



STARVATION

AN EXTREME TRIATHLON

RACE MANUAL



AUGUST 2
2025

STARVATION RACE MANUAL 2025

This is an extreme triathlon. The swim is open water and the conditions can be unpredictable. The bike course takes place 5,700 feet above sea level and climbs up over 9,600 feet altitude. THERE IS over 9,400 feet of vertical climbing through the Utah mountains. The run starts at 8,000 feet and peaks with an elevation of over 10,700 feet above sea level. THERE IS 6,643 feet of vertical climbing. The run is off road and on trails in and around the Solitude resort. Before you sign up, please be honest with yourself about the time you have to dedicate to preparing for this event. Every athlete is different in the number of hours necessary to prepare for an endeavor of this magnitude. Only you know for sure.

The contents of this manual are absolutely needed to be known by participants and their supports. Read it twice. Read it backwards. Read it out loud. Then read it again. By the time you get to the starting line, you should know this manual by heart and every piece of information in it should be as natural to you as riding a bike. Please note that both Race Manual and website are subject to regular revisions and changes. For supplementary information, please refer to our website www.starvationxtri.com, where you'll find all the "nice to know" stuff.



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EVENT SCHEDULE

DATE	TIME	ACTIVITY	LOCATION
Friday, August 1	12:00pm - 8:00pm	Packet Pickup	Zermatt Resort
Saturday, August 2	3:30am - 4:45am	Equipment Check	Personal Watercraft Ramp @ Jordanelle Reservoir
	3:30am	T1 Open	Personal Watercraft Ramp @ Jordanelle Reservoir
	5:00am	Race Start	Personal Watercraft Ramp @ Jordanelle Reservoir
	7:15am	T1 Closes	Personal Watercraft Ramp @ Jordanelle Reservoir
	6:00pm	T2 Closes	Solitude Resort
	8:00pm	Black Shirt Closes	Brighton Resort Parking Lot
	12:00am	Race Ends	Solitude Resort
Sunday, August 3	9:00am	Ceremony	Zermatt Resort

THE SWIM

DISTANCE

2.4 M / 3.8K

AVERAGE WATER TEMP

62 degrees Fahrenheit or 16 degrees Celsius

THE START

The swim starts at 5:00 am next to the buoy where you enter/exit the water. It will be a mass start.

DESCRIPTION

This is a 2-loop swim. There are 4 buoys you will be swimming around counter-clockwise. You will begin swimming before the sun is up. Because of

the early morning start we will have lights attached to the buoys for sighting purposes because how can you swim towards something you can't see? After the second loop you will exit the water and proceed to T1.

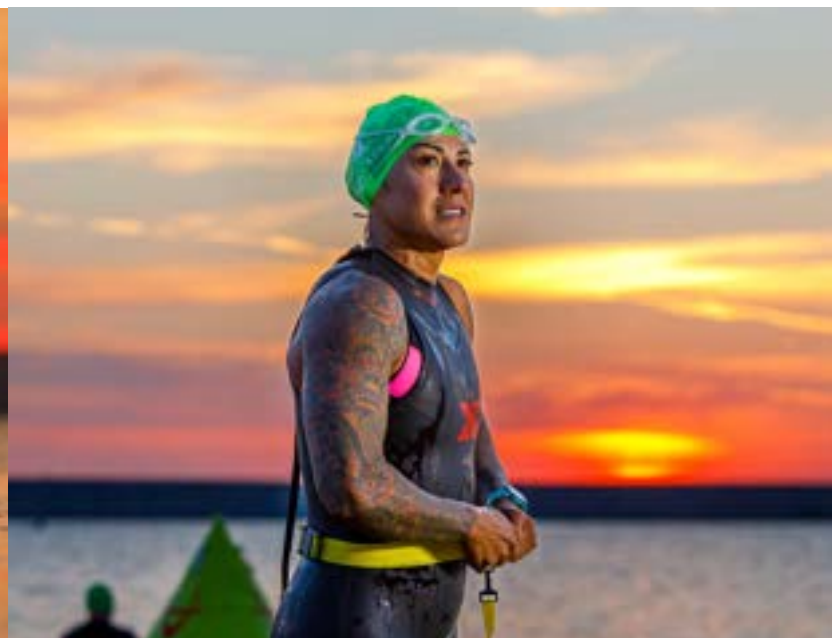
GEAR REQUIREMENTS

Gloves and booties are not permitted. Wetsuits are strongly recommended but not mandatory.

