



DÓXA

THREELAY

OFFICIAL 2017 RACE BIBLE

ITEMS IN THIS BIBLE ARE SUBJECT TO CHANGE.
Registered Teams will be notified of all changes.

2017 RELAY INFORMATION GUIDE
Doxa Threelay

Rules and Registration

WELCOME TO THE DOXA THREELAY!

This packet contains important team information. Team captains are responsible with becoming familiar with everything contained in this packet and to relay significant information to team members. We recommend that your relay vehicle have a copy of this packet.

Note that this information is subject to change any changes will be sent to the team captains' email and noted on Facebook. It is your responsibility to keep up-to-date and be aware of any revisions to this document. Revisions will be emailed to team captains to be distributed to all team members.

DOXA THREELAY CONTACT INFORMATION RACE DIRECTORS:

Alan Sheffer
alansheffer@doxaraces.com
Mobile: 801.669.7504

James Andersen
james@doxaraces.com
Mobile: 801.836.9610

RACE DAY HEADQUARTERS CONTACT INFORMATION

On Race Day we encourage you to contact HQ with any questions or incident reports you may have.

HQ
info@doxaraces.com
801.669.1825

REGISTRATION INFORMATION & IMPORTANT DATES

Registration Deadline = June 30, by 11:59 PM

TEAM REGISTRATION at: www.doxaraces.com Click the "Register Now" link and follow the instructions. A non-refundable entry fee is due before the registration deadline. Note that the price does increase periodically throughout the year. There is no charge for substitutions. Substitutions can be made emailing info@doxaraces.com as well as at the start line but the runner has to be present to sign the waiver.

INDIVIDUAL TEAM MEMBER REGISTRATION

Go to www.doxaraces.com and click the "Register Now" link and follow the instructions. All team members must sign a waiver in order to participate. You must also get an invitation code from your team captain in order to register. A final copy will be sent to team captains in July.

COURSE OVERVIEW

The Doxa Threelay will start in Duchesne Utah at Starvation reservoir, loop down to Utah valley, over to Nephi, through Nephi canyon, over to Fairview, up Iconic Skyline drive, down to Huntington Reservoir, and finish in Price Utah.

Leg 1 Information:
800 Meter Swim
Difficulty: Medium

Leg 1 is an out and back swim that takes place in Starvation Reservoir Utah. It starts near the main dock and ends just down the beach.

Leg 2 Information:
725 Meter Swim
Difficulty: Medium

Leg 2 is an out and back swim that takes place in Starvation Reservoir Utah. It starts and ends near the main dock.

Leg 3 Information:
1 Mile Swim
Difficulty: Hard

Leg 3 is a destination swim that takes place in Starvation Reservoir Utah. It starts near the main dock and ends at one of the secondary ramp areas.

Leg 4 Information:
28.89 Mile Bike
Difficulty: Hard

Leg 4 starts at one of Starvation Reservoir's secondary docks and ends at a church in Tabiona Utah. This leg has a total elevation gain of 803 feet. It takes you by the beautiful country fields of Eastern Utah.

Leg 5 Information:
6.54 Mile Run
Difficulty: Medium

Leg 5 Starts in Tabiona Utah, travels through Hanna Utah, and ends on the outskirts of Hanna. This leg has a total elevation gain of 324 feet.

Leg 6 Information:
16.34 Mile Bike
Difficulty: Very Hard

Leg 6 starts near Hanna Utah, and travels to the top of Wolf Creek Pass. This leg has a total elevation gain of 2,616 feet. The elevation gain on this leg starts gradual and then turns steep as you climb the mountain. Be ready for a climb!

