



ENDURANCE MOUNTAIN BIKE NATIONAL CHAMPIONSHIPS

ROANOKE, VA | JULY 2026

Communique 9 Friday - July 17, 2026

XCO – Rider Penalty

The following penalty has been issued:

USA Cycling Rule 8B3(a) - Warning - Failure to maintain a line during sprint

Rider 1136 - Elliot Knox - Molly Maid-Byron Health and Healing

Number Plate Pickup - Saturday, July 18

7:00AM – 4:00PM

Explore Park – XCO Venue – Taubman Center Building

56 Roanoke River Parkway Rd, Roanoke, VA 24014

XCO – Lap Counts - Saturday, July 18

Junior Men 17-18 Cat 1/2	Start Prologue + 4 Laps Black Course
Junior Women 17-18 Cat 1/2	Start Prologue + 3 Laps Black Course
Women Elite Pro	Start Prologue + 5 Laps Black Course
Men Elite Pro	Start Prologue + 6 Laps Black Course
Women U23 Open	Start Prologue + 4 Laps Black Course
Men U23 Pro/Cat 1	Start Prologue + 5 Laps Black Course

XCO – Air Quality Index (AQI) Update

We are closely monitoring air quality conditions, due to the wildfire smoke. Pertinent updates will be communicated via Text Group. We are using an online tool for monitoring the Air Quality Index (AQI) from a station closest to the race venue, and race staff will monitor it every 30 minutes throughout the day. As with thunderstorms, an assessment will be made every 30 minutes to determine the ability to continue or restart after conditions improve.

Race Adjustments based on AQI based on recommendations from USOC

101–150: Unhealthy for sensitive groups — individuals with respiratory or heart conditions, seniors, children, and those who are pregnant should consider staying indoors.

151–200: Considered unhealthy — sensitive groups should stay indoors. Laps will be cut from the published count.

201+: Considered very unhealthy. The race will be canceled or cut immediately, and all outdoor events and activities will be suspended.



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Why Air Quality Matters

-Anyone can become sick from inhaling wildfire smoke.

-The smoke is made up of tiny airborne particles, fumes, and gases such as carbon monoxide.

-The biggest concern is the tiny particles that aren't filtered by the nose and throat. When inhaled, they travel deep into the airways and cause inflammation, which can lead to shortness of breath, chest tightness, coughing, or wheezing.

-Those most likely to experience negative effects include individuals with chronic respiratory conditions or heart disease, smokers, young children, pregnant women, and those age 65 and over.

-A properly fitted N-95 mask can help reduce the amount of smoke inhaled.

Interpreting AQI

0–50: Air quality is considered safe.

50–100: Signals an increase in harmful particles in the air.

Above 100: Individuals with underlying respiratory or heart disease, seniors, children, and those who are pregnant should stay indoors.

Above 200: Everyone should stay indoors.

XCO – Schedule - Saturday, July 18

XCO CHAMPIONSHIPS			
Saturday	July 18	Course/Location	
6:00 AM - 6:00 PM	Neutral Support open/close	XCO	Explore Park
6:00 AM - 5:00 PM	Number Plate Pick Up	XCO	Explore Park
6:45 AM - 7:15 AM	Practice - XCO - Black Course	XCO	Black Course
7:30 AM	Junior Men 17-18 (See Qualifying Information)	XCO	TBA Laps - Black Course
9:00 AM	Junior Women 17-18	XCO	TBA Laps - Black Course
11:15 AM	Awards Junior 17-18		XCO Finish Area
10:30 AM-11:15 AM	Practice - XCO - Black Course	XCO	Black Course
11:45 AM	Women Elite	XCO	TBA Laps - Black Course
1:30 PM	Men Elite	XCO	TBA Laps - Black Course
3:30 PM	Awards Elite	XCO	XCO Finish Area
3:15 PM	Women U23	XCO	TBA Laps - Black Course
5:00 PM	Men U23	XCO	TBA Laps - Black Course
6:45 PM	Awards U23	XCO	XCO Finish Area
6:45 PM - 7:30 PM	Practice - XCO	XCO	Red & Black Courses



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XCO – Tech Zone

Technical support for racers is only in play for the UCI pointed races on Saturday, July 18. Technical support on 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 (only) 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. There is a navy blue medical tent with “Carilion” written on the peaks located at this position.

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

Technical support can be provided from this remote technical zone during the start and every time a racer is at the entry to the trail section called “Jackhammer Hill” after that.

Please remember the rules of the Feed/Tech Zone that are listed on page 11 in the Tech Guide. It was noticed that dogs, children and spectators have been in the feed zone. Respect the racers and their support staff by following these rules.



