

MT.

NEBO

MARATHON & HALF

RUNNER'S GUIDE

AUGUST 24, 2019



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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 fastest race, The Mt. Nebo Marathon, half, and 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. We also invite you to follow us on Facebook for additional updates.

Mt. Nebo Facebook: <https://www.facebook.com/NeboHalf/>
or visit us at our webpage: <http://nebohalf.com/>

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

BEFORE THE RACE

REGISTRATION

The Mt. Nebo, Marathon, Half, and 5k is one of the best courses in Utah! This course is beautiful. This course is fast. This course is fun! Run along the scenic Mt. Nebo Loop down Payson Canyon and gaze upon the panoramic views of Mount Nebo, the Utah Valley and Utah Lake far below. Running down this canyon in the fall allows you to partake of all tranquil beauty this canyon offers.

DATE RANGE	5K	HALF	MARATHON
MAY 1 - JUNE 30	\$29.95	\$74.95	\$84.95
JULY 1 - JULY 31	\$32.95	\$79.95	\$89.95
AUG 1 - AUG 23	\$34.95	\$84.95	\$99.95
EXPO	\$39.95	\$89.95	\$104.95

*\$3.00 Facebook discount available during registration.

There is **NOT** day of registration for the Marathon, Half Marathon or the 5K.

EXPO

WHERE: Provo Towne Center Mall (The Reserve Event Room), 1200 Towne Centre Blvd, Provo, UT 84601

WHEN: August 23, 2019 / 11:00 am - 7:00 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.



START TIMES

MARATHON START - 6:00 AM

The Mt. Nebo Marathon is a true Canyon Marathon, with 25 miles of the race in Payson Canyon! You won't find a more beautiful race. You will experience a few hills during the first half of the course. However, the last 16 miles are completely down hill, which makes this marathon course super fast.

Course: Starting line is near Payson Lakes. The course finish line is at Memorial Park.

5K START - 7:00 AM

Start and finish is at Memorial Park 250 South Main Street, Payson, UT 84651.

HALF MARATHON START - 6:30 AM

The Mt. Nebo Half Marathon is one of the fastest races in Utah, 12 beautiful miles down Payson Canyon. Experience scenic views and a wide course. Payson Canyon is a hidden gem often overlooked. Come and experience a breathtaking course. This race might just become your favorite.



TIMING

TIMING & BIBS

Mt. Nebo Marathon, half, and 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.

(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://nebohalf.com/results/>

TIME LIMIT

The course is supported until 12:00 pm. After this time 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

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 marathon bag truck will leave at 5:45 AM. The half marathon bag truck will leave at 6:15 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 AND TRANSPORTATION

COURSE CLOSURE & RESTRICTIONS

Payson Canyon will be closed to **OUTGOING** traffic only so please stay to the right as you head down the canyon. Please be respectful to traffic and be careful as you down the canyon. Stay alert. This course is FAST, please make sure you are prepared. traffic. Please be aware of the traffic cones. Payson Canyon is allowing us to use the outgoing lane out of the canyon. Once out of the canyon, there will be times that you are running opposite of how you were coming out of the canyon. This is for your safety. Please follow the directions by the police or designated volunteers wearing reflective vests.

BUSES

There are two separate bus loading areas. Please be aware of your event so you get on the correct bus. You will find runner signs and volunteers directing you to the correct bus area.

MARATHON

Bus pick-up will be at the front of Park View

Elementary School 360 S. 100 E., Payson, UT. Please arrive early, as buses will only depart for Payson Canyon from 3:45 am to 4:15am. There will be no late transportation.

HALF MARATHON

Bus pick-up will be on the South side of Memorial Park 300 S. Main St., Payson, UT. Please arrive early, as buses will only depart for Payson Canyon from 4:00 am to 5:00 am. There will be no late transportation.

PARKING

Parking is available at Memorial Park on the Northeast and North parking lots, the LDS church across from the park and Park View Elementary School. Parking is not allowed at the park on 300 S., Main St or 200 S as they are reserved for the buses.

