

# ***Mirror Lake Highway Road Race and Grand Fondo***

August 15<sup>th</sup>, 2020

## **Race Guide**

151 miles and 8,000 feet of up (and down)

Presented by Zone Five Racing

([zonefiveracing.com/zone-five-racing-events/](http://zonefiveracing.com/zone-five-racing-events/))

USA Cycling Permit #2020-878

permit pending



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Dear Mirror Lake Highway participant,

Thank you for choosing to spend your day doing something I love, road racing on an epic course. The Mirror Lake Highway Road Race is one of handful of events in Utah that has a course of 150 miles or more coupled with the unmatched beauty of Utah back country. The start is in scenic Kamas at South Summit High School. The course takes you down the country roads to Francis and loops back for a relaxed 6 mile neutral 'warm-up'. Then starts the beautiful climb up Mirror Lake Highway (Hwy150) to a summit at 10,700 feet. In the cool and calm of the morning, this climb will be the first challenge of the day. Once at the summit you'll now have over 50 miles of downhill for the chase. Those on the short course (120 miles) will turn off Hwy150 at course mile 64 and cut over to Chalk Creek road directly. The long course takes you through Evanston then the loop back to Kamas starts. Out of Evanston you will ride into Big Sky country on Yellow Creek then Chalk Creek roads to Coalville. To finish you will ride through Peoa and into the country roads for a flat finish away from traffic, stop lights and city streets. If you're training for LOTOJA this is an ideal training race at 150 miles with a big climb at the start. It is exactly 4 weeks before LOTOJA to give you time to fine tune your nutrition plan and training.

A USA Cycling sanctioned event, riders of all abilities and experience are welcomed.

Again, thank you for racing with us. It's going to be a fun time out on the roads.

Troy Huebner  
Zone Five Racing LLC

## Course Description

The course starts at the race HQ at South Summit High School in Kamas. The first 6 miles is a neutral 'warm-up' loop from Kamas down to Francis and back going through the start line again at S. Summit High School before turning right onto Hwy 150 and starting up the climb. Once riders go through the start line again the race is now fully on. The climb up Mirror Lake Highway is full of Utah beauty best appreciated in the morning light and cool of a summer day. At first are gradual rolling hills which eventually give way to a solid climb. Along the way you'll have some great views of the forest around and pass places like Provo River Falls which are an incredible sight on their own. As you approach the top, you'll know it because the peaks are above the tree line and the views open up to be even more amazing. By mile 35 you'll be passing the summit sign showing you at 10,700 feet elevation. Now there is a fast descent with a hair pin curve and soon after a false summit. Once you're over that little rise it is all downhill with only a few little rollers to Evanston. The pace will be fast and fun as you watch the miles quickly tick by. You may even pick up some tailwind in Wyoming giving you another boost. At mile 64 is an aid station and turn for the 'short course' route (120 miles). If you arrive at this stop after Noon then you will need to turn and take the 120 mile route instead of continuing on to Evanston. The turn off the highway into Evanston will see a kicker hill up to the lunch stop at mile 82. Be sure to stop here and top off all bottles as the next stop is not until mile 106. From Evanston the route takes you out on Yellow Creek road where the route turns off the pavement just before clicking mile 100. This area is so open and wide you'll understand why they call it Big Sky Country. The dirt road is typically better than some paved roads in Utah but conditions will vary. The 120 mile route connects back into the 150 mile route just after mile 103 where Yellow Creek road T's into Chalk Creek (sort of a big triangle, really) and the route continues to the right on the dirt of Chalk Creek with a slight downhill grade straight South. Just as you cross the Utah/Wyoming boarder the road will turn into pavement again (thanks Utah). About ½ mile more will be the aid station stop before the rolling downhill stretch into Coalville where the course elevation bottoms out at just under 5,600 feet, a thousand feet lower than Kamas and the finish line. At mile 130 is the last stop of the course (about mile 100 on the 120 mile course). The remainder of the course is through the small towns of Coalville, Hoytsville, Wanship, and Peoa. There are no climbs left, only rolling hills with an elevation gain of about 1,000 feet over the final 20 miles. Once you start to pass Rockport Reservoir you have about 10 miles to go. In Peoa is the turn off the main highway. Where the main highway turns left, riders will go straight onto Wooden Shoe Lane. This turn is right in the middle of town about mile 145 and will be pretty obvious because the main highway does a full 90 turn to the left at this point. Follow Wooden Shoe Lane for about 3 miles where there is a hard right turn onto Democratic Alley (watch for the sign) and the final 2 miles or so to the finish. These last miles are all flat country roads so plan your strategy wisely and go for the big 'W'.

After the finish you will need to ride the short 3 miles or so back to the race HQ at S. Summit High School for food and drinks. Relax and wait for your call to the podium ceremony as you relive the ride with others.

# Mirror Lake Highway Road Race Sponsors

# Directions & Parking

## RACE HEADQUARTERS – South Summit High School



- Arrive at Kamas from either Hwy 248 or Hwy 32.
- Take Main Street to north to Center Street.
- Turn east on Center street to 30 East at South Summit High school.
- Parking, Race HQ, Day-of Race Packet Pickup & Registration, Start line, Post-Race Party are all located at the high school.

