

2021



RACE BIBLE

Schedule of Events:

Friday, September 24th

5:30pm- 7:00pm: Ridley's parking lot / Midway Town Park, Midway, UT

7:00pm: Q&A at Ridley's parking lot / Midway Town Park, Midway, UT

Saturday, September 25th

6:00am – 7:15am: Packet pick up at Ridley's Parking Lot / Midway Town Park

7:30am – Mass Start in 2016

6:00pm: Awards Midway Town Square

What's in the Race Bible?

- Race Guidelines
- Safety Information
- Leg Descriptions
- Maps
- Driving Information
- Sponsors

Exchanges:

Major Exchanges: Restrooms, Water, Heed, and Snack Foods Available.

Exchange 1: LDS Church on Southfield and 650 S.

Exchange 4: Homestead Resort lower Crater parking lot

Exchange 8: Park and Ride off River Road

Exchange 11: LDS Church on 5th North Heber

Exchange 14: The LDS Church on 6400 E. Heber

Minor Exchanges: Non-Supported Exchanges

Exchange 2: Winterton circle off 2400 S in Charleston

Exchange 3: Cascade Parkway off Stringtown Road in Midway

Exchange 5: Along Snake Creek Canyon, in front of Wasatch State Park

Exchange 6: Midway Town Square

Exchange 7: Heber Valley Artisan Cheese off River Road, before round about

Exchange 9: The Other End off Highway 40

Exchange 10: 1800N west of highway 40

Exchange 12: Eagle Park in Timp Meadows Neighborhood 750 E 320 N Heber

Exchange 13: 3600 E. between Center St. and Crossings Development

Exchange 15: Dead End road off Wild Mare Lane Heber

Exchange 16: LDS Church on the corner of Mill Road and Center Creek

Exchange 17: Heber Valley Elementary School 600 S 400 W. Heber

Race Guidelines:

- Only One team member may run at a time.
- There may only be 2 team members in exchange zones, the one coming and the one going.
- Only cross the street in designated areas. When crossing any street, participants must obey police guidance, volunteer directions, traffic laws and pedestrian signals.
- No parking inside of exchange zones.
- Participants running on the course must have the bracelet visible at all times.
- All runners must be at least 12 years old.
- The minimum number of legs each participant must complete is 3.
- In the event that a participant cannot continue the event, a current member of the existing team may complete any outstanding legs of the event and the team will be adjusted for awards based on the number of participants completing the 3 or more legs.
- Order requirement for team participants to complete their legs in the relay does not matter as long as the minimum is met by each participant.
- Vehicles are not allowed to support their runner along the route. Because the legs are so short and the course is on “open roads,” vehicles should proceed to the next exchange.

Safety Information:

- Support/team vehicles must have an emergency contact/cell phone in the vehicle at all times. This number must be provided at packet pickup.
- Medical assistance should be addressed by calling 911 and then notifying TriUtah staff or volunteers at the nearest exchange zone.
- This race is not permitted to run after dark. Cut off Times will be in place throughout the event and the final cut off time is 6:00PM.
- Cut-off times will be enforced. In the event that a team does not make an Exchange Zone cut-off time, they will be asked to skip ahead at least one Exchange Zone in order to complete the course before dark. These teams will be given a DNF time but will still be able to enjoy the day and complete the majority of the course.
- When parking at exchange zones: Park in parking stalls or along side the road with ALL four tires off the pavement. This will enable runners to pass by without having to step into traffic lanes.

Leg Descriptions:

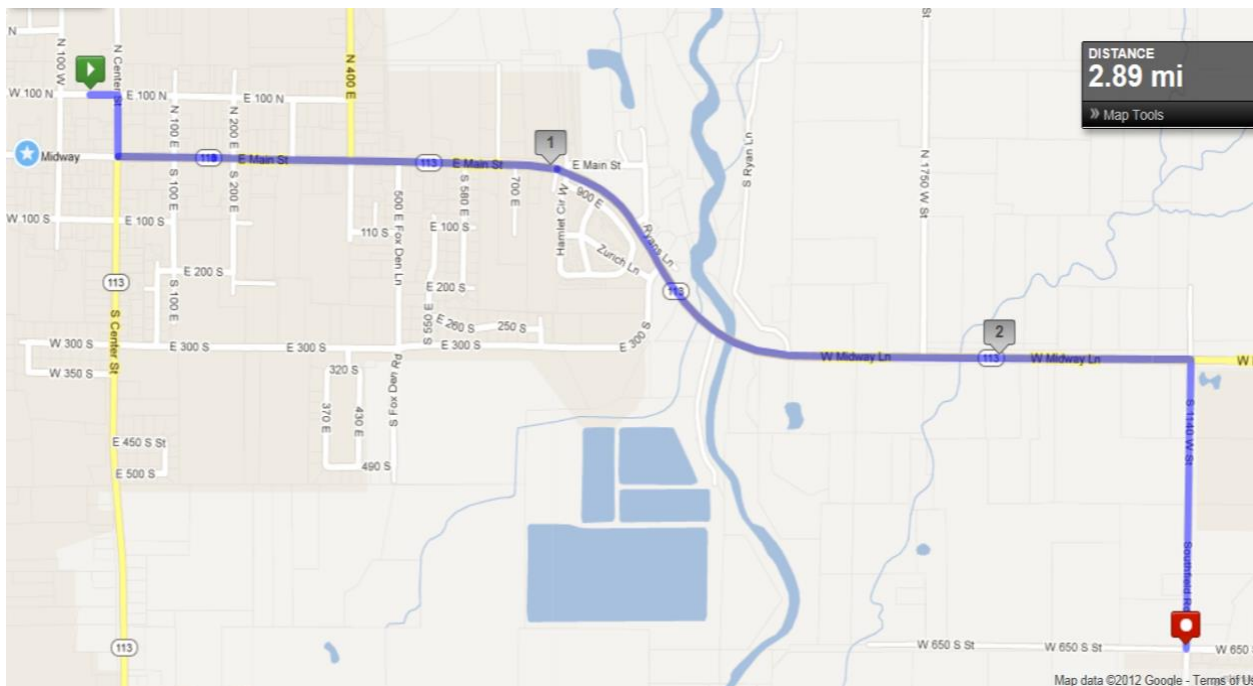
The course will be well marked at all turns and exchange points. Volunteers or police officers will be used in areas where there is more vehicle traffic.

Leg 1:

Midway Adventure to 650 S. Southfield Road Heber

2.89 miles | Easy

Runners will start on Main Street in Midway. Runners will be running east bound on the right side of the road. There will be a trail that picks up at the bridge that crosses over the Provo River, runners will be directed to run on the trail until they take a right turn onto Southfield Road. Runners will continue on the right side until they reach the exchange zone.



Driving information:

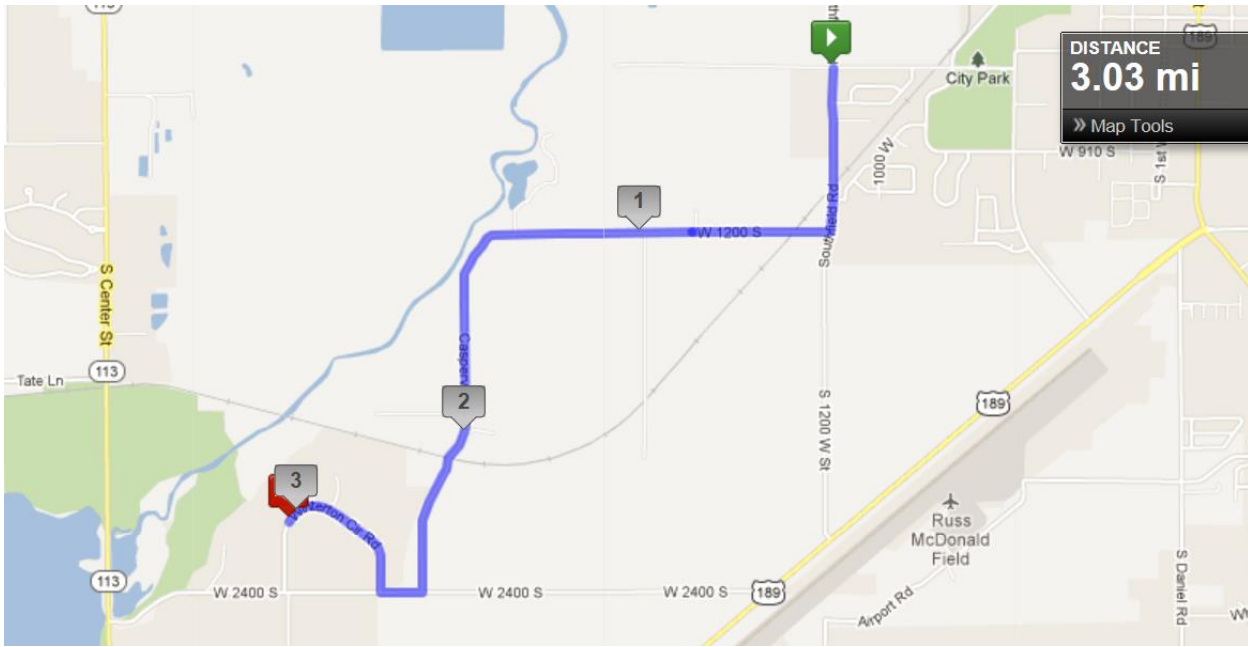
Support vehicles will park at the Town Square Parking. Once your first runner has started you can head to Major Exchange 1 at Southfield road and 650 S. and prepare for your next runner. At the exchange vehicles can park in the church parking lot. Vehicles will travel the same route as the runners with the exception of the trail. Vehicles will drive on Midway Lane to Southfield Road.

