

RUNNER'S GUIDE JULY 20, 2019



Pre-Race Expo / Registration / Packet Pick-Up
START TIMES
TIMING
Swag / Merchandise / Souvenirs
FINISH
AWARDS 6
RULES OF COMPETITION 7 Rules of Competition / Leave No Trace / Transfers, Deferrals

SAFTEY & ACCOMMODATIONS 8
Aid Stations / Medical / Race Security /Participants with Special Needs
COURSE MAPS 9
TRILOGIZE 12
RUNTASTIC RACE SERIES 13



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 our American Fork Steel Days Run! 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 you still have questions after reading our guide, please email us at info@runtasticevents.com. We also invite you to follow us on Facebook for additional updates.

Steel Days Run Facebook: https://www.facebook.com/SteelDaysRun/ or visit us at our webpage: https://www.steeldaysrun.com/ And remember: train well, have fun, and we will see you all at the finish line!





REGISTRATION

Steel Days is one of the best courses in Utah! This course is beautiful. This course is fast. This course is fun! Not registered yet? Don't panic, last call to join us in the half, 5K, or 10K will be at the Expo. There is **NOT** day of registration for the Half Marathon or the 5K.

DATE RANGE	5K	10K	1/2 MILE
JUNE 1 - JUNE 30	\$26.95	\$32.95	\$9.95
JULY 1 - JULY 18	\$29.95	\$35.95	\$9.95
EXPO	\$31.95	\$37.95	\$12.95

^{*\$5.00} Facebook discount available during registration.

EXPO

WHERE: 50 N. State St., American Fork, UT 84003 (Outside in the grass)

WHEN: Friday July 19th, 2019, 12 PM to 7 PM

WHY: Pick up your packet and get cool swag!

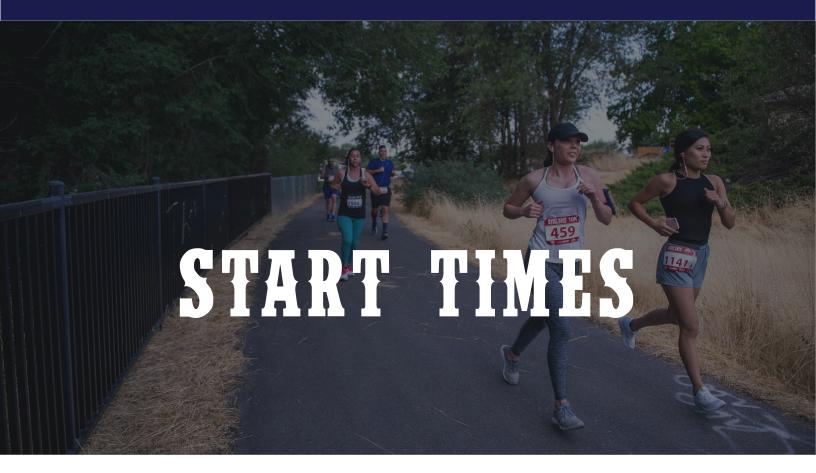
PACKET PICK UP

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.







5K & 10K START:

7:00 AM

The start of both the 5k and 10k is at 50 North Center St. American Fork UT 84003. What to expect:

- Music
- Water
- Powerade
- Porta Potties
- Aid Station

KID'S RUN START:

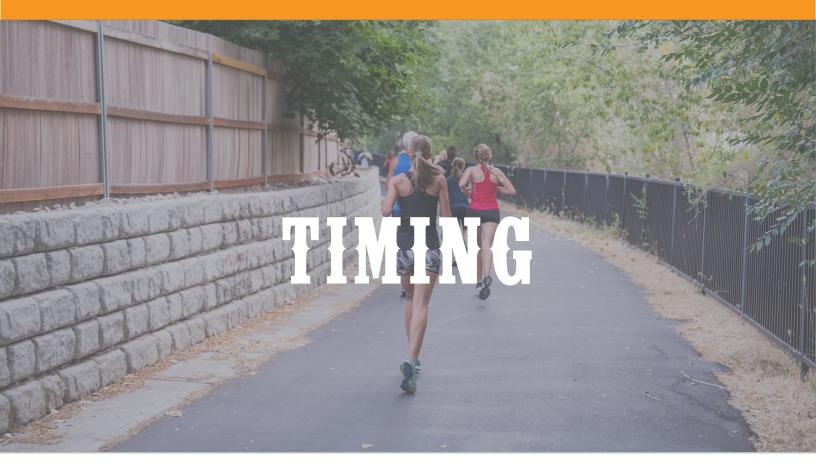
8:15 AM

The start of the American Fork Steel Days Kid's Run is at 50 North Center St. American Fork UT 84003. What to expect:

- Music
- Water
- Powerade
- Porta Potties
- Aid Station







TIMING & BIBS

Steel Days 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 want to 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.

(Timing chips are disposable & do not need to be returned.)

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://www.theracetime.com/american-forksteel-days-5k-and-10k/

TIME LIMIT

The course is supported until 9am (2 hours). After 8:45am the fuel stations, police support and barricade/fencing may not be available. Runners must be able to average a pace of 14 minutes per mile to participate.





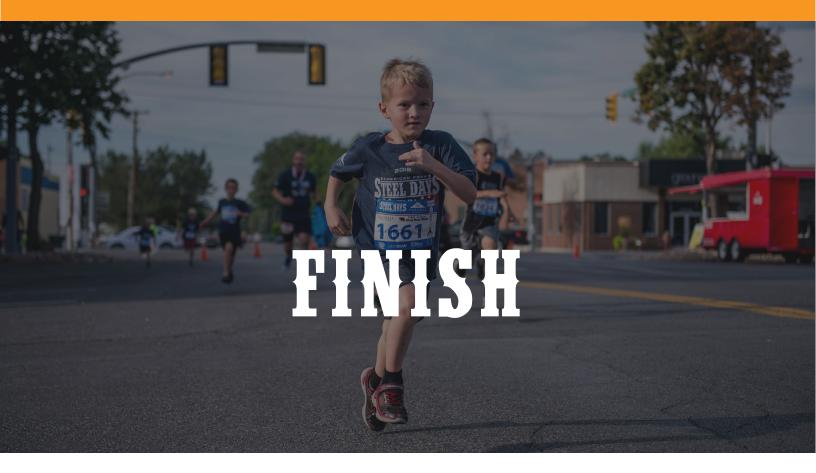




SWAG & GEAR

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





FINISH LINE

When you join us at our fun finish line, enjoy:

- Food
- Water & Powerade
- Music
- Awards
- Sponsor Swag
- Flo-Foto Photography
- Porta Potties
- Bag Drop
- Awesome Finisher Medals

** Finisher Medals are given to registered participants with a race bib only after finishing the race.

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

SPECTATORS

To watch and support your runners, please find a viewing area that allows you to drive and park without interfering with the runners or course. Please park in parking lots. Do not park along the runner's path (course).







AGE GROUP

Age group Medals will be given to the top three, male and female, of the 10k and 5K, broken down in the following age groups:

10K & 5K RUN

10 & Under

11-14

15-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70 & Over

OVERALL

The top three finishers, male and female, of the 10k and the 5K will receive a Medal, Gift Basket, and free Entry into 2020 Steel Days 10k or 5K!

