



Thankful 13

RUNNER'S GUIDE 2018

NOVEMBER 22, 2018

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RUN MORE, EAT MORE.

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 in Utah's ONLY Half Marathon Thanksgiving Day Race. 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. We also invite you to follow us on Facebook for additional updates.

Thankful 13 Facebook: <https://www.facebook.com/Thankful13Half/>
or visit us at our webpage: <http://thankful13.com/>

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

RUNTASTIC EVENTS TEAM



BEFORE THE RACE

REGISTRATION

Turkey Trot your way to the best Finish Fun! A friendly reminder that online registration closes on Wednesday, November 21st at 7 p.m. Sign up online or at the Expo.

There is **NOT** day of registration for the Half Marathon or the 5K. There is day of registration for the Kid's Half Mile Run. Visit the Blue Runtastic Info tent from 9 a.m. to 10:45 a.m. to register a child (ages 1-12) for the Kid's Race (space permitting).

DATE RANGE	5K	HALF MARATHON
OCT 1 - OCT 31	\$29.95	\$69.95
NOV 1 - NOV 20	\$32.95	\$74.95
EXPO	\$35.95	\$79.95

*\$5.00 Facebook discount available during registration.

EXPO

WHERE: Karl Malone Training Center, 525 E 200 S, Lehi, UT 84043

WHEN: November 21st 11:00 a.m. – 7:00 p.m.

WHY: This is the only way to receive your bib number, timing chip, and shirt, plus we've got a lot of goodies to give you — even more to be grateful for!

PACKET PICK UP

Please pick up your packet, bib number, shirt, and race swag at the expo / 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.



All runners will receive a high-end gender specific long sleeve running shirt, vinyl decal, temporary tattoo and race bag. All finishers will also receive a beautiful finisher medal.





RULES OF COMPETITION

RULES OF COMPETITION

The Thankful 13 Half Marathon 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

LEAVE NO TRACE

We promote the movement to Leave No Trace. Please help us preserve and protect the natural beauty of the canyon and 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://thankful13.com/registration-tools/>

A group of runners is seen from behind, running along a paved path that curves through a field of tall, dry grass. The scene is bathed in a warm, golden light, suggesting late afternoon or early morning. A single street lamp stands on the right side of the path.

SAFETY & ACCOMMODATIONS

AID STATIONS

There are five Aid stations throughout the course that are supported during the following times:

- Aid Station 1 @ mile 2.6 (8:00-8:45)
- Aid Station 2 @ mile 5.5 (8:20-9:30)
- Aid Station 3 @ mile 8.2 (8:30-10:00)
- Aid Station 4 @ mile 10 (8:40-10:30)
- Aid Station 5 @ mile 12: Half, Mile 2: 5K (8:30-11:15)

Water, Powerade, vaseline, porta-potties and a first aid kit will be available at each Aid station. Look for Powerade on the first table and water on the second. Energy Gels will be available at the start and at miles 5.5 and 8.2.

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. We will do our best to accommodate your specific needs.



TRAVEL & TRANSPORTATION

COURSE CLOSURE & RESTRICTIONS

Here is a list of Road Closures and times. Please plan your travel accordingly. For exact locations see Road Closures in map section.

- Executive Parkway between Ashton BLVD and Club House Dr: Full Road Closure 8-11:30am
- Clubhouse Drive between Executive and Garden: Full Road Closure 8-11:15am
- Garden Drive Between Club House and Forest Lane: Full Road Closure 8-9:30am
- Garden Drive Between Forest Lane and Crooked Stick: Full Road Closure 8:05-8:40am
- Jordan River Trail Access: Runners on Trail from 8:05-8:50am
- Jordan River Trail: Runners on trail from 8:05-11:15am
- Forest Lane between Access Trail and Garden Dr: Full Closure 8-11:15am
- Main Street and Willow Park Way: Soft Closure 8:25-9:15am

PARKING

Free Parking for all participants and spectators can be found close to the finish. Please see the Parking Map for exact locations.