Leg 2:

Southfield Road to Winterton Circle Road off 2400 S. Charleston

3.03 miles | Easy

Runners will leave the exchange zone and stay on the right side of the road. At 1200 South runners will take a right and continue on the right side of the road. At 2400 S runners will take a right and stay right until Winterton Cir road where they will take another right turn and continue around the circle until they reach the exchange zone.



Driving Information:

Vehicles will follow the race route to Winterton Circle in Charleston. Once you turn on Winterton Cir. follow the circle around until the exchange zone. Vehicles may park along the side of the road behind the exchange zone.

Leg 3:

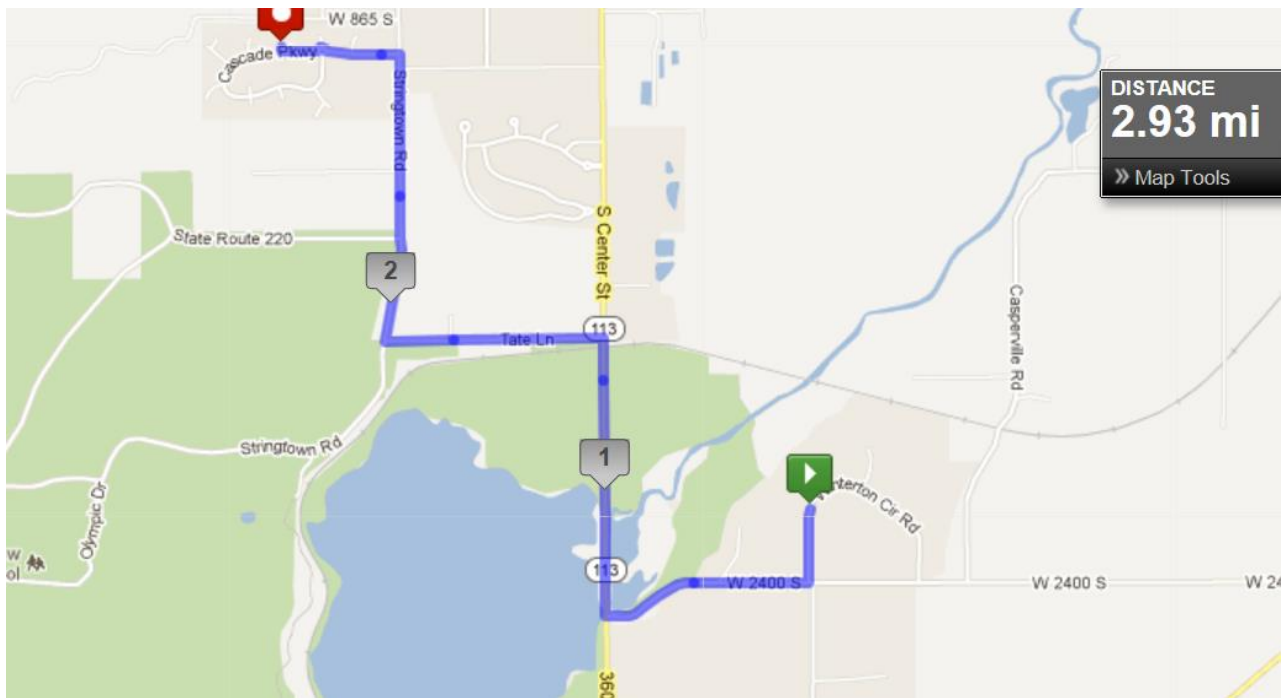
Winterton Circle to Cascade Parkway, Midway

2.93 miles | Moderate

Runners will leave the exchange zone and continue on the right side of the road. At 2400 S runners will take a right stay on 2400 S until they reach Highway 113 where runners will take another right and continue on the right side of the road.

At Tate Lane in Midway runners will need to cross Highway 113. There will be a UHP officer there to help slow and make traffic aware however, runners are required to wait until it is clear to cross and be cautious and aware of their surroundings.

Once runners are on Tate Lane they need to run on the right side of the road. When Tate Lane ends runners will take another right, at Stringtown Road runners will make a left turn and stay on the left. Runners will continue on Stringtown Road on the left side until they reach Cascade Parkway where they will follow the signs to the exchange zone.



Driving Information:

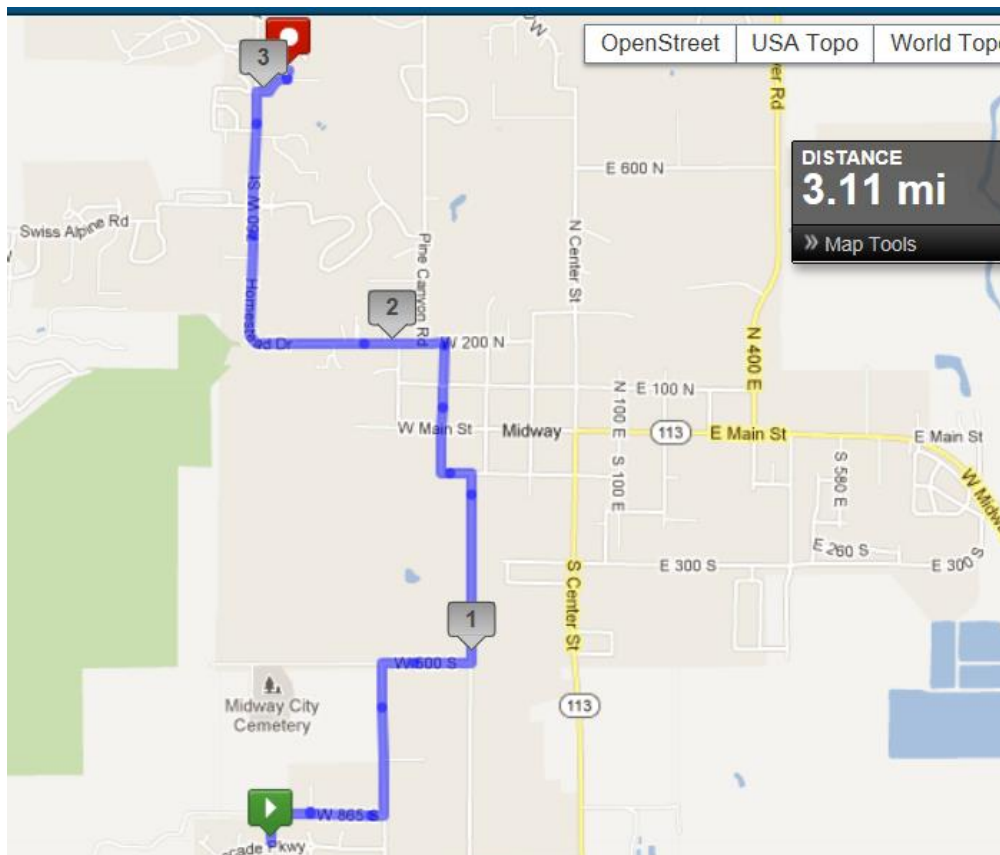
Support vehicles will follow the race route to the next exchange at Cascade Parkway off Stringtown Road in Midway. At the exchange vehicles will need to park in the first cul de sac on the right side before the round about.

Leg 4:

Cascade Parkway to Homestead Resort lower Crater parking lot Midway

3.11 miles | Hard

Runners will leave the exchange zone and head east back towards Stringtown Road. At Stringtown Road runners will turn left and go to the right side of the road. Continue on Stringtown Road until 500 S. where runners will take a right and stay on the right. At 250 S. runners will take a left turn and continue on the left side of the road. At 100 S runners will take another left turn and remain on the left side of the road. At 300 W. runners will make a left turn and stay on the left side the road until 200 W. or Homestead Drive. At 200 W. runners will make a left turn and move to the right side of the road. Runners will run up Homestead Drive until the exchange zone.



Driving Information:

Support vehicles will leave Cascade Parkway and head east back to Stringtown Road and then follow the route signs to Major Exchange 4 at the Homestead Resort. Parking will be in the lower lot. Follow signs to the crater.