Leg 7 Information:
7.27 Mile Run
Difficulty: Hard

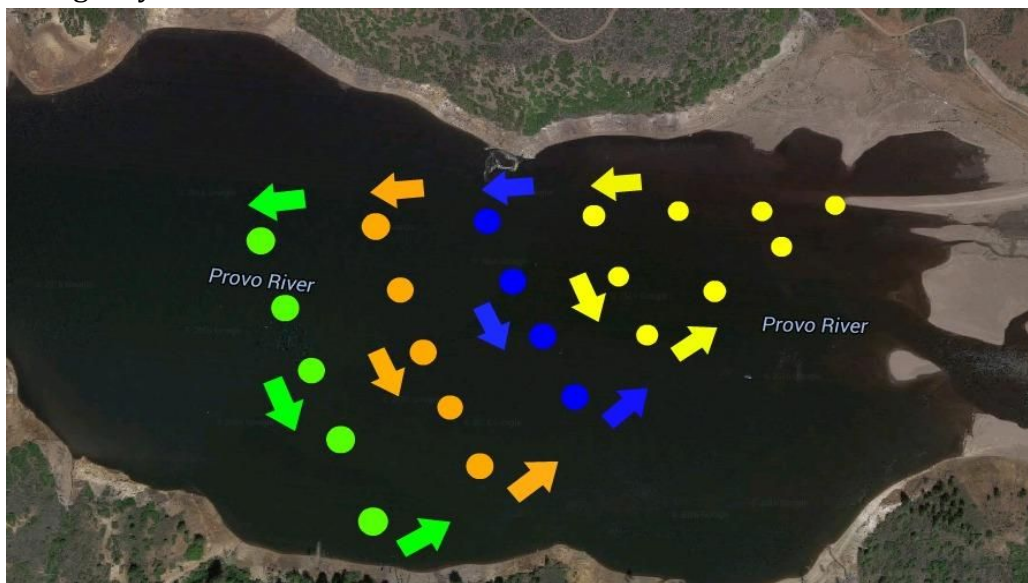
Leg 7 starts at Wolf Creek Campground, and ends at the parking lot near Iron Mine Creek. This leg has a total elevation drop of 1,956 feet. This is a downhill mountain leg.

Leg 8 Information:
16.37 Mile Bike
Difficulty: Medium

Leg 8 starts near Iron Mine Creek, and ends at the Rock Cliff boat ramp parking lot of Jordanelle State Park. This leg has a total elevation drop of 1,323 feet. This leg is mostly downhill with a few short climbs. It travels along several creeks and rivers, through Francis to Jordanelle Reservoir.

THE VORTEX

Legs 9 – 12 the Vortex consists of out and back swims that progressively get larger following a triangular pattern. The first swim will follow the Yellow Buoys, if you look ahead and the Buoys are a different color turn LEFT and follow the Yellow Buoys until you reach the dock. The second swim will start by following the Yellow Buoys however once the Yellow Buoys end DO NOT turn continue to the Blue Buoys. If you look ahead and the Buoys are a different color turn LEFT and continue swimming on your course.



Leg 9 Information:
400 Meter Swim
Difficulty: Easy

Leg 9 starts and finishes at Rock Cliff boat ramp. Keep to the RIGHT and follow the YELLOW buoys.

Leg 10 Information:
600 Meter Swim
Difficulty: Medium

Leg 10 starts and finishes at Rock Cliff boat ramp. Keep to the RIGHT of the buoys. Follow the buoys and turn LEFT at the BLUE buoy, turn LEFT at the last BLUE buoy, and follow the Yellow buoys back to the dock.

Leg 11 Information:
800 Meter Swim
Difficulty: Medium

Leg 11 starts and finishes at Rock Cliff boat ramp. Keep to the RIGHT of the buoys. Follow the buoys and turn LEFT at the ORANGE buoy, turn LEFT at the last ORANGE buoy, and follow the buoys back to the dock.

Leg 12 Information:
1000 Meter Swim
Difficulty: Hard

Leg 12 starts and finishes at Rock Cliff boat ramp. Keep to the RIGHT of the buoys. Follow the buoys and turn LEFT at the GREEN buoy, turn LEFT at the last GREEN buoy, and follow the buoys back to the dock.

Leg 13 Information:
16.32 Mile Bike
Difficulty: Medium

Leg 13 starts at the Rock Cliff boat ramp parking lot of Jordanelle Reservoir, travels down SR 32, goes through Midway and ends in the parking lot of the Provo-Jordan River Parkway Trail. This leg has a total elevation drop of 705 feet. It travels along the road above a breathtaking Jordanelle Reservoir and ends on the outskirts of Deer Creek Reservoir.

Leg 14 Information:
7.62 Mile Run
Difficulty: Hard

Leg 14 starts at the parking lot of the Provo-Jordan River Parkway Trail and follows that trail to a parking lot at the South-Western tip of Deer Creek Reservoir. This leg has a total elevation drop of 23 feet. This is a lakeside trail run with a lot of small up and down hills to conquer. THIS IS A TRAIL RUN vehicles are not accessible. Bring water, also a phone to communicate with your team if necessary.

