



CEDAR CITY REGION RACE #3 SATURDAY, SEPTEMBER 18

No Dogs allowed!
Sign Up to Volunteer [HERE](#)

Covid-19 Precautions

Please follow the Utah Department of Health's face mask policy. At this time, they are not required but are recommended for those at high risk or that have not received the vaccination.

High-Risk Attendees

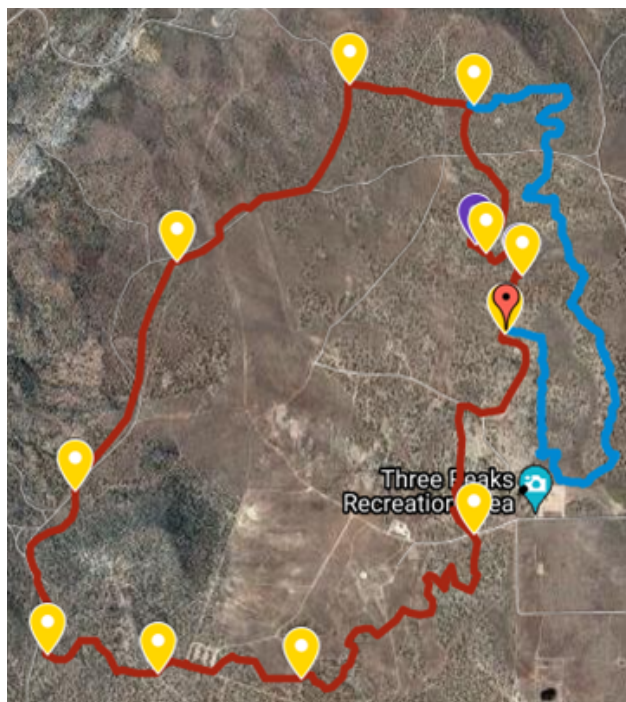
We love having as many spectators as possible at our races; however, due to the seriousness of Covid-19, we must ask that those with pre-existing medical conditions which may make them susceptible to Covid-19 not attend any of the races this season.



Race Course Overview

Course: 5.8 miles with 384 ft elevation gain

Course Description (red): This course combines flowy 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 (Jesus Hill!). 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 the Varsity and JV A categories. Once the singletrack ends, it's time to hammer out on a dirt road into the finish area.



New for 2021 (blue)! Our Varsity boys and girls, JV A boys & advanced junior devo boys and girls will rip right past the turnoff for Lost World and continue on the Big Hole Loop until they turn right on the Orange Fork trail! These riders will enjoy a bit more tech and flow as they reach the Outer Limits and Practice Loop, where the course takes them right by the Pit Zone area. They'll get a little more of an uphill grind before they join back up with the regular course right before the gate that leads back to the finish line.

[CLICK FOR GOOGLE MAP](#)

[CLICK FOR STRAVA FILE](#) (does not include the new course addition)

[CLICK FOR YOUTUBE COURSE PREVIEW](#) (does not include the new course addition)

Pre-Ride Information



Course will be set up with Preliminary Markers for pre-ride by Friday, September 10th. Guess what? The course has been set! Important hint: Pay attention to the red arrows and who should follow them. The categories are on the arrows to help out.

Thursday Sept 16th:

Closes at 7pm for course set up



Friday Sept 17th:

Closed until 3pm for course set up.

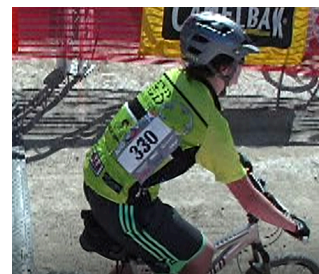
Pre-ride opens at 3pm (pending set up) and closes 45 mins before sunset (**6:50pm**).

Important Note: Pre Ride is open to registered riders and coaches **ONLY**.

The land manager currently prohibits the use of e-bikes at this venue.

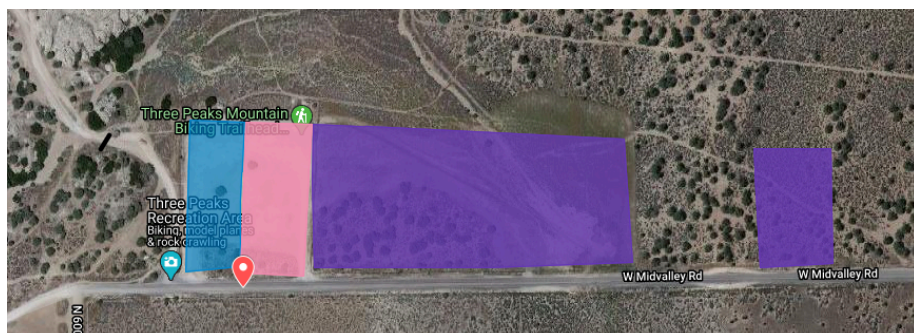
Important Plate & Bib Placement

BIB NUMBER PLACEMENT: Riders are issued an identical bib# to pin on their jersey. Placement is the key for proper pinning of your number. Race numbers need to be located so that officials can see them standing alongside the race course and so that the camera can see it. A good guide to use is the middle of your jersey's side panel—the bottom edge of your number should hit this mark. The photo at the right is a good example of proper bib placement. **Coaches will be instructed at the head coach meeting which side to pin the bib numbers on.**