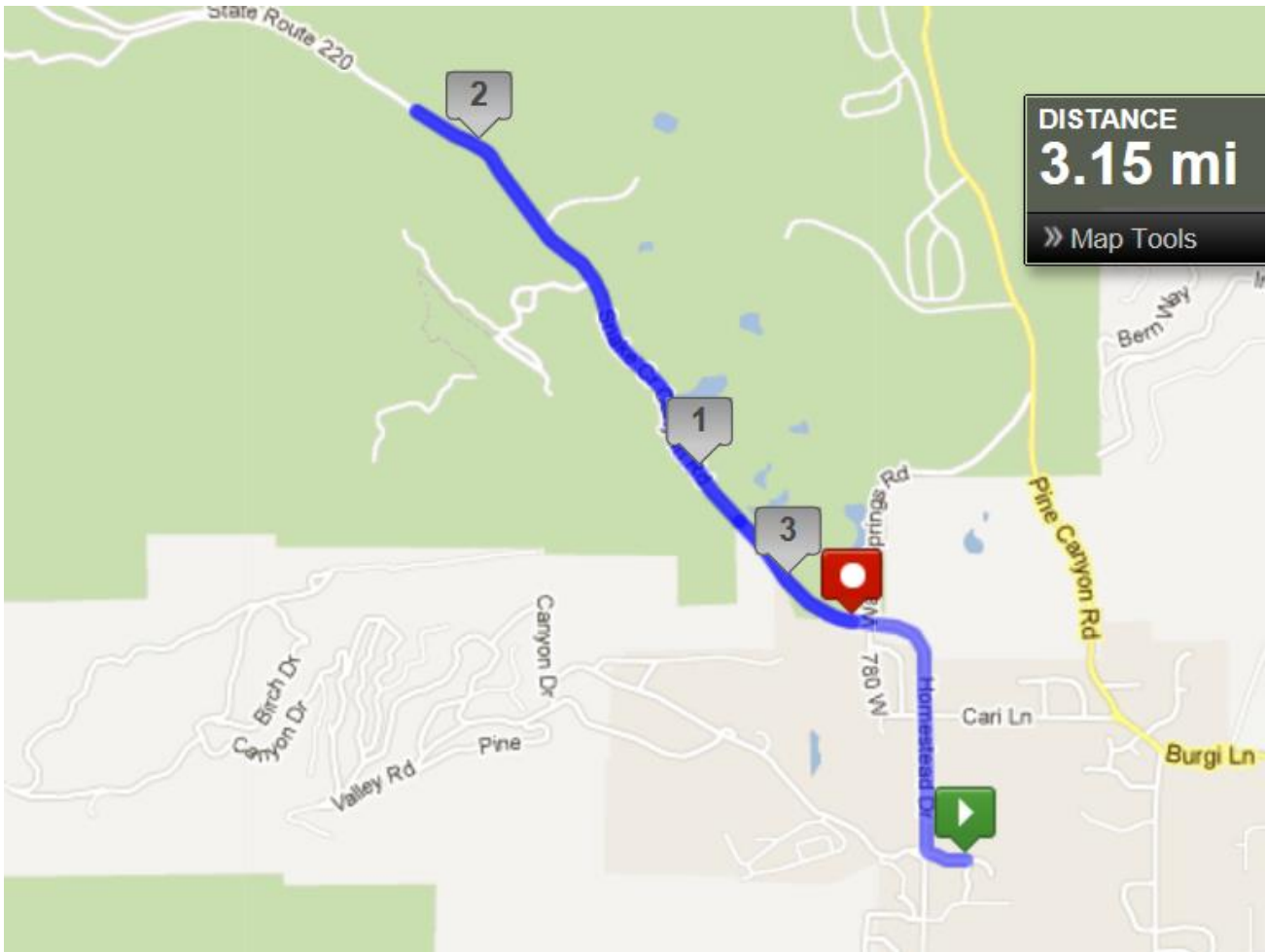
** The next exchange is only about .5 miles away, take your time at this exchange you won't have far to go and it is just off the side of the road so there is not as much room to hang out and wait for your runner.

Leg 5:

Homestead Resort up Snake Creek Canyon around the turn around back down to the road in front of Wasatch State Park

3.15 miles | Hard

Runners will leave the exchange zone and continue on the right side of the road and the road heads up Snake Creek Canyon. Runners will continue on the right side of the road until the turn around point which will be indicated. Runners will then run back down the canyon on the left side of the road until the exchange zone.



Driving Information:

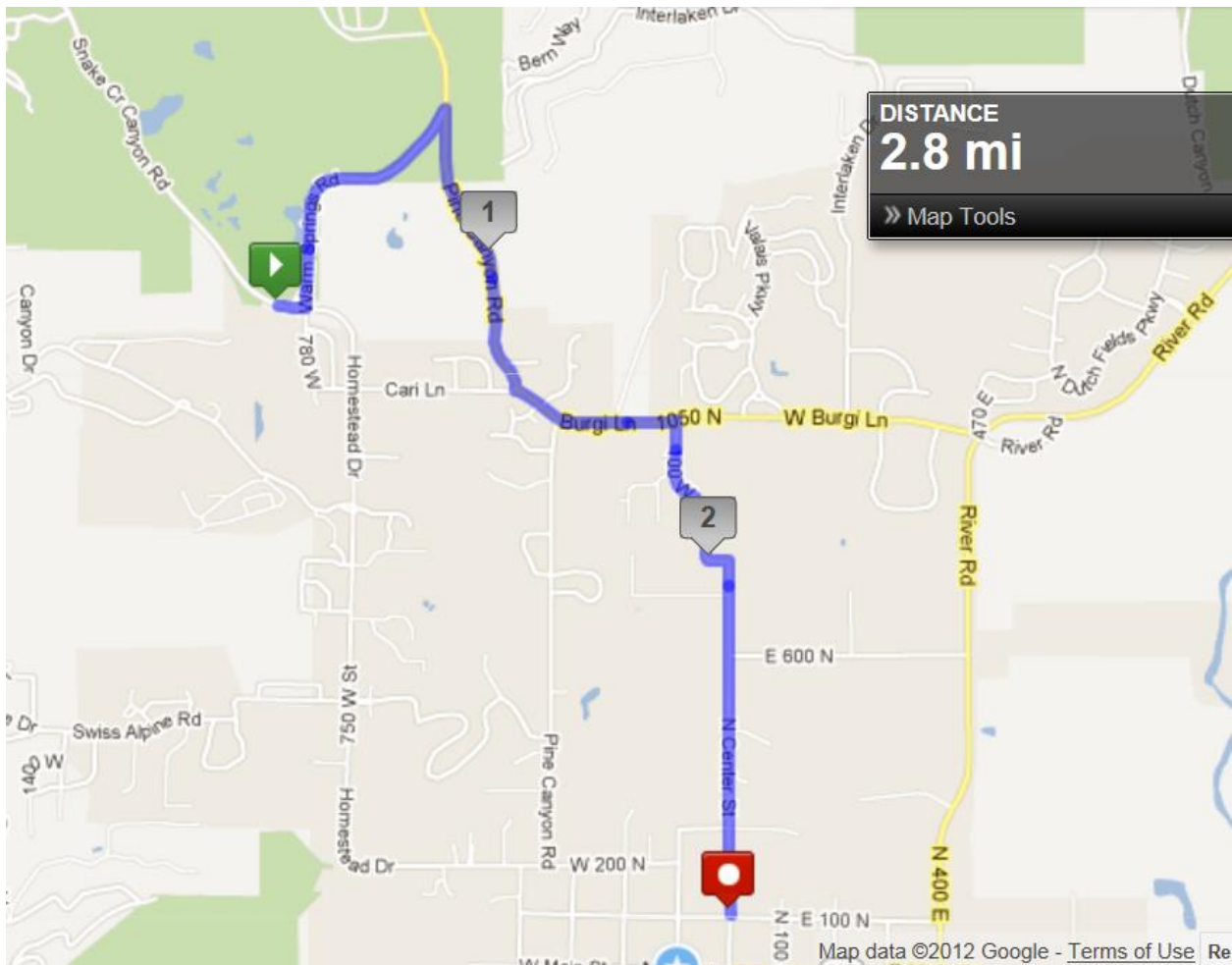
Support vehicles will leave the Homestead and head towards Wasatch State Park along the running route. Runners will head up Snake Creek Canyon while support vehicles park behind the exchange area off the side of the road. All tires will need to be off the pavement.

Leg 6:

Wasatch State Park to Midway Town Square, Midway

2.8 miles | Moderate

Runners will leave the exchange point and continue on the right side of the road, they will be directed by volunteers to take an immediate left onto Warm Springs Drive where runners will stay to the right and continue on Warm Springs Drive until the road ends. Runners will then turn right onto Pine Canyon Road. Runners will continue on Pine Canyon Road on the right side. At Burgi Lane runners will take a left turn continue on the right side of the road. At 100 W. runners will take a right and stay on the right, 100 W. turns into Center Street, continue on the right until the exchange zone.



Driving Information:

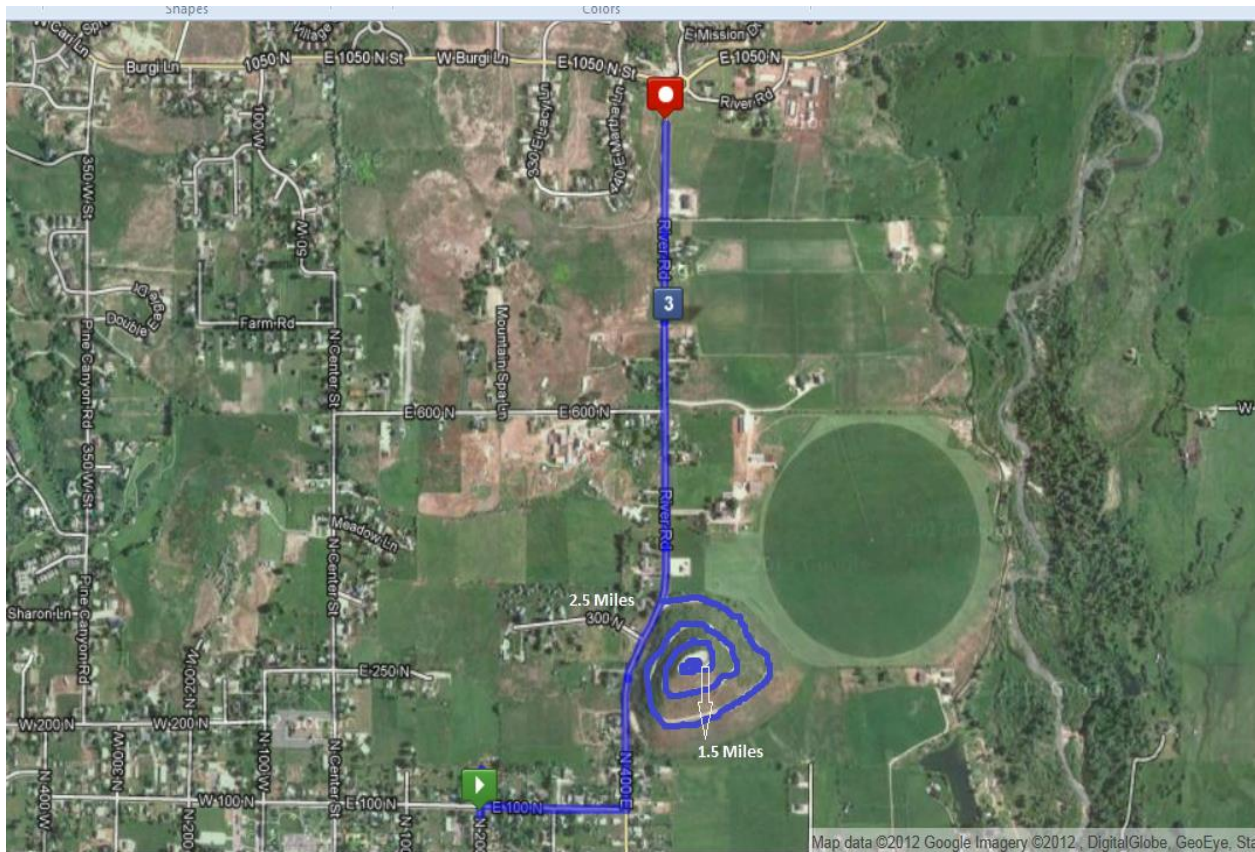
Support vehicles will follow race route to go to the next exchange at the Midway Town Square. Be careful as you make left turns be aware of runners. At the Town Square park in the designated parking areas, and walk down to the exchange.

