

TRIP

RUNNER'S GUIDE

JULY 27, 2019

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RUN TO
CONQUER
CANCER!

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 Run To Conquer Cancer! Congratulations to each and every one of you who will cross our finish line!

We have put together this runner's 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.

Timp Facebook: <https://www.facebook.com/TimpHalf/>
or visit us at our webpage: <http://timphalf.com/>

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

BEFORE THE RACE

REGISTRATION

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

DATE RANGE	5K	HALF MARATHON
JUNE 1 - JUNE 30	\$31.95	\$84.95
JULY 1 - JULY 25	\$33.95	\$89.95
JULY 26 - EXPO	\$35.95	\$94.95

**\$5.00 Facebook discount available during registration.*

EXPO

WHERE: Hilton Garden Inn, 3150 N. Hotel Loop, Lehi, UT 84043

WHEN: Friday July 26th, 2019 from 11am - 7pm

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.



NATIONAL ANTHEM GUITAR

SOLO: 5:50 AM *(at Half Start)*

Enjoy the Acoustics of the Canyon with an Electric Guitar Rendition of the National Anthem at 5:50 AM.

EARLY MORNING

YOGA: 5:50 AM

Sessions will begin at 4:30 a.m. and go until 5:30 a.m.

HALF MARATHON START - 6:00 AM

The Start of the Half Marathon is at Tibble Fork parking lot in American Fork Canyon. What to expect:

- Bus Unloading
- Music
- Drop Bag Trailer
- Space Blankets

5K START - 7:00 AM

The start of the 5K is at American Fork High School Loop. What to expect:

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

KID'S RUN START - 9:00 AM

The start of the Kid's Run is at American Fork High School Loop. What to expect:

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

TIMING

TIMING & BIBS

Timp 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.

(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 Trailer
- Online at <http://timphalf.com/results/>

TIME LIMIT

The half marathon course is supported until 9:45am (3 hours 15 minutes). After 9:45am 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.

HOW THE BAG WORKS:

Your bib and timing chips will be picked up with your bag and shirt. If you plan on wearing warmer clothes up to the start line, you can use your race bag to hold any extra clothing during the race.

You will be given a zip tie in the bag to attach your “bag tag”. This is necessary to identify your bag for retrieval at the finish. We will provide a Bag Truck to transport your gear to the finish line. All bags must be collected 15 minutes prior to the start of the race. The bag truck will leave at 6:45 AM.

Any clothing dropped along the course will be donated to Deseret Industries as a charitable donation. Please respect the canyon and help us keep it clean by dropping clothes and any trash at designated aid stations or in trash receptacles.

SOUVENIRS & MERCHANDISE

Don't Forget to check out our Merch Tent at the Expo or at the Finish Line. We have lots of fun items for you including:

- T-Shirts
- Tanks
- Hats





TRAVEL & TRANSPORTATION

PARKING & SHUTTLES

There is parking available at American Fork High School. All Half Marathon runners are required to ride buses to the start with the exception of Participants With Special Needs who receive specific permission. Parking or being dropped off is prohibited.

BUS LOADING IS AT: AMERICAN FORK HIGH SCHOOL 3:30 A.M. – 4:30 A.M. We know it's early, but if you are not at Bus Loading at the above times you may miss your shuttle and forfeit your registration. Earlier is better! There will be one line for all bus loading. Please load buses quickly and as soon as you arrive. It requires a lot of time and effort to get runners shuttled to the start. We appreciate your help. You must show your bib number in order to board. Getting to the start early will allow you to revel in the cool mountain air by the Tibble Fork Reservoir, access toilets first, participate in the early morning Yoga in the starting corral and ensure that the race starts on time!

COURSE CLOSURE & RESTRICTIONS

The Timp Half Marathon is a downhill course that begins at Tibble Fork Reservoir Parking Lot American Fork Canyon. Once you exit the canyon you take a slight left and run on the Highland City Trails. These trails are paved and offer a pleasant running environment without any cars or traffic. Those trails will then lead you to the new Murdock Canal trails, which are also paved. These trails provide a scenic view through Highland and Cedar Hills.

Run on the right side of the road on SR92. The outbound (right) lane will be closed to cars and bicycles. Runners are not allowed to run in the inbound (left) lane on SR92.

TRAFFIC

Please stay between the traffic cones and the shoulder of the road. The roads and intersections have police support and barricade/cone services to ensure runner safety. Make sure to be vigilant and follow regular pedestrian laws when necessary.