SPECTATORS

Feel free to cheer on your friends and family at the following locations:

- 5K: Mile 1.1 - Garden Drive and Crooked Stick Dr. Intersection
- Half Marathon: Mile 1.1 - Garden Drive and Crooked Stick Dr. Intersection
- Mile 3.2 - 2300 West 1500 North Intersection
- Mile 6 - River Way and Water Way Road

These viewing areas allow you to drive and park without interfering with the runners or course. Do not park along the runner's path.



TIMING

TIMING & BIBS

The Thankful 13 Half Marathon and 5k will be professionally timed (kid's race not 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://thankful13.com/results/>

TIME LIMIT

The Half Marathon Course is supported until 11:15 a.m. (3 hours 15 Minutes). Runners must be able to average a pace of 15 minutes per mile to participate. If you are unable to finish the course in the allotted time we ask that you participate in the 5K instead.



START TIMES

HALF MARATHON START / 8:00 AM

STARTING LINE: 2912 EXECUTIVE PKWY LEHI, UT 84043

The Thankful 13 is Utah's only Thanksgiving day half marathon. Run on 8 miles of the Jordan River Parkway Trail with beautiful views of the Jordan river, ponds and wildlife. What to expect:

- Music
- Space Blankets
- Aid Stations
- Porta Potties
- Fire Pits
- Hot Chocolate

5K START / 8:15 AM

STARTING LINE: 2912 EXECUTIVE PKWY LEHI, UT 84043

This Turkey Trot Really Delivers! This Thanksgiving 5K takes you out onto a loop course along the beautiful Jordan River Parkway. What to expect:

- Music
- Porta Potties
- Aid Station

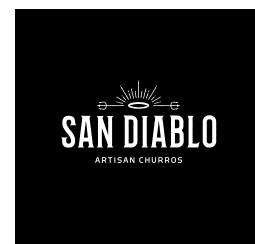
KID'S RACE START / 11:00 AM

The Kid's Loop is a great opportunity for your children to feel the excitement of running with other kids, running through a finish line and getting an awesome medal. What to expect:

- Everything that is available at the Finish

FINISH LINE

- Finisher Medal
- Pumpkin Pie
- Hot Chocolate
- Cider
- Dinner Rolls
- Bananas
- Oranges
- San Diablo Churros
- Medic Tent
- And More!



FINISH

PARTY AREA

- Music
- Awards
- Results
- Face in Hole Cartoon Signs
- Flo-Foto Photography
- Porta Potties
- Inflatable Games

PHOTOS

Photography is provided by Flo-Foto 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. Look for photographers at the start line, along the course, finish line, photo backdrops in the runner's corral, and awards stage. We are providing your social media pictures for free.

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

MASSAGE / CHIRO

A complimentary post-race sports massage or chiropractor will be available from 9:00 a.m. to noon on a first come first serve basis in the finish area.



AWARDS

AGE GROUP

Age group Medals will be given to the top three male and female participants of the Half marathon and 5K in the following age groups:

HALF MARATHON

5K RUN

- | | |
|--------------|--------------|
| • 14 & Under | • 10 & Under |
| • 15-19 | • 11-14 |
| • 20-24 | • 15-19 |
| • 25-29 | • 20-24 |
| • 30-34 | • 25-29 |
| • 35-39 | • 30-34 |
| • 40-44 | • 35-39 |
| • 45-49 | • 40-44 |
| • 50-54 | • 45-49 |
| • 55-59 | • 50-54 |
| • 60-64 | • 55-59 |
| • 65-69 | • 60-64 |
| • 70 & Over | • 65-69 |
| | • 70 & Over |

OVERALL

The top three finishers, male and female, of the Half Marathon and 5k will receive a free Entry into the 2019 Thankful 13 Half or 5K as well as ...

the following prizes:

- 1st: Turkey & Medal
- 2nd: Smaller Turkey & Medal
- 3rd: Pumpkin Pie & Medal

AWARD CEREMONIES

5K OVERALL: 9:00 a.m.

5K AGE GROUP: 9:15 a.m.

