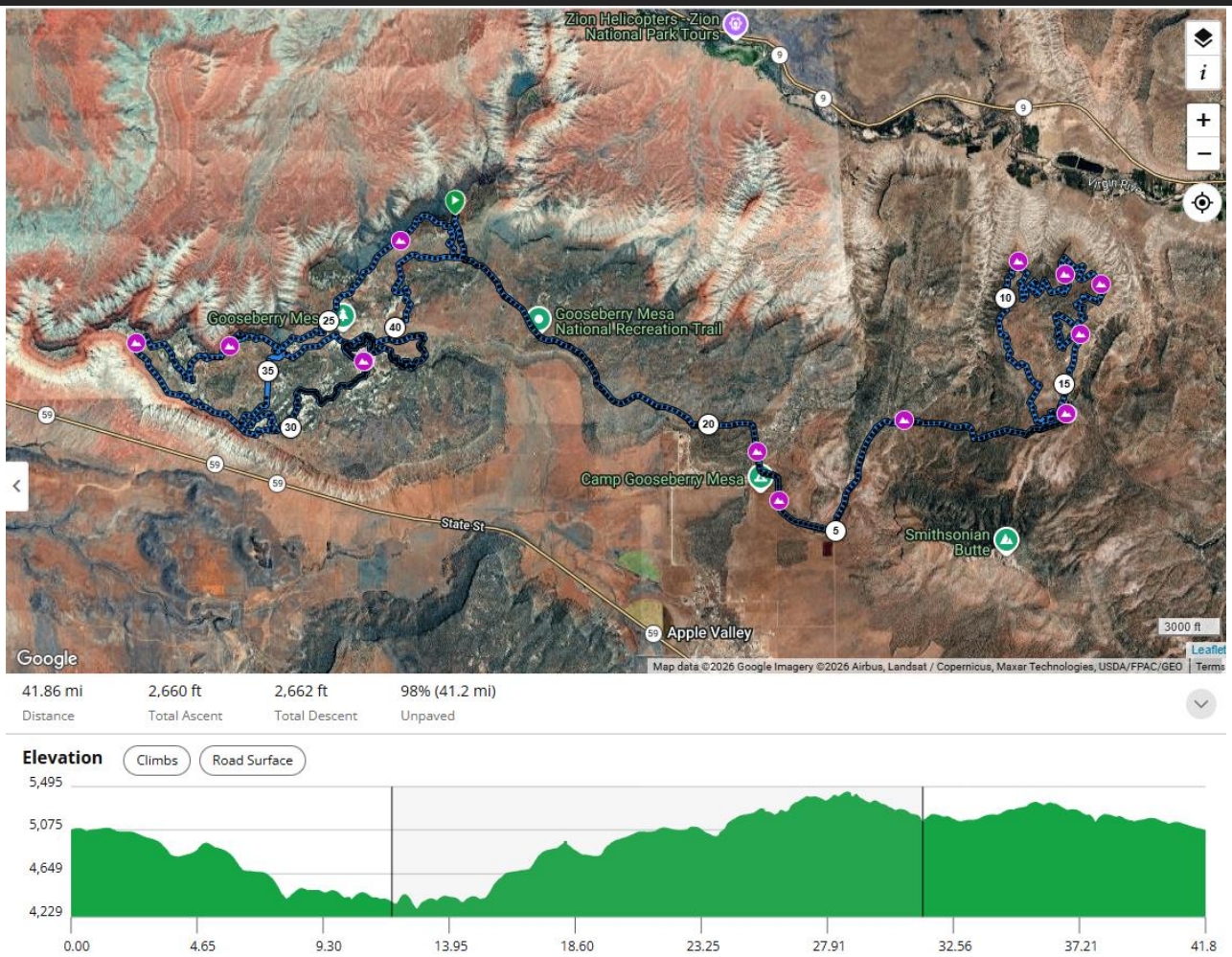
- Parking is limited to approximately 300 vehicles. Carpool whenever possible.
- Use Gooseberry Mesa Trailhead, White Trailhead, Windmill Trailhead, or existing established parking/camping areas along established double-track roads.
- Overflow parking is allowed along the double-track road between Gooseberry Mesa Trailhead and White Trailhead. Park on the outbound side and face outbound.
- **Do not create new parking areas, drive on vegetation, or block access for emergency/race vehicles.**