RESCUE BOATS / KAYAKS

We will have rescue boats and kayaks during the swim. These boats will contain a mix of medic personnel and lifeguards along with rescue equipment to aid swimmers in need.

Photo credit to @kris_braun



THE BIKE

DISTANCE

100 M / 161 K

ELEVATION GAIN

9,246 feet / 2,873 meters

PEAK ALTITUDE

9,656 feet / 2,943 meters

DESCRIPTION

The bike course is a point-to-point course. The course will be marked at turns with signs letting the athletes and support crews know where to turn. We will have mile marking signs every 20 miles along the course. Any time an athlete needs to cross the road to make a left turn, please be very careful to obey all laws and that you do not impede traffic (this is an open road course).

OBEY TRAFFIC LAWS

This is a completely open bike course without any law enforcement. All athletes are to obey traffic laws and rules of the roadways at all times. You must have your front and rear lights on, and a cell phone with you at all times.

GEAR REQUIREMENTS

A front-facing solid white headlight and rear-facing red blinking light (both mounted to the bike, bright colors or reflective vest highly recommended, flat changing kit, and a fully charged cell phone.

SHEEP ON THE COURSE

Each year the sheep have shown up on the bike course. Please be careful on the descent from Wolf Creek Pass.

photo credit @kris_braun



THE BIKE

EXTRA CAUTION AREA

There will be absolutely no support from the base of Guardsman climb to T2. Any and all support given must happen before mile 86. As an athlete, plan on over an hour and a half for this stretch of the ride. Support teams will have sufficient time to get to T2 before their athlete does in following the alternate route.

We are not responsible for and cannot predict traffic conditions that may hinder you from reaching your athlete at T2. It is your responsibility to get to the transition area before your athlete. If you are found giving your athlete support between the base of Guardsman climb to T2, your athlete will be disqualified.

EXTRA SUPPORT FOR RIDERS ON GUARDSMAN PASS

Since support cars are not allowed after mile 86, we will provide 2 two water stations. The water stations will have jugs of water and ice.



HAIRPIN TURNS

Please be aware of the 3 hairpin turns on the downhill between miles 96 - 98. Yes you just finished climbing Guardsman Pass and all you want to do is get to T2 because it's so close. The thing is you have to actually arrive at T2. Be a little more cautious as you travel through these 3 hairpin turns.



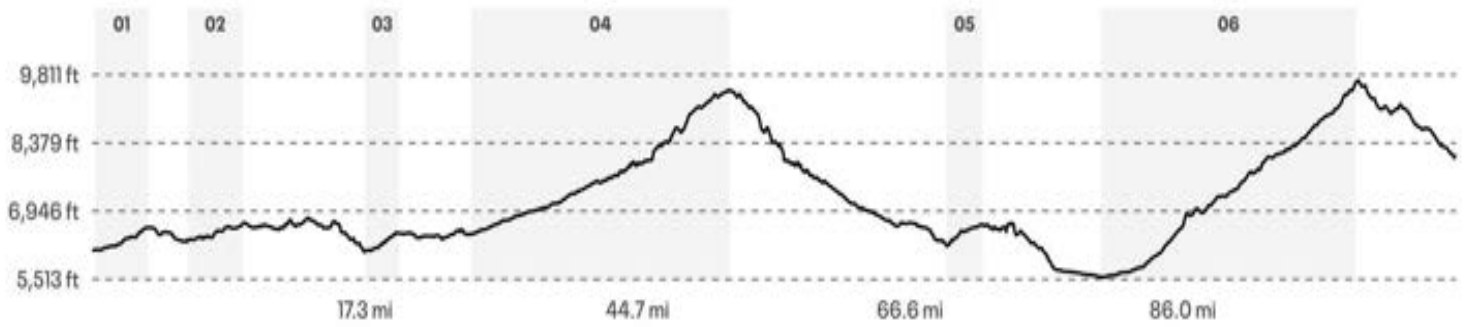
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THE BIKE