HALF OVERALL: 10:00 a.m.

HALF AGE GROUP: 10:15 a.m.





TIPS

RYR PACING TEAM

To help our runners achieve their goals we have enlisted the RYR Pacers to pace the half marathon. The following times will be paced with two pacers per time slot:

- 1 hr 40 min
- 1 hr 45 min
- 1 hr 50 min
- 1 hr 55 min
- 2 hr 0 min
- 2 hr 10 min
- 2 hr 20 min
- 2 hr 30 min
- 2 hr 40 min
- 3 hr 15 min (sweeper)

At the starting line each pacer will be holding a sign with their pace time on it. The faster the pace the closer to the starting line they will be. Please find your pacer and line up behind them.

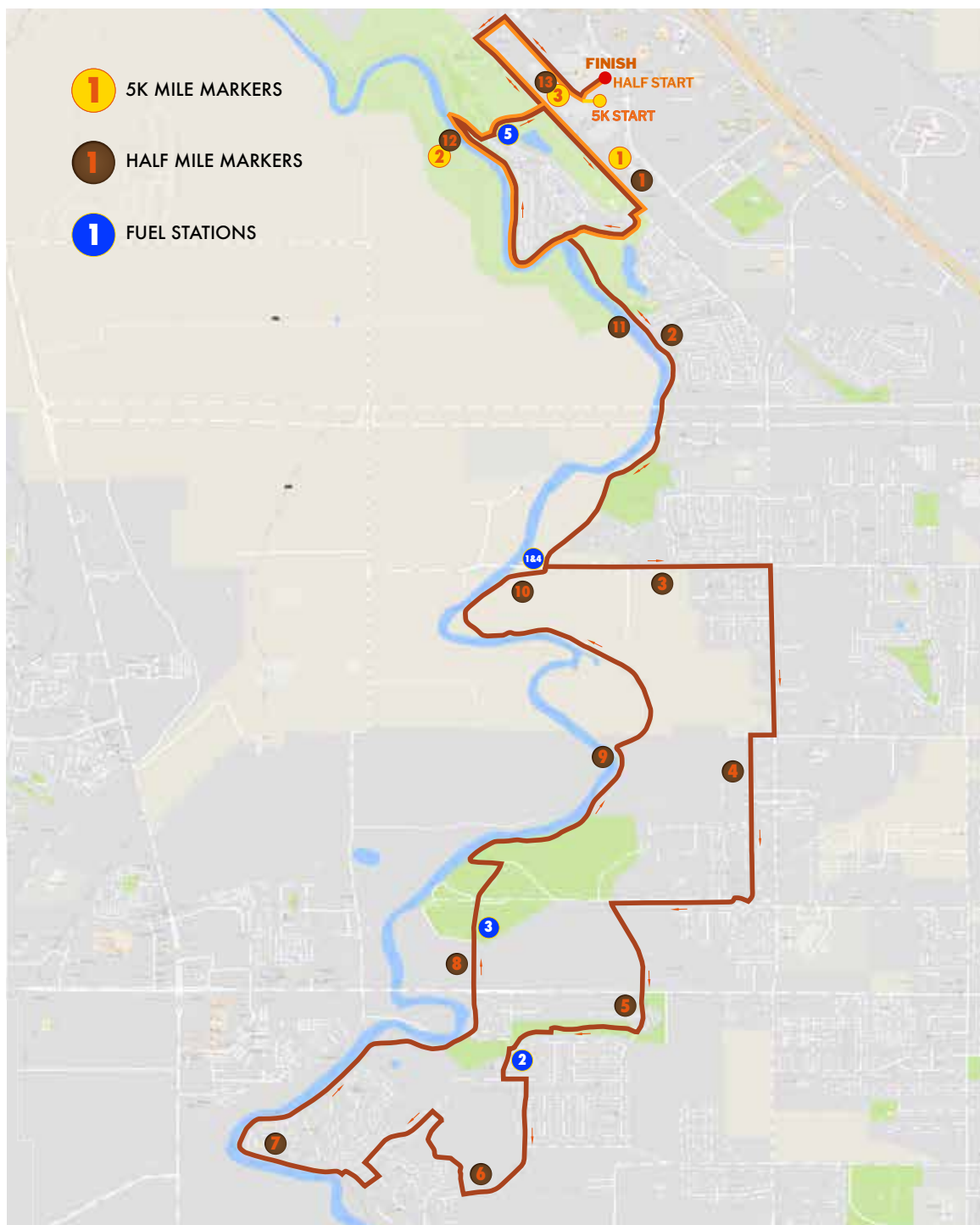
This will help all runners be around other runners with similar speeds and keep runners from getting stuck behind slower runners or getting bumped or run over by faster runners.