CAMPING & LODGING

Camp only at existing established campsites. Do not expand sites or park on vegetation. Follow all current BLM camping and fire restrictions. Gooseberry Yurts is the recommended on-mesa lodging option; nearby hotel options in the St. George City area include Best Western Plus Settler's Point, Best Western Abbey Inn and Aiden by Best Western.

FULL DISTANCE COURSE

41.8 miles • 2,660 ft elevation gain



Full Distance racers start just outside Gooseberry Yurts and travel approximately 7 miles on the double-track road to Wire Mesa. Complete the designated Wire Mesa course in a clockwise loop, then return on the same double-track road toward Gooseberry Mesa. Racers will begin the Gooseberry Mesa portion of the race at the Windmill Trailhead.

THINK OF IT AS TWO DISTINCT CHALLENGES

START → WIRE MESA → WINDMILL TRAILHEAD | GOOSEBERRY MESA → FINISH

GOOSEBERRY MESA ROUTE

Windmill Trail → Bowls and Ledges → North Rim → White Trail → Yellow Trail → White Trail → South Rim → White Trail → Hidden Canyon → South Rim → White Trail → Practice Loop → Windmill Access → Windmill Connector → Finish

Hidden Canyon and South Rim are among the most technically demanding portions of the race. Expect punchy climbs, technical descents, rock features, slickrock and possible exposure. Pre-riding is strongly recommended when possible.

OFFICIAL FULL DISTANCE COURSE GPX CAN BE DOWNLOADED ON THE RACE WEBSITE. IT WILL BE ON THE "COURSE INFO" TAB.

RELAY TEAM INFORMATION

41.8 miles • 2,660 ft elevation gain

Relay teams race the Full Distance course. Teams decide who rides each section and where to exchange, using only the designated aid stations.

START & BATON

Only ONE teammate starts at 8:09 AM. Each rider has their own race number plate. The relay baton must be handed to the next rider at each exchange; carry it securely in a jersey or other pocket.

DESIGNATED OPTIONS FOR EXCHANGE LOCATIONS

- WIRE MESA TRAILHEAD • Miles 8 and 15
- WINDMILL TRAILHEAD • Approximately mile 23
- WHITE TRAILHEAD • Approximately miles 33 and 39.5 (both visits)

Only one teammate may be on the race course at a time, except when riding together on the final approximately 2 miles after the second White Trailhead visit.

WIRE MESA ROAD CLOSURE

The 7-mile road between Start/Finish and Wire Mesa is closed to vehicle traffic from 7:45–11:00 AM. If exchanging at Wire Mesa, plan carefully: both teammates will need to ride this road connection at some point. Arrange travel and exchanges around the closure. This is **NOT** a recommended exchange due to logistical concerns, but it is available.

WHITE TRAILHEAD: TWO EXCHANGE OPPORTUNITIES

FIRST VISIT (mile 33): Ride White Trail Road to Hidden Canyon, complete the South Rim section, and return to White Trailhead.

SECOND VISIT (mile 39.5): Continue toward Practice Loop and the finish. Both teammates may join here and ride the final approximately 2 miles together. Otherwise, the non-racing teammate may head to the finish to cheer.