Leg 7:

Midway Town Square to Memorial Hill up the hill back down then to Heber Valley Artisan Cheese

3.2 miles | Very Hard

Runners will leave the exchange zone and continue on the right side of the road. At River Road runners will make a left turn onto River Road. There will be a Wasatch County Sherriff present to help slow traffic down, but he will not stop traffic for runners to cross. Runners will need to wait until it is clear to cross. Cross to the right side of the road. Memorial Hill will be on the right, runners will run through the gates and to the top of the hill where there will be a turn around indicated. Runners will then come back down the hill. Awesome views of Heber and Midway! Cars are allowed on the gravel road although it is not very likely there will be any, runners should be aware. After the hill continue on River Road on the right shoulder until the exchange zone.



Driving Information:

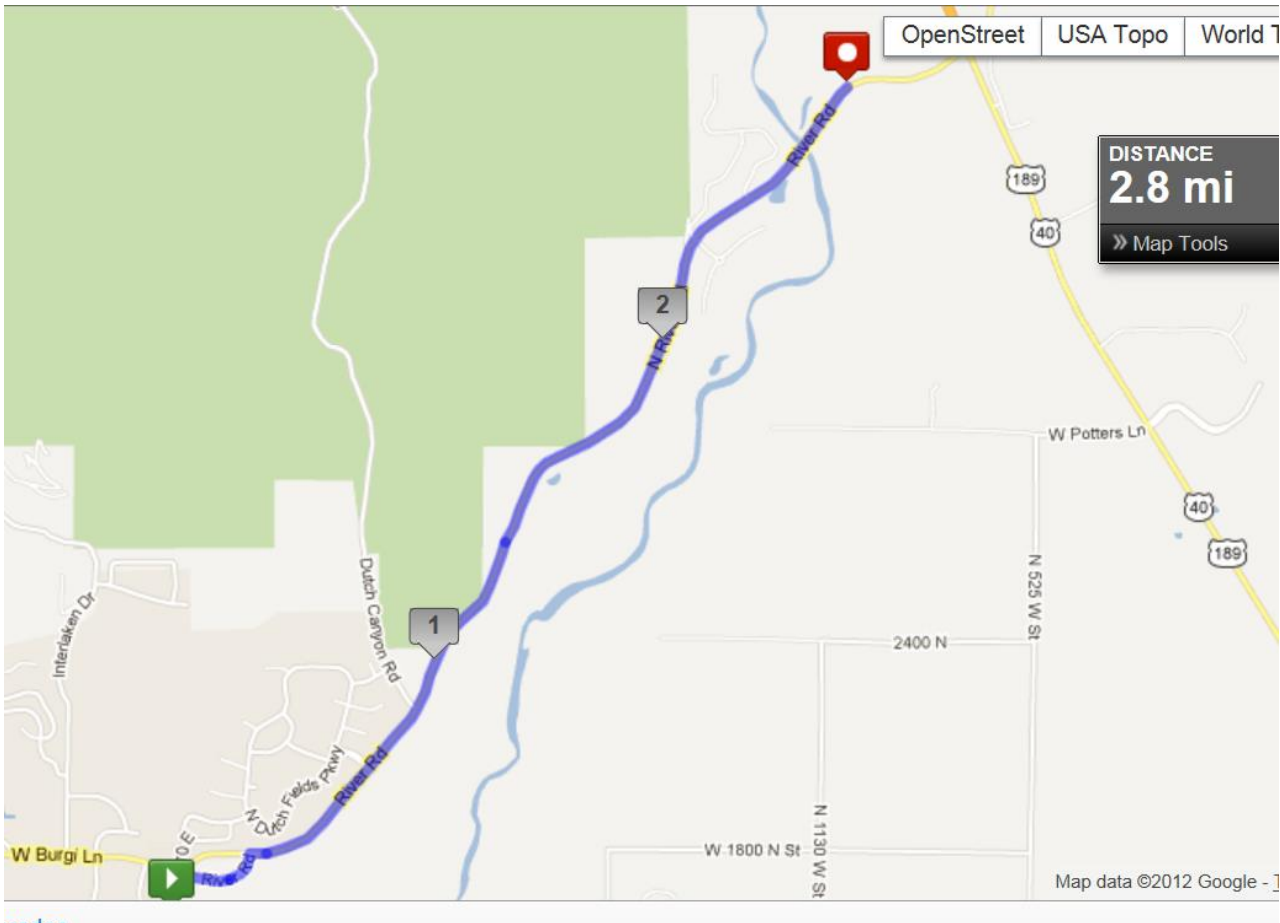
Support vehicles will follow the race route to the next exchange at Heber Valley Artisan Cheese. At you turn left onto River Road be aware of runners also making a left turn. Race support vehicles cannot go up Memorial Hill. At the exchange vehicles may park in the parking lot. The owner said she would stock up on Chocolate Milk if you want to grab some as you wait for your runner.

Leg 8:

Heber Valley Artisan Cheese to Park and Ride off River Road, Midway

2.8 miles | Easy

Runners will leave the exchange zone and continue on the right shoulder of River Road. At the round about exit on the first right (do not go around the round about). Continue on River Road until you reach the exchange zone.



Driving Information:

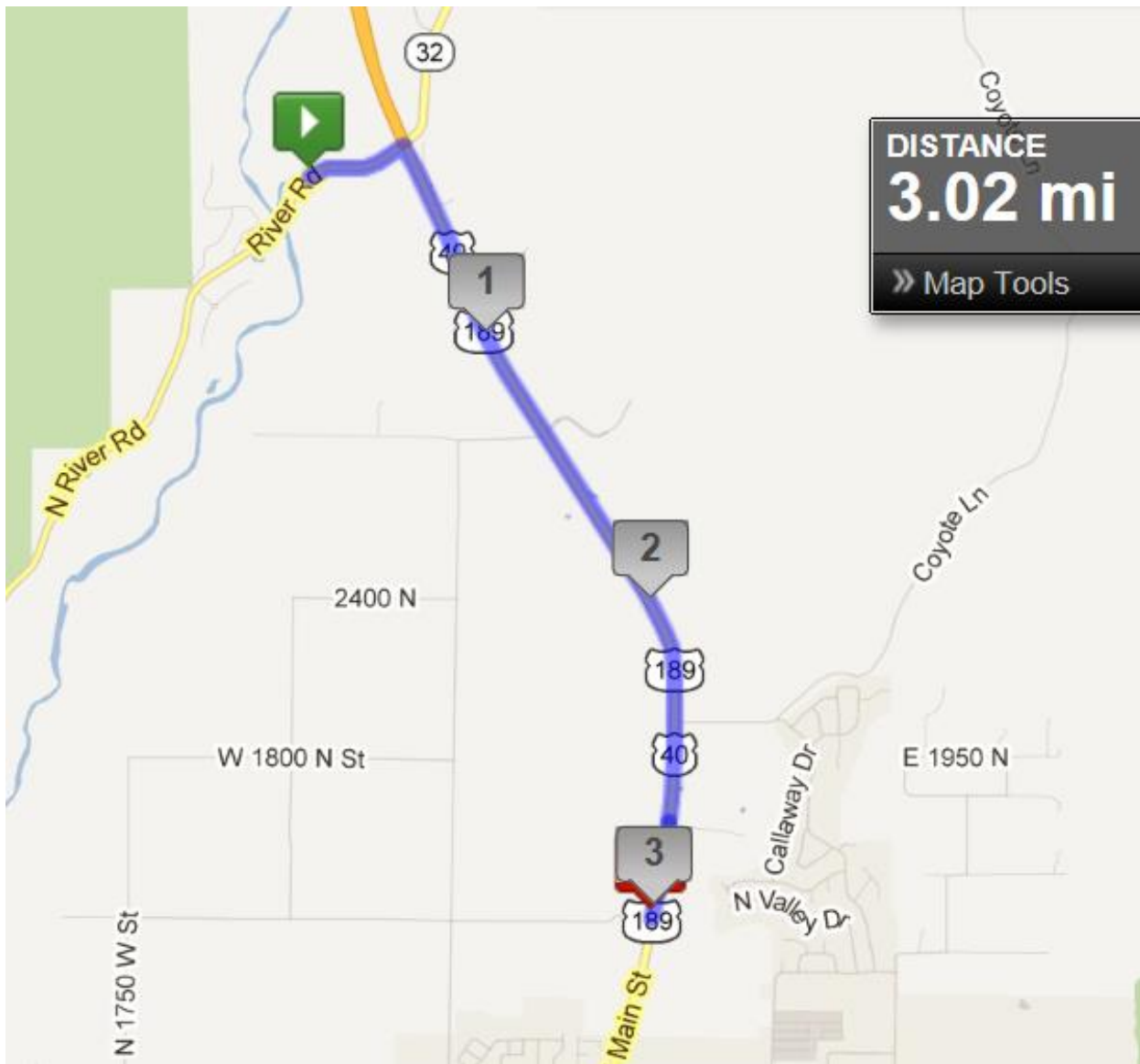
Support vehicles will leave the exchange at the round about stay to the right and continue on River road. Major exchange 8 will be on the right side of the road. Parking will need to be behind the exchange.