Elevation

Start **6,161 ft** Max **9,729 ft** Gain **10,432 ft**



Section	Category	Avg. Grade	Elevation	Distance
01	4	3.3%	Gain 417 ft	Length 2.43 mi
02	5	2.5%	Gain 314 ft	Length 2.36 mi
03	5	2.1%	Gain 380 ft	Length 3.36 mi
04	1	3.1%	Gain 2,973 ft	Length 18.28 mi
05	5	3.8%	Gain 400 ft	Length 1.99 mi
06	HC	7.0%	Gain 3,976 ft	Length 10.82 mi



THE RUN

BLACK SHIRT FINISH

DISTANCE

26.3 MI / 42 K

ELEVATION GAIN

5,974 feet / 1,821 meters

PEAK ALTITUDE

10,528 feet / 3,209 meters

WHITE SHIRT FINISH

DISTANCE

26.3 MI / 42 K

ELEVATION GAIN

3,907 feet / 1,190 meters

PEAK ALTITUDE

9,883 feet / 3,012 meters

DESCRIPTION

The run course will begin at Solitude Resort. The course will be marked with color flags. The course starts in the Solitude parking lot and heads back out to Big Cottonwood Canyon Road. The course will head down the road, left turn onto the road. Athletes will cross the road at the crosswalk at mile 3.5. This is where you will jump on the North Fork trailhead. The course will take athletes to Dog Lake. After the lake the course follows Big Water Trail, Little Water Trail, Great Western Trail, then onto the Wasatch Crest Trail and finally onto the Wasatch Crest Connect. The course then follows the Guardsman Pass Road down to Big Cottonwood Canyon Rd. The course turns left and heads up to Brighton Ski Resort. At mile 20, the Brighton parking lot, the course splits.



THE RUN

At this point only participants who arrive before 8 pm and have a support runner can begin the Black shirt course. If a participant does not have a support runner they can only begin the White shirt course.

BLACK SHIRT FINISH

The course jumps on the Brighton Lakes trail. This takes athletes to the Alta Brighton Trail and then onto Summit Road. At the top of Summit Road the course turns right onto Honeycomb Canyon Trail. This trial will take athletes all the way to the finish line.

WHITE SHIRT FINISH

The course jumps on the Brighton Lakes trail. This takes athletes to the Alta Brighton Trail and then onto Summit Road. At the top of Summit Road the course turns right onto Honeycomb Canyon Trail.

This trial will take athletes all the way to the finish line. Here the course u-turns back up Big Cottonwood Canyon Road. The course turns into the parking lot and to the finish line.

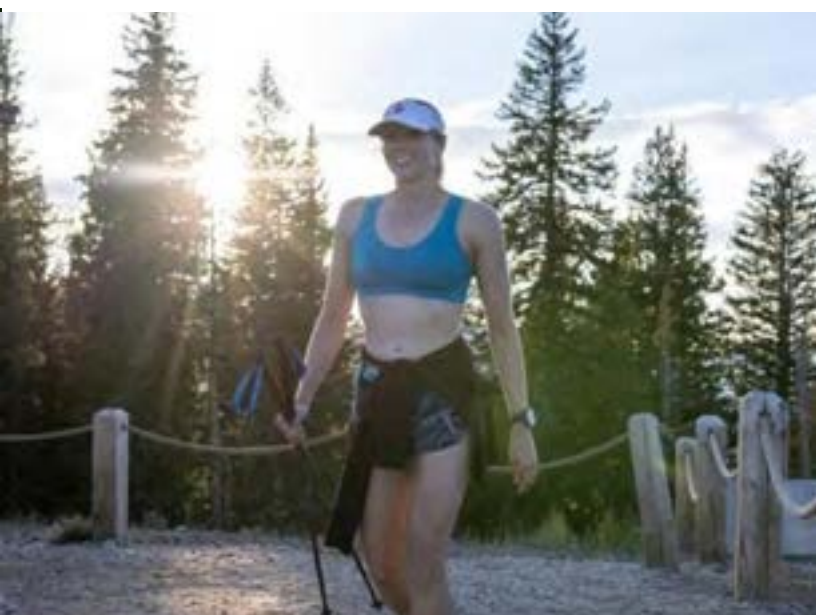
GEAR REQUIREMENTS

When starting the run each athlete and/or support person on the run course will need to have a water bladder or bottle system, headlamp, soft shell jacket, emergency blanket, cell phone, rechargeable battery pack. Make sure to have enough nutrition to get through the first 17.5 miles. Trail shoes are recommended as the majority of the run will be on trails. Hiking poles may be used.

