



## INTRODUCTION

To ensure that you have an enjoyable and successful day on May 21<sup>st</sup>, please read the following information to familiarize yourself with some important details. If you are running one of the events for the first time, there are some aspects of the races that are unique so please read through all the material. If you are a seasoned veteran, some things have changed from years past so please don't take anything for granted – read the material. When you are done, please read it again. If you have ANY questions, the GOAL Foundation will have an information booth available at the packet pickup/Fun & Fitness Expo on Friday to provide your answer.

## MAJOR CHANGES

5K - Because of parking restrictions near the start of the 5K, **all 5K participants are required to shuttle to the start line from Downtown Ogden.** Buses will pick-up 5K participants at the Junction at 6:00 am. The pickup site will be clearly identified at the Junction located at the intersection of Kiesel Avenue and 23<sup>rd</sup> Street in Ogden. Buses will transport participants to the start line and will drop you off at the Timbermine restaurant in time to start the race. **There will not be 5K shuttle service after the race to return runners to the Timbermine** should you choose to park there rather than taking advantage of the 6:00 am shuttle service from the Junction.

RELAY - Relay Teams will be issued a baton as their timing device. This means that the first runner of your team needs to have the baton to start the race. **No baton, no time.** Each runner will also be issued a bib with their team # and their first name printed on it. Your bib is not your timing device. Feel free to decorate your baton however you like to help teammates identify their running mates at relay exchange points.

RELAY – Relay exchange points will be clearly identified with blue teardrop flags. Runners are to hand off their baton to their running mates at the relay exchange points located near the timing units and aid stations.

## PACKET PICKUP

There is only one day and one place for race packet pickup: During the Fun & Fitness Expo, Friday, May 20<sup>th</sup> at the Union Station, located at the West end of Historic 25<sup>th</sup> Street where it meets Wall Avenue. The Fun & Fitness Expo is open from 10 am to 8 pm and admission is free.

There is absolutely **NO** race-day packet pickup! GOAL is more than happy to accommodate those who need to have someone pick up their packet for them, but that person must have a photo copy of your driver's license (or the original).

For relay teams, a single individual can pick up the team's bib number and team baton; all members need **NOT** be present. (Relay teams will have ONE baton which they will hand off to each other at designated exchange areas – this baton is your team's timing device)

## FUN & FITNESS EXPO

Once you've received your packet and goody bag, stroll through the Fun & Fitness Expo and enjoy the vendors, music and food, as well as purchase some last-minute needs. Giveaways will take place throughout the day. Dimity McDowell Davis and Sarah Bowen Shea, co-authors of *Run Like a Mother*, will speak at various times as well. Intermountain McKay-Dee Sports Medicine Doctors will also speak on various other running topics. Finally, Radio Disney will broadcast live from 4:00 – 6:00 pm, so bring the whole family and enjoy the fun!

## PARKING FOR PACKET PICKUP/FUN & FITNESS EXPO

There is limited parking at the Union Station, however, there are several convenient free parking options in the adjacent area. Please do not park illegally as you may be ticketed and/or towed.

In addition, the Union Station is adjacent to the Ogden Front Runner stop, so that would be a great alternative for those traveling from the South in getting to the Expo.

## TIMING “BIB”

NEW THIS YEAR, the Ogden Marathon will utilize the Jaguar timing system! This system's timing chip is attached to your racing bib and need not be collected at the end of the race, so it is imperative that you do not fold, wrinkle or otherwise mutilate your race bib, and that you wear it! **No bib, no time.** Timing bibs should be worn on the chest and should not be covered by clothing or other material. In order to time you properly, your bib should be visible on your chest as you approach the timing devices. Your time will start as you cross the start line, and the chip will record your splits at several intervals of the race and of course the finish line. Don't exchange your bib with another competitor. Chip times will be used for age group awards, while overall winners will be determined by gun time.

Relay Teams will have a team baton that will act as the timing device. **It is imperative that teams make sure that their timing baton is with the 1<sup>st</sup> relay runner on their team.** If the first team member does not take the baton to the start line, your team will not register a time.

## PARKING FOR SHUTTLE BUS PICKUP

The best option is for someone to drop you off downtown, but if you can't stir anyone at 4:30 in the morning, there are some parking options. There are several convenient free parking options in the area. Please do not park illegally as you may be ticketed and/or towed.

There is **absolutely no parking** on Washington Blvd. between 24<sup>th</sup> and 26<sup>th</sup> Streets, the entire length of 25<sup>th</sup> Street between Washington Blvd. and Wall Avenue, and Grant Avenue from 17<sup>th</sup> to 26<sup>th</sup> Street. If you park in one of these areas, your vehicle **WILL** be towed.