AWARD CEREMONIES

5K OVERALL: 8:00 AM

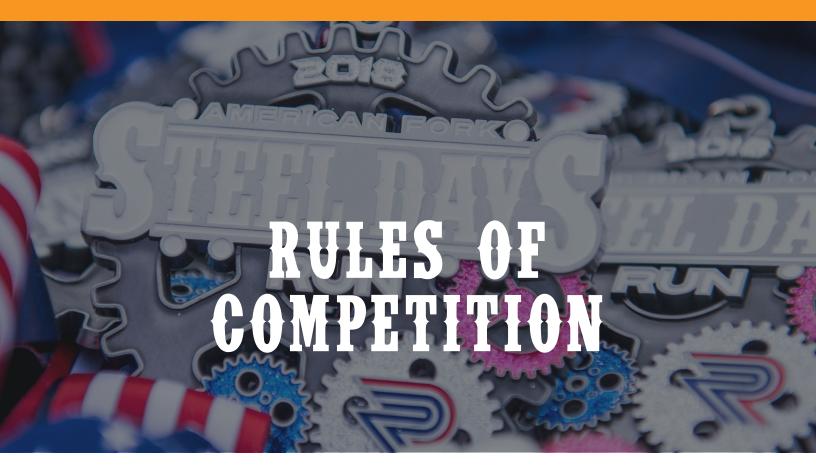
5K AGE GROUP: 8:15 AM

10K OVERALL: 8:30 AM

10K GROUP: 8:45 AM







RULES OF COMPETITION

The Steel Days Run 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.

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
- Baby Strollers (Allowed on 5K only)
- Rollerblades, bicycles, skateboards, scooters
- Pet
- 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 beauty of the parks, city and course by tossing all trash in receptacles at each aid station or carrying it 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:

https://runtasticevents.com/races/steel-days-run/







AID STATIONS

The are two aid stations throughout the event:

5K Start

• Aid Station 1 @ mile 1.5 Finish

10K Start

- Aid Station 1 @ mile 1.5
- Aid Station 2 @ mile 4.5

Finish

Water, Powerade, vaseline, porta-potties and a first aid kit will be available at each station and at the start and finish lines.

SAFTEY

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 licensed barricade company to ensure runner safety at the start and along the course.

ACCOMMODATIONS

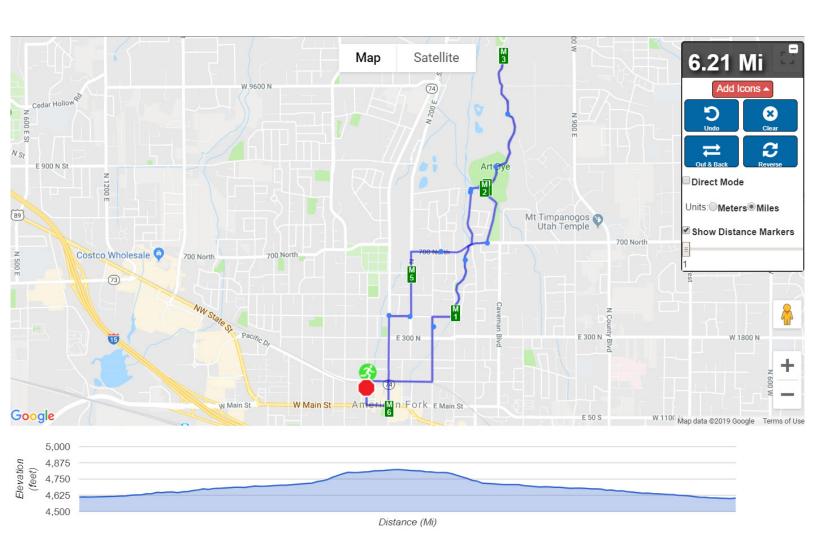
We welcome athletes of all abilities. If you have special requirements in getting to the start or along the course please contact us at: info@runtasticevents.com. We will do our best to accommodate your specific needs.