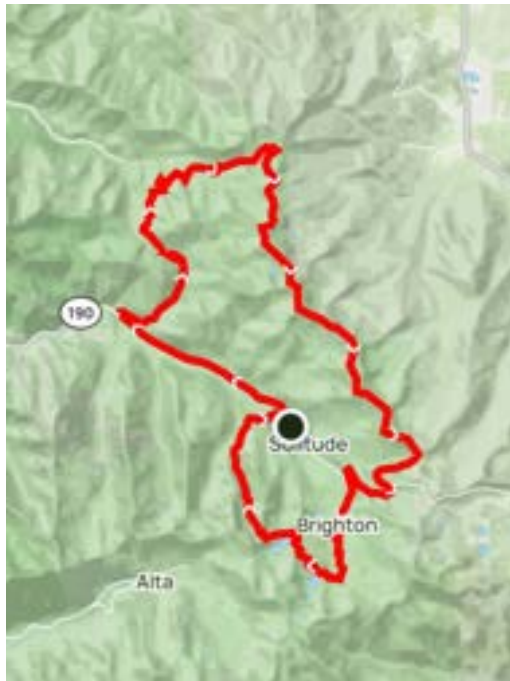
ATHLETE SUPPORT

While on the run course, the athlete may have one additional crew member with them. This is not limited to the registered support crew member.

photo credit @kris_braun



THE RUN



BLACK SHIRT COURSE



WHITE SHIRT COURSE

photo credit @kris_braun



CUT OFFS

	TIME
START	5:00AM
SWIM	7:00 AM (2 HOURS)
T1	7:15 AM (2 HOURS 15 MINUTES)
BIKE	6:00 PM (13 HOURS)
T2	6:15 pm (13 HOURS 15 MINUTES)
BLACK SHIRT COURSE	8:00 PM (15 HOURS)
FINISH	12:00 AM (19 HOURS)

EVENT RULES

OBEDIENCE / BIKE LAWS

The bike course is completely open to all vehicular traffic. All athletes are expected to obey all cycling and traffic laws at all times. This means stopping at stop signs and stoplights and yielding to those with the right of way whenever necessary.

Penalty: Disqualification.

BIKE LIGHTS

Each bike must have working lights mounted on the front (solid white) and back (blinking red) at all times. Both lights must be turned on at all times during the bike course. Battery lights (although not as bright) do tend to work better than lithium as they last longer and the batteries can be replaced on the fly. **Penalty: Disqualification.**

CELL PHONES AND COMMUNICATION

Athletes must have a cell phone on them during the bike and run at all times to communicate with their support crew and/or the event management in an emergency situation. We recommend a small external battery and USB cable to charge it on the fly. This can be carried by your support crew until needed. **Penalty: Disqualification.**

PACING

No outside pacing on the swim or bike. **Penalty: Disqualification.**

BIKE / WHEEL CHANGING

No athlete is allowed to change their bike or wheels unless they are badly damaged and unusable. **Penalty: Disqualification.**

MEDICAL / ANTI-DOPING

Medical crew and race marshals appointed by the organizers may at any time during the race remove an athlete from the race, in case of health issues or risk of injury to the athlete. The use of prohibited methods and substances included in the WADA List of Prohibited Substances and Methods is forbidden.



EVENT RULES

HELMETS

Only helmets approved by the US Consumer Product Safety Commission may be used. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification.

CHIN STRAPS

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. Penalty: Disqualification on the course; variable time penalty in the Transition Area(s) only.

