



ENDURANCE MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

ROANOKE, VA | JULY 2026

Communique 7 **Thursday - July 16, 2026**

XCC – Rider Penalty

The following penalty has been issued:

USA Cycling Rule 1I1(k) Unauthorized Rider Position
843 Freymiller, Carly LIC785097 Nrth Werx DSQ

Number Plate Pickup - Friday, July 17

7:00AM – 4:00PM

Explore Park – XCO Venue – Taubman Center Building
56 Roanoke River Parkway Rd, Roanoke, VA 24014

XCO – Junior 15-16 Men Qualification

Due to the registration count, all Junior Men 15-16 are qualified directly to the final. No LCQ will be held.



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XCO – Schedule Change for Friday, July 17th

Due to the elimination of the Junior 15-16 LCQ, the Junior Men and Women 11-12 start times have been pushed 1 hour.

Junior Women 11-12: Old Start Time 7:00AM – New Start Time 8:00 AM

Junior Men 11-12: Old Start Time 8:15AM – New Start Time 9:15 AM

Practice was to begin at 6:15AM and has moved to 7:15AM.

The event race schedule is being updated to reflect this change and also listed below.

XCO QUALIFIERS & CHAMPIONSHIPS			
Friday	July 17		Course/Location
6:00 AM - 4:00 PM	Neutral Support open/close	XCO	Explore Park
7:00 AM - 4:00 PM	Registration/Number Plate Pick Up	XCO	Explore Park
7:15 AM - 7:45 AM	Practice - XCO	XCO	Explore Park
8:00 AM	Junior Women 11-12	XCO	Start Prologue + 2 Laps Blue
9:15 AM	Junior Men 11-12	XCO	Start Prologue + 2 Laps Blue
10:30 AM	Junior Men 17-18 Last Chance Qualifier	XCO	Start Prologue + 1 Lap Black
10:45 AM	Awards - Junior 11-12 (M/W)	XCO	XCO Finish Area
11:30 AM	Junior Women 13-14	XCO	Start Prologue + 2 Laps Red
1:00 PM	Junior Men 13-14	XCO	Start Prologue + 2 Laps Red
2:30 PM	Master Women 30-34	XCO	Start Prologue + 3 Laps Red
2:31 PM	Master Women 35-39	XCO	Start Prologue + 3 Laps Red
2:32 PM	Master Women 40-44	XCO	Start Prologue + 3 Laps Red
2:33 PM	Master Women 45-49	XCO	Start Prologue + 3 Laps Red
2:34 PM	Master Women 50-54	XCO	Start Prologue + 3 Laps Red
2:35 PM	Master Women 55-59	XCO	Start Prologue + 3 Laps Red
2:36 PM	Amateur Women 19-29	XCO	Start Prologue + 2 Laps Red
2:37 PM	Master Women 60-64	XCO	Start Prologue + 2 Laps Red
2:37 PM	Master Women 65-69	XCO	Start Prologue + 2 Laps Red
2:37 PM	Master Women 70+	XCO	Start Prologue + 2 Laps Red
2:45 PM	Awards - Junior 13-14 (M/W)	XCO	XCO Finish Area
4:00 PM	E - MTB (M/W)	XCO	Start Prologue + 4 Laps Red
4:02 PM	SS (M/W), Non-binary	XCO	Start Prologue + 3 Laps Red
5:30 PM	Amateur Men 19-29	XCO	Start Prologue + 3 Laps Red
5:32 PM	Master Men 30-34	XCO	Start Prologue + 3 Laps Red
5:34 PM	Master Men 35-39	XCO	Start Prologue + 3 Laps Red
5:40 PM	Awards - 2:30 PM & 4:00 PM Starts	XCO	XCO Finish Area
6:55 PM	Awards - 5:30 PM Starts	XCO	XCO Finish Area

XCO – Tech Zone

Technical support for racers is only in play for the UCI pointed races on Saturday, July 18. Technical support on Friday and Sunday is not permitted. Technical Support can be provided in the primary Feed/Tech zone just below the finish line. Use the gravel pathway to get to your position in that Feed/Tech zone. Do not utilize the race course/pavement climb to the finish.