ATTACHING RACE PLATES: Attach Race Plates both **securely and visibly** on both sides and the bottom over top of any bike cables. **After attaching, step back 20 feet from the bike/rider and see if you can read the race plate. If you can't see it, neither can timing.**

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"

hang tags 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 (purple shape in image to the right of the Pit Zone and Head Coach parking areas). Overflow parking is the purple area to the east (right) of the main parking area. There will be no parking inside the course this year.

Camping & Lodging



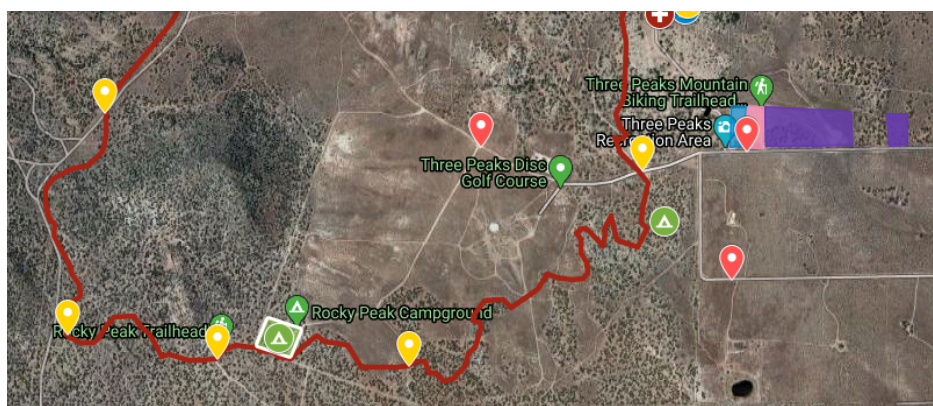
LODGING: The closest lodging is located in Cedar City. Book early.

CAMPING: This venue offers us a unique opportunity to have camping along the course.

PLEASE NOTE: Because access to these areas is **ON** the race course, access is restricted. Vehicles must enter **FRIDAY, SEPTEMBER 17th, BEFORE 3:00 p.m.** and will not be able to leave until **THE LAST RIDER FINISHES AT THE END OF RACE DAY.** There will be **NO EXCEPTIONS** to this rule. Please plan accordingly! This also includes all of the west camping that crosses the race course.

We recommend parking your vehicle in the general parking area after dropping off your camping equipment. This includes the group campsites on the south end of the race venue (see below for group campground information).

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.



Weather

We will be monitoring forecasted weather conditions at the venue in the days leading up to the race. Please check back often to view the most recent forecast and take any precautions as directed.



Friday



Sunny then
Slight Chance
T-storms

High: 81 °F

Friday Night



Slight Chance
T-storms then
Partly Cloudy

Low: 50 °F

Saturday



Chance
Showers then
Chance
T-storms

High: 70 °F

Saturday Night



Slight Chance
T-storms then
Mostly Clear

Low: 50 °F

Directions

Please [click here](#) for the Google map directions to the Three Peaks Trail System in Cedar City, UT.

Open Flame & Generator Policy

Generators and gas grills are allowed but you **MUST** have an operable fire extinguisher nearby. You can now have an open fire in camping in an established fire ring **ONLY**.

Registration

Registration closed on July 7, 2021. There is NO onsite registration.

Registration Tent will be open at 7am for approved petition plate pick up and lost plates only. Same day category changes are not allowed for any category.

Call Ups



Call ups for Junior Devos and High School are based on previous race results.

Petitions

Petitions will close on Monday September 13th at 9am. All petitions are due at this time. This includes all highschool petitions and SLR & Junior Devo category change requests (submitted as petition). This gives us time to prepare the label, make the necessary changes in race results and gives time to create print order for race production.

Race Photos

Race Photos Provided by Selective Vision. If you'd like to see post race photos you can find them at www.selective-vision.com.

Neutral Support

Our Neutral Support for Cedar City has just been cancelled. Please do a proper bike check on your students' bikes prior to coming to Cedar City. As we are trying to find another bike shop to support this race, it isn't looking good. At this time, we will not have Neutral Support at Cedar City.