TRANSITION AREA

All equipment must be placed in the properly designated and individually assigned bike corral. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the Transition Areas. **Penalty: Variable time penalty.**

DRAFTING

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right-hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. **Penalty: Variable time penalty.**

COURSE

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow centerline for ANY reason. Cyclists must obey all applicable traffic laws at all times. **Penalty: Disqualification.**

EVENT RULES

UNSPORTSMANLIKE CONDUCT

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at event officials, volunteers, spectators or fellow athletes is forbidden. **Penalty: Disqualification.**

HEADPHONES

Headphones, headsets, ipods, mp3 players, or personal audio devices, etc. are NOT allowed on the BIKE course. They may be used on the RUN, but if you must carry music, we ask you only to use one headphone on the run course. ***USE OF HEADPHONES ON THE BIKE WILL RESULT IN DISQUALIFICATION.**

EVENT NUMBERS

All athletes are required to wear event numbers at all times during the bike and the run. On the bike your number should be rear facing and, on

the run, it should be forward facing. All numbers should be visible at all times. Numbers may not be cut or folded or altered in any way. **DO NOT** transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without even director permission.

ABANDONMENT

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. **Penalty: Variable time penalty.**



photo credit @kris_braun

SUPPORT CREW

ALL SUPPORT CREW MEMBERS MUST

- Check-in just like the athlete at packet pick up. You are required to show photo ID and sign waivers.
- Wear the Starvation support wristband (given at packet pickup) to enter transitions.
- If a support crew's athlete withdraws from the event at any point before or during the event it is the responsibility of a crew member to inform the event crew immediately. Please call either the race manager, James Lawrence, at 801-735-7059 or the race director, Casey Robles, at 801-318-6337. The event crew phones are manned from the pre-event meeting onwards. If there is no answer leave a message and also text the Athlete's name and event number along with event withdrawal notification.
- Only one support vehicle is permitted per athlete. Please be absolutely sure, that if you have more than one person on your support crew, you designate a captain of your crew, and that your crew can fit in one vehicle along with the supplies you will need for the event. Those crews that are found to have more than one vehicle stopping to aid the athlete will be automatically disqualified. Any non-support vehicles just stopping to "observe" and not to "aid" their athlete, are also subject to athlete time penalty or disqualification at the discretion of the event management.



photo credit @kris_braun

T1

Only the registered support crew member is allowed into T1 with their provided wristband. This crew member will be ready to aide their athlete as they exit the water and head toward T1. Once inside T1, it is the crew member's job to help their athlete get ready for the bike. Once the athlete has left T1 for the bike, it becomes the crew member's job to cleanup all of their athlete's equipment. This includes all clothing and gear. The crew member will leave Starvation State Park, we will not be returning. Any left behind articles will be taken to the lost and found area just outside T2. These left behind articles will be there until midnight and at that point be donated to a local charity.

SUPPORT CREW

BIKE

- All support vehicles **MUST** have their support stickers (given at packet pickup) on the front windshield and on the back window. Please be sure this does not impede the driver's vision in any way.
- Only attempt to enter and park in safe turn off areas. Please only enter and park in turn off areas if they are not full or backed up.
- The car must always be parked off the road, with all four wheels outside the white demarcation line.
- **NEVER** park on the left side of the road in an attempt to aid or communicate with your athlete.
- **NEVER** cross the traffic of the road regardless of whether it's clear to do so or not.
- Be aware of your surroundings at all times. Utah is beautiful but sightseeing during the event is irresponsible. Keep your attention on the road and give cyclists as much room as possible at all times while minding the oncoming traffic.
- All support and communication must be provided from outside of the car, and never through a car window, even if the car is parked. You are not allowed to support from a moving vehicle.
- Athletes may not sit in the car at any time during the race, even if the car is parked. This pertains to the entire race, not just the bike course.
- Whether riding in your vehicle or out of it on foot, be aware of the riders and cars on the course. It is very easy to turn right into a parking lot without looking behind you and hit a cyclist or walk onto the shoulder and have a cyclist hit you. Please pay extra attention!