AIRPORT

The Provo Municipal Airport is 19 miles (about 27 minutes) from Memorial Park. The Salt Lake international airport is 65 miles (about 1 hour) from Memorial Park.



FINISH LINE

The finish line is at Memorial Park Address: 250 S Main St, Payson, UT 84651 After finishing you are welcomed into the runners corral where you will receive water, food and more! Food is only available for Nebo participants. 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 8:00 AM to 11:00 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 marathon, 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 marathon, half marathon and the 5K will receive a Medal and free Entry into 2020 Mt. Nebo Marathon, Half, or 5K!

AWARD CEREMONIES

5K OVERALL: 7:45 AM

5K AGE GROUP: 8:00 AM

HALF OVERALL: 8:15 AM

HALF AGE GROUP: 8:45 AM

MARATHON OVERALL: 9:30 AM

MARATHON AGE GROUP: 10:15 AM



RULES OF COMPETITION

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The Nebo Marathon and Half 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 (Marathon & Half 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://nebohalf.com/marathon/>



SAFETY AND ACCOMMODATIONS

AID STATIONS

We want to make sure you have a safe, fun, and comfortable run. For your convenience we have aid stations at all odd numbered mile markers (3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, & 25) 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 & 19. Orange slices will be available at mile 9 & 21.

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.

Licensed EMT's will be stationed in the white medic tent and can be dispatched anywhere along the course.

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.

TIPS

RYPACING TEAM

To help our runners achieve their goals we have enlisted the RYPacers 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.