# Race Flyer and Schedules

## August 15<sup>th</sup>, 2020 Mirror Lake Highway Fields and Start Times

Start Time	Gender	Category	Prizes	Course Length	Field Limit	Advance Registration**	Day of Registration**
6:30am	All	Grand Fondo	Metals	120/151	300	\$85/\$95	\$100
7:00am	Men	Pro 1/2/3	Yes	150	75	\$100	\$120
7:00am	Women	Pro 1/2/3	Yes	150	50	\$100	\$120
7:02am	Men	3/4	Yes	150	75	\$100	\$120
7:02am	Women	3/4/5	Yes	150	30	\$100	\$120
7:04am	Men	40+ open	Yes	150	50	\$100	\$120
7:04am	Women	35+ Open	Yes	150	30	\$100	\$120
7:06am	Men	35+ 4/5	Yes	150	75	\$100	\$120
7:06am	Women	50+ Open	Yes	150	30	\$100	\$120
7:08am	Men	4/5	Yes	120	75	\$100	\$120
7:08am	All	JR 10 - 18	Yes	150	50	\$50	\$120
7:10am	Men	CAT5 only	Yes	150	50	\$100	\$120
7:10am	Men	55+ Open	Yes	150	50	\$100	\$120
7:10am	Men	70+ Open	Yes	150	50	\$100	\$120

\*\* Registration prices shown may or may not include taxes, registration fees, and/or 1 day insurance cost for those without an active USAC license (CAT5 only).

### Packet Pickup Options

Thursday, August 8, 4-7 p.m. – Canyon Bicycles South Jordan  
11445 South Redwood Road

Saturday, August 10, 6 a.m. – 6:30 a.m. at Race Check in  
South Summit High School, Kamas

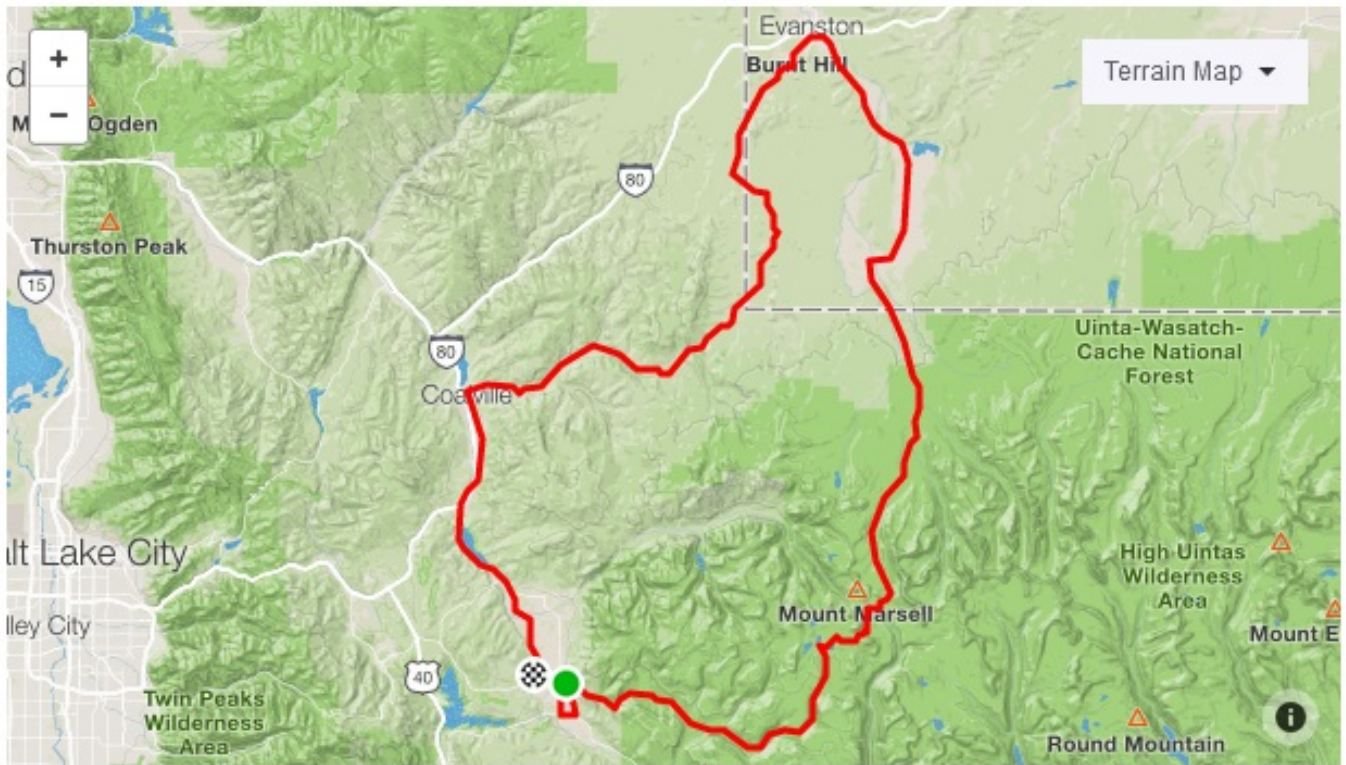
<https://www.bikereg.com/mirror-lake-highway-road-race--gand-fondo>