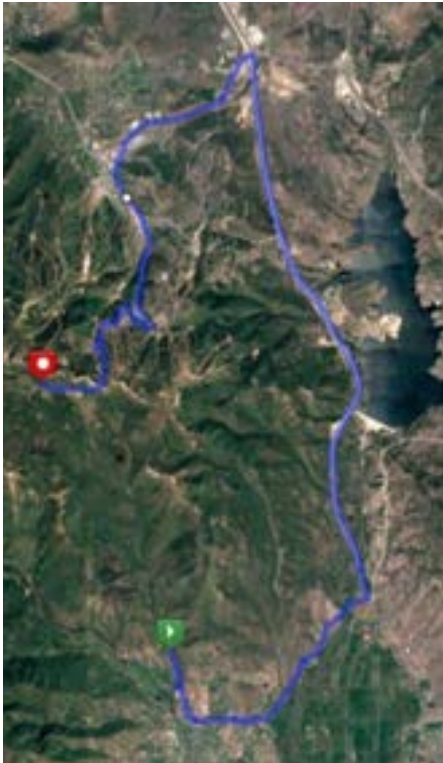


SUPPORT CREW

- Athletes and support should use actual restrooms when available. Support vehicles should carry toilet paper and athletes should be prepared to go into the woods to relieve themselves if need be. Please be mindful and do not litter.
- Obey all vehicular traffic laws at all times. This includes but is not limited to, speed limits. Support crew vehicles will be required to stop for lights, signs, and pedestrians as will the athletes. Additionally, State Troopers have made it a point to inform us that in an effort to ensure vehicular traffic does not backup due to our event, they will be issuing tickets to any vehicles not obeying the speed limit on either side (too slow or too fast).
- Be sure your rider is completely prepared. You never know when a support vehicle may have car trouble, be stuck in traffic, or just not make it to the next stop on time. Athletes and support should always be prepared for worst case scenarios while hoping for the best. Carry more hydration/nutrition than you think you will need to the next stop. You should know how to fix your own tire, tube, derailleurs, brakes, chain and seat post. As support, it's your job to make sure your athlete is self-sufficient and this includes carrying limited bike tools and spare kit(s) to fix things themselves if you are not around.
- Athletes are absolutely NOT allowed to change their bikes or tires unless they are damaged to the point it is not safe or impossible to ride on them.



SUPPORT CREW



Cars will not be allowed to drive up Pine Canyon Dr. This section of the race course is between miles 86 to 92. We will have you take a 24-mile detour. It's estimated to take 40 minutes to drive it. Below is a map of the detour and directions.

1. Turn car around and head back to US 189.
2. Turn left onto US 189.
3. Take exit 4 toward Park City/Kamas.
4. Turn left onto Kerns Blvd. (UT 248).
5. Turn left onto Bonanza Dr.
6. Turn left onto Deer Valley Dr.
7. At the traffic circle take the Marsac Ave. exit (UT 224 S).
8. Continue onto Guardsman Pass Rd.

INSIDER TIPS – FOR THE BIKE SECTION

- This can be a long day for the support crew, so we would like to try and take a little of the planning and worrying about car fuel and fuel for yourself out of the equation. On the bike course there are a few places you can find gas stations. This is at the beginning of the bike course around mile 21. Along with this gas station, you will find a grocery store, Ken's Kash Market. *The next section of the course that has gas stations and food options are in Kamas around mile 29.
- Another section of the course that has a gas station and food options nearby is around mile 84, just before the final climb and finish. Just 2 miles off the course, on Main St. in Midway, you will find 2 more gas stations, a grocery store and a Subway. If you feel you need something more than these options you can always head into Heber, just under 4 miles off the course. Heber has a larger selection of gas stations, fast food options and additional grocery stores.
- One last place you can find gas and fuel for yourself before getting to Solitude is in Park City. This is when you are off the course and making your way to T2. You will find many gas stations and food options while driving through here. Remember once you get up to the finish, Solitude Resort, there are no more gas stations or grocery stores. Solitude will be offering food from their facility.

SUPPORT CREW

RUN

- Once the runner starts the course it is required that the registered support member clean up the bike and belongings of the athlete IMMEDIATELY.
- If someone chooses to run with your athlete on the run course, only one person can accompany them. It can be someone other than the registered support member.
- We will have water for athletes at T2. On the run course we will have water at mile 3.5, 7 and 18.

