

THREE PEAKS - Cedar City, UT

South HS & JD Race #3

September 21, 2019

[Sign up to Volunteer!](#)

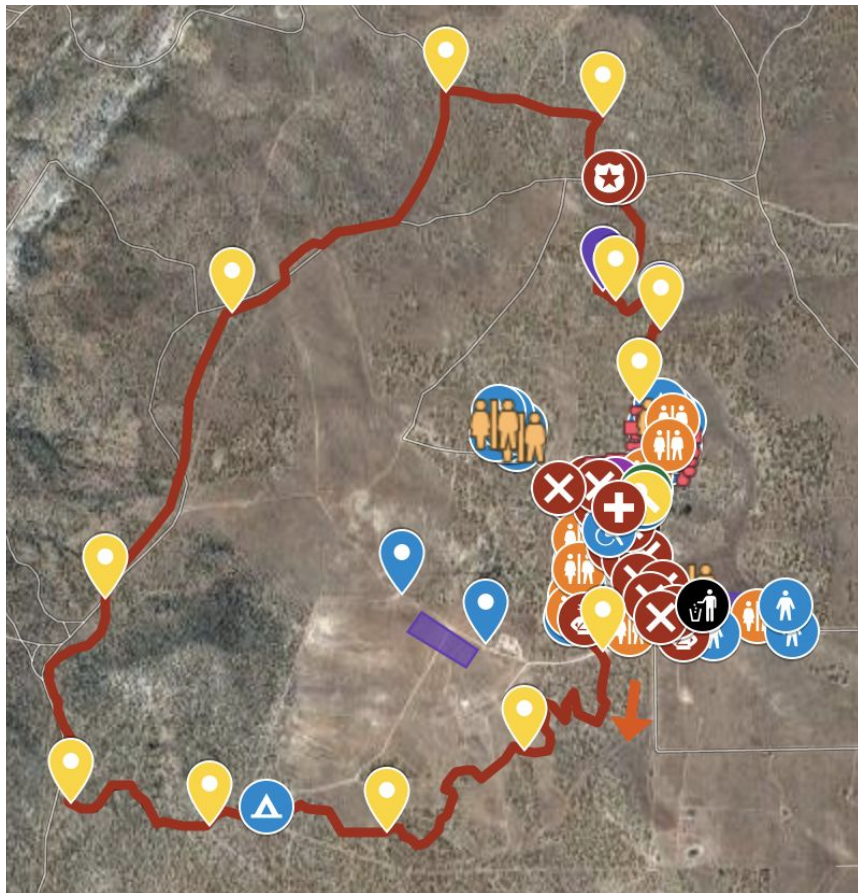
NO DOGS FRIDAY OR SATURDAY

NO ATVs ALLOWED AT THREE PEAKS REC AREA FRIDAY OR SATURDAY

RACE COURSE:

Course: 5.8 miles with 384 ft elevation gain

Course Description: This course combines flow singletrack with a bit of slickrock tech for an extremely fun finish! The course starts with a small dirt road climb to spread out the field. Riders then turn left onto Twilight Zone, a rolling singletrack trail with slickrock sections and a few wooden bridges with ride-arounds. Next is another section of dirt road to allow for passing before turning onto the Three Peaks trail. Let it rip on the fun and flowy rolling sections of this trail. Riders will then turn onto another dirt road that starts off flat, but turns up to hit a steep and loose climb. The best descent comes immediately after, with fast flow on the Big Hole Loop and technical slickrock on Lost World. There will be one A and B line option on Lost World featuring steep rock rolls, which will be open to all categories. Once the singletrack ends, it's time to hammer out on a dirt road into the finish area.



[CLICK FOR GOOGLE MAP](#)

[CLICK FOR STRAVA FILE](#)

PRE-RIDE: The race course will be pre-marked on Friday, September 13th. Pre-riding is open September 13th through September 20th. The full venue set up takes place on Friday, September 20th.