FINISHING & TIMING

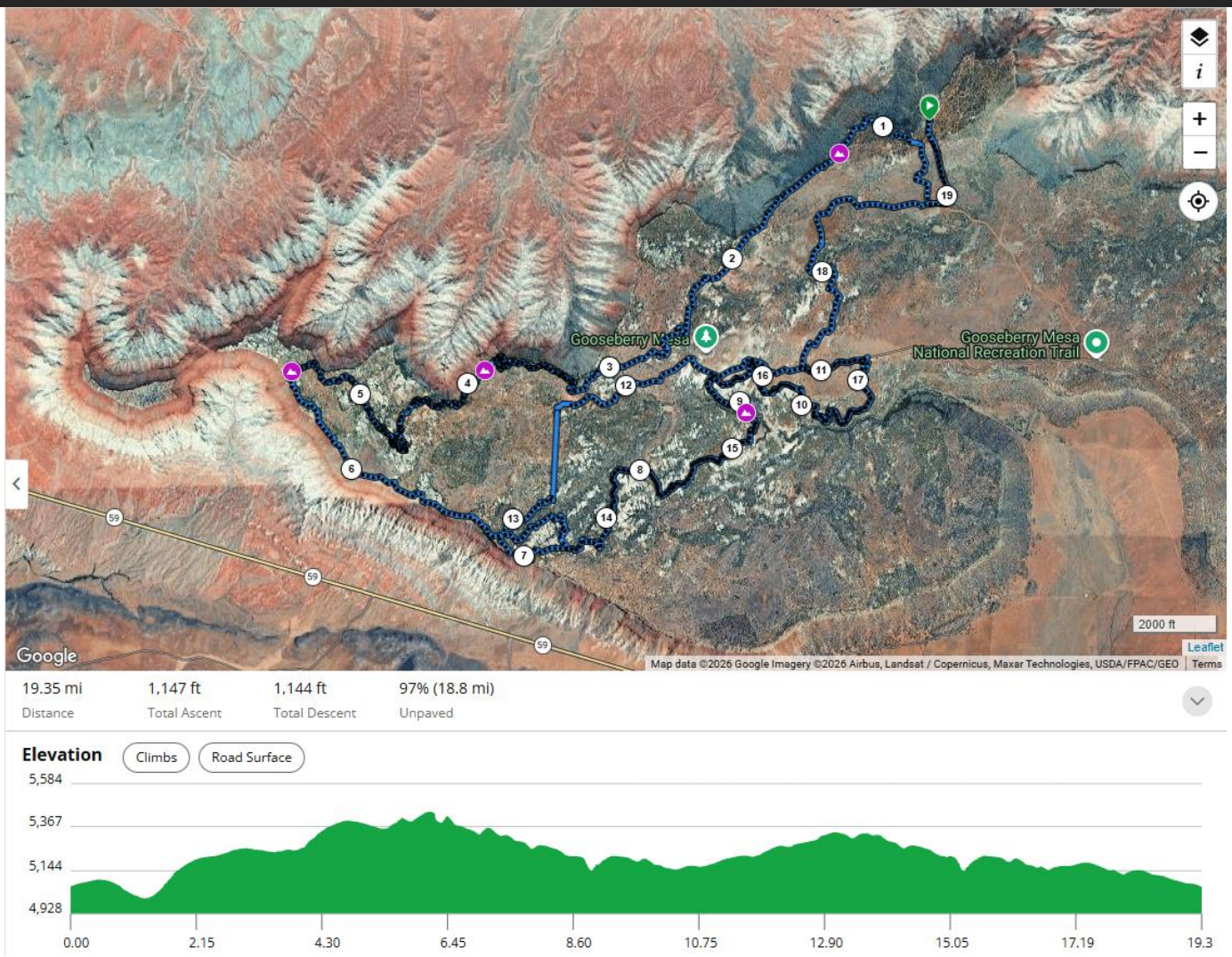
The team's official finish time is based on the LAST of the two teammates to cross the finish line. If finishing together, plan your pace accordingly.

RELAY TEAM CHECKLIST

Agree on your riding sections and exchanges before race day; study the Full Distance GPX; account for road closures and parking; arrive at exchanges early; keep the baton secure; and carry sufficient hydration, food, and repair supplies.

HALF DISTANCE COURSE

19.35 miles • 1,147 ft elevation gain



Half Distance racers start from the same Start Line as the Full Distance. Travel the double-track road directly to Windmill Trailhead and immediately begin the Gooseberry Mesa portion of the race.