WATER FILTERS

Depending on the temperature and time it takes you to get to mile 18 and the finish line you might find yourself short on water. There are a few areas along the course where there are water sources. A filtered water bottle could be helpful but definitely not mandatory.

BUG SPRAY

Athletes have mentioned after the race they wish they had bug spray on the second half of the race. You decide.



PACKET PICKUP

EVERY REGISTERED ATHLETE RECEIVES THE FOLLOWING AT PACKET PICKUP

- Swim Cap
- Bike Helmet Stickers
- Bike Frame Sticker
- Bike/Run Bib Numbers
- Support Wristband
- Windshield sticker
- Back window sticker

*PLEASE NOTE: None of the items listed will be mailed out before or after the event. You must pick up your own packet and your support person must be present with you when you show up at packet pickup.

Zermatt Resort
Friday, August 1, 2025
12:00pm - 8:00pm

- All athletes and their support person must show a valid government issued photo ID to verify their identity. Photos and/or photocopies of IDs will not be accepted.
- Both the athlete and their support person must physically sign the Liability waiver.
- All athletes must pick up their own packet. No one but the athlete may pick up their packet.



RACE DAY CHECK IN AT T1 AND T2

T1

Saturday 3:30am - 4:45am @ Personal Watercraft Ramp @ Jordanelle

All athletes and their support person must check in at race check together, with mandatory bike equipment ready for inspection. The bike equipment includes front and rear lights, tire changing kit

T2

The support must check in at T2 with run equipment ready for inspection. The run equipment MUST have a water bladder or bottle system, headlamp, soft shell jacket, emergency blanket, cell phone, rechargeable battery pack.

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IMPORTANT INFO

WEATHER

Weather in Utah can change extremely quickly. Event management reserves the right to change, alter, and/or cancel any of the three disciplines at any time. This also includes cancelling the entire event if it is in the safety interests of the athletes, volunteers, and staff to do so. Our #1 concern is safety.

PARKING

We will have volunteers aiding with parking. Please follow their directions.

LOST AND FOUND

We will gather gear found throughout the race and place it in an area just outside T2. Any gear not collected by midnight will be donated to a local charity.

CANCELATION POLICY

The following rules will be strictly enforced, to protect the event from loss and ensure future success and stability.

Your registration is yours and only yours.

- You may not transfer or defer it to another person or another year. Anyone starting/racing under someone else's race number will be disqualified and banned from the event indefinitely.
- There are no refunds, transfers, or deferrals of any kind, for any reason through the event itself unless otherwise stated by the event.

KINDNESS & RESPECT

- **Event staff and volunteers:** Please remember that at all times before, during, and after, the event crew and volunteers are there for you. The reward they get is you reaching your goal and crossing that finish line. Some are paid for their efforts, some are not. Regardless, they work very hard and spend a lot of their time making sure you have the opportunity to enjoy Utah's beauty while racing a triathlon.
- **Local Residents & Businesses:** The local residents and businesses are the future of the event. Each year we have to obtain the permits and permissions necessary to have this event. We want the local residents and businesses to be amazed by your achievement, the quality and organization of the event, the friendliness of the athletes and support crews, and the overall joy and business the event brings to their town(s). If they're happy, then the event will live on from year-to-year.
- **Photographers:** Our photographers and videographers will be on the course(s) the entire day. Some athletes may see them more than others. When you do see them try to smile. If you're suffering and can't smile, that's ok, keep working hard. We promise the photos and videos will be amazing even if they catch you at a moment of suffering, it will be a memento you will cherish forever. Trust us to make you look good. Trust us to create something amazing.
- **Sponsors:** Sponsors of an event like this care more about the participants than they do the numbers and return on their investment. They are part of this because they love the sport of triathlon and they love the spirit of the athletes out there. Please respect that and be grateful they are supporting the event; show your appreciation by supporting their businesses when possible. Without them it would be infinitely harder to produce.
- **Mother Nature:** We aim to leave the areas we use for this even cleaner than we found them. That means absolutely no litter under any circumstances. Failure to abide by this rule is an automatic disqualification and possible ban. The future of this event depends on how we treat the wilderness, the locals, and each other.