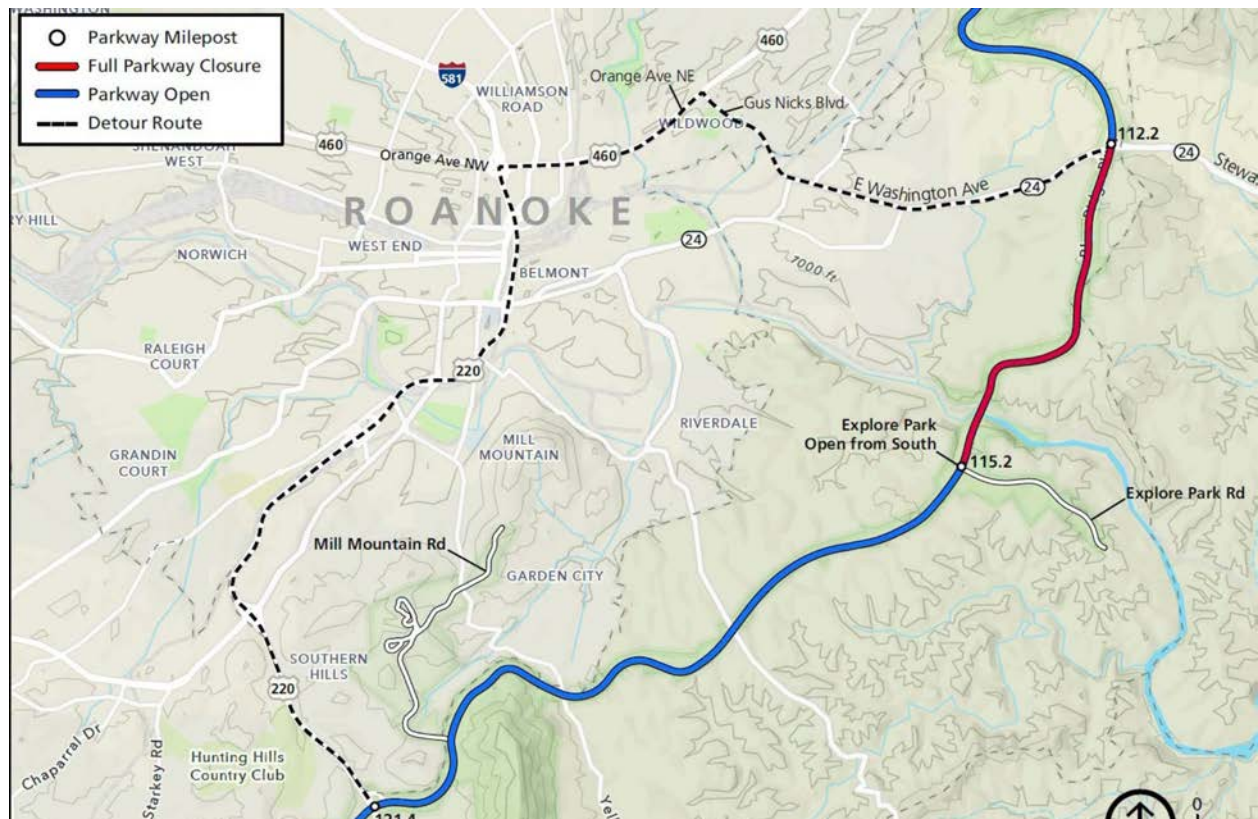
There is a remote technical zone in play this year. It is located at mile marker 0.77 on the Start Prologue. This is the bottom of "Jackhammer Hill". Please use caution as you move into and out of position on the start prologue stretch.

<https://ridewithgps.com/routes/54744855>

Technical support can be provided from this remote technical zone during the start (broken chain/flat off the starting line) and every time a racer is at the entry to "Jackhammer Hill" after that.



<https://www.nps.gov/blri/planyourvisit/roadclosures.htm>





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XCO – Practice - Getting to Staging/Start/Warm Up Area

New for this year is a road from the Visitors Center area OR a gravel pathway adjacent to the Feed/Tech zone area of the course. During race days, please use the gravel pathway to get to the Feed/Tech zone and not the pavement which is the race course. Warm Up on the paved Greenway in the opposite direction of the start line. **There is 4+ miles of paved, vehicle free trail in that direction. We strongly encourage you to use this area for warming up and not the Blue Ridge Parkway**





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XCO – Warming Up on Blue Ridge Parkway

Designated warm-up areas have been established on the Greenway within Explore Park to accommodate cyclists wishing to warm-up in advance of the race. Should cyclists choose to warm up on the Blue Ridge Parkway leading up to the event, they will adhere to all traffic laws and safety protocols to keep the roadway safe for all users, including the following:

- a. Bicycles operated on the motor road must be equipped with front and rear facing mounted lights. Lights must be activated during any period of low visibility or when travelling through a tunnel.
- b. Unless actively passing another rider, participants must ride single file. Riding abreast is prohibited by federal regulation.
- c. Participants shall not occupy both lanes of traffic.
- d. All participants will adhere to all traffic control/direction in areas where road work is in progress.

Link to the Rider Information Page: <https://tinyurl.com/cadzwxk7>

Link to Schedule, Maps & Tech Guide: <https://mtbnats.usacycling.org/endurance-mtb>

Link to Live Results: <https://my.raceresult.com/groups/7276/>