Course Links, 120 mile: <https://ridewithgps.com/routes/32011777>

150 mile: <https://ridewithgps.com/routes/31707435>

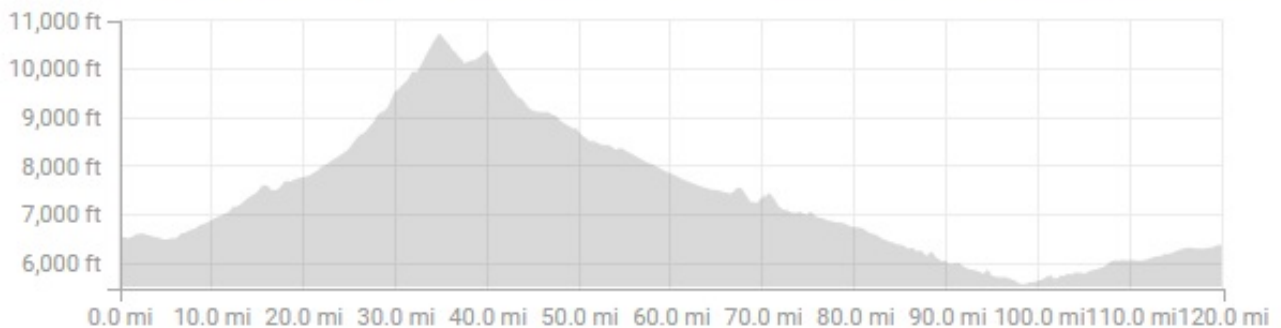
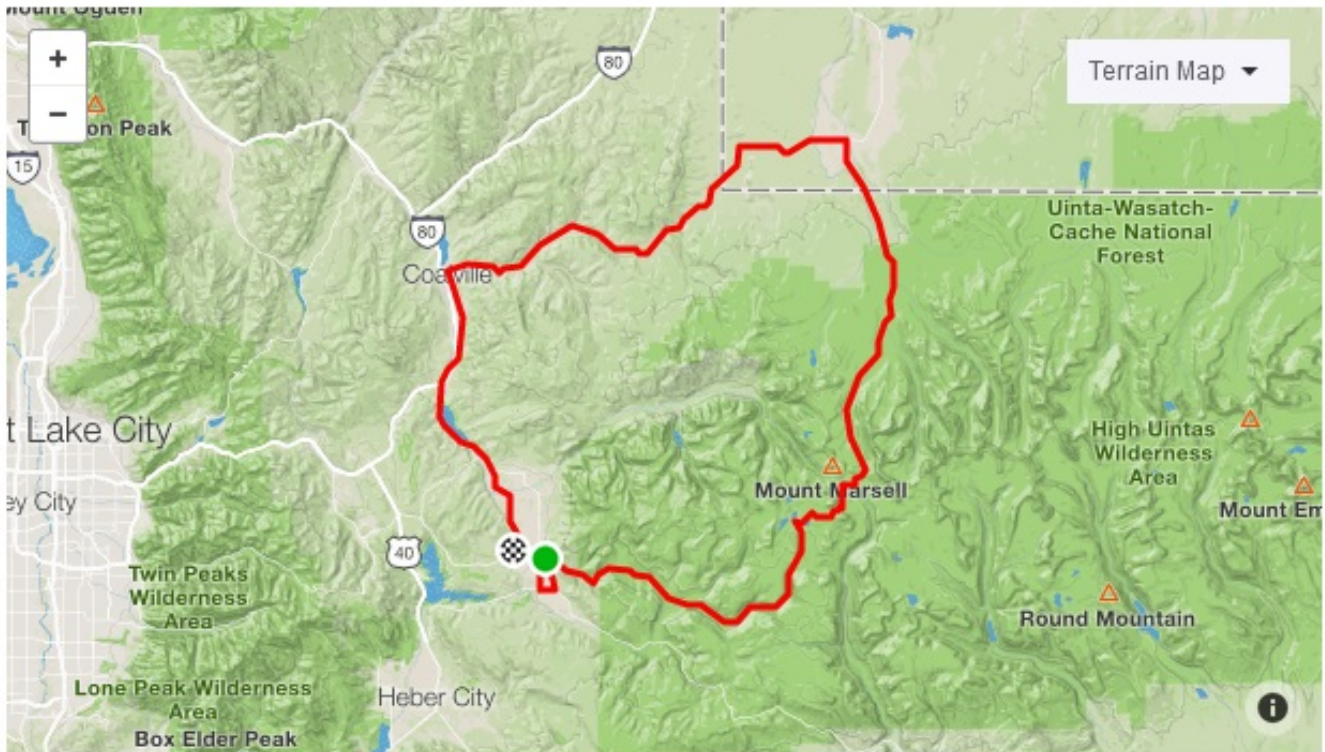