Leg 9:

Park & Ride Project off River Road to The Other End Bar and Grill off Highway 40

3.02 miles | Moderate

Runners will leave the exchange zone and continue on the right shoulder of the road on River Road. At Highway 40 runners stay to the right and head south towards Heber. Runners will continue on Highway 40 until 1200 N. at Other End Bar and Grill where they will take a right and proceed to the exchange zone.



Driving Information:

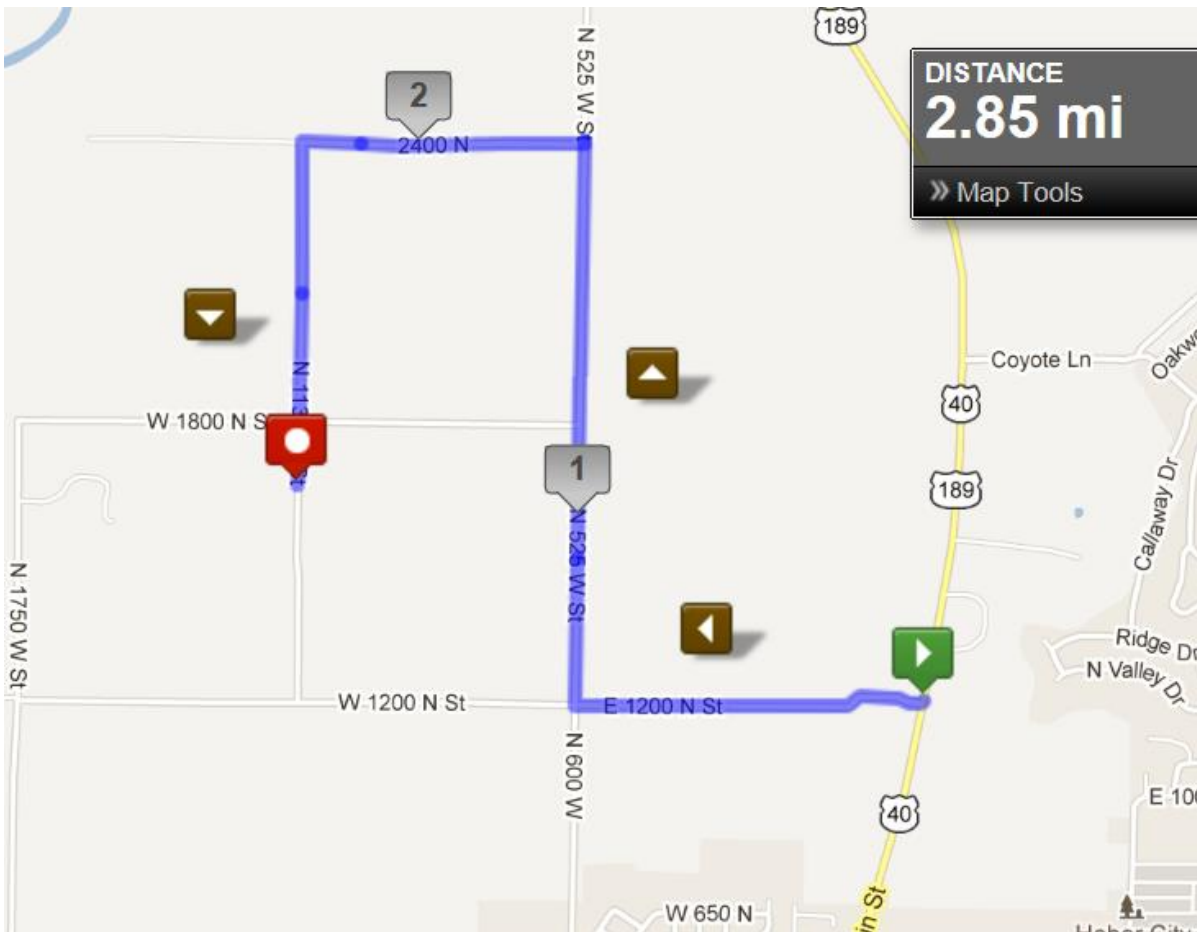
Support vehicles will leave the Park & Ride and follow the race route on Highway 40. At exchange vehicles may park in the parking lot of Other End Bar & Grill.

Leg 10:

The Other End Bar and Grill to 1800 N. and 1140 W. west of highway 40

2.85 miles | Easy

Runners will leave the exchange zone and continue down 1200 N. on the right side of the road. At 525 W. runners will turn right and continue on the right. At 2400 N. runners will make a left turn and run on the left side of the road. Traffic in this area should be very minimal. At 1130 W. runners will take another left turn and continue on the left until the exchange zone.



Driving Information:

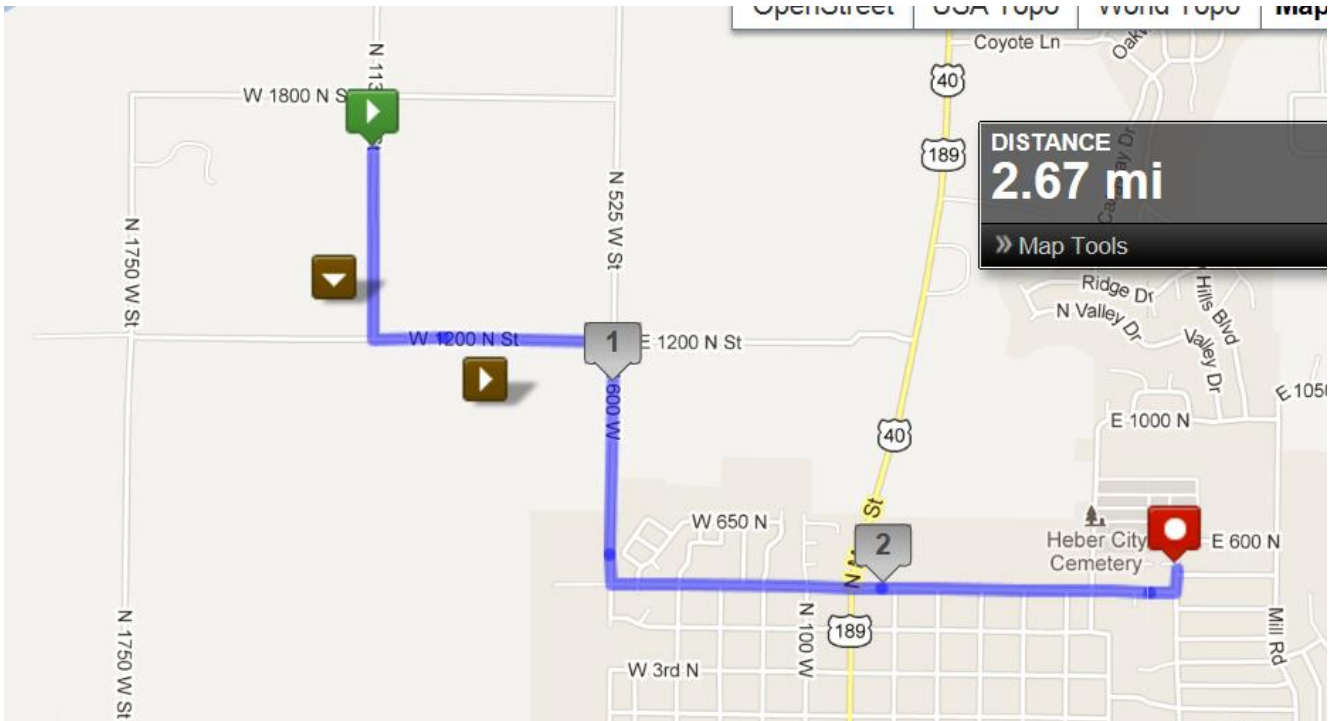
Support vehicles will leave the exchange and follow the race route to the next exchange. The exchange will be on 1140 W. Vehicles will need to park on 1800 N. off the side of the road.

Leg 11:

1800 N. 1140 W. to LDS church on 500 N. in Heber

2.67 miles | Easy

Runners will leave the exchange point and continue on the left side of the road. At 1200 N. runners will make a left turn and continue on the left side of the road. At 600 W. runners will make a right turn but continue to stay on the left side of the road. At 500 N. runners will turn left and stay on the left side of the road. Runners will cross Main Street in Heber at the stop light when the signal indicates it is safe to go. Continue on the left shoulder of the road on 500 N. until the exchange zone.