The 3 hr 30 min pacers will be the last runners on half course. Please maintain their speed to remain on the course.

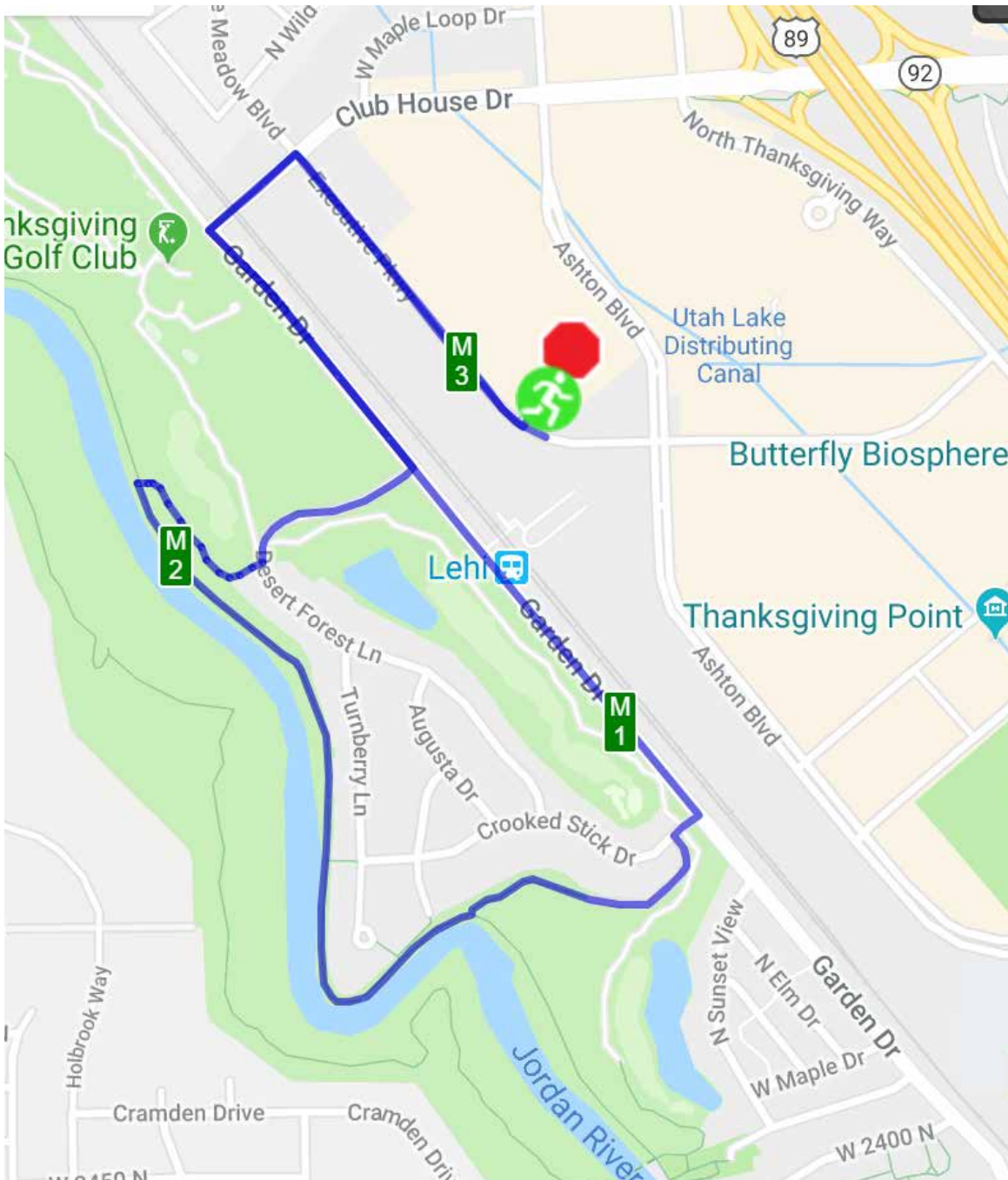
WEATHER

The average temperature at the start can be as low as 15 degrees. So dress warm! (Space blankets will be available). Temperatures can range from 15 - 60 degrees with normal to low humidity. Although it will be cooler weather it is still important to make sure you hydrate well. We will have plenty of water and sports drink for you at each aid station so drink up!