# 151 Mile Course, 7,903 feet



## 120 Mile “Short” Course, 7,114 feet

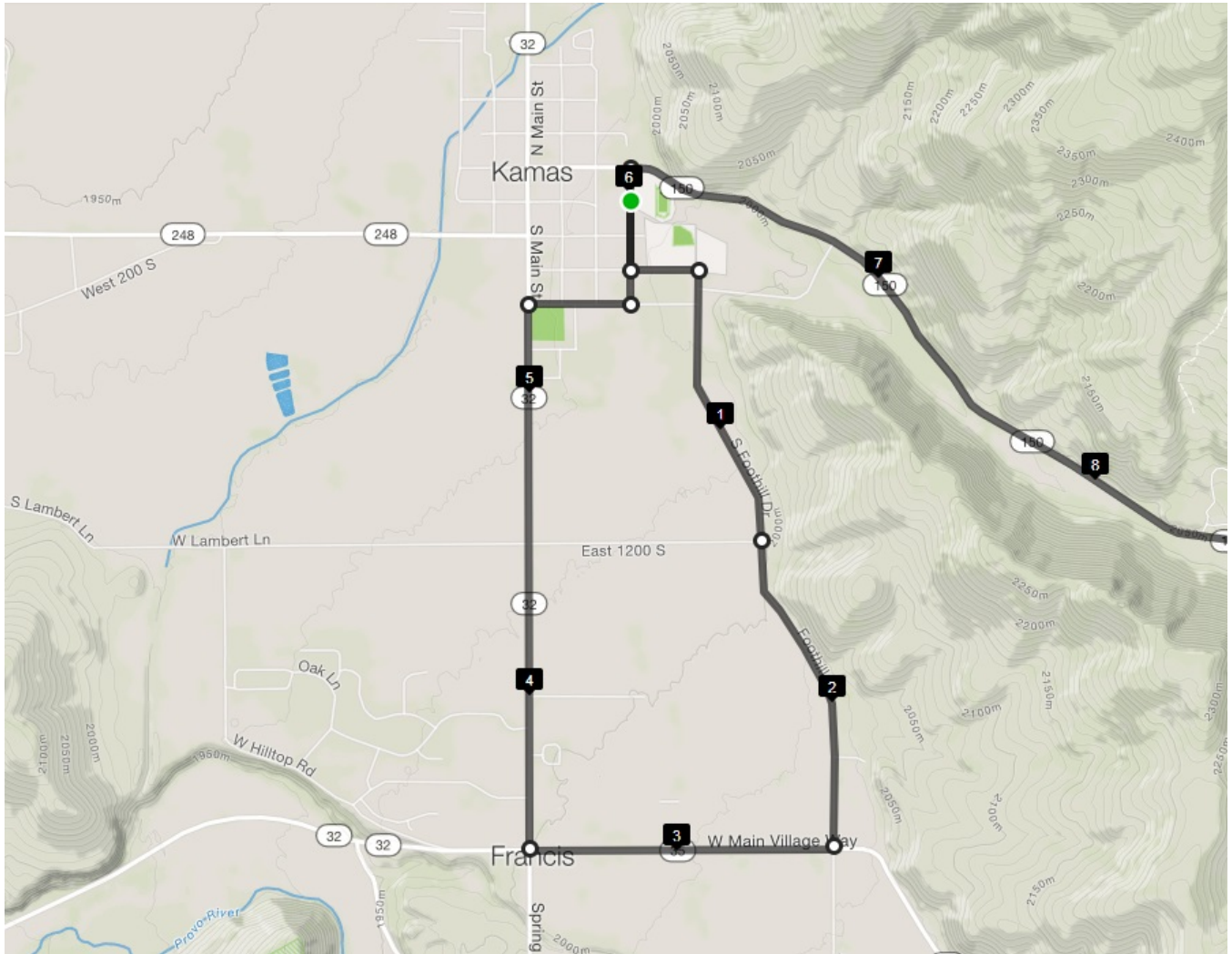
The ‘short course’ departs Wyoming 150 at mile 64 where the aid station is located. It is a dirt road to connect with Chalk Creek Road. Be prepared for DIRT ROAD conditions. ALL RIDERS WHO ARRIVE TO THIS AID STATION AFTER **NOON** MUST TAKE THE SHORT COURSE.





# Race Start with warm-up (neutral until pass through high school) loop

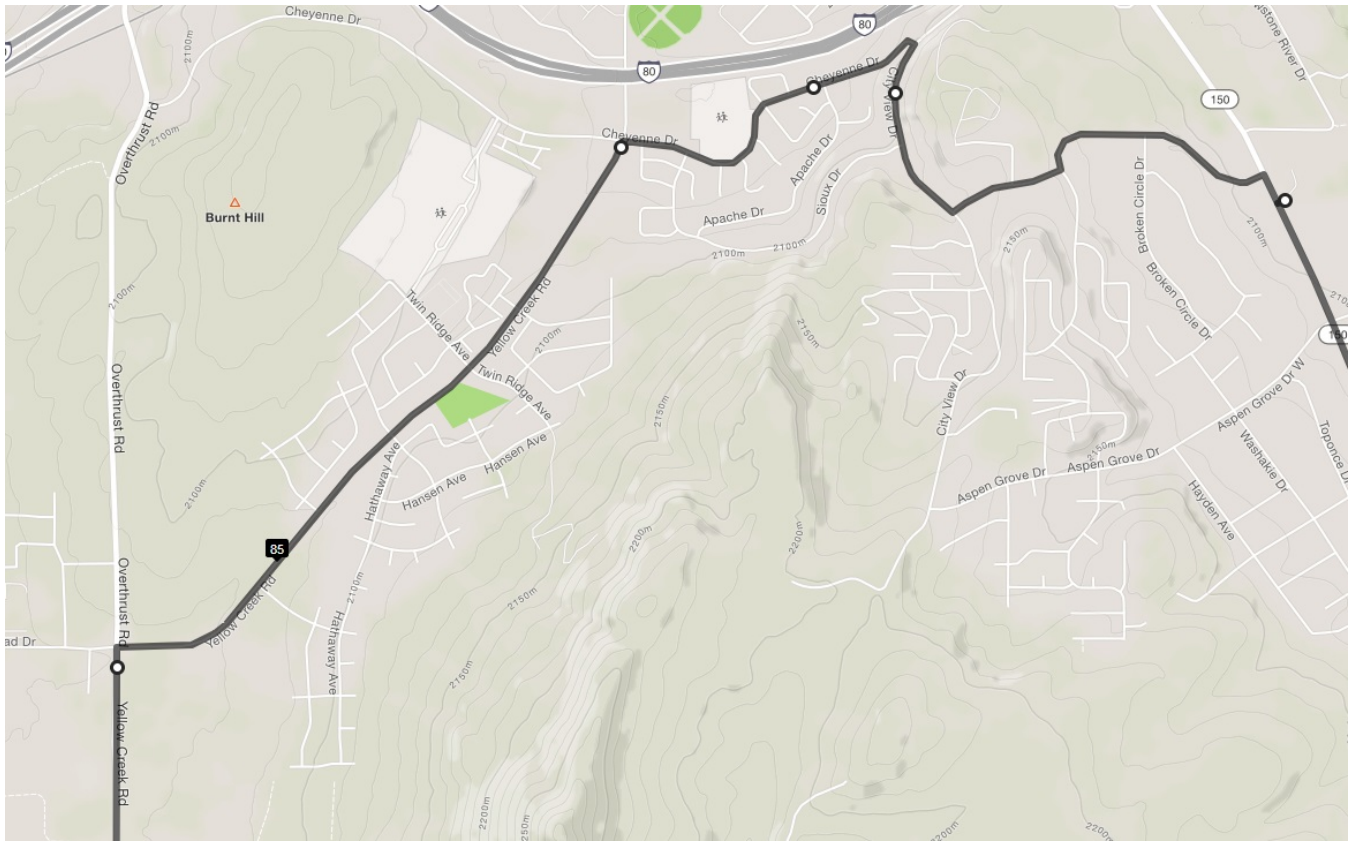
6:30 a.m. – 7:45 a.m.