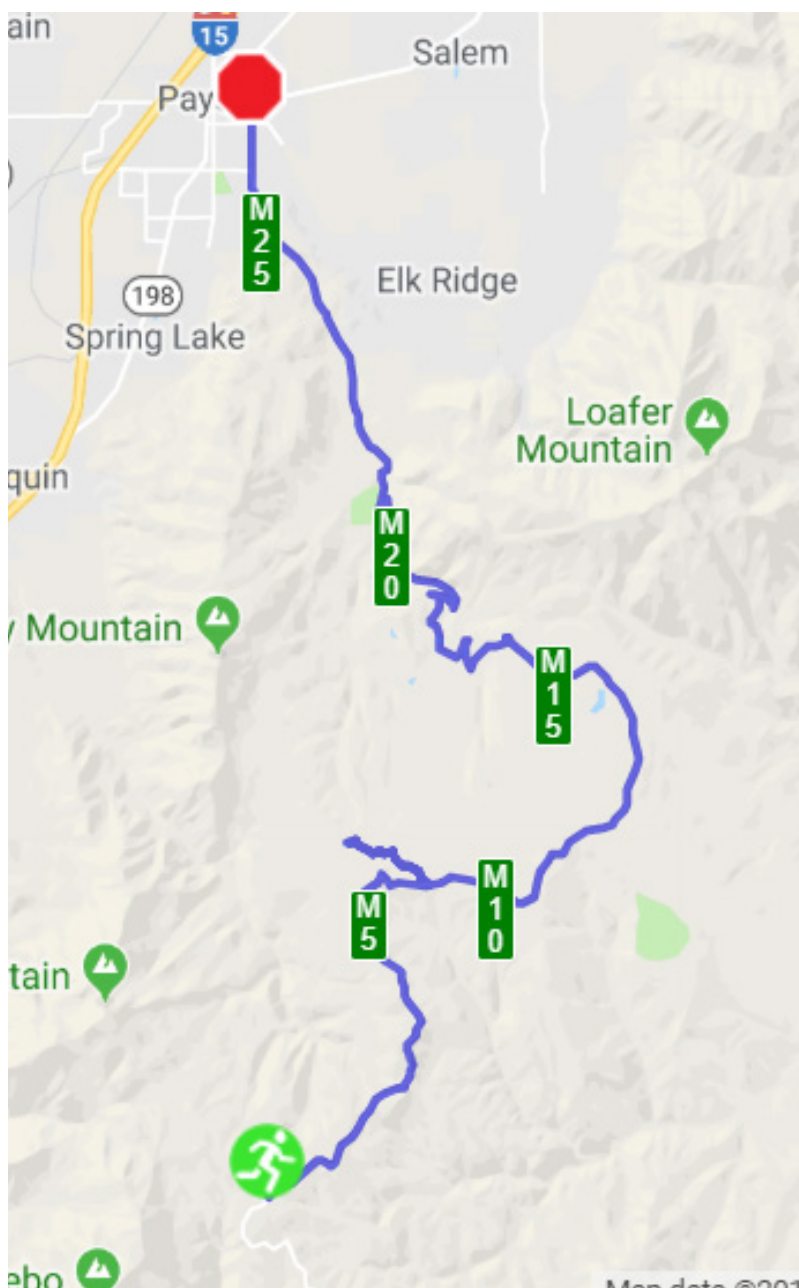
WEATHER

The average temperature at the start can be as low as 30 degrees. So dress warm! 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!

MARATHON

TO VIEW AN INTERACTIVE COURSE MAP VISIT:

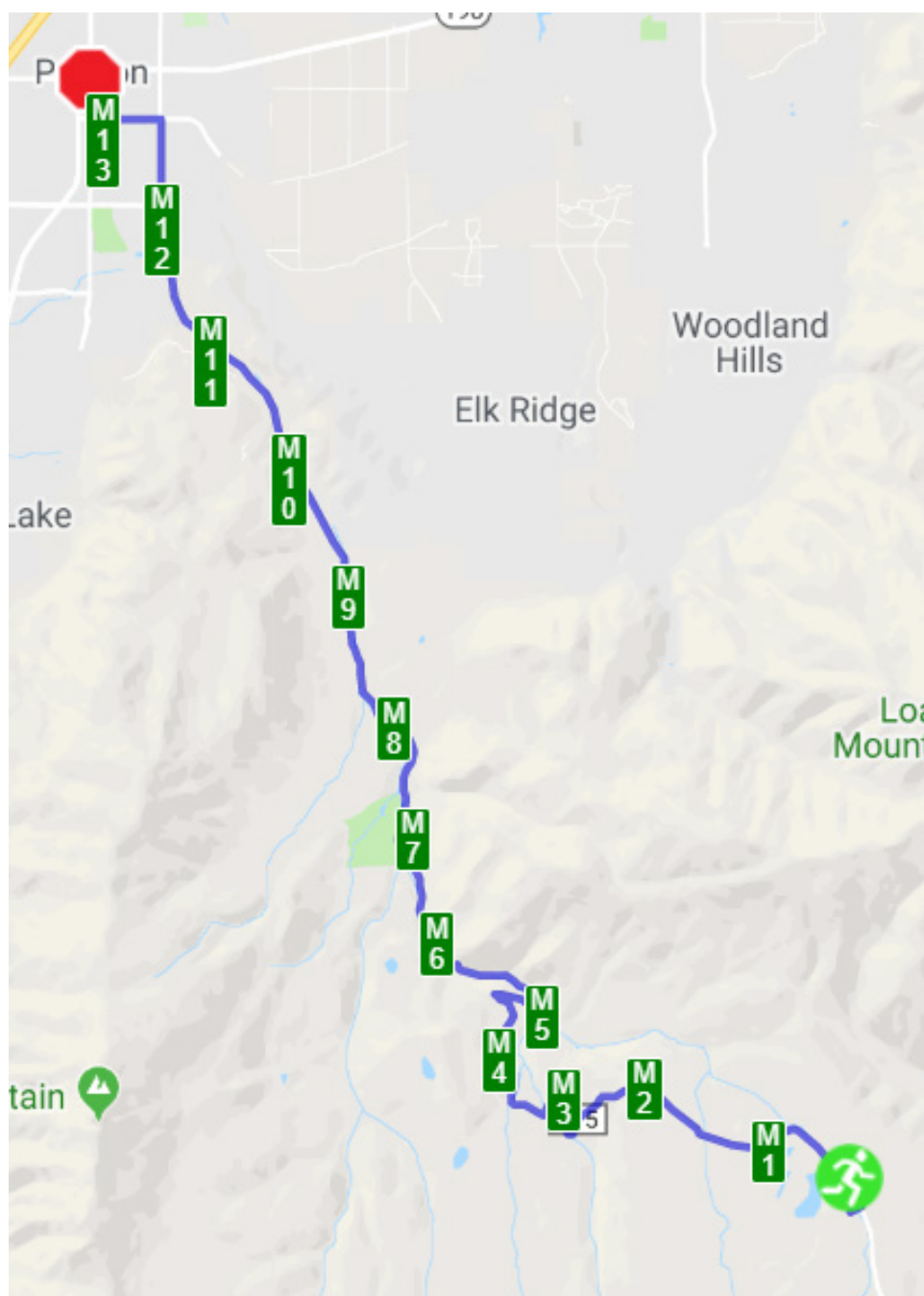
<https://www.raceentry.com/race-maps/mt-nebo-marathon>