Driving Information:

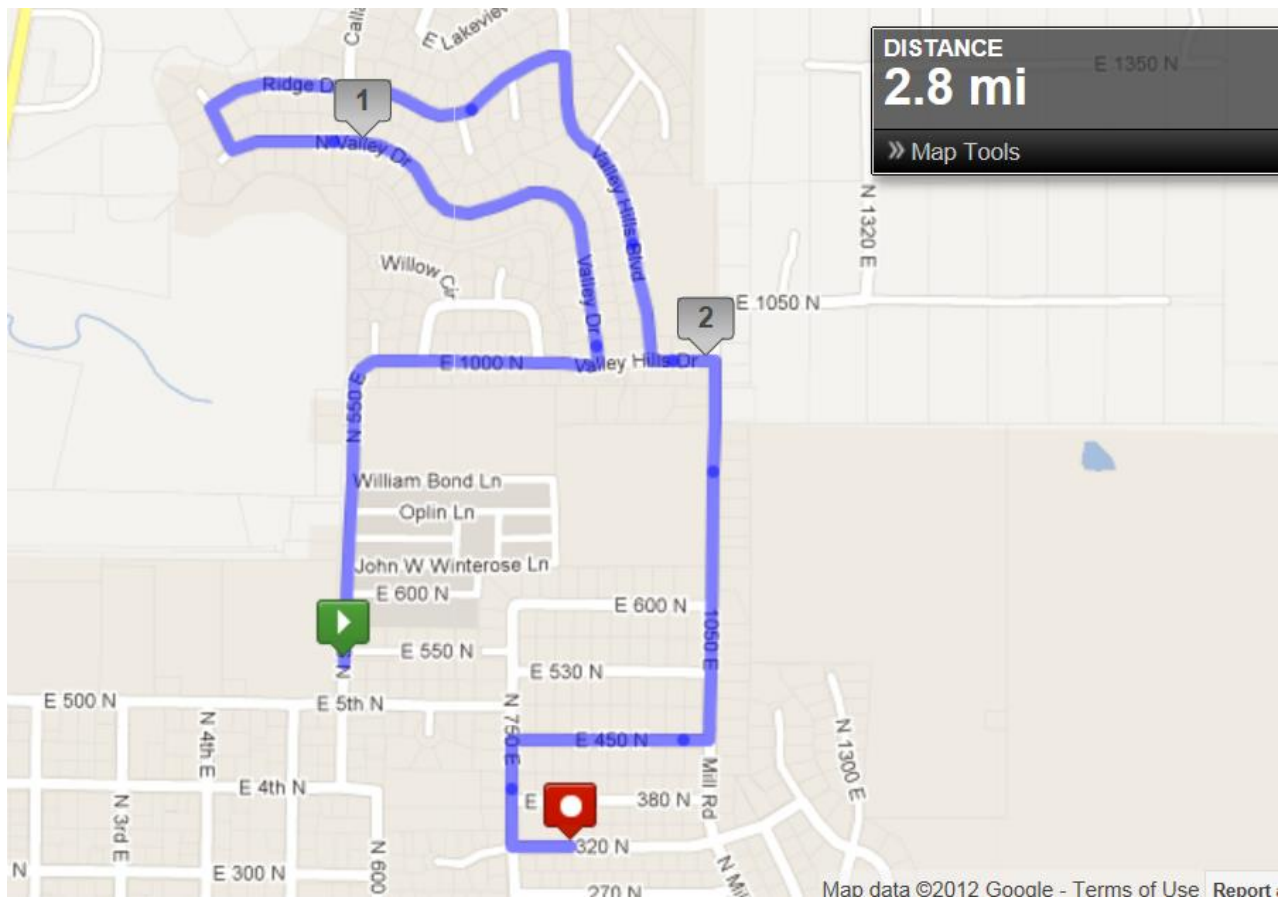
Support vehicles will leave 1800 N. and follow the race route to Major exchange 11 at the LDS church on 500 N. Heber. At the exchange vehicles can park in the church parking lot. The next exchange for car traffic is close it won't be necessary to follow the race route, so hang out at the major exchange a little longer before heading on to exchange 12.

Leg 12:

500 N. Church in Heber to Eagle Park 750 E 320 N, Heber

2.8 miles | Very Hard

Runners will leave the exchange zone and continue to stay on the left shoulder of the road. At Valley Dr. runners will make a left turn and continue on the left side of the road. At Ridge Drive runners will turn right and head up a steep hill on the right side of the road. At Valley Hills Blvd. runners will turn right and continue on the right. At 1000 N. Runners will take a left turn and remain on the right side of the road. At Mill Road runners will turn right and continue on the right shoulder of the road. At 450 N. runners will turn right. At 750 E. runners will make a left turn and stay on the left side of the road. At 320 N. runners will turn left and head to the exchange zone.



Driving Information:

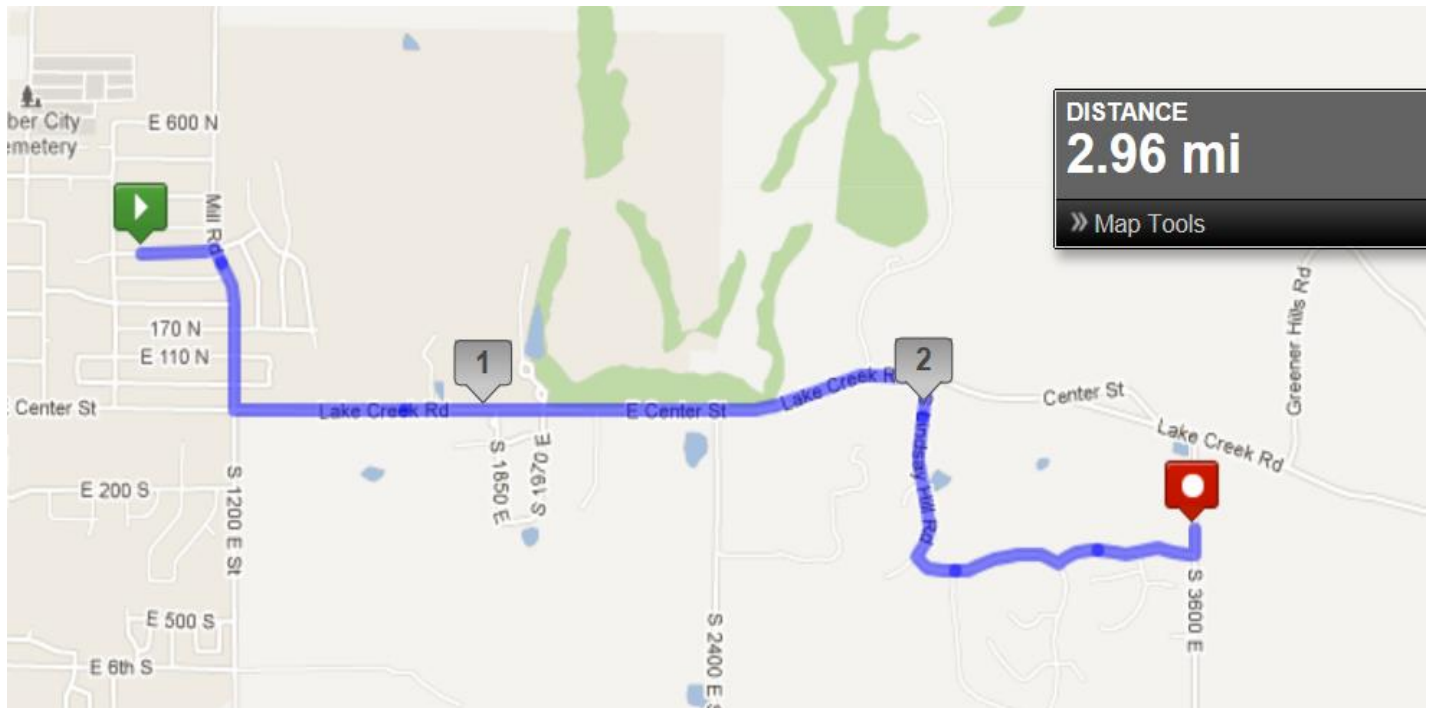
Support vehicles will leave the exchange zone and follow the race route up to 1000 N. Runners will turn left on Valley Dr. support vehicles can continue on 1000 N. until Mill Road. At that point turn right and follow the race signs to the exchange.

Leg 13:

Eagle Park to 3600 E. off Center Street, Heber

2.96 miles | Very Hard

Runners will leave the exchange zone and stay on the left shoulder of the road. At Mill Road runners will make a right turn but stay on the left side of the road. At Center Street runners will make a left turn and continue on the left side of the road. Runners will be directed to run on the Red Ledges trail. Runners will need to cross Center Street at the second Red Ledges Sales Office. There will be an officer at this location to help slow cars down. Runners will need to wait until the road is clear. Runners will then continue on the right side of the road until directed to the crossings trail to the right of Center Street. Runners will run on the crossings trail until 3600 E. where they will take a left and proceed into the exchange zone.