YOUR OPENING SEQUENCE

START → WINDMILL TRAILHEAD → GOOSEBERRY MESA → FINISH

GOOSEBERRY MESA ROUTE

Windmill Trail → Bowls and Ledges → North Rim → White Trail → Yellow Trail → White Trail → South Rim → White Trail → Hidden Canyon → South Rim → White Trail → Practice Loop → Windmill Access → Windmill Connector → Finish

Hidden Canyon and South Rim are among the most technically demanding portions of the race. Expect punchy climbs, technical descents, rock features, slickrock and possible exposure. Pre-riding is strongly recommended when possible.

OFFICIAL HALF DISTANCE COURSE GPX CAN BE DOWNLOADED ON THE RACE WEBSITE. IT WILL BE ON THE "COURSE INFO" TAB.

KNOW THE COURSE

Follow yellow. Watch for white. Know The White Trailhead.



FOLLOW YELLOW

On dirt singletrack and double track, follow YELLOW ribbon and/or flags. **Do not use unmarked double-track shortcuts.**

WATCH FOR WHITE

On slickrock, follow the WHITE spray-paint dots. If you haven't seen a dot for a while, stop and retrace to the last confirmed marking.

THE HIDDEN CANYON / SOUTH RIM LOOP

FIRST VISIT TO WHITE TRAILHEAD

Aid Station → White Trail → Hidden Canyon → South Rim section → back to White Trailhead Aid Station

SECOND VISIT TO WHITE TRAILHEAD

Aid Station → White Trail → Practice Loop → Finish

Do not simply follow the rider in front of you. Watch course markings and listen to course personnel each time through the White Trailhead.

HALF DISTANCE

12:00 PM cutoff
Approx. Mile 11
Must begin Hidden Canyon/South Rim Loop.

FULL DISTANCE

1:00 PM cutoff
Approx. Mile 33
Must begin Hidden Canyon/South Rim Loop.

AID STATIONS, DROP BAGS & FUELING

AID STATIONS

DISTANCE	LOCATION	MILE(S)	SUPPORT
Full	Wire Mesa	8 & 15	FULL + drop bags
Full	Windmill	23	WATER + drop bags
Full	White Trailhead	33 & 39.5	FULL + drop bags
Half	White Trailhead	11 & 17.5	FULL + drop bags

FULL AID: Water, CarboRocket 333, bananas, fruit snacks, PB&J sandwiches, Swedish Fish, pickle juice, pickles, Coke and granola bars. CarboRocket is the official hydration product.

DROP BAGS

Drop bags for Wire Mesa, Windmill and White Trailhead must be delivered near the Start/Finish by 7:45 AM**. Label each bag with your name, race number and aid-station destination.**

WIRE MESA

Drop Bags will be returned to the Start Line after the final Full Distance rider passes through and the aid station closes.

WINDMILL

Drop Bags will be returned to the Start Line after the final Full Distance rider passes and moves on toward Gooseberry Mesa.

WHITE TRAILHEAD

One return planned around 11:00 AM; remaining bags will be returned to the Start Line after the final rider passes toward the finish.

DO NOT LEAVE VALUABLES IN DROP BAGS

No car keys, wallets, phones, expensive electronics, irreplaceable items, or medication/anything you may need immediately after finishing. Return timing can vary. ICUP is not responsible for lost, damaged or misplaced items.

****Crew nutritional support is allowed only at designated aid stations. Athletes should carry the tools and supplies needed for common trail-side repairs.**

SAFETY, SELF-SUFFICIENCY & RACE RULES



IF YOU LEAVE THE COURSE, TELL US

If you stop racing and will not cross the finish line, **call 435-705-3110**. Give your name, race number, approximate location and confirm you are safely off course. One quick call prevents an unnecessary search.

MEDICAL SUPPORT

Primary medical will be located at the Start/Finish, with additional personnel at Wire Mesa and White Trailhead. Roving course marshals will also be on course.