Leg 15 Information:
15.60 Mile Bike
Difficulty: Easy

Leg 15 starts at a parking lot near the South-Western tip of Deer Creek Reservoir and travels down Provo canyon ending at the Provo Recreation Center. This leg has a total elevation drop of 811 feet. This bike goes by Bridal Veil Falls, and through the heart of Provo City.

Leg 16 Information:
300 Meter Swim
Difficulty: Easy

Leg 16 will be in the Provo Recreation Center lap pool. Athletes will start at one corner of the pool and serpentine to the opposite corner to complete their 300 meters.

Leg 17 Information:
8.67 Mile Bike
Difficulty: Easy

Leg 17 will start at the Provo Rec Center, and ends at the Springville Community Pool. This leg has a total elevation gain of 81 feet. This bike goes through Downtown Provo, along the mountains, and ends in the middle of Springville.

Leg 18 Information:
300 Meter Swim
Difficulty: Easy

Leg 18 will be in the Springville Community Pool. Athletes will start at one corner of the pool and serpentine to the opposite corner to complete their 300 meters.

Leg 19 Information:
33.13 Mile Bike
Difficulty: Very Hard

Leg 19 starts at the Springville Community Pool, travels Spanish Fork, Salem, Payson, Santaquin, and ends at a parking lot in Mona. This leg has a total elevation gain of 284 feet. This leg is the longest individual leg in the Dóxa Threelay.

Leg 20 Information:
8.06 Mile Run
Difficulty: Very Hard

Leg 20 starts in Mona and ends in Nephi. This leg has a total elevation gain of 178 feet. This run is the longest run of the Dóxa Threelay.

Leg 21 Information:
14.34 Mile Bike
Difficulty: Hard

Leg 21 starts in Nephi, travels up the 132, and ends in Fountain Green. This led has a total elevation gain of 744 feet. This bike is a climb that finishes off with a nice downhill section.

Leg 22 Information:
23.11 Mile Bike
Difficulty: Hard

Leg 22 starts in Fountain Green, goes through Moroni, Mt. Pleasant, and ends in Fairview. This led has a total elevation gain of 92 feet. This leg starts downhill but ends by climbing right back up.

Leg 23 Information:
4.06 Mile Run
Difficulty: Very Hard

Leg 23 starts in Fairview and heads up the 31, finishing at the Maple Fork bend in the road. This led has a total elevation gain of 1,281 feet. This leg is steep climb!

Leg 24 Information:
10 Mile Bike
Difficulty: Very Hard

Leg 24 starts at the Maple Fork Bend and goes all the way to the top of the mountain ending at the parking lots by the old Skyline Drive. This led has a total elevation gain of 2,398 feet. Saddle up cause this leg is a steep climb!

Leg 25 Information:
4.31 Mile Run
Difficulty: Medium

Leg 25 starts at old Skyline Dr, passes Huntington Reservoir and ends before Cleveland Reservoir. This leg has a total elevation drop of 707 feet. This is a beautiful downhill mountainous run right by Huntington Reservoir.

Leg 26 Information:
23.27 Mile Bike
Difficulty: Medium

Leg 26 starts just above Cleveland Reservoir, passes Electric Lake and ends about 6 miles out of Huntington. This leg has a total elevation drop of 2,668 feet. This leg takes you by 2 reservoirs, and is a wonderful downhill ride.

Leg 27 Information:
5.86 Mile Run
Difficulty: Medium

Leg 27 starts about 6 miles out of Huntington and ends near the Huntington Cemetery. This leg has a total elevation drop of 399 feet. This leg is a gradual downhill run.

Leg 28 Information:
4.81 Mile Run
Difficulty: Medium

Leg 28 starts in Huntington Utah, and ends at Huntington Lake. This leg has a total elevation drop of 3 feet. This is a flat run that ends at the shore of Huntington Lake.

Swim Legs 29, 31, and 32 are similar to the swims at the vortex. The starting and ending point is the same for all 3 swims. In order to get your time for each leg you must cross over the provided timing matt each time. Keep to the RIGHT of all buoys. Each leg will have different color of buoys signifying the route for the swim.