# Evanston Pass Through

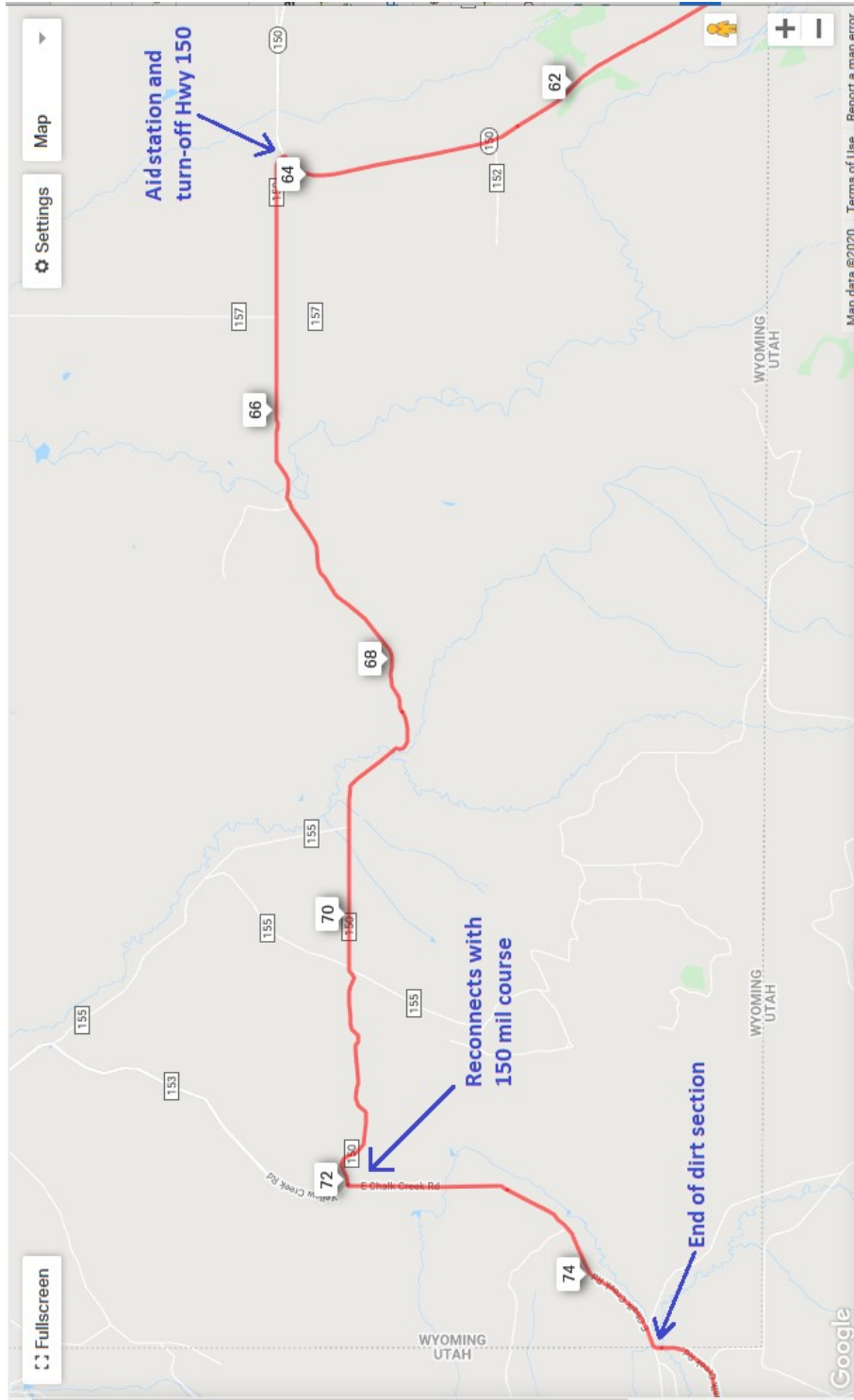
10:30 a.m. – 1:30 p.m.