FINISH LINE

You will finish on the track at the American Fork High School Track Stadium. As you enter the stadium you will be greeted by hundreds of screaming fans as you take home stretch to the 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).

MASSAGE

A complimentary post-race sports massage will be available from 7:00 AM to 10:00 AM on a first come first serve basis in the finish area. Massages are provided by trained volunteers.

AWARDS

AGE GROUP

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

HALF MARATHON

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

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 half marathon and the 5K will receive a Medal, Gift Basket, and free Entry into 2020 Timp Half or 5K!

AWARD CEREMONIES

5K OVERALL: 8:00 AM

5K AGE GROUP: 8:15 AM

HALF OVERALL: 8:30 AM

HALF AGE GROUP: 8:45 AM



RULES OF COMPETITION

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The Timp 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.

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
- Drop off at start line by non approved transportation (Half Marathon Only)
- Baby Strollers (Allowed on 5K only)
- 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 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://timphalf.com/transferdefer/>

SAFETY & ACCOMMODATIONS

AID STATIONS

There are eight aid stations throughout the event:

- Start
- Aid Station 1 @ mile 3
- Aid Station 2 @ mile 5
- Aid Station 3 @ mile 7
- Aid Station 4 @ mile 9
- Aid Station 5 @ mile 11
- Aid Station 6 @ mile 12.5
- Finish

Water, Powerade, vaseline, porta-potties and a first aid kit will be available at each station. Look for Powerade on the first table and water on the second. GU will be available at the start and mile 7. Orange slices will be available at mile 9.

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 licensed barricade co 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.



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

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 15 min pacers will be the last runners on half course. Please maintain their speed to remain on the course.

