



# FRIGID & PENGUIN PLUNGE

RUNNER'S GUIDE 2019

JANUARY 26, 2019



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# FRIGID & PENGUIN PLUNGE

5K

## WELCOME!

On behalf of the race directors, and all our friends and families who volunteer to help with the race, we would like to thank you for participating the most FREEZING FUN 5K. Congratulations to each and every one of you who will cross our finish line!

We have put together this runners' guide to help answer most of your questions about the event. If, after reading our guide, you still have questions, please email us at [info@runtasticevents.com](mailto:info@runtasticevents.com). We also invite you to follow us on Facebook for additional updates.

Frigid 5k Facebook: <https://www.facebook.com/frigid5k/>

or visit us at our webpage: <http://frigid5k.com/>

And remember: train well, have fun, and we will see you all at the finish line!

**THE RUNTASTIC TEAM**



# BEFORE THE RACE

## REGISTRATION

The 2019 Frigid 5k and Penguin Plunge Break out your skimpy shorts and FREEZE your buns off. We want to invite you and your friends and family out to this FUN event. It's a great way to start out the year and break free from the winter running blues! There is day of registration for this 5K.

DATE RANGE	5K & PLUNGE	PENGUIN PLUNGE	5K
OCT 1 - NOV 30	\$27.95	\$12.95	\$22.95
DEC 1 - DEC 31	\$29.95	\$13.95	\$24.95
JAN 1 - JAN 25	\$32.95	\$15.95	\$27.95
JAN 26 (DAY OF)	\$35.95	\$17.95	\$29.95

\*\$5.00 Facebook discount available during registration.

## PACKET PICK UP

**WHERE:** Runner's Corner 835 S 700 E Orem, UT 84097

**WHEN:** Friday, January 25th, 1- 7pm

**WHY:** This is the only way to receive your bib number, timing chip, and shirt.

Please pick up your packet, bib number, and shirt, at packet pickup the day before the race. You must have a photo ID to pick up your packet. You may pick up someone else's packet if you have a copy of their photo ID.

Packets will NOT be available to pick up the morning of the race. If you are for some reason unable to pick up your packet from the expo please send us an email at [info@runtasticevents.com](mailto:info@runtasticevents.com).



## SWAG & GEAR

All runners will receive a high-end gender specific short sleeve running shirt, and a Frigid 5k Keychain. Everyone brave enough to take the plunge will get Penguin Plunge vinyl decal and a certificate to commemorate the experience.





# RULES OF COMPETITION

## RULES OF COMPETITION

The Frigid 5k and Penguin Plunge is organized and conducted under the USA Track & Field rules and regulations.

Runtastic Events reserves the right to remove a runner from the course. If, in our judgment, it is possible that serious or fatal injury could result from continued participation. *(Please keep in mind the time limit for the race. \*See Road Closures and Time Limits.)*

Non-registered participant pacing is prohibited and may result in disqualification. Bandits/non registered runners are prohibited and will be pulled off the course.

### THE FOLLOWING ARE NOT ALLOWED:

- Personal Support Vehicles
- Rollerblades, bicycles, skateboards, scooters
- Pets
- Weapons or potentially harmful objects
- Costumes that look like weapons

## LEAVE NO TRACE

We promote the movement to Leave No Trace. Please help us preserve and protect the natural beauty of the course by tossing all trash in receptacles at each aid station or carrying it out with you. We do our best to let you enjoy the impressive beauty of the course unmolested and ask you to help us by doing the same.

## REFUNDS & TRANSFERS

Refunds: Due to extensive logistical planning and commitments made in the race production process we have a strict no refund policy. We do however have options to change categories, transfer to another Runtastic Race or defer your entry to next year's race. For more information on this process please visit: <http://frigid5k.com/>



## AID STATIONS

We have one aid station at Mile 1.5 of the race. Water and Powerade will be available at the aid station. Look for Powerade on the first table and water on the second table.

There will be water, Powerade and hot chocolate along with donuts and other goodies at the start/finish line.

## SAFETY

Safety is absolutely the first priority during the race. Be aware of your surroundings and take precautions to avoid dangerous situations. Please pay attention to your body and know when to slow down.

In the case of a health emergency ask police personnel or volunteers to contact these services for immediate care. Participants run at their own risk. The ambulances stationed at the start and finish line can be dispatched anywhere along the course. Licensed EMT's will be stationed in the white medic tent.

## RACE SECURITY

We take participant security very seriously. We plan every aspect of the event with this as top priority. We have hired the Police and a licensed barricade company to ensure runner safety at the start and along the course.