FEED ZONE / TECH ZONE QUICK GUIDELINES

1		BE READY, STAY ALERT Face oncoming riders at all times—riders are faster than you may expect. Stay focused, anticipate your rider, and avoid distractions. Never turn your back near the race course.
2		NO RUNNING Move deliberately and under control. Running creates collisions, missed handoffs, and unsafe situations. Running alongside your rider is grounds for dismissal.
3		FEED SAFELY Hand bottles cleanly from the side with a firm, predictable motion. Do not toss, drop, or “dump” bottles onto riders. Open the cap and hold the bottle securely by the valve.
4		STEP IN, STEP OUT Stay off the race line at all times. Step in only as your rider arrives, complete the handoff or service, and immediately clear the lane. Keep one foot behind the ground marking when feeding.
5		KEEP IT QUICK Be prepared and organized to execute efficiently and clear space for others. When possible, bring the bike behind the service line for mechanical support.
6		NO SPECTATING This is a work zone only—no watching the race, filming, or photos. No children or animals. Only active support personnel are allowed in the zone.
7		WEAR IDENTIFIABLE TEAM CLOTHING Make it easy for your rider to find you at speed. Clear, consistent apparel prevents confusion and missed feeds.
8		KEEP THE ZONE CLEAN AND CLEAR Keep bottles, tools, and equipment organized and out of the rider line. Remove unused items promptly and place bottles in appropriate receptacles.
9		SELF-POLICE THE ZONE Take responsibility for your actions and help manage the space. Address unsafe behavior or notify an official—everyone shares responsibility for a safe, fair zone.

FOR MORE INFORMATION, SCAN BELOW:

SAFESPORT CODE



[uscenterforsafesport.org/
response-and-resolution/safesport-code/](https://uscenterforsafesport.org/response-and-resolution/safesport-code/)

MAAPP POLICY



maapp.uscenterforsafesport.org/



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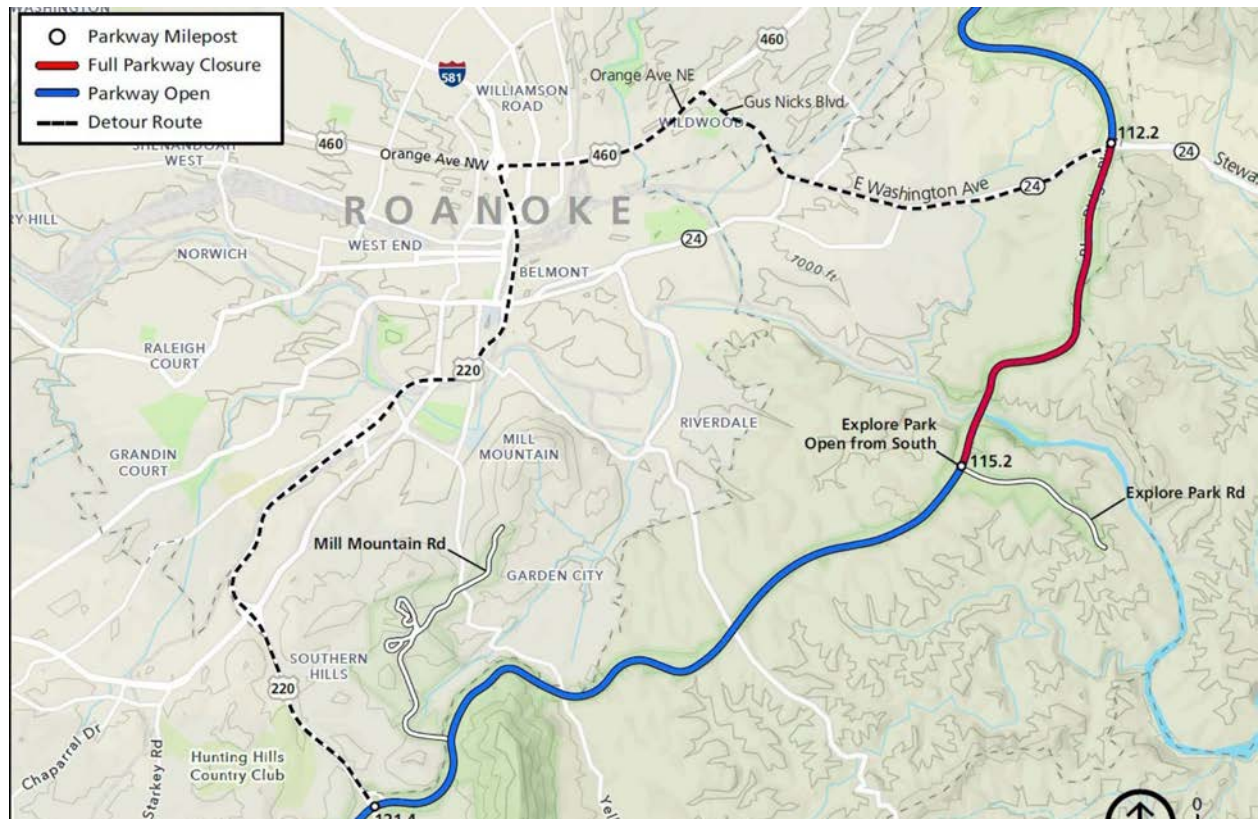
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XCO – Getting to Explore Park – Road Closure Alert

CLOSED: MP 112.4 VA Route 24 (Washington Ave) - MP 115 Explore Park Rd (Roanoke River Pkwy).

OPEN: MP 115 - MP 121.4 US Route 220.

<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/>