HALF MARATHON

TO VIEW AN INTERACTIVE COURSE MAP VISIT:

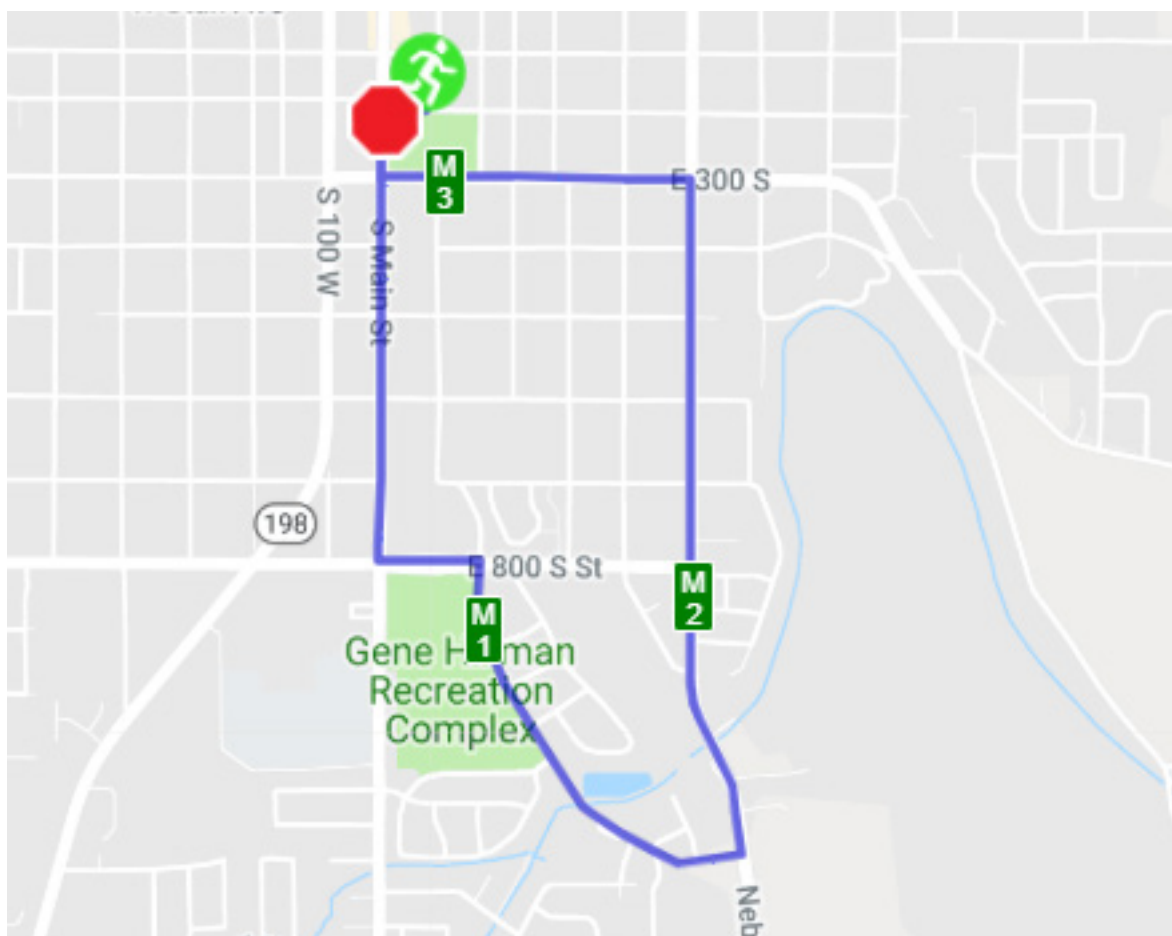
<https://www.raceentry.com/race-maps/mt-nebo-marathon>