Leg 29 Information:
400 Meter Swim
Difficulty: Easy

Leg 29 is an out and back swim in the southern part of Huntington Lake. Keep RIGHT of all buoys.

Leg 30 Information:
2.9 Mile Run
Difficulty: Easy

Leg 30 starts on the shore of Huntington Lake, and ends at the main dock at Huntington Lake. This leg has no change in elevation as you run around the lake.

Leg 31 Information:
600 Meter Swim
Difficulty: Medium

Leg 31 is an out and back swim in Huntington Lake Utah. It starts by the main dock, and ends on the dock. Keep RIGHT of all buoys

Leg 32 Information:
1200 Meter Swim
Difficulty: Hard

Leg 32 is an out and back swim in Huntington Lake Utah. It starts on the main dock and ends on the boat ramp. Keep RIGHT of all buoys.

Leg 33 Information:
3.75 Mile Run
Difficulty: Easy

Leg 33 starts at the Huntington Lake boat ramp, and ends just past Jackass Wash. This leg has a total elevation gain of 114 feet. This run is the first part of the journey to Price from Huntington.

Leg 34 Information:
3.84 Mile Run
Difficulty: Easy

Leg 34 starts just past Jackass Wash and ends where the 10 meets State Route 155. This leg has a total elevation drop of 140 feet. This run is mostly Downhill.

Leg 35 Information:
10.44 Mile Bike
Difficulty: Easy

Leg 35 starts near State Route 155 on the 10 and ends on the outskirts of Price. This leg has a total elevation drop of 246 feet. This bike has two small climbs but drops 246 feet in the end.

Leg 36 Information:
3.26 Mile Run
Difficulty: Easy

Leg 36 starts on the outskirts of Price, and ends on the track of Carbon High School. This leg has a total elevation gain of 107 feet. This run goes through the heart of Price and has a glorious team finish on the High School track.

VOLUNTEER REQUIREMENTS

*Volunteers must be at least 16 years old and have a valid driver's license *Provide their own transportation to and from their assigned location *Wear their official volunteer T-shirt while at their assigned location *Be physically able to perform their assigned duties *Be willing to fulfill any assigned volunteer time *Be willing to fulfill their entire shift at an assigned location *Provide their own food and drink during their shift.

EVENT SCHEDULE & DATES TEAM CHECK IN

On Friday, July 28, Van 1 must check in at the starting line one hour before their designated start time. Location: Starvation Reservoir. All members of vehicle 1 must be present for packet pick up and safety briefing. We will not supply partial team bags to individual team members. Bring photo ID. Teams will receive a **Doxa Baton**; team t-shirts & race bibs/pins, and a few more surprises.

START TIMES & RELAY COMPETITOR CHECK IN

Each team will be assigned a start time based on their projected 5k run, 15 mile bike, and 400 meter swim pace estimates. This start time will be emailed to your team captain. (Remember we are on Mountain Daylight Time). Team Captains are responsible to let all team members know when that start time is. If you have any doubts, please email info@doxaraces.com.

Please note that teams that move through the course substantially faster or slower than their estimated team pace times may have to bypass swim legs 9, 10, 11, and 12, or be held at Huntington reservoir until sunrise.

Competitors from Vehicle one must check in 1 hour before their official start time. Don't forget your **Doxa Baton**. The team's baton must be worn at all times while the current competitor is on the road. Only participants wearing a wrist baton will be allowed to exit the exchange chute to begin a new leg.

TIME ADDAGE AND HOLDING

Racers will not be allowed to start any swim leg in Jordanelle Reservoir after 7:30 PM. Racers that arrive after 7:30 PM will be asked to continue to Leg 13. Time for each leg skipped will be added as follows:

Missed Leg 9= 15 minutes
Missed Leg 10= 20 minutes
Missed Leg 11= 30 minutes
Missed Leg 12= 50 minutes

If a team arrives at Huntington Reservoir before 6:45 AM they will be held until 6:45 AM and their wait time will be subtracted from their official finish time.

COMMUNICATION

Much of the Doxa's course will have spotty cell service and that makes it difficult for vehicles to communicate with each other to plan exchanges. We strongly recommend detailed planning by teams for arrival times at each Vehicle Exchange.