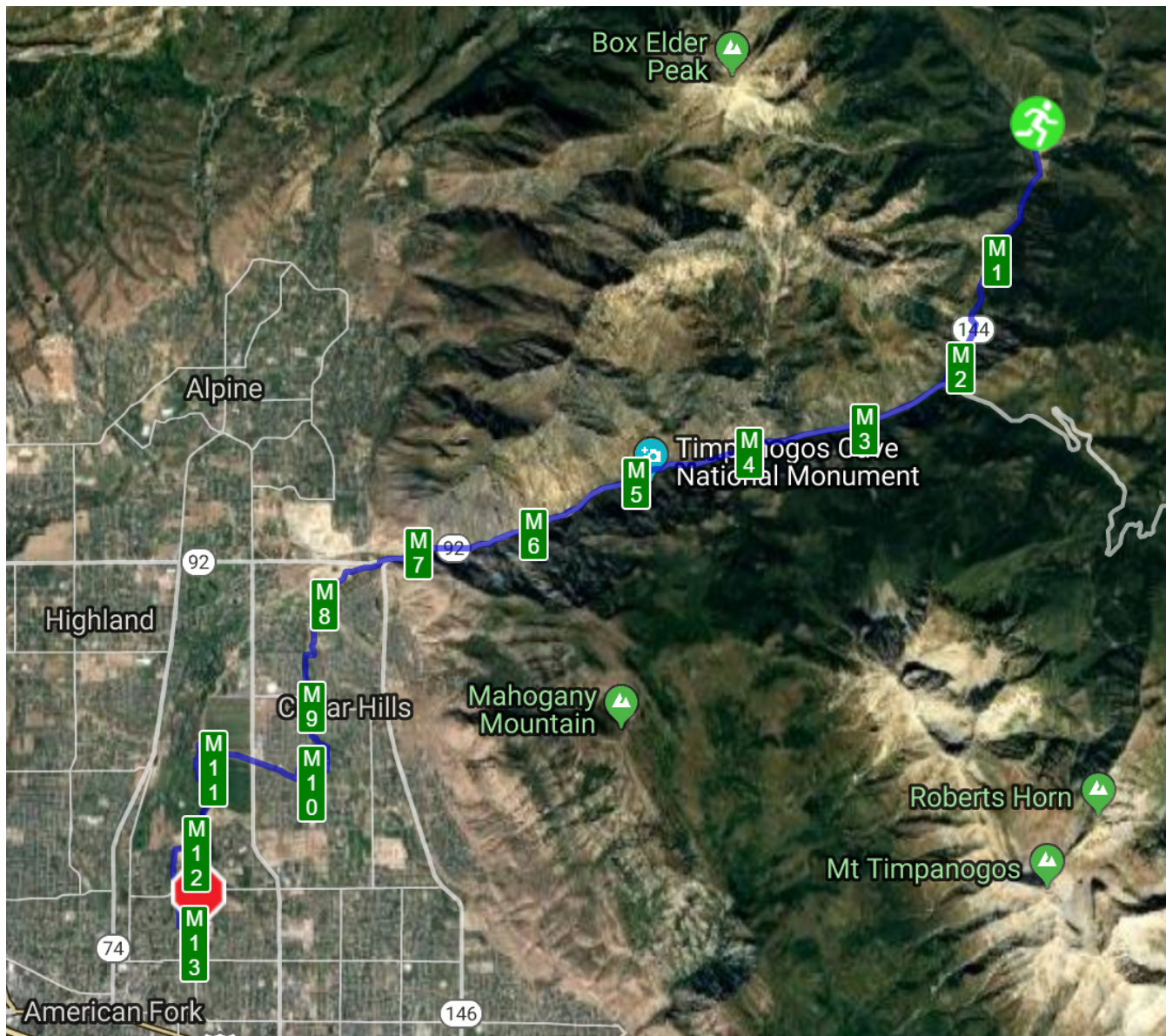
WEATHER

The average temperature at the start can be as low as 30 degrees. So dress warm! (Space blankets will be available) After exiting the canyon temperatures will be higher. Temperatures can range from 65 - 85 degrees with normal to low humidity. No matter the 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!

HALF MARATHON COURSE

TO VIEW AN INTERACTIVE COURSE MAP VISIT:

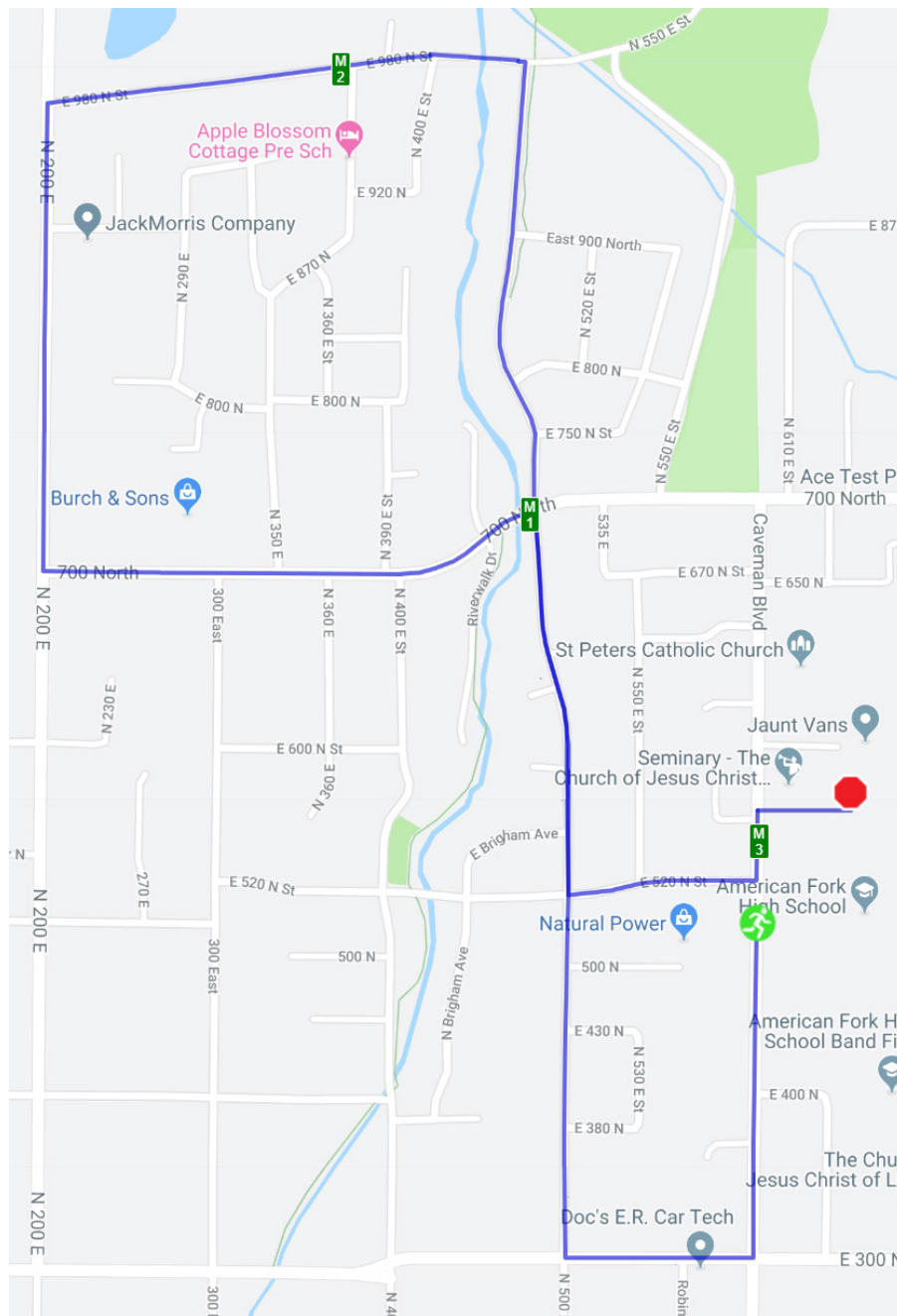
<https://www.raceentry.com/race-maps/timpanogos-half-marathon-sogonapmit-marathon>