Driving Information:

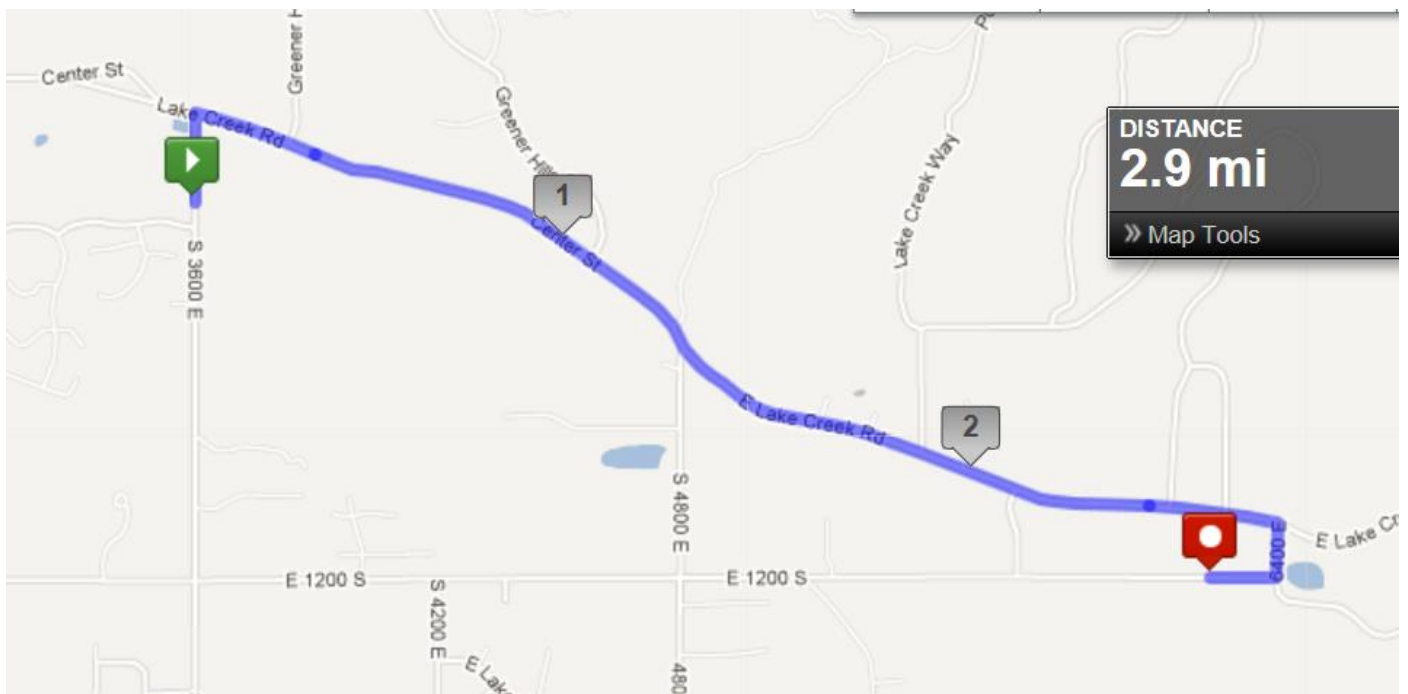
Support vehicles will leave the exchange area and follow the race route to Center Street in Heber. Runners will then run on the Red Ledges trail. Vehicles will continue up Center Street until Lindsay’s Hill where you need to take a right and follow the road around until 3600 E. where you will park behind the exchange.

Leg 14:

3600 E. off Center Street to LDS Church on 6400 E., Heber

2.9 miles | Very Hard

Runners will leave the exchange zone and make a right turn back onto Center Street. Runners will stay on the right side of the road all the way up Center Street. At 6400 E. runners will make a right turn and stay on 6400 E. until 1200 S. At 1200 S. runners will make a right turn and move to the left side of the road to go to the exchange zone.



Driving Information:

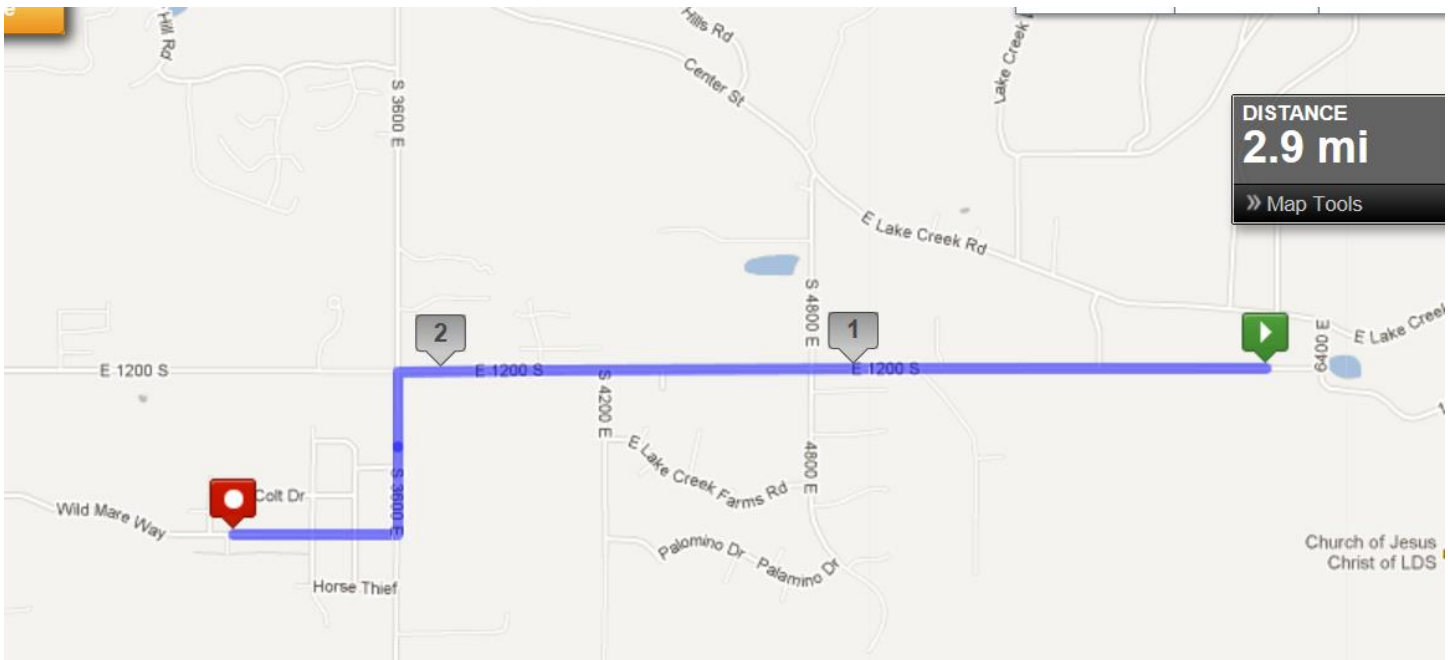
Support vehicles will leave the exchange zone and follow the race route to the next exchange. At the exchange vehicles will park in the church parking lot.

Leg 15:

Church on 6400 E to Wild Mare Way, Heber

2.9 miles | Moderate

Runners will leave the exchange zone and continue down 1200 S. on the left shoulder of the road. At 3600 E. runners will make a left turn and continue on the left. At Wild Mare Way runners will turn right and stay on the left side of the road where they will continue to the exchange zone.



Driving Information:

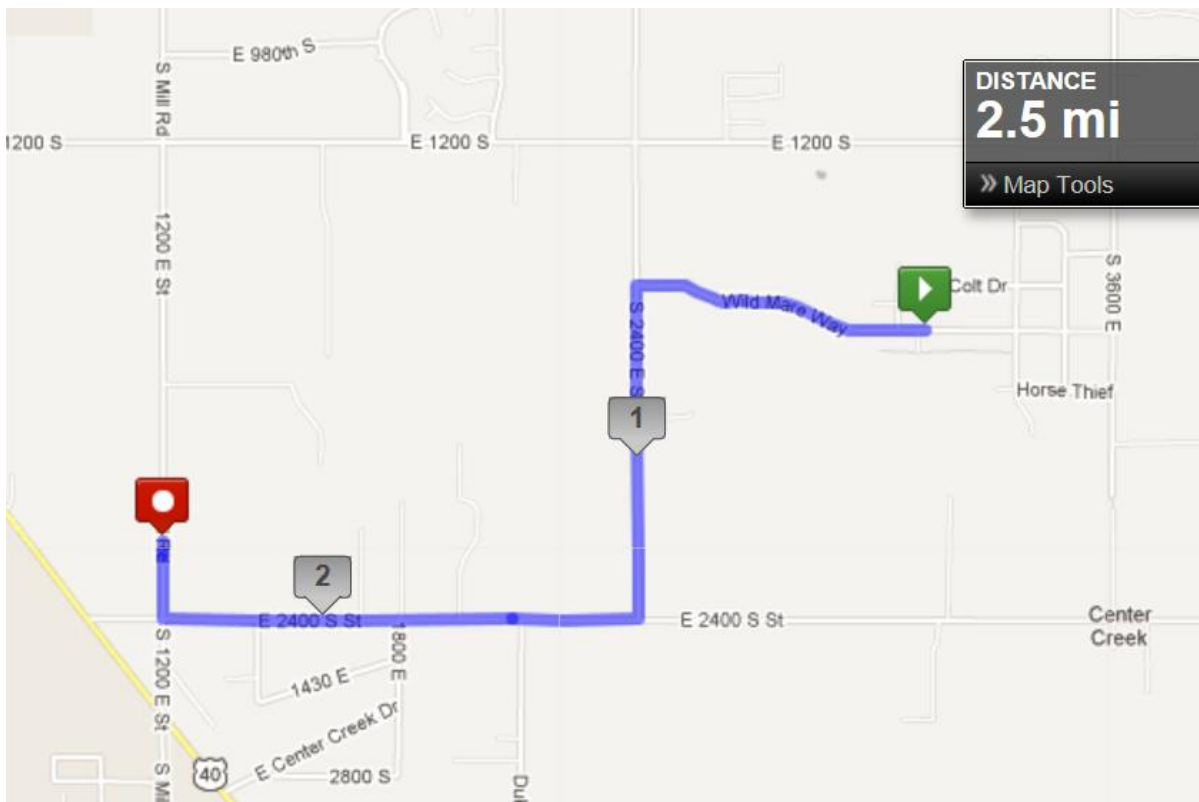
Support vehicles will leave the exchange and follow the race route to the next exchange. Pay close attention to those runners making left hand turns. At the exchange zone vehicles will park on the dead end road.