## SHUTTLE BUSES

Shuttle bus loading will take place in the 2500 block of Washington Boulevard. Bus loading for the **Full Marathon** and **relay legs 1 AND 2** (the starting leg and relay mile 7 exchange, respectively) will take place on the East side of the street in front of the Hotel Ben Lomond. These buses will begin departing at **5:00 am**, with the last

bus leaving at 5:15 am. There is only one wave of buses going to the start lines (full and half) and relay legs. Please do not be late for the shuttle or you will not be transported to the start line.

Bus loading for the **Half Marathon** will take place on the West side of the street in front of Peery's Egyptian Theater, Marketstar, and Key Bank. These buses will begin departing at **5:30 am**, with the last bus leaving at 5:45 am. There is only one wave of buses going to the start lines (full and half) and relay legs 1 & 2. Please do not be late for the shuttle or you will not be transported to the start line.

**\*\*\*New for 2011\*\*\*** Bus loading for the **5K** will take place at the Junction located near the intersection of Kiesel Avenue and 23<sup>rd</sup> Street. These buses will begin leaving at **6:00 am**, with the last bus leaving at 6:10 am. Free parking is available in the parking terrace at the Junction. Return shuttle service will not be available to 5K runners who park near the start line of the 5K so please take advantage of the morning shuttle service if you cannot arrange for someone to drop you off at the start line.

Bus loading for **relay leg 3** (Mile 13 exchange) AND **relay leg 4** (mile 18 exchange) will take place at **6:15 a.m.** on the East side of the street in front of the Hotel Ben Lomond. There is just one loading of shuttles to these relay locations. Once you have completed your relay leg, there will be a shuttle service available to transport you to the finish area.

Buses will be labeled and color-coded to match your bib and both sides of the street will be marked with flagging, so please be sure to load the correct bus. Volunteers will be checking bibs as well as you will not be allowed to load without showing your bib. The shuttle buses are for runners **ONLY!** Finally, do not leave anything on the bus!

There are **NO** shuttles available to return 5K runners back to the start area after they finish.

## START LINE AREAS

Competitors and spectators will **NOT** be allowed to drive to the start of the full marathon. The road will be closed to all vehicles except the shuttle buses and official race vehicles.

The **Marathon start line** is at 5,400 feet and the Half Marathon start area is at 4,900, so expect temperatures between 35-45 degrees and dress accordingly. There will be music and numerous fire barrels and porta-johns at the two start areas.

The **Half Marathon start line** is at Eden Park which you can drive to, but parking is very limited and there will be no shuttle service to take you back after you finish. Again, the very best option for getting to the Half Marathon start is the shuttle bus!

The **5K start line** is at the Timbermine Restaurant near the mouth of Ogden Canyon. Be prepared for windy and cool conditions due to the early morning canyon winds. As noted in the Shuttle Bus section above, there **are not** shuttle buses available to 5K racers who need to return to the start area once they have finished. Please plan on utilizing shuttle service for transportation to the 5K start line. See Shuttle Bus section for 5K loading information.

## CLOTHING DROP

There will be a clothing drop at both the full and half marathon starts, and those items will be taken directly to the finish line area to be sorted for prompt retrieval. To aid in clothing retrieval, please write your bib number on your bag and/or clothing! There will also be "Donation" boxes at each start line for those items you don't wish to get back, all of which will be donated to a local charity.

Official clothing drop sites coincide with relay exchange points (Start of Full, Mile 7, Start of Half, Mile 18, Start of 5K also referred to as Mile 23) and will be shuttled to the finish line as soon as possible (due to traffic closure plans, please be patient in the retrieval of items left at relay points).

Clothing dropped anywhere other than official drop sites will be considered "DONATED" to charity and **WILL NOT** be returned. **If you drop your clothing along the course anywhere other than a relay exchange point or start lines, it will not be returned to the start line.**

Relay leg runners 2, 3 and 4 should be prepared to hand their clothing to their just-finishing team member at exchange sites, who can then return the gear following the race. Relay points are the only designated clothing drop sites.

## PACE FLAGS

Along the start line area, there will be flags designating pace areas. To ease start-line congestion, please try to align yourself with the flag that correlates best with your anticipated race pace. Remember, unless you are racing to win the event, your time does not start until you cross the start-line mats.

The Clif Bar Pace Team will be available to Full Marathoners. They are clearly identified with uniforms and flags in the runner field, and will help you achieve the pace you desire to ensure you finish within the time you've set as your goal.

## COURSE TIME RESTRICTIONS

All races will begin promptly at 7:00 am. To ensure proper reopening of the course to vehicle traffic in accordance with race permits, a cutoff time will be enforced along the marathon route. Marathon participants **MUST** cross the Pineview Spillway (approximately mile 17.3 at the top of Ogden Canyon) by 11:30 am, and **MUST** complete the ensuing five miles and be out of Ogden Canyon by 1:00 pm. Runners who do not make the posted cutoff times will be asked to vacate the course, and transportation will be provided to the finish area for the runner's safety and security.