SK COURSE

TO VIEW AN INTERACTIVE COURSE MAP VISIT:

<https://www.raceentry.com/race-maps/timpanogos-half-marathon-sogonapmit-marathon>





CHARITY PARTNERS

HUNTSMAN CANCER INSTITUTE

Huntsman Cancer Institute's mission is to understand cancer from its beginnings, to use that knowledge in the creation and improvement of cancer treatments, to relieve the suffering of cancer patients, and to provide education about cancer risk, prevention, and care.

- Guiding Principles
- The patient first
- A united effort
- Excellence in all we do

These are the principles that guide us. From our physicians and nurses providing care, to volunteers handing out snacks in clinic waiting areas, to valets greeting visitors at the front entrance, the Huntsman Cancer Institute team aims to make each person's experience exceptional.

5 FOR THE FIGHT

Cancer impacts everyone in one way or another. We're not just another cancer charity trying to raise awareness. We're driving right to the heart of the matter. We're not looking to treat this disease. We're on a mission to eradicate it.

Who are you giving your \$5 for? Write their name on your hand and share the image on social media. #5ForTheFight. 100% of every dollar donated will go directly to supporting groundbreaking cancer research.



TRILOGIZE

TRILOGIZE

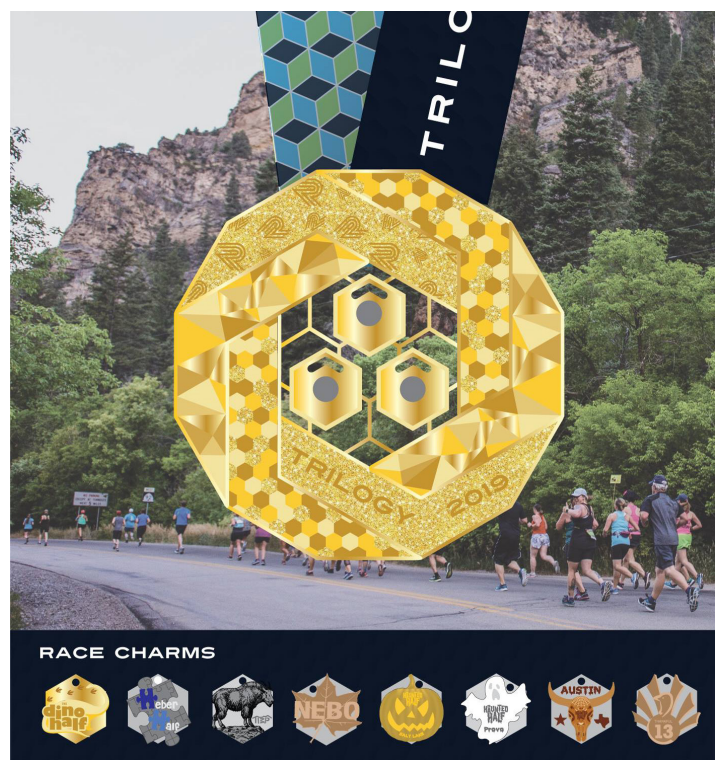
Run any three Runtastic half marathons in 2019 to qualify for the Trilogy Medal. All races must be a half marathon or longer and completed within the 2019 calendar year.

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
- 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



**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



**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
RUN**
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](http://www.runofremembrance.com)



**DINO HALF 5K, & KIDS
RUN**
MAY 2020 / Vernal, UT
www.dinohalf.com