Leg 16:

Wild Mare Way to LDS Church on Mill Road and Center Creek

2.5 miles | Easy

Runners will leave the exchange zone and continue on the left side of the road until 2400 E. where runners will make a left turn and stay on the right side of the road. At Center Creek Road runner will turn right and stay on the right side of the road. At Mill Road runners will turn right and continue to the exchange zone.



Driving Information:

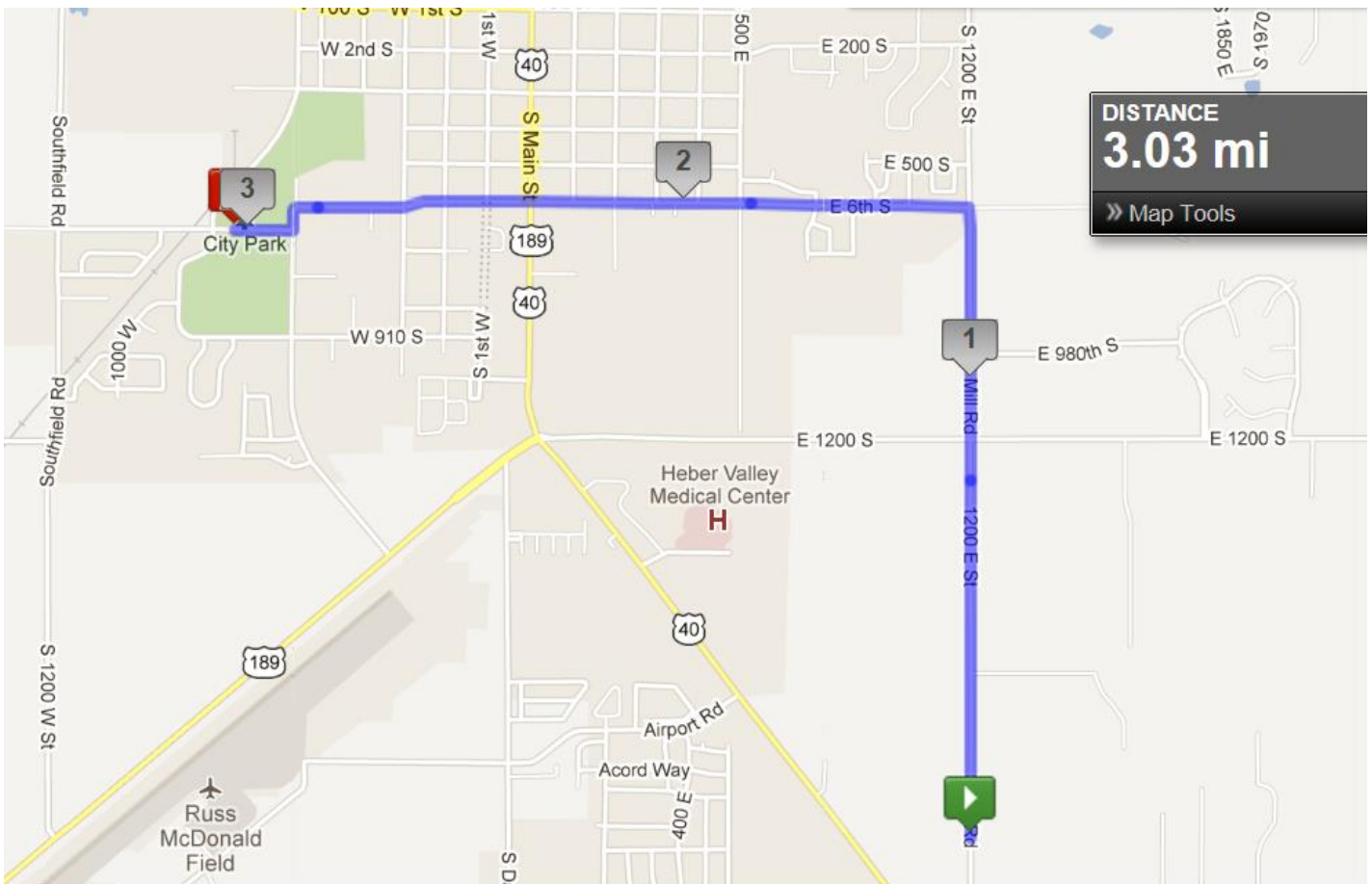
Support vehicles will leave the exchange zone and follow the race route to the next exchange, be aware of runners making the left turn. At the exchange vehicles will park on the far north side of the church in the parking lot.

Leg 17:

Church on Mill Road to Heber Valley Elem. School 600 S 500 W. Heber

3.03 miles | Easy

Runners will leave the exchange zone and head north on Mill Road. At 600 S. runners will turn left and move to the left side of the road. Runners will continue on 600 S. through the stop light on Main Street. Runners will be required to wait for the appropriate signal to cross Main Street. After crossing continue on 600 S. until 650 S. where runners will turn right and stay on the left side of the road and head to the exchange zone.



Driving Information:

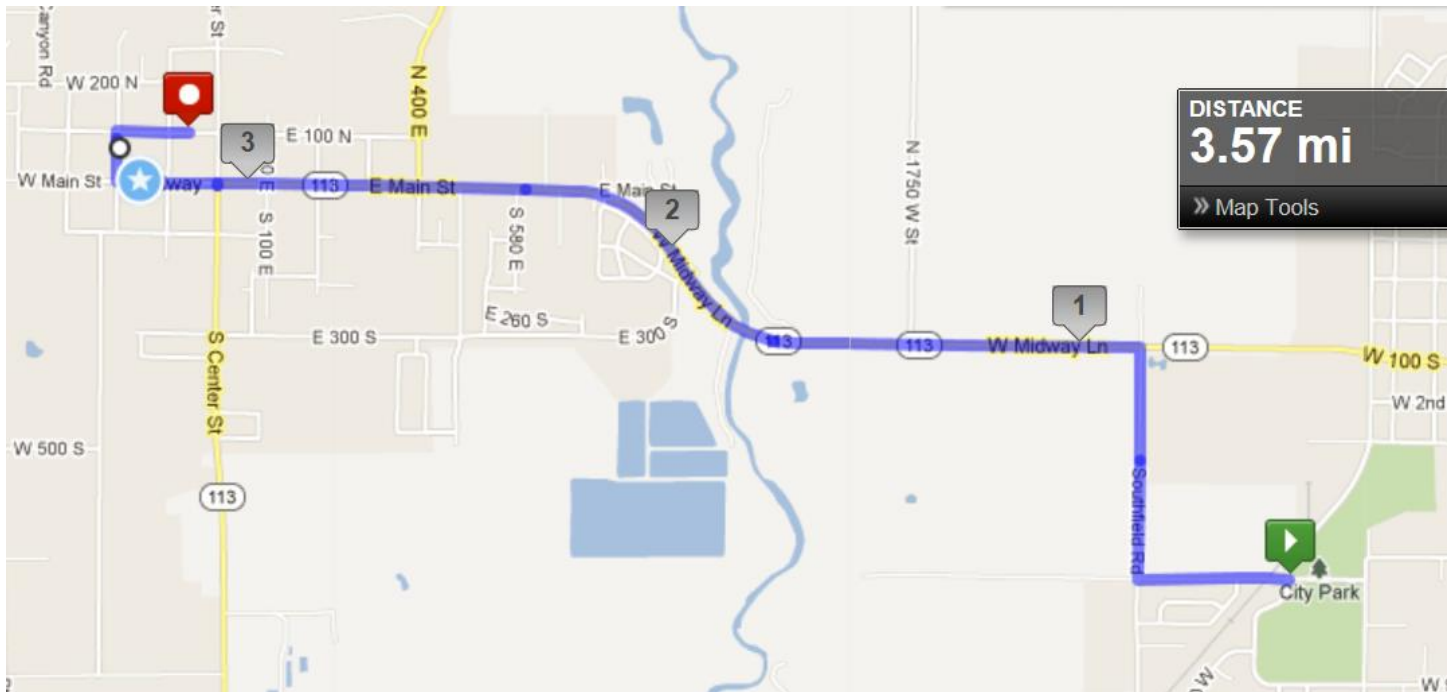
Support vehicles will leave the exchange zone and follow the race route to the next exchange. Vehicles need to be aware and careful at the left turn onto 600 S. watch for runners. At the exchange vehicles will park in the small parking lot west of the playground on the south side of the street.

Leg 18:

Heber Valley Elementary School to Finish line at the Midway Town Square

3.57 miles | Moderate

Runners will leave the exchange zone and stay on the left side of the road. At Southfield Road runners will turn right and stay on the left side off the road. At Midway Lane runners will run on the trail west toward Midway. Runners will stay on the left shoulder of the road once the trail ends until the stop sign at 200 W. At the stop sign runners will need to cross Main Street in Midway and continue on 200 W. until 100 N. where runners will make a right turn and head to the finish arch!



Driving Information:

Support vehicles will leave the exchange and follow the race route. At Midway Lane runners will run on the trail. Vehicles will turn on 200 E. in Midway and park around the finish line in the designated parking areas. Be ready to cross the finish line with your last runner!!

Thanks to our Sponsors!



HomeLight