## ACCOMMODATIONS

We welcome athletes of all abilities. If you have special requirements in getting to the start or along the course please contact us at:

[info@runtasticevents.com](mailto:info@runtasticevents.com)

We will do our best to accommodate your specific needs.

A photograph of a woman in a black long-sleeved shirt and light blue leggings running through a crowd of people. She has a joyful expression with her mouth open. The scene is outdoors in a winter setting with snow on the ground and people wearing winter clothing. The text "TRAVEL & TRANSPORTATION" is overlaid in large, white, distressed-style capital letters across the center of the image.

# TRAVEL & TRANSPORTATION

## LOCATION

The Start of the 5k can be found 4400 W Center Street, Provo, UT 84601. As this is a winter race and weather conditions are unpredictable, we ask you to use caution as you travel to and from the race.

## PARKING

Parking can be found at 4400 W Center Street, Provo, UT 84601. Please do not park in handicap parking spots unless permitted by law. (See *map*)

## TRAFFIC

Please stay between the traffic cones and the shoulder of the road. The following roads and intersections have police support and barricade/cone services only during the times listed below. If you have not passed them when they reopen you will need to follow regular pedestrian laws if you continue along the course.





# TIMING

## TIMING & BIBS

The Frigid 5k will be professionally timed. The chips will be attached to the back of your bib so please don't wrinkle or stuff the bib in your pocket. Note: If you alter or damage your chip your time may not be read correctly. Wear your bib on the outermost layer of clothing. Your chip time will begin when you cross the starting line so you don't have to be toeing the line. Find your projected pace and fit on in! If you will be one of the top 10 runners please try to position yourself at the front of the line.

## TIMING RESULTS

The first 3 places, male and female, will be determined by gun time (regular timing). All other awards will be determined by using Chip Time.

- Gun Time is the time elapsed from the sound of the gun to the finish line.
- Chip Time is the real time from when the runner crosses the starting line to crossing the finish line.

## RESULTS WILL DISPLAY THE FOLLOWING:

- Gun Time
- Chip Time
- Average Pace
- Overall Place
- Overall Gender Place
- Division/Age Group Place

## RESULTS ARE AVAILABLE IN THE FOLLOWING WAYS:

- On Screen at the Results Trailer
- Personal Printed Result at the Results Trail
- Online at <http://http://frigid5k.com/results/>

## TIME LIMIT

The Frigid 5k Course is supported until 10:00 a.m. (1 hour). Runners must be able to average a pace of 15 minutes per mile to participate.



# START TIMES / FINISH

## **FRIGID 5K START** - 9:00 a.m.

The start of the Frigid 5k begins near the frozen waters of Utah Lake State Park. What to expect:

- Space Blankets
- Water
- Powerade
- Hot Chocolate
- Donuts
- Aid Station

## **PENGUIN PLUNGE** START - 10:00 a.m.

The Penguin Plunge will start promptly at 10:00 am! Remember, everyone brave enough to take the plunge will receive our awesome Penguin Plunge a vinyl decal and a certificate to commemorate your daring feat!

## **PHOTOS**

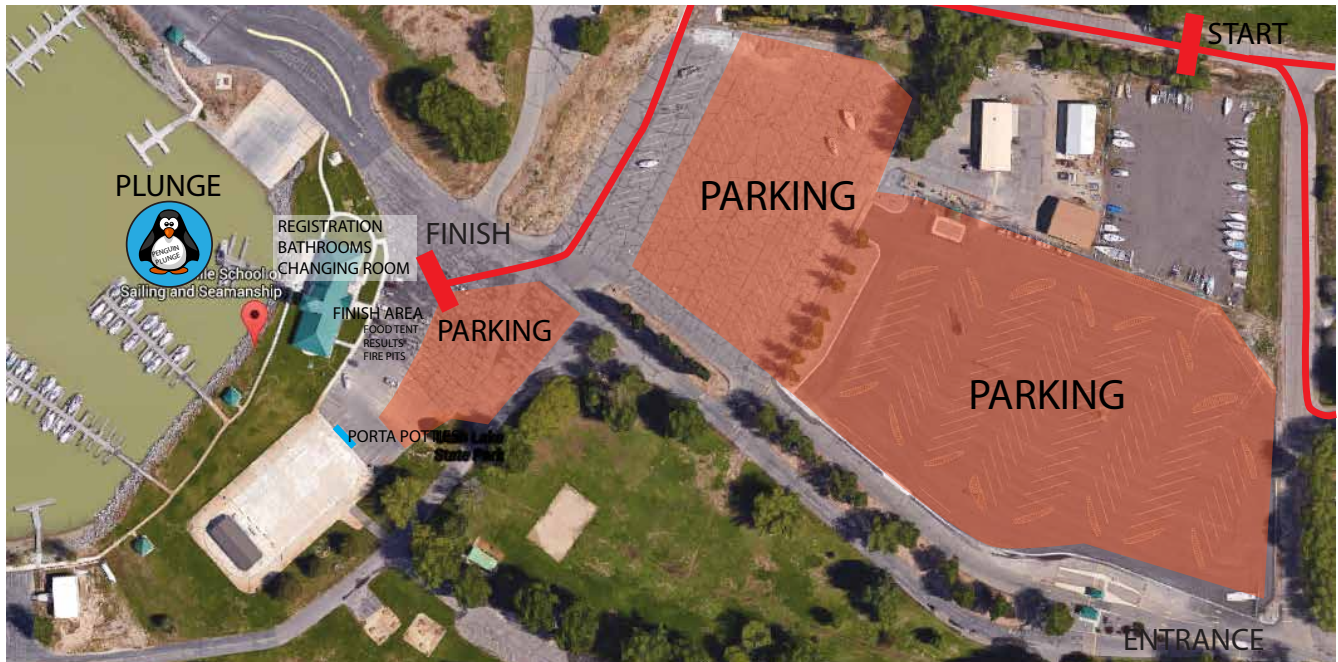
Photography is provided by FloFoto who is by far one of the best in the event industry! We are proud of your accomplishments and want to make sure you have a keepsake. We are providing your social media pictures for free.