Police controlled intersections: 10:30 a.m. – 12:30 p.m. ONLY



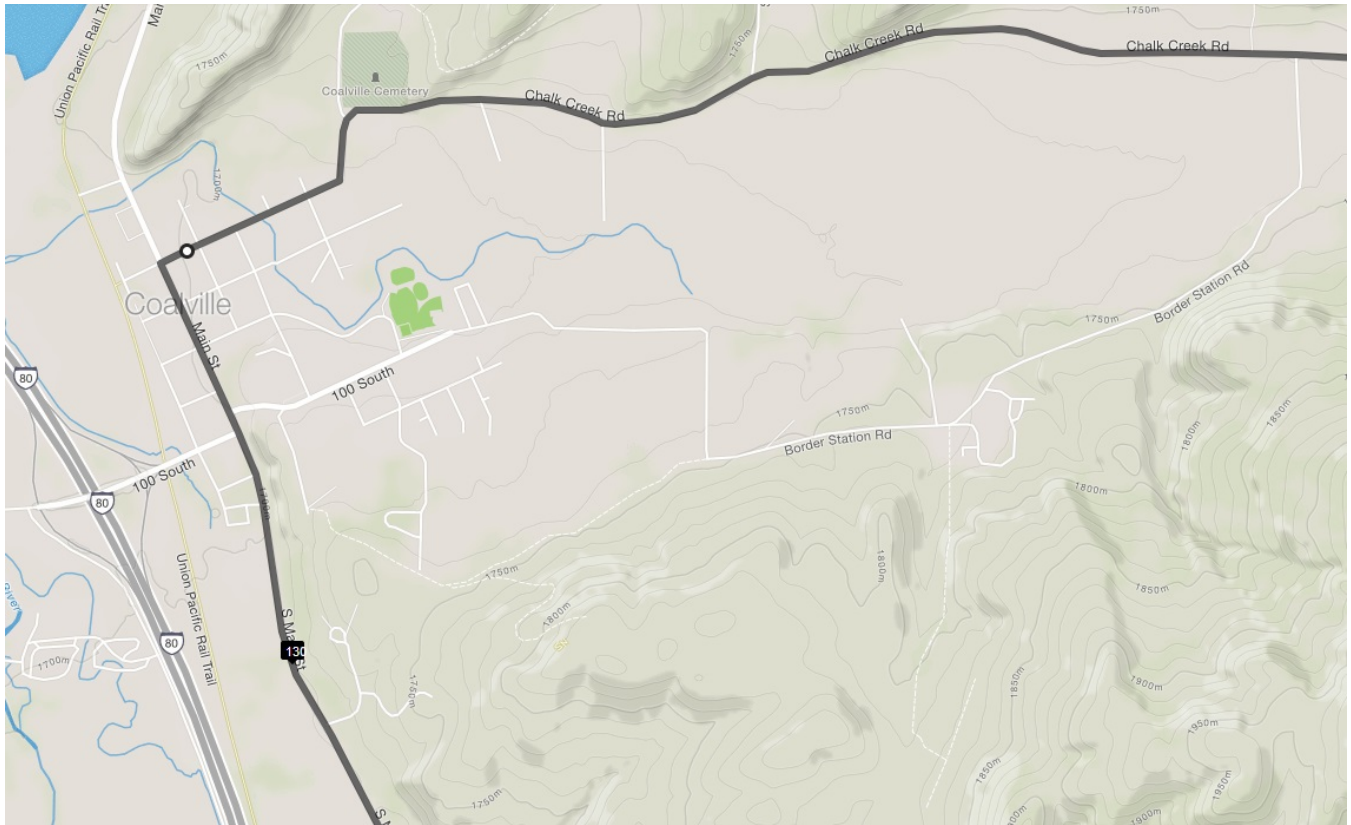
# 120 Mile Course – Turn and Cutover

At mile 64 and the aid station will be a turn onto E. Chalk Creek Road. After approximately 8 miles Chalk Creek T's with Yellow Creek. Continue South on Chalk Creek for 3 more miles and the road will turn back to pavement once crossing the Utah-Wyoming boarder.



# Coalville Pass Through

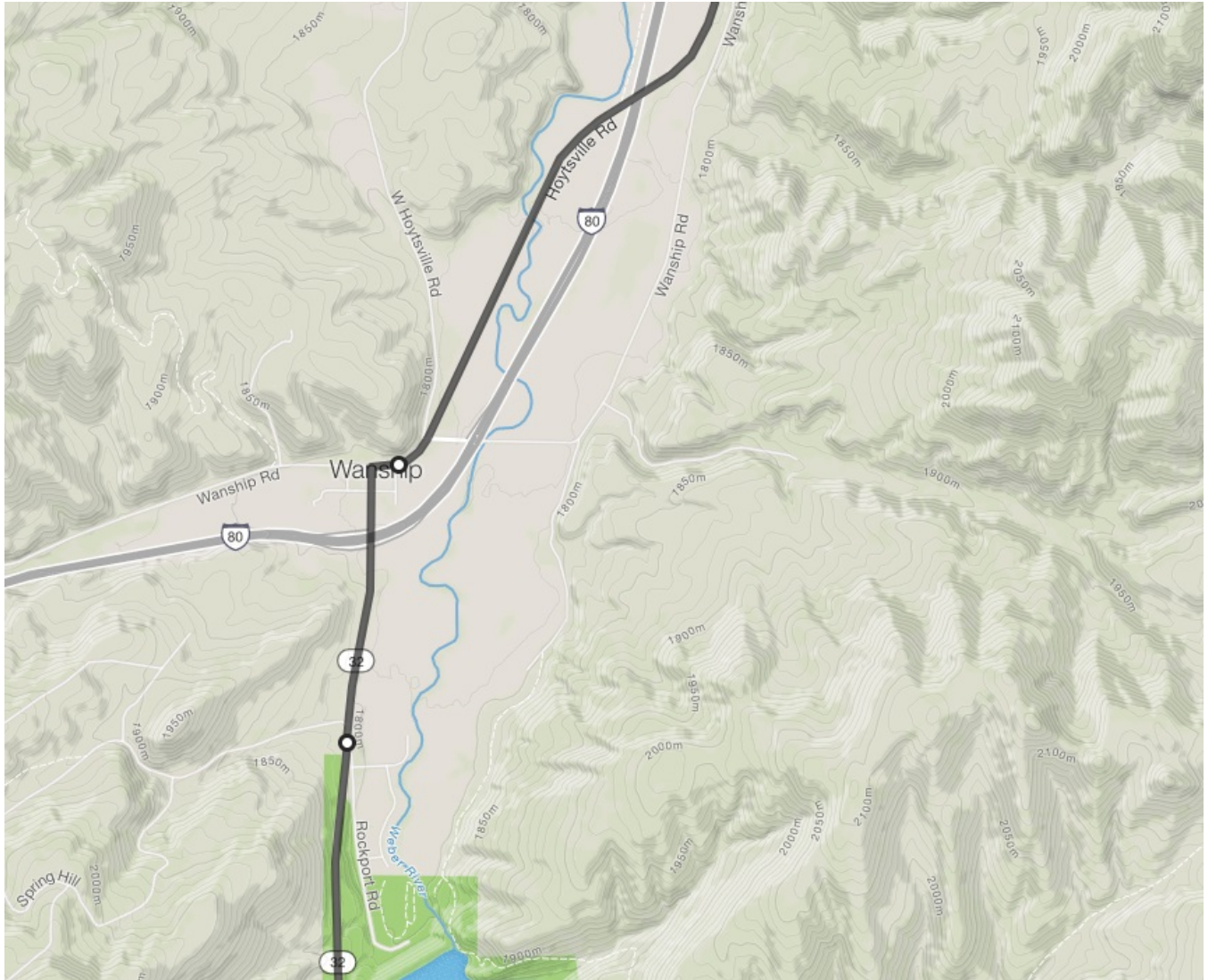
12:30 p.m. – 4:30 p.m.