HALF MARATHON

TO VEIW AN INTERACTIVE COURSE MAP VISIT:

https://runtasticevents.com/races/steel-days-run/course-maps



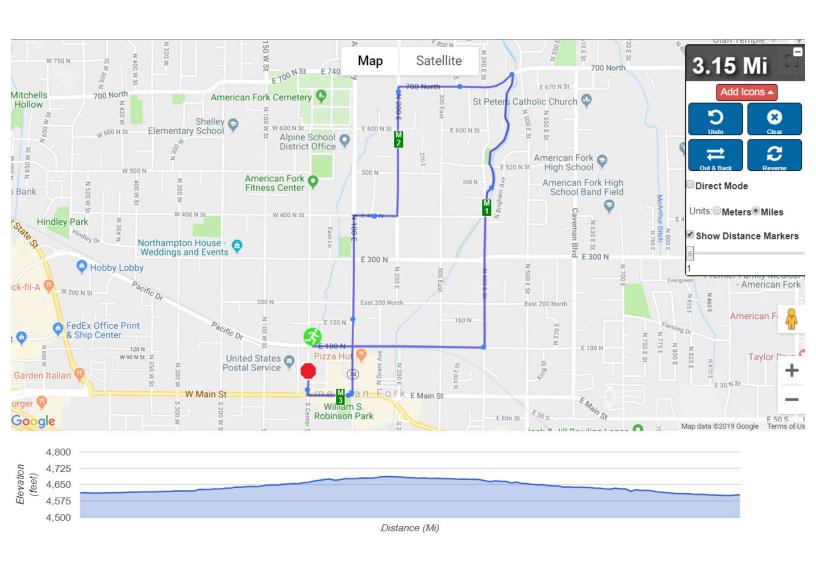




5K COURSE

TO VEIW AN INTERACTIVE COURSE MAP VISIT:

https://runtasticevents.com/races/steel-days-run/course-maps



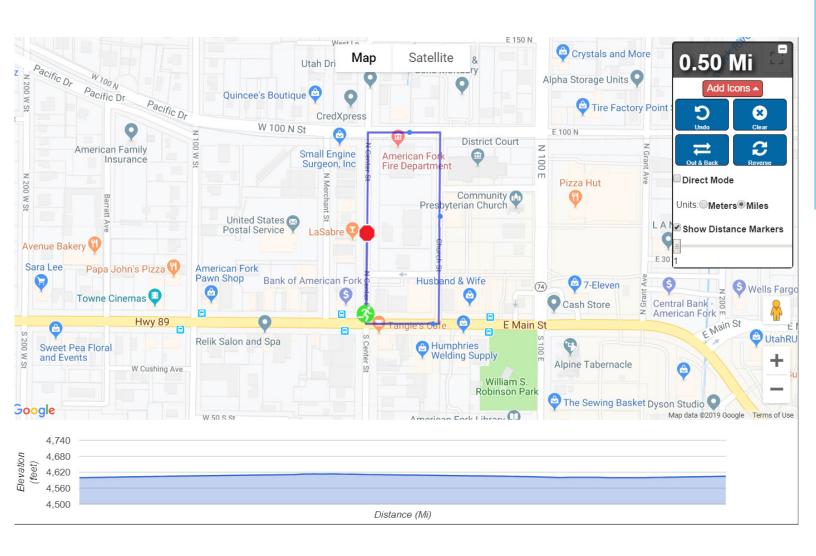
10



KIDS RUN COURSE

TO VEIW AN INTERACTIVE COURSE MAP VISIT:

https://runtasticevents.com/races/steel-days-run/course-maps







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
- 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!





2019 RACES



TIMP HALF, 5K, & KIDS RUN

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, 5K, & KIDS RUN

OCTOBER 27, 2019 / PROVO CITY, UT www.thehauntedhalf.com



THANKFUL 13, 5K, & KIDS

NOVEMBER 22, 2019 / LEHI, UT www.thankful13.com

2020 RACES



FRIGID 5K & PENGUIN PLUNGE

JANUARY 2020 / PROVO CITY, UT www.frigid5k.com



RUN OF REMEMBRANCE 10K, 5K, & MILE

MAY 2020 / AMERICAN FORK, UT www. runofremembrance.com



DINO HALF 5K, & KIDS RUN

MAY 2020 / Vernal, UT www.dinohalf.com



HEBER HALF, 5K, & KIDS RUN

JUNE 27, 2020 / HEBER, UT www.heberhalf.com