- Social Media size photo download: FREE
- High Resolution photo download: \$1.99

## **OVERALL**

The top three finishers, male and female, of the 5K will receive a free Entry into the 2020 Frigid 5K and Penguin Plunge!

# MAPS



# TRILOGIZE

## TRILOGIZE

Run any three Runtastic half marathons in 2019 to qualify for the Trilogy Medal. All races must be a half marathon or longer and completed within the 2019 calendar year.

Run THREE of the following races to qualify for the Trilogy Award:

- Dino Half
- Heber Half
- Timp Half
- Mt. Nebo Half Marathon
- Mt. Nebo Marathon
- The Haunted Half - SLC
- The Haunted Half - Austin
- The Haunted Half - Provo

There is no additional cost to qualify for the Trilogy Medal. Your regular registration and confirmed finish is all you need. Our database will record your official results and we can look up your race history when you come to claim your award.

After you cross the finish line of your third race visit the blue Runtastic Events tent in the finish area to claim your Trilogy Medal!





## RUNTASTIC RACE SERIES

### 2019 RACES



**DINO HALF, 5K, & KIDS RUN**

**MAY 11, 2019** / VERNAL, UT

[www.dinohalf.com](http://www.dinohalf.com)



**RUN OF REMEMBRANCE 10K, 5K, & MILE**

**MAY 27, 2019** / AMERICAN FORK, UT

[www.runofremembrance.com](http://www.runofremembrance.com)



**HEBER HALF RUN FOR AUTISM**

**June 29, 2019** / AMERICAN FORK, UT

[www.runofremembrance.com](http://www.runofremembrance.com)



**AF STEEL DAYS 10K, 5K, & KIDS RUN**

**JULY 20, 2019** / AMERICAN FORK, UT

[www.steeldaysrun.com](http://www.steeldaysrun.com)



**TIMP HALF & 5K**

**JULY 27, 2019** / AMERICAN FORK, UT

[www.timphalf.com](http://www.timphalf.com)



**MT. NEBO HALF, MARATHON, & 5K**

**AUGUST 24, 2019** / PAYSON, UT

[www.nebohalf.com](http://www.nebohalf.com)



**THE HAUNTED HALF, 5K, & KIDS RUN**

**OCTOBER 19, 2019** / SLC, UT

[www.thehauntedhalf.com](http://www.thehauntedhalf.com)



**THE HAUNTED HALF, 5K, & KIDS RUN**

**OCTOBER 26, 2019** / PROVO CITY, UT

[www.thehauntedhalf.com](http://www.thehauntedhalf.com)



**THANKFUL 13, 5K, & KIDS RUN**

**NOVEMBER 28, 2019** / LEHI, UT

[www.thankful13.com](http://www.thankful13.com)



# CHARITY PARTNERS

## CHARITY

Proceeds from this race benefit the UVU Women's Hockey Team.

Utah Valley University Women's Hockey is a brand new competitive team at Utah Valley University. Founded by Utah's Lina von Hartsfeld and Jodi Moore in the spring of 2018, the team is a culmination of a chance meeting at a rec tournament and is fueled by a burning desire to grow women's ice hockey in the west.



**UTAH VALLEY**  
HOCKEY