



Gravel Race

Sport Information & Rules

Date: Saturday, May 2, 2026

Sport Coordinator: Justin Daniels

Phone: (801) 673-6315

Email: djdaniels39@hotmail.com

Registration Fee:

\$60.00 - Junior High & High School - Ages 12 - 18

\$85.00 - Adult 19+

Registration Begins: December 1, 2025

Registration Ends: April 26, 2026

Mileage:

- Full course - 7.5 miles out and back with 400' of climbing,
- 7.5 miles/lap with 250' of climbing
- 4 laps: $7.5 + 30 = 37.5$ miles, $400' + 1000' = 1400'$ of climbing

Divisions:

Junior High

- Junior High Boys (12-14) (3 laps - 30miles)
- Junior High Girls (12-14) (3 laps - 30miles)

High School

- High School Boys (15-18) (4 laps - 37.5 miles)
- High School Girls (15-18) (3 laps - 30miles)

Adult

- Men (19-34) (5 laps - 45 miles)
- Women (19-34) (4 laps - 37.5 miles)
- Men (35-54) (5 laps - 45 miles)
- Women (35-54) (4 laps - 37.5 miles)
- Men (55+) (4 laps - 37.5 miles)

- Women (55+) (3 laps - 30miles)

Team Duathlon

A Duathlon is a Run-Bike-Run event. You can form a Team of (2) 10k runners and (1) Gravel biker (mountain bikes in the Gravel race are welcome) to participate in the Duathlon. Each participant will be competing for the individual medals for their solo event while your team member's times will be combined to see which team is the fastest as a group. Gather your friends or family and form a team for an exciting day at 3 Peaks. Teams can be mixed ages and sexes. The division you'll be competing in will be determined by the number of laps your cyclist will be racing in their division: 3, 4, or 5 laps.

Come up with a Team name, then enter your Team name in the notes as each member signs up for their event.

Check-in & USG Athlete Packet & Bib Pick Up:

May 1, 2026 - 5:00pm to 9:00pm

At Cedar City Cinco De Mayo Event

100 W University Boulevard

Or

May 2, 2026

30 minutes prior to your scheduled start time

Venue:

Three Peaks Recreation Area.

North on Main Street, Cedar City, past North Interchange Exit 62.

North on Minersville Highway for three miles to Midvalley Road

Turn left to go west on Midvalley Road for 6.2 miles

Turn right at flags and the Three Peaks sign.

Block Party Information:

For All Athletes/Parents/Spectators & General Public

June 5, 2026

5:00-8:00PM

SUU Practice Field (East of Freeway)

99 S 1100 W

Cedar City, Utah

Includes - Food Trucks, Music, Games, Bounce Houses, and Community Vendors

Utah Summer Games Opening Ceremony - June 5, 2026 8:30pm, SUU Eccles Coliseum

[Weather Policy](#)

EVENT INFORMATION:

Course Map: [Click Here](#)

Course is subject to change depending on course conditions

Schedule: Event starts at 9:10am

[Click Here for Detailed Schedule](#)

Race Course Overview:

The race course is mainly single vehicle wide gravel roads with some sandy and brief rocky sections in the mix to challenge your handling skills. This is not flat and perfectly groomed. Test those skills and have some fun. It is highly encouraged that you **run the widest tire possible** for this course. Mountain Bikes are welcome, gravel bikes not required. The varied terrain, vistas, routes, and rock formations will have you coming back again to explore the area.

****Please note that the course is subject to change.***

Race Course Markings:

Orange arrows will be used to provide directions for the gravel course. They will be located at various intersections with other gravel roads. When in doubt, stay on the road you are currently on.

Caution signs will be located just prior to locations where conditions get a little more technical, rocky or sandy. You should slow your speed a little if you are not familiar with the course. The trail conditions can vary from day to day. Be prepared for gravel, rocks, and loose sand.

A cross traffic sign will be located where MTB racers will be crossing the road. The MTB racers are expected to yield to the faster moving gravel racers, but practice caution.

Signs will be located at key intersections indicating a bike race is in progress. There is still the chance that ATV traffic might enter the course.

Race Day Rules:

1. Choosing your category. It is simply based on your age. However, for the adult categories you may age down (race in a younger category) if you would like. Junior High age participants may age up to compete in the High School category. If you would like your category changed, please email [Justin](#) after signing up with the details. If enough people sign up, we may divide the categories up further by age or experience.
2. A securely-fastened helmet meeting US DOT or the CPSC standards is required!
3. No earbuds allowed.
4. No e-bikes.
5. Stay on the defined course. Cutting the racecourse will be grounds for disqualification.
6. No littering. Respect the roads and trails.

7. Pets are welcome, but must be leashed and kept off of the course at all times.
8. If you drop from a race, you must notify timing before leaving the race venue.
9. Warm up only on designated warm up areas on race day (the Practice loop or road).
10. Treat all competitors, spectators, and staff with respect.
11. The start/finish area is shared with other events. Be cautious when passing slower competitors and note where they may be entering or exiting the designated gravel course. Entering on the right on Mid-Valley Rd near the finish. Exiting to the right $\frac{1}{4}$ mile after the start line. There is one location that will be marked, where MTB racers cross the gravel course.
12. Try to pack enough water to meet your racing needs. However, a self-serve water station will be located at the main junction for each lap.
13. Have fun!

Course Pre-Ride:

The Gravel Course will be marked by 4pm on Friday, May 1st.

If you would like to pre-ride the course, at a relaxed pace with a volunteer. We will meet at the 3 Peaks Trailhead at 4:30pm on Friday, May 1st. Please text or email, Justin, so he will know how many to expect.

[Course GPX file](#)