Medical Services

The First Aid tent is available for any non-emergency medical needs. We will also have EMTs at all races for emergency medical issues.

Food Services

No food trucks are scheduled at this time.

Volunteer Information

The EXPECTATION is that every parent/guardian will volunteer for the League at least ONCE per student per race season. The great experience provided to student-athletes is only possible because of the contributions of over 150 volunteers at each race.

Learn more about the various volunteer positions on our [website](#). Benefits of volunteering:

- Free Hyperthreads volunteer hat for those who fill 2 or more spots at races (while supplies last)
- Paid parking positions
- Merchandise gift card or course marshal tech tee for repeat Stationary Course Marshal (see [website](#))



- Please click [HERE](#) to volunteer for **CENTRAL REGION RACE #3**.

Help your team earn some new swag!!!!

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



Strike Visuals 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 a \$400 credit.

Level 2 - 70% of parents affiliated within a specific team that volunteer throughout the race season will help the team receive a \$300 credit.

Level 3 - 65% of parents affiliated within a specific team that volunteer throughout the race season will help the team receive a \$200 credit.

Credits earned may be applied to any product purchased from Strike Visuals.

Merchandise Tent



Come visit our merchandise tent (supported by Hyperthreads) to purchase your sweet, sweet "Season X" Utah league branded t-shirts, cowbells, socks, sunglasses and a variety of other merchandise. You don't want to miss out on the 10 year anniversary memorabilia. Proceeds from all sales support the Utah High School Cycling League.

Detailed Wave Schedule

*****PLEASE PAY ATTENTION TO YOUR CATEGORY START TIME*****

- Staging starts 15 minutes prior to race time. We do not delay staging times. Please be sure to be on time.
- Riders assigned staging number must be written on their wrist or hand to enter the staging gate. Each rider number will be called in one at a time.
- We do not hold spots for named called ups.
- Riders can arrive at the staging area 20 minutes prior without being sent away.

Wave	Category	Participant #	Start Time	Number of Laps	Gate	Staging Start Time	Distance	Pull times	Plate Series Central
	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	Advanced Boys	27	8:00	1 extended lap	1	7:45	7.5		43000
	Int Boys 8 - split 1	105 (1-52)	8:03	1	2	7:48	5.8		73000
	Int Boys 8 - split 2	53-105	8:06	1	3	7:51	5.8		
	Intermediate Boys 7	52	8:09	1	4	7:54	5.8		53000
Wave 2 - JD	Advanced Girls	10	8:40	1 extended lap	1	8:25	7.5		13000
	Intermediate Girls	53	8:43	1	2	8:28	5.8		23000
	Beginner Girls - split 1	84 (1-42)	8:46	1	3	8:31	5.8		33000
	Beginner Girls - split 2	43-84	8:49	1	4	8:34	5.8		
	Pitzone Opens		9:00						
	HS Head Coach Meeting		9:20						
Wave 3 - JD	Beginner Boys 8 - split 1	75 (1-37)	9:20	1	1	9:05	5.8		83000
	Beginner Boys 8 - split 2	38-75	9:23	1	2	9:08	5.8		
	Beginner Boys 7 - split 1	112 (1-56)	9:26	1	3	9:11	5.8		63000
	Beginner Boys 7 - split 2	57-112	9:29	1	4	9:14	5.8		
	Pitzone Closes		10:00						
Wave 4 - HS	Varsity Boys	34	10:20	3 extended laps	1	10:05	22.5	11:40	400-499
	Varsity Girls	18	10:25	2 extended laps	2	10:10	15	11:20	100-149
	JD Podiums		11:00						
	Pitzone Opens		11:30						
	Pitzone Closes		12:00						
Wave 5 - HS	JV A Boys D1	48	11:40	2 extended laps	1	11:25	15	12:35	4400-4599



	JV A Boys D2	59	11:45	2 extended laps	2	11:30	15	12:40	6400-65 99
Wave 6 - HS	JV B Boys D1	93	1:00	2	2	12:45	11.6	1:45	7400-75 99
	JV B Boys D2	99	1:05	2	4	12:50	11.6	1:50	8400-85 99
Wave 7 - HS	JV Girls A	39	2:10	2	1	1:55	11.6	2:55	800-899
	Fresh Girls	60	2:13	2	2	1:58	11.6	2:58	4800-48 99
	JV Girls B	64	2:16	2	3	2:01	11.6	3:01	2800-28 99
	Single Lap Girls	13	2:19	1	4	2:04	5.8		9900-99 50
Wave 8 - HS	JV C Boys D1	111	3:25	2	2	3:10	11.6	4:10	5400-55 99
	JV C Boys D2	86	3:30	2	3	3:15	11.6	4:15	9400-95 99
	Boys Single Lap	16	3:35	1	4	3:20	5.8		9900-99 50
Wave 9 - HS	Fresh A Boys D1	56	4:35	2	1	4:20	11.6	5:20	1400-15 99
	Fresh A Boys D2	34	4:38	2	2	4:23	11.6	5:23	2400-25 99
	Fresh B Boys D1	84	4:41	2	3	4:26	11.6	5:26	3301-34 49
	Fresh B Boys D2	76	4:44	2	4	4:29	11.6	5:29	7800-79 99
	Podiums		TBD						