RACE COURSE MARKING

The racecourse is pre-marked with cones, Doxa Threelay signs, flags, barricades and reflective tape. Please know the Doxa course. We have provided maps and materials to help direct your efforts.

REST ROOMS & GARBAGE CONTROL

We are excited to have Honey Buckets provide Restrooms for the 2016 Doxa Threelay. There will be a designated restroom at each exchange and will be stocked with toilet paper; however we recommend you bring your own TP just in case. **NO LITTERING!** We ask that teams control their own garbage and pack it out. Be mindful of the beautiful place you are in and do all you can do to keep it just as you found it.

FINISH LINE

The finish line is in Price Utah at the Carbon High School football field. Teams will gather near the finish line at the designated spot and take a victory lap around the track and run in together through the finish line. Now is the time to relax, rejuvenate and enjoy being at the end of an amazing race. There will be a backdrop for team photos and complimentary massages.

SAFETY - OUR NUMBER 1 PRIORITY

There are many potential hazards in a race of this type including but not limited to: automobile traffic, road and trail conditions, wildlife, and weather. We ask that all teams please take appropriate precautions to insure a fun and safe event. **STAY ALERT!**

HEAD LAMPS AND REFLECTIVE SAFETY VESTS

Each team **MUST** a reflective vests and headlamps. They must be worn between the hours of 8 PM and 6 AM. Failure to meet this requirement will result in immediate disqualification for the entire team. Bring extra batteries for headlamps.

PERSONAL MUSIC DEVICES AND HEADPHONES

We discourage the use of personal music devices with headphones while running or biking as they may severely limit your awareness. Use them at your own risk. If you choose to use them, make sure you turn them down to a level so you can still hear traffic and other sounds around you such as instructions from course officials.

FIRST AID & REQUIRED FIRST AID KIT

We have limited medical staff on hand. Please be aware of this and plan ahead for how you will handle any emergencies. Call 911 in an event of a severe emergency and then call Doxa HQ at 801-669-1825 or a Race Director at 801-669-7504 or 801-836-9610. Local EMS Units will be on call and prepared to respond to emergencies. Due to limited cell phone reception, please go to the nearest exchange for assistance. Teams are required and responsible for supplying an adequate first aid kit for each vehicle to treat blisters, abrasions, headaches, heat exhaustion, and other common ailments. You may consider bringing ice for injuries related to soft tissue trauma.

VEHICLE DRAFTING NOT ALLOWED

There are no rules that inhibit drafting from other cyclist. However, drafting behind a vehicle is a violation and is dangerous. Teams who violate this rule are subject to disqualification or time penalties.

SAFETY FLAG REQUIRED

No traffic or police are promised to protect participants from traffic along the course. Be very careful at all times as you enter and exit vehicles. One safety flag per vehicle is required and must be used if team members cross the road to greet active runners. Safety Flags will be PROVIDED during team check-in.

HEADLIGHTS REQUIRED

All relay vehicles are REQUIRED TO HAVE HEADLIGHTS ON DAY AND NIGHT during the event.

COURSE ROAD CROSSING

There are a few designated road crossings for the active competitor. These will be well marked. In the event that there is traffic flowing at the same time the runner attempts to cross, runners must wait for traffic to pass before crossing.

RUNNING OR RIDING AT NIGHT

Runners and bikers will be alone on the course at times. The following rules and suggestions should be noted: *Team Vehicles are encourage to stop somewhere along each leg to watch for their runner. *Team Vehicles are permitted to "Shadow" runners during nighttime legs only. "Shadowing" means that a vehicle parks a couple hundred yards ahead of their runner. Once the runner passes, the vehicle waits until the runner is a couple hundred yards ahead again, etc. Vehicles must obey traffic laws and are not permitted to follow behind runners at the runner's pace. *No vehicles will be allowed to follow behind participants to illuminate the road during night- time legs. These vehicles severely impede traffic. * Runners must wear reflective safety vest and a headlamp.

DRIVING & PARKING

We ask that all drivers be alert and drive at or below posted speed limits. Be sure to leave adequate time to arrive at exchange points so that there is no temptation to speed. Please be courteous of runners on the road. Be careful not to blind them with high beam light, and move over while passing them. Please park off road as far as possible, watch for participants, and stay alert to other traffic. We also ask that you be courteous and respectful of the cities, towns, and venues. Park in sensible locations and avoid residential locations like people's homes. Please follow signs and race volunteer directions. We strongly recommend that you drive under the posted speed limits in an effort to slow down non-Doxa traffic.