# Wanship Pass Through

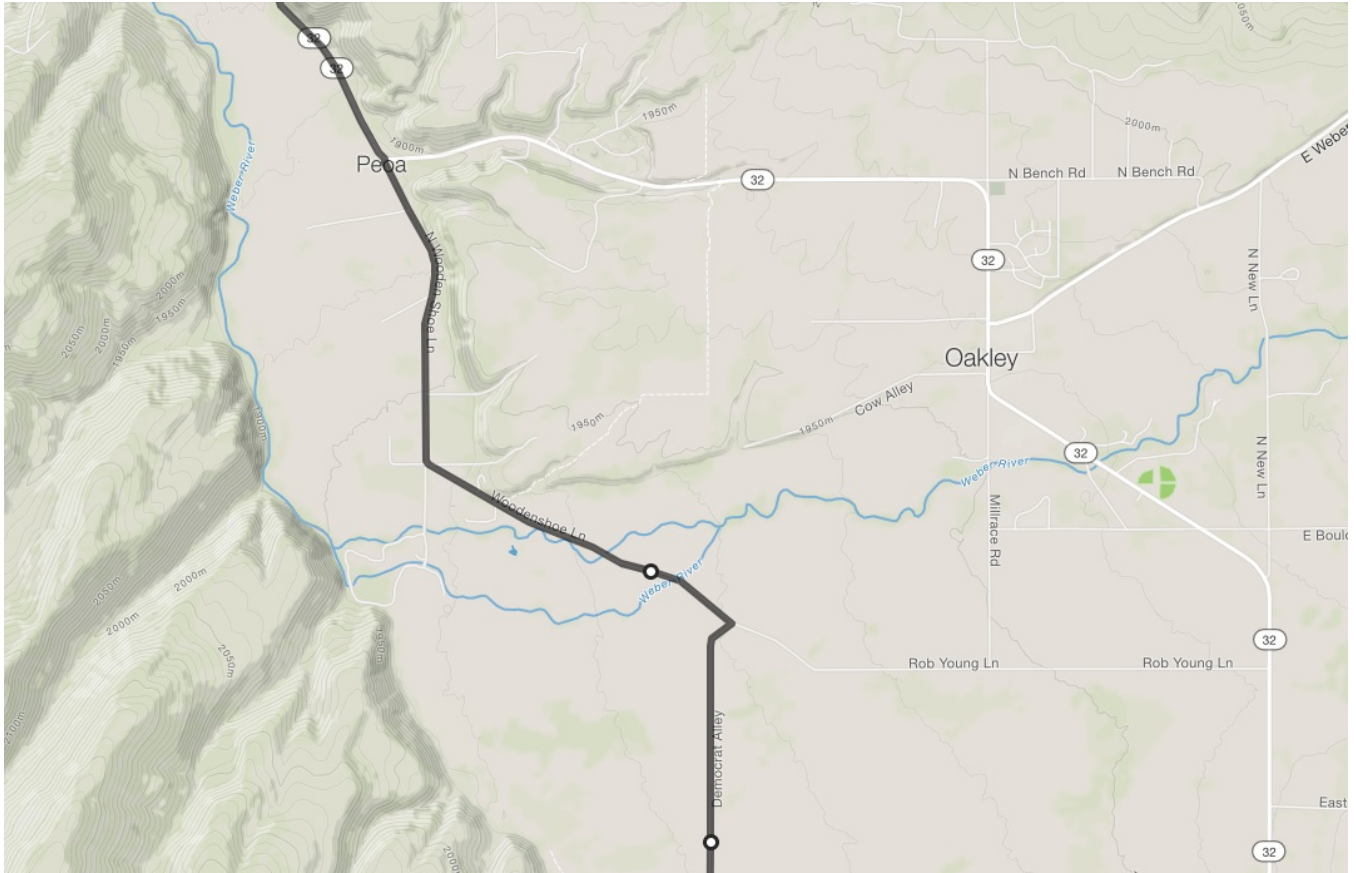
1 p.m. – 5 p.m.