Combined Course Map



Five K

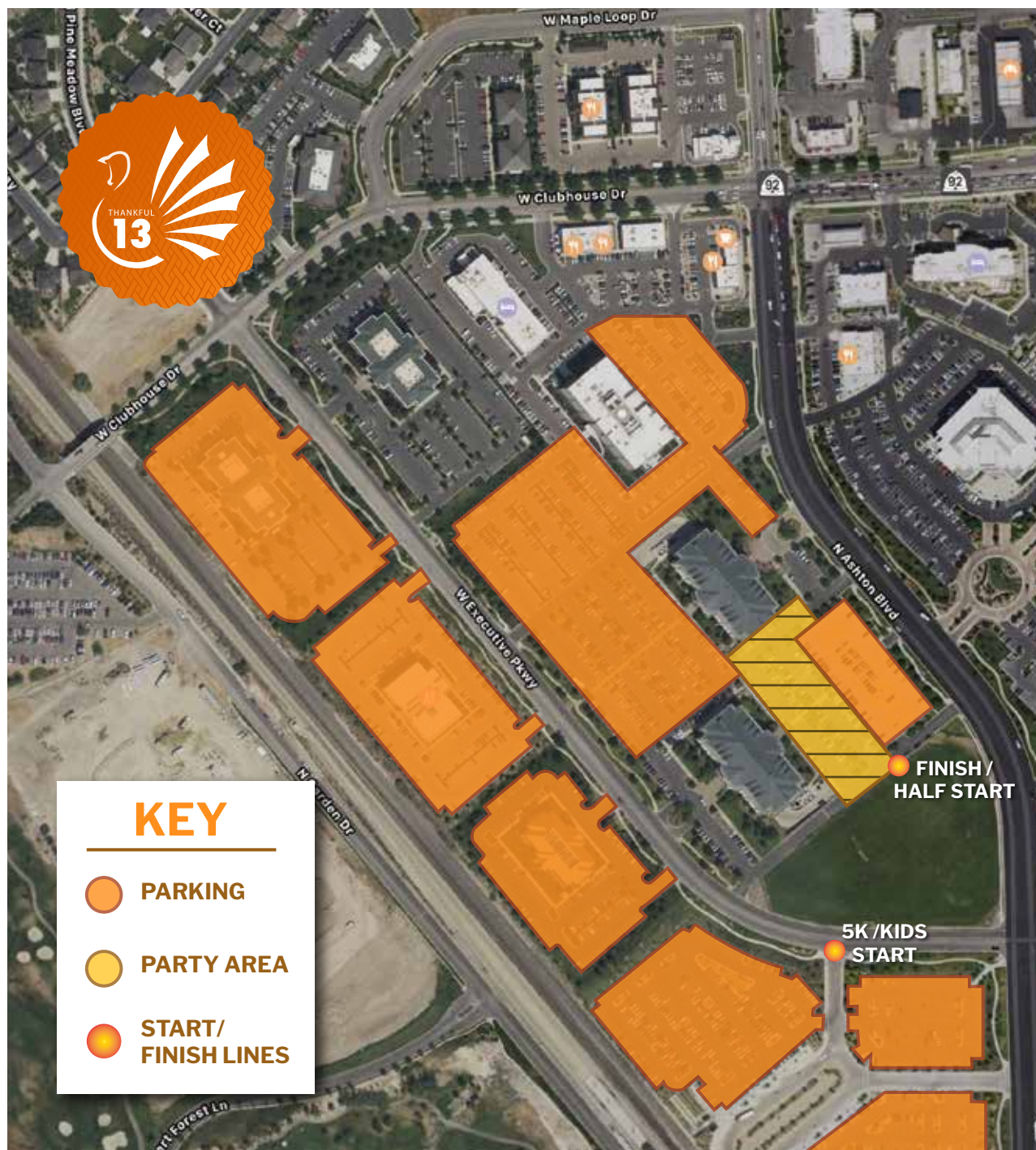


COURSE MAP

Map of Thanksgiving Point area showing a blue route with stops M1 through M13. The route starts at a red octagon near Thanksgiving Point, goes south on W 2100 N, then west on N 3600 W, and continues south through various streets including W 1500 N, W 1000 N, W 500 N, and W 200 N. Stops are marked with green boxes labeled M1 through M13. Landmarks include Thanksgiving Point Golf Club and Thanksgiving Point. Major roads shown are I-15, SR-68, SR-85, and SR-73. Map data is from 2017.