IMPORTANT: Varsity Boys, Varsity Girls, JVA Boys (D1 & D2), Advance Boys & Advanced Girls will all complete the extended course (red & blue) for all of their race lap numbers. All other race categories will only complete the regular race course (red)

*** PIT ZONE IS CLOSED UNTIL THE LAST RIDER CROSSES THE FINISH LINE***



Note that when there are 4 categories/waves, there are 3 minutes separating each start time. This decreases lapped riders. Darker highlight categories means that category will rotate start position during the season so each category gets to start first every other race.
*Schedule may be subject to change.

Pit Zone Map

Pit Zone is Open Friday 3pm - 7:30pm. See Details Wave Schedule for Saturday times.

NO VEHICLES CAN MOVE IN PIT ZONE AFTER 12:00 (Noon) SATURDAY UNTIL THE LAST RIDER CROSSES THE FINISH LINE! If you or anyone on your team tries to move a vehicle in the pit zone outside of the scheduled open times your pit zone passes may be taken away.

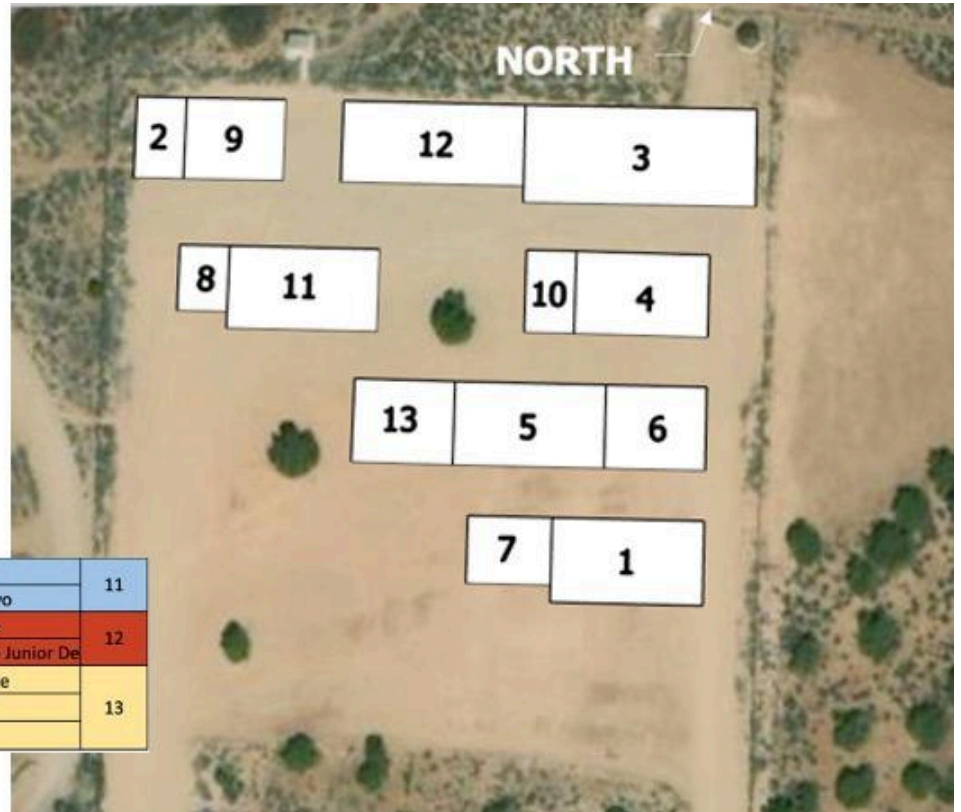
Plan accordingly when parking.



Team	Pit #
Bingham High School	1
Bingham Junior Devo	
Copper Hills	2
Lone Peak	3
Lone Peak Junior Devo	
Mountain View	4
Timpanogos	
Orem	
Orem Jr Devo	
Westlake	5
Cedar Valley	6

Jordan	7
Carbon County	8
Riverton	9
Riverton Jr Devo	
West Granite Comp	10

Herriman	11
Herriman Jr Devo	
Mountain Ridge	12
Mountain Ridge Junior Devo	
Provo Composite	13
Provo Jr Devo	
Timpview	



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