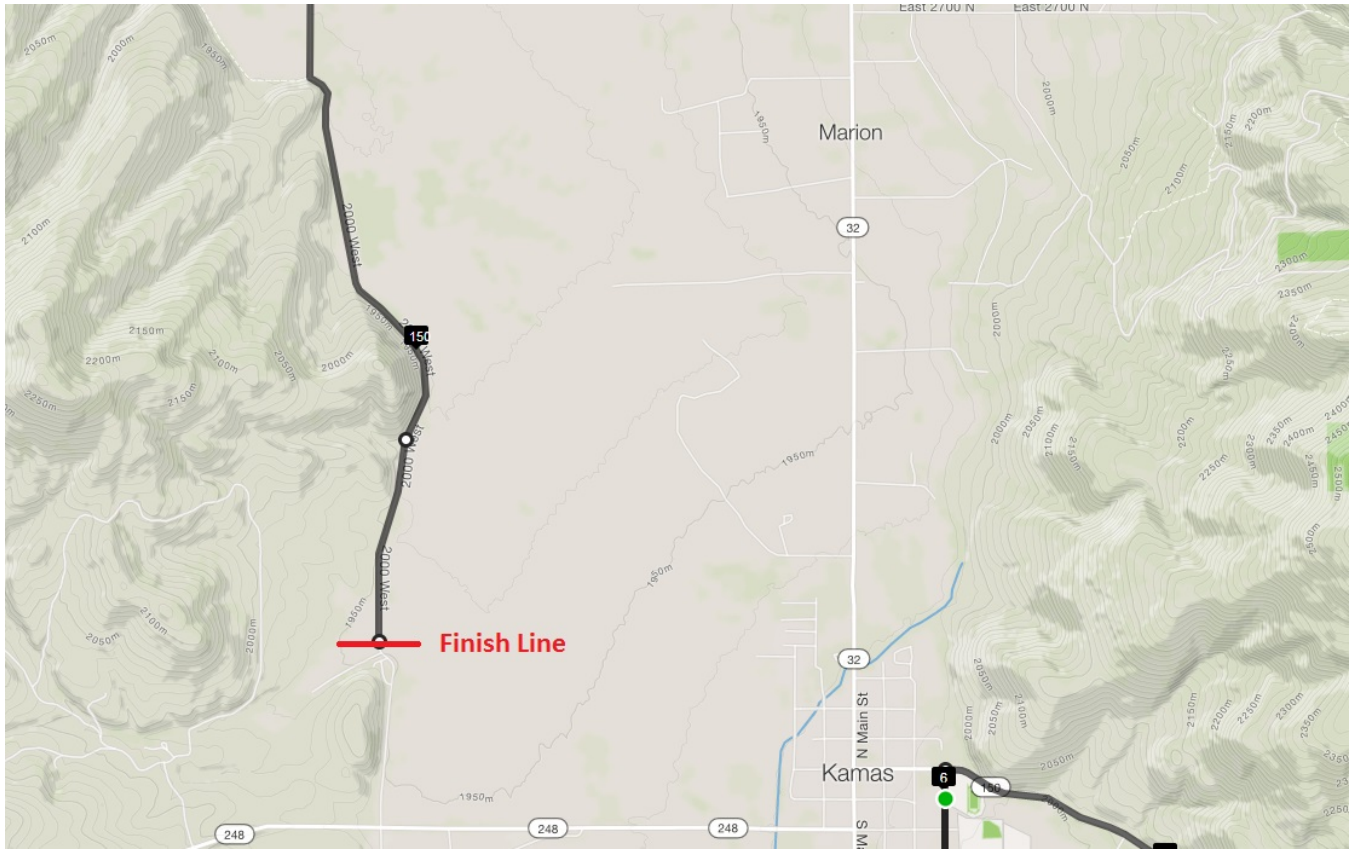
# Peoa Pass Through

1:30 p.m. – 5:30 p.m.



# Finish Line

1:30 p.m. – 5:30 p.m.





# Finish Line – Satellite View



# Aid Stations & Support

The course will feature 5 aid stations. Aid stations will be placed at approximately Mile 35, Mile 64, Mile 82, Mile 106 and Mile 130.

Evanston aid station at mile 82 will be the designated 'feed zone' with musette bags for our racers. Musettes will contain two water bottles, a PBJ sandwich, a banana and a Honey Stinger gel.

All aid stations may offer water bottle and gel hand-ups for those who want them. Additionally, riders may stop and refuel if they chose. Aid stations will be stocked with the following:

- Hydration drink mixes
- Waffles, chews and/or gels of some sort.
- Water & ice
- Fruit
- Friendly volunteers
- Honey Bucket Portable Restrooms

Please do NOT litter along the course. We'll have garbage bags at each aid station. Carry any waste to the next aid station and discard it there. Racers are subject to disqualification if caught littering.

# Rules of the Road

- All USAC rules are in effect
- Helmets – No helmet, no race
- This is an open course and will have some traffic although should be very minimal. Center Line Rule is in effect. Cross the yellow line and risk DQ. If no painted centerline marking is present riders must keep to the right side of the road at all times unless instructed by an official.
- Each rider will be given a bib number and it must be worn on the jersey above the pockets. Number placement instructions will be given at time of packet pick up or check-in.
- Do not cut, fold or alter numbers.
- No littering – If you throw your trash anywhere but a trash can you risk a DQ.
- No public urination – Honey Buckets will be placed at each aid station and numerous public restrooms are along the course. Again, pee in public and risk DQ.
- Depending on registration numbers, some fields may race together but will be scored separately.
- Volunteers are there serving you. Tell them thanks. Berating a volunteer or aid station crew will risk a DQ.
- Private support: Personal support vehicles are not allowed.
- Wheel cars: Each race field will have a wheel car if possible. Wheel cars will follow the lead pack in their respective fields. Riders should race prepared with the tools and skills needed to change their own flat tires and make minor mechanical fixes.
- Spare tubes: Wheel cars will each be supplied with a floor pump, a supply of spare 700cc tubes with 80mm stems. If you need something different, bring it.
- Dirt Road: This is along the Yellow Creek/Chalk Creek area between Evanston and Coalville or from the turn off Hwy 150 on the 120 mile course. Ride or race with caution and be prepared for possible flats.
- Time limit: There is no official time limit. But any participant who has not passed the Mile 64 aid station before Noon MUST take the 'short course' route and shave 30 miles from the course
- Broom wagon: A vehicle with a bike rack will trail the race starting at 9:00 a.m. If riders are unable to finish the race, they may hop in the broom wagon and ride, slowly, to the finish line.
- Post-race meal. Included with the race fee is a lunch/dinner at the finish line. Sandwiches, chips, drinks, fruits, etc., will be provided.