DIRECTIONS AND ACCOMMODATIONS

Starvation is a point to point race. It is 130 miles start to finish. There are no shortcuts!

Salt Lake City International Airport is the closest airport to fly into.

RACE START

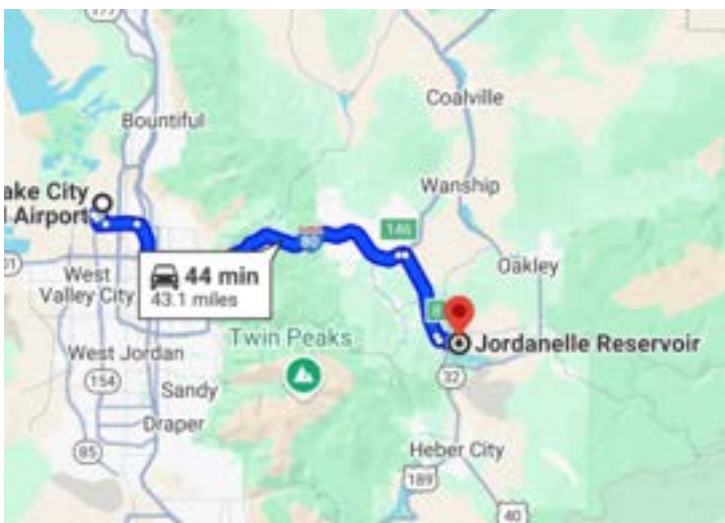
The start of the race is at Jordanelle Reservoir. This is just outside of Heber, Utah. Our host hotel is [Zermatt Utah Resort and Spa](#). The resort is 10 miles from the start and 14 miles from the finish.

In addition, camping spots will be available at Starvation Reservoir to reserve. [Click here](#) to reserve. The next closest hotels can be found in Heber, Utah. Heber is 70 miles from Duchesne.

RACE FINISH

The race ends at Solitude Resort. It is a 14 mile drive back to the host hotel. There is also lodging available at the Solitude Resort. This is ideal for those athletes who do not want to take one more step after finishing the Starvation Xtreme Triathlon. [Click here to reserve](#).

RACE START

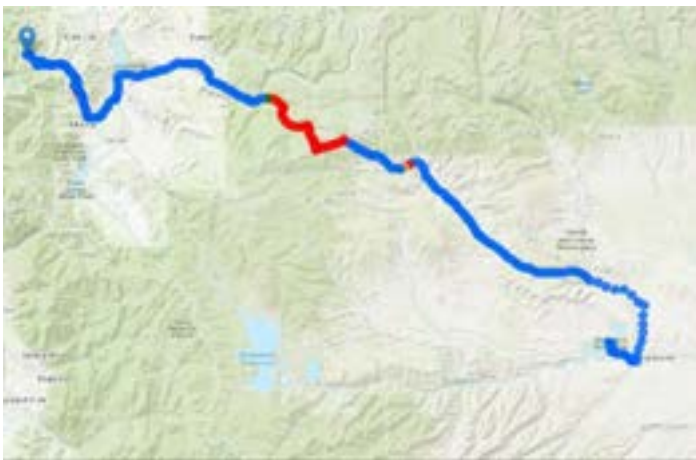


RACE FINISH



GPS TRACKING IS PROVIDED BY ADVENTURE ENABLERS

Each participant will be given a tracking device on race morning at equipment check in. The crew member will keep the GPS tracking device while their racer is swimming. Once the racer enters T1 the crew member needs to make sure the GPS tracking device remains on their racer for the rest of the race. It is important for the crew member to make sure the GPS tracking device is on their racer as they leave T2. After the racer has crossed the finish line and finished celebrating, we will collect the GPS tracking device.



The red sections on the bike course and run course identify where there is a weak signal for the GPS units. On the bike course the weak signal is from mile 48 - 62. On the run course the weak signal is from mile 5 - 10. Once the athletes enter these areas the signal will become weak and we will not see updates. Once they exit these weak areas the signal will return and updates will continue.