FIVE K RUN

TO VIEW AN INTERACTIVE COURSE MAP VISIT:

<https://www.raceentry.com/race-maps/mt-nebo-marathon>



A photograph of three runners (two women and one man) running on a paved trail. They are wearing athletic gear and race bibs. The background shows trees with autumn foliage.

CHARITY PARTNERS

RUN FOR MENTAL HEALTH

The Mt. Nebo Marathon and Half is partnering with the Run for Mental Health to help bring awareness and change!



TRILOGIZE

TRILOGIZE

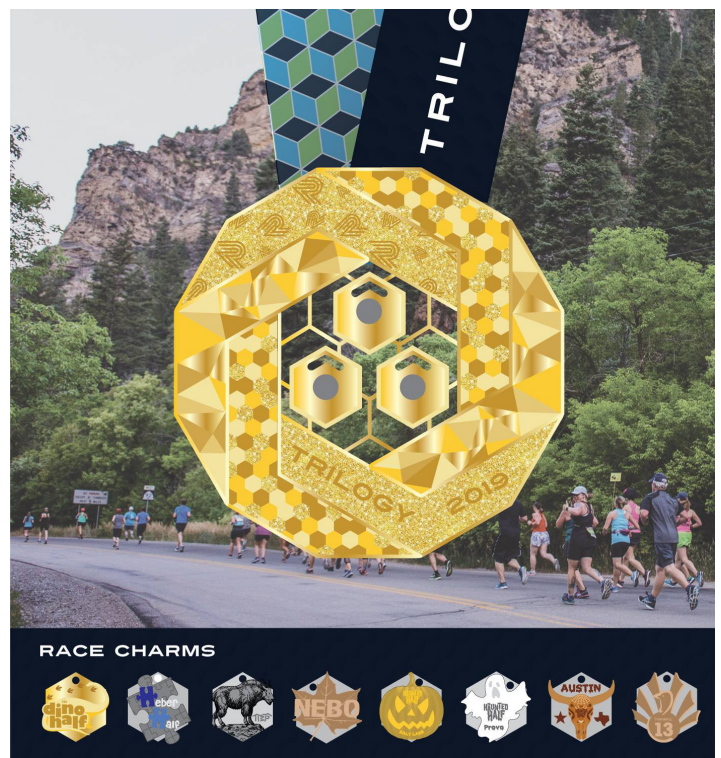
Run any three Runtastic half marathons in 2019 to qualify for the Trilogy Medal. All races must be a half marathon or longer and completed within the 2019 calendar year.

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 Info tent in the finish area to claim your Trilogy Medal!



RUNTASTIC RACE SERIES

2019 RACES



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

OCTOBER 19, 2019 / SALT LAKE CITY, UT
www.thehauntedhalf.com



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

OCTOBER 26, 2019 / PROVO CITY, UT
www.thehauntedhalf.com



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

NOVEMBER 28, 2019 / LEHI, UT
www.thankful13.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 RUN FOR
AUTISM**

JUNE 2020 / Heber, UT
www.runofremembrance.com



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

JULY 2020 / AMERICAN FORK, UT
www.steeldaysrun.com

2020 RACES



**FRIGID 5K & PENGUIN
PLUNGE**

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



TIMP HALF & 5K

JULY 2020 / AMERICAN FORK, UT
www.timphalf.com