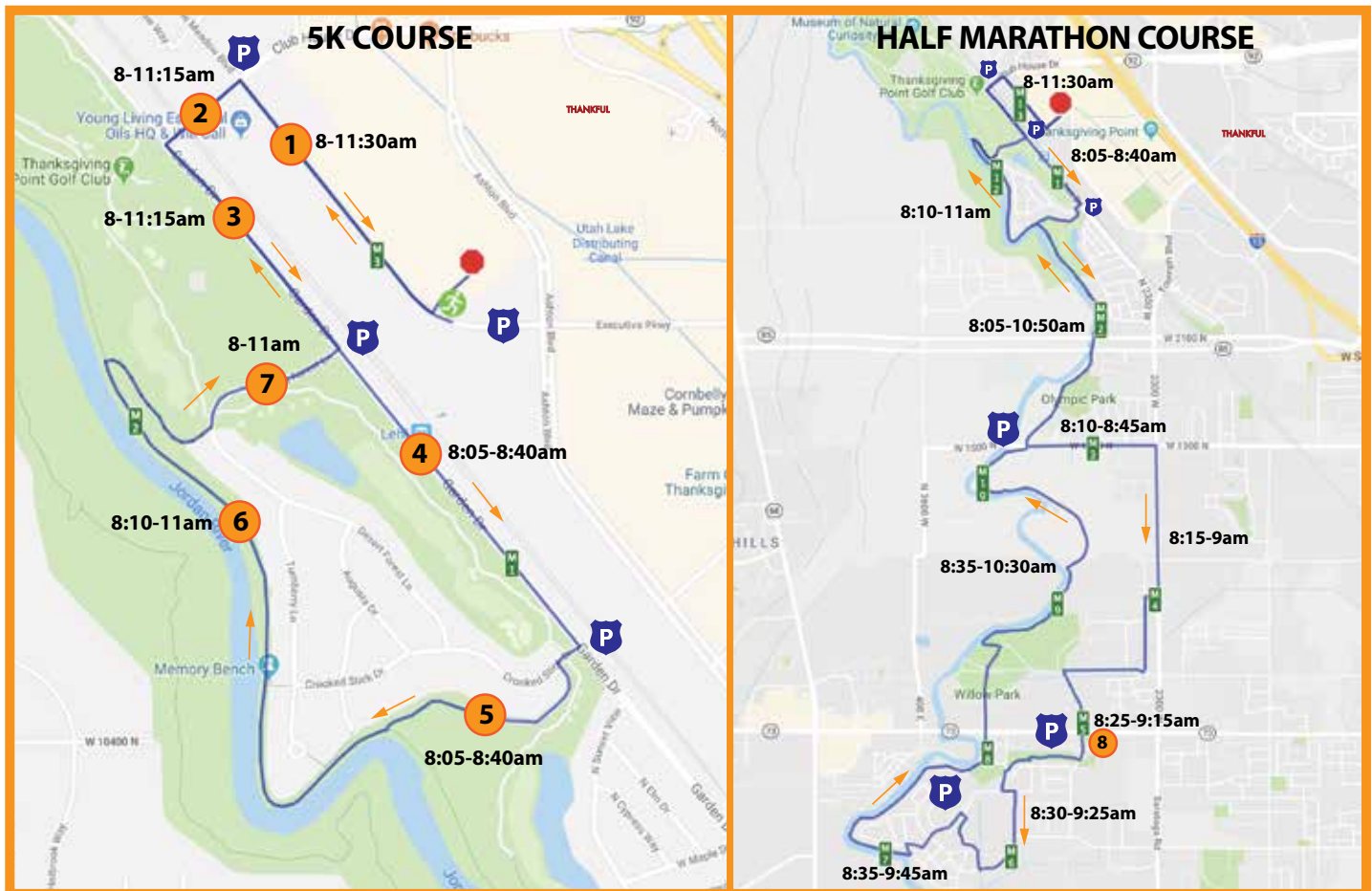
COURSE MAP

Parking Maps



Road Closures

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CHARITY PARTNERS

CHARITIES

HARRINGTON CENTER FOR THE ARTS

Our mission is to promote a culture of creativity and learning by supporting the arts in education, performance, and opportunities that uplift individuals, families, and our community and inspire meaningful human connections.

<https://harringtoncenter.org/new-page/>



RUN FOR MENTAL HEALTH

Mental health is essential to our individual health and well-being. Mental illnesses ARE common and ARE treatable. Our #5khero effort to “Run for Mental Health” is a great way to get involved in spreading awareness about Depression, Anxiety, Addiction and Suicide Ideation. 100% of the funds raised go to supporting our community with access to information and the help needed for better Mental Health.

<https://www.facebook.com/5KHero/>



SPONSORS

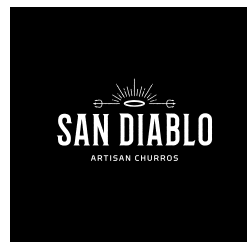
SPONSORS



Renewal
by Andersen.



WINDOW REPLACEMENT
an Andersen Company



TRILOGIZE