MECHANICALS

Carry a tube/repair kit, CO_2 or pump, quick link, multi-tool and equipment appropriate for your bike. You may walk your bike across the Finish Line if safe and within cutoff times. To be a finisher, you and your bicycle must cross the finish line together.

RACE RULES

- Helmets are required while riding.
- ALL types of headphones are prohibited - this technical course requires your full attention.
- Follow the marked route; no course cutting or unauthorized shortcuts on double-track roads or dirt singletrack. No significant course cutting on the slickrock sections. Alternate lines are ok to use, IF they do not significantly cut the intended purpose of the course.
- NO LITTERING. Dispose of trash ONLY at the aid stations. Littering results in removal from the race and a DNF.
- Nutritional outside support only at designated aid stations.
- E-Bike category competes on the Half Distance course only.
- Please leave dogs at home with someone you trust.

USA CYCLING

The Gooseberry Epic is a USA Cycling sanctioned event and a license is required if you are seeking points. If you have any questions about categories, email curtis@intermountaincup.com. For those who have never been a member, it only costs $40 (if you select auto-renew) for an annual license.

FINISH LINE, RESULTS, AWARDS & SPECTATORS



POST-RACE

Your registration includes an athlete-only post-race meal. Recover, refuel, swap stories and cheer for riders still making their way home.

RESULTS

Preliminary results are available through live timing. Once your category posts, you have 15 minutes to bring a timing, scoring or category-placement issue to race officials.

AWARDS

1st-5th are recognized on the podium and receive a podium medal. 1st-3rd receive awards. Podiums begin after the top five finish and the protest period closes.

SPECTATORS & SUPPORT CREW

Spectators are welcome, but this is an active race course in remote terrain. Use designated roads and approved parking areas only. Spectator vehicles are **NOT** permitted onto the race course. Keep roads clear for race operations and emergency vehicles. Outside nutritional support may be provided only at designated aid stations. **REMEMEBER: Aid Station food is for the athletes, not the race crew and supporters.**

RESTROOMS & WATER

Permanent BLM restrooms are located at Gooseberry Mesa Trailhead and White Trailhead. Portable toilets will be at Start/Finish, Wire Mesa, Windmill and White Trailhead. ICUP will provide drinking water at Start/Finish and aid stations but **remember to arrive race morning with bottles and hydration packs already filled.**

RACE-DAY PHOTOS

Professional race-day photos are included with your entry at no additional charge. ICUP will send access information after the event. Share your Gooseberry Epic experience and tag Intermountain Cup.

FINAL ATHLETE CHECKLIST

Prepare well. Race smart. Take care of the mesa.



BEFORE YOU LEAVE HOME

- ☐ Read this guide
- ☐ Study course map
- ☐ Download correct GPX
- ☐ Check weather
- ☐ Inspect bike
- ☐ Pack repair kit
- ☐ Plan nutrition/hydration
- ☐ Prepare & label drop bags
- ☐ Save 435-705-3110
- ☐ Know your start time

FRIDAY

- ☐ Packet pickup 5:00-7:00 PM
- ☐ Attend 5:30 or 6:30 briefing
- ☐ Review last-minute updates
- ☐ Keep number plate safe while driving
- ☐ Recheck course / GPX

RACE MORNING

- ☐ Allow extra travel time
- ☐ Remember 7:45 road closure
- ☐ Hydration filled
- ☐ Drop bags in by 7:45
- ☐ Number plate secured
- ☐ Helmet / repair kit / nutrition
- ☐ Phone charged if carrying
- ☐ Correct GPX loaded
- ☐ Stage early

RACE-DAY EMERGENCY / DNF

435-705-3110

Gooseberry Mesa is a special to ride. Please stay on course. Follow the yellow ribbons and watch for the white dots. Don't litter. Park and camp only in established areas. Respect other trail users. Make smart decisions on technical terrain.

And when the race gets hard, look around every once in a while.
You're racing your mountain bike on Gooseberry Mesa.
That's a pretty good way to spend a Saturday.