Pre-riding on Friday, September 20th, will begin at 3:00 p.m. and end at 6:45 p.m.

IMPORTANT NOTE: Pre-riding is only open to registered student-athletes and coaches.



TEAM PITS

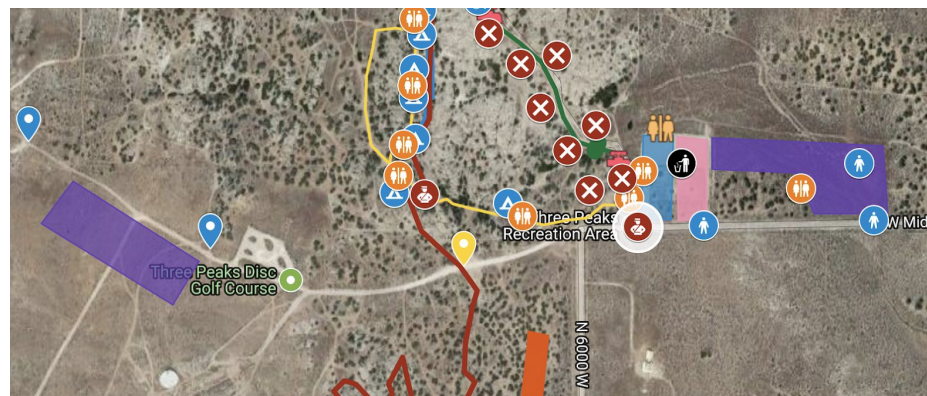
Team Pits will be near the Staging/Start highlighted in blue. The Pitzone map will be sent to coaches the week prior to race day.

PARKING & PIT ZONE

HANDICAP PARKING Handicap Parking will be allowed to drive up the staging road ONLY in between waves and must be escorted in and out with a race staff representative (see wave schedule).

PIT ZONE: (blue on map): Team Pits will be designated in the parking lot (blue area on map). Vehicles with “Head Coach” or “Pit Zone” Hangtags are allowed to enter the pit area and BOTH will park in the pink area next to the pits.

GENERAL PARKING (purple): General parking is at the main Three Peaks Rec parking area (far right purple shape in image to the right). Overflow parking is to the east and is inside of the race loop. There will be Race Crew monitoring access in and out of overflow parking area for the safety of the racers.



LODGING AND CAMPING:

LODGING: The closest lodging is located in Cedar City. Book early.

CAMPING: This venue offers us a unique opportunity to have Camping along the course. **PLEASE NOTE: Because access to these areas are ON the race course, access is restricted. Vehicles must enter FRIDAY, SEPTEMBER 20th, BEFORE 3:00PM and will not be able to leave until THE LAST RIDER FINISHES AT THE END OF RACE DAY. We recommend parking your vehicle after dropping of your camp equipment in General Parking. Unlimited access camping areas will be on the south end of the race venue. This area is good for large group camping (see below).**

GROUP CAMPGROUND (shaded light green on google map): 10 group campsites with fire rings, picnic tables, tent pads and toilet facilities. First come, first served.

DIRECTIONS Please [click here](#) for Google maps and enter your starting point for directions to the Three Peaks Trail System in Cedar City, UT.

REGISTRATION

Registration closed on July 19th. Students must be practice-ready and race-ready in the Pit Zone. We will NOT accept any registrations after that time. There is NO onsite registration.

VOLUNTEER!

The EXPECTATION is that every parent/guardian will volunteer for the League at least ONCE per student per season.