BAD WEATHER

The race will occur rain or shine. However, under certain severe weather conditions where significant damage or alterations to the race occur, we reserve the right to cancel the event. Be prepared! We recommend you pack a rain jacket, long pants, and gloves for early morning and night running and extra clothes if you get wet.

WILDLIFE WARNING

If a runner encounters any wildlife that is aggressive on the course, get your competitor into your support vehicle and drive ahead at a safe and reasonable distance and then let him or her out again.

REPORT TEAMS THAT ARE ENDANGERING THEMSELVES AND OTHERS

Call or send a text message to **801-669-1825** to report violations. Include who, what, where and when in your text message.

EVENT SCHEDULE AND DATES

Friday and Saturday July 28th - 29th

Location: Starvation Reservoir

PACKING LIST SUGGESTIONS

Food & Fluids
Cell Phone
Running Shoes – 2 pair
Driver's License
Jacket
Change of clothes, Socks
Extra Batteries for bike lights and Headlamps
Tube repair and other bicycle tuning equipment
Cash/credit or debit card
Sleeping bag, pillow and pad
Toiletries
Sunglasses
Medications
Paper Towels/wipes/lotion/TP
Sun screen/Hat

TEAM ITEMS

First Aid Kit
Green Safety Flag – 1 per van
Reflective Vest – 2 per van
Headlamp – 2 per van
Blinking tail lights – 2 per van
Garbage Bags
Cooler with ice & additional food and fluids

SAFETY AND TRAFFIC CONTROL PLAN

Runners and drivers will be kept safe by a variety of measures that have worked effectively for other similar relays. The County Sheriff's Department for each county, Utah Highway Patrol, and UDOT will all have been notified and will be given detailed plans of the race. These entities will review the plans and will be in regular contact before and during the race. Road signs and barriers will be laid out according to their guidelines. We will have limited medical staff on hand. Competitors will be aware of this and plan ahead for how they will handle any emergencies. They are instructed to call 911 in an event of a severe emergency and then call one of the Race Directors. Local EMS Units will be on call and prepared to respond to emergencies. Wasatch and Summit Ambulances will be on call to ensure that in case of any accident, medical personnel can respond quickly. All contact numbers will be at each van exchange with designated relay directors. Directors and volunteers will be dispersed on the route to ensure that, in case of any accident, medical personnel can respond as quickly as possible. Due to limited cell phone reception, runners are instructed to go to the nearest exchange for assistance. A number of race officials will have satellite communication as well to respond to emergencies. Teams are

required and responsible for supplying an adequate first aid kit for each vehicle to treat blisters, abrasions, headaches, heat exhaustion, and other common ailments. It is also suggested that they consider bringing ice for injuries related to soft tissue trauma.

COMPETITORS PROTECTION

All participants will be sent instructions regarding safety rules and guidelines. Also, at the time of check-in and packet-pickup, participants will be directed to the safety booth where they will be instructed on the safety requirements and verify that they have read the safety rules, traffic exchange instructions, and are ready to participate having the required vests, headlamps, blinking clip on tail lights, and first aid kits needed. Teams without these items will not be allowed to participate. They will have an opportunity to buy required items at check-in if needed and will be encouraged ahead of time to bring extra batteries. Participants will also have access to these safety rules and guidelines on the Doxa Threelay website See www.doxaraces.com.com and in the Doxa Threelay Guide which will be emailed to all the participating teams.

TEAMS DROPPING OUT

Team's progress will be checked throughout the race and again at the end of the race to ensure that all teams are accounted for. The race will be closed at 6:00 PM, July 30th. If necessary, the last vans will need to pick up any of its runners that are still on the course after this time. Teams will be accounted for to ensure no one is left on the course after each exchange is closed and again after the race. If your team wishes to drop out you will need to inform a leg manager at your nearest van exchange to insure that you are accounted for.

INSURANCE

The race is covered with a \$3,000,000 liability insurance policy. All competitors will sign a waiver that they are participating at their own risk and understand the inherent risks of this type of running event.