TRILOGIZE

Run any three Runtastic half marathons in 2018 to qualify for the Trilogy Medal. All races must be a half marathon or longer and completed within the 2018 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
- Thankful 13

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



**FRIGID 5K & PENGUIN
PLUNGE**
JANUARY 26, 2019 / PROVO CITY, UT
www.frigid5k.com



**DINO HALF, 5K, & KIDS
RUN**
MAY 11, 2019 / VERNAL, UT
www.dinohalf.com



**RUN OF REMEMBRANCE
10K, 5K, & MILE**
MAY 27, 2019 / AMERICAN FORK, UT
www.runofremembrance.com



**HEBER HALF RUN FOR
AUTISM**
JUNE 29, 2019 / AMERICAN FORK, UT
www.runofremembrance.com



**AF STEEL DAYS 10K, 5K,
& KIDS RUN**
JULY 20, 2019 / AMERICAN FORK, UT
www.steeldaysrun.com



TIMP HALF & 5K
JULY 27, 2019 / AMERICAN FORK, UT
www.timphalf.com



**MT. NEBO HALF,
MARATHON, & 5K**
AUGUST 24, 2019 / PAYSON, UT
www.nebohalf.com



**THE HAUNTED HALF,
MARATHON, & 5K**
OCTOBER 19, 2019 / SLC, UT
www.thehauntedhalf.com



**THE HAUNTED HALF,
MARATHON, & 5K**
OCTOBER 26, 2019 / PROVO, UT
www.thehauntedhalf.com