The great experience provided to student-athletes is only possible because of the contributions of over 150 volunteers at each race. **Please learn more about the various volunteer positions on our [website](#) - most spots are about 4 hours.**

- Free hats for volunteers who work 2 or more races (while supplies last)
- Paid parking positions
- Merchandise gift cards and other prizes for repeat Stationary Course Marshal positions (see [website](#))
- **Please [click here](#) to volunteer for South Race #3.**

We are tracking team volunteer sign ups for the Strike Volunteer Promotional! (details below)



Strike Volunteering Promotional for Teams

Level 1 - 85% of parents affiliated within a specific team that volunteer throughout the race season will help the team receive two (2) double sided flags (12' feather or teardrop), plus accessories, plus 5% off their next order. Retail value of \$386+

Level 2 - 70% of parents affiliated within a specific team that volunteer throughout the race season will help the team receive two (2) single sided flags (12' feather or teardrop), plus accessories. Retail value of \$320

Level 3 - 65% of parents affiliated within a specific team that volunteer throughout the race season will help the team receive a single sided flag (12' feather or teardrop). Retail value of \$160.

NEUTRAL SUPPORT:

Outlander Cycle Repair will provide free bike safety checks to make sure racers are race ready and help with minor mid-race repairs.



MEDICAL SERVICES:

- Please visit the First Aid tent for any non-emergency medical needs.
- 4 EMTs at all races for emergency medical issues.

FOOD SERVICE:

2 Rivers Catering
The Corndog Company

OTHER IMPORTANT VENUE NOTES

- **No dogs allowed!**
- Fires are allowed in designated fire pits in camping areas.

DETAILED SCHEDULE

* Staging for each category begins 15 minutes before the **category** start (not the wave start). Riders should arrive at the staging area 20 minutes before their category start.

Wave	Category	Start Time	Number of Laps	Plate Series
	Pitzone Opens	6:30		
	Registration Opens (plate changes only)	7:00		
	JD Head Coach Meeting	7:00		
	Course Closes	7:30		
	Pitzone Closes	7:30		
	National Anthem	7:30		
Wave 1 - JD	Adv Girls	8:00	1	13000s
	Int Girls	8:05	1	23000s
	Beg girls	8:10	1	33000s
Wave 2 - JD	Adv boys	8:55	1	43000s
	Int boys 8 - split category 1	8:58	1	53000s
	Int boys 8 - split category 2	9:01	1	
	Int boys 7	9:04	1	63000s
	HS Head Coach Meeting	9:20		
Wave 3 - JD	Beg boys 8	10:00	1	73000s
	Beg boys 7	10:05	1	83000s
Wave 4 - HS	Varsity Boys	11:00	4	400s
	JV A Boys D1	11:05	3	3300s
	Varsity Girls	11:10	3	0-150
Jr Devo Podiums		11:45		
Wave 5 - HS	Fresh A Boys D1	12:30	2	1700s
	Fresh A Boys D2	12:33	2	2700s
	Fresh B Boys D1	12:36	2	3700s
	Fresh B Boys D2	12:39	2	4700s
	Pitzone Opens	12:45		The Pit Zone opening and closing is only for those junior devo-only teams which will be leaving the venue
	Pitzone Closes	1:00		
Wave 6 - HS	JV C Boys D1	1:35	2	7300s
	JV C Boys D2	1:38	2	8300s
	JV D Boys D1	1:41	2	4300s
	Boys Single Lap	1:44	1	700s

Wave 7 - HS	JV Girls A	2:50	2	5700s
	JV Girls B	2:53	2	2300s
	Fresh Girls	2:56	2	1100s
	Girls Single Lap	2:59	1	500s
Wave 8 - HS	JV A Boys D2	4:10	3	9300s
	JV B Boys D1	4:15	2	5300s
	JV B Boys D2	4:20	2	6300s
Podiums	starting 6:30-7:00, depending on course takedown time			

*Please note that the number of laps raced for each category is subject to change depending on weather and course conditions.

* Note that when there are 4 categories/wave, there are only 3 minutes separating each start time. This decreases lapped riders

* Darker highlight of category name means that categories will rotate start position during the season so each category gets to start first every other race

Thank you to our sponsors!

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The information in this race flyer is tentative and is subject to change. Please contact Ginger at ginger@utahmtb.org with questions or concerns.