## AID STATIONS & PORTA-JOHNS

Aid stations will be at various marks through the full course. Please consult the map for descriptions and services. The less glamorous cousin of the aid station, porta-johns will be available at all aid stations in addition to the start and finish areas.

## MEDICAL ASSISTANCE

Please know that your enjoyment and safety are of our utmost concern. To that end, Red Cross volunteers will be positioned at miles 10 and 18.5, and there will be mobilized units on the Ogden River Parkway up to the finish line (Miles 23-26.2) to assist distressed runners. In addition, each aid station will have an ARES radio operator in contact with authorities and emergency service at all times. Every aid station will have bandages and petroleum jelly. Once you reach the finish line, the physicians, nurses, certified athletic trainers and emergency response personnel from Intermountain McKay-Dee Sports Medicine will be there to provide their services. **No medications will be distributed by medical personnel.** Please remember to bring your own medications (inhalers, etc.).

## COURSE RULES

While the Ogden Marathon is fortunate to gain the necessary permits that allow for the event, it is not a completely closed course. The various law enforcement agencies will do everything within their power to keep you safe, but it is imperative that you remain on the right side of the road **AT ALL TIMES**. Traffic will continue to flow around the race, so runners risk severe injury or even death if they cross the center yellow line as traffic may be coming from around the corner or even from behind. In addition, it is **MANDATORY** that all runners stay to the right and within the marked area boundary while in the Ogden Canyon! You will face disqualification if you leave the designated boundary in the canyon. Emergency vehicles, official race vehicles, shuttle buses and Law enforcement-led caravans will be using the left lane at all times.

While the Ogden Marathon does not prohibit personal music devices, it strongly discourages the use of such and reminds competitors that they do so under their own risk.

## **COURSE RULES PART II - RESPECT OUR COMMUNITIES**

The Ogden Marathon's ability to "run" through such picturesque settings and communities can be in jeopardy due to the actions of a few. Please treat property and its owners along the way with respect, and encourage your supporters and spectators to park only in designated areas and not to block private driveways. While running, thank the officers who are out there keeping you safe and the volunteers who worked so hard to make this event possible.

## **SPECTATOR AREAS**

Over the years, several locations have been identified as great places for spectators to watch the race and cheer on their runners. Below are a few:

- \*Eden Park (using alternate route over North Ogden Divide)
- \*Ogden Parkway by Dinosaur Park or the Timbermine Restaurant
- \*24th and Grant Street – Bring the runners down the home stretch
- \*Finish Line at 25<sup>th</sup> Street – enjoy live music and a great race vibe!

\*Please discourage your family members from attempting to spectate at the Mouth of Ogden Canyon due to high traffic levels and congestion. As mentioned above, the safety of our runners and spectators is our highest priority.

## **FINISH LINE AREA**

Once you cross the finish line, race volunteers will be there to attend to your every need. If you need medical help, the team from Intermountain McKay-Dee Sports Medicine will move you immediately to the medical tent where you will receive professional treatment. If instead you just need something to eat, drink and a place to rest, keep moving through the finishing chute where our team of volunteers will place your finishers medal around your neck and lead you to the Runner's Area, a secure zone for race finishers only. Please remind your friends and family that they will not be permitted in the Runner's Area but can visit with you along the boundary, but once you exit this secure zone, you may **NOT** re-enter.

Also please keep in mind that removing post-race recovery food and drink to give to your supporters only denies your fellow runners the opportunity once they finish, so please refrain from this activity as the supplies are donated and/or purchased in the amounts to handle participants only. There will be vendors around the Ogden Municipal Gardens providing food and refreshments for spectators.

## **RESULTS KIOSKS**

There will be 8 touch screen kiosks available in the runners area and in the amphitheater where you can view your results. Preliminary results are available immediately at those kiosks. Your friends and family can check your results in the amphitheater as long as they have your runner number available. Results cannot be looked up by name. The bib number is required to view your finish times.

## **MESSAGE TENT**

Several area massage therapists will be available in the Runner's Area to conduct post-race treatments. Due to facility and personnel limitations, the massage tent will only be made available to full marathon finishers.

## **AWARDS**

The Awards Ceremonies will take place in the Ogden Amphitheater. They are scheduled for the following times (subject to change):

- \*5K – 8:00 am
- \*Half Marathon – 11:00 am
- \*Full Marathon – 1:00 pm

## **GRANITE CONSTRUCTION KIDS-K**

The KidsK will begin at 12:30 pm at 25<sup>th</sup> and Kiesel. Parents are welcome and encouraged to run with their children at no additional cost. Upon finishing, your children will be directed to the same area they started in to make it convenient for you to re-unite with your kids once they finish.