



THANKFUL

13

RUNNER'S GUIDE

NOVEMBER 28, 2019

A photograph of three runners in a field of tall grass, wearing large, brown beanbag-like costumes. The word 'CONTENTS' is overlaid in large white letters.

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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 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.

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 Finish Line fun! Online registration closes on Wednesday, November 27th at 7 p.m. Sign up online or at the Expo.

There is **NO** day of registration for the Half Marathon, 10K, or 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).

EXPO

WHERE: Show Barn at Thanksgiving Point, 2975 N Thanksgiving Way, Lehi, UT 84043

WHEN: November 27th 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

START CORRALS

This year we will have starting line corrals to help manage the flow of runners at the start. When it's time to line up, find the corral assigned to your race and estimated pace time. This will help us start each race quickly and safely.

The Elite and 7 min corrals do not allow strollers.



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
- Gratitude Signs

5K START / 8:30 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 Thanksgiving Point Golf Course and Jordan River Parkway running alongside a multitude of Gratitude Signs.

10K START / 8:15 AM

STARTING LINE: 2912 EXECUTIVE PKWY LEHI, UT 84043

This NEW distance is sure to satisfy those wanting a challenge or training for a Half Marathon! The scenic course takes you through the Thanksgiving Point Golf Course and along the Jordan River Parkway.

KID'S RACE START / 11:00 AM

STARTING LINE: 2912 EXECUTIVE PKWY LEHI, UT 84043

The Kid's Out & Back is a great opportunity for your children to feel the excitement of running! This 1/2 Mile Run is not only fun, but rewarding as they receive their very own race medal at the finish line.



TIMING

TIMING & BIBS

The Thankful 13 Half Marathon, 10K, 5K, and Kid's Race will be professionally timed. The chips will be attached to the back of your bib number. 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. If you will be one of the top 10 runners overall please try to position yourself at the front of the line.

TIMING RESULTS

The top 3 places, male and female, will be determined by gun time (regular timing). All other awards will be determined 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 Trailer
- Online at <https://runtasticevents.com/races/thankful-13/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.

SWAG & GEAR

SWAG & GEAR

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



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
- Socks
- Bags
- And More!



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

- 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

10K 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, 10K, and 5K will receive a free Entry into the 2019 Thankful 13 in their respective

categories as well as the following prizes:

1st: Turkey, Medal, & Thanksgiving Point Family Membership

2nd: Turkey, Medal, & Two Thanksgiving Point Venue Passes

3rd: Pumpkin Pie, Medal, & Two Thanksgiving Point Luminaria Passes

KID'S RUN OVERALL:

1st: Medal & Two Thanksgiving Point Venue Passes

2nd: Medal & Two Thanksgiving Point Venue Passes

3rd: Medal & Two Thanksgiving Point Luminaria Passes

AWARD CEREMONIES

10K & 5K OVERALL: 9:15 a.m.

5K AGE GROUP: 9:20 a.m.

10K AGE GROUP: 9:45 a.m.

HALF OVERALL: 10:10 a.m.

HALF AGE GROUP: 10:20 a.m.

KID'S OVERALL: 11:20 a.m.

FINISH

CELEBRATION AREA

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

PHOTOS

Flo-Foto is by far one of the best in the event photography 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 & CHIROP

A complimentary post-race sports massage and chiropractic analysis will be available from 9:00 a.m. to 11:30 on a first come first serve basis in the finish area. Massages are provided by licensed massage therapists.





RULES OF COMPETITION

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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 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

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 transfer categories, transfer participants, or defer to another Runtastic Event. For more information on this process please visit:

<https://runtasticevents.com/races/thankful-13/policies/>

A photograph of several runners on a paved path, surrounded by tall, dry grass and trees. The scene is captured in a warm, orange-toned light, likely during sunrise or sunset. The runners are seen from behind, moving away from the camera. One runner in the foreground is wearing a black shirt and shorts, while others further ahead are wearing various athletic gear, including a bright yellow vest.

SAFETY & ACCOMMODATIONS

AID STATIONS

There are many Aid Stations throughout the course that are supported during the following times:

- 5K Aid Station @ mile 1.5
- 10K Aid Stations @ mile 3.3
- Half Marathon Aid Stations @ mile 1, mile 3.2, mile 5.4, mile 7.2, mile 8.8, and mile 10.7

Water, Powerade, 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 mile 8.7.

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

ROAD CLOSURE & RESTRICTIONS

Here is a list of Road Closures and times. Please plan your travel accordingly.

- 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 8-11:15 am
- Jordan River Trail: Runners on trail from 8:05-11:15am
- Forest Lane between Access Trail and Garden Dr: Westbound Single Lane Closure 8-9:15 am
- 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:

10K, 5K, & KID'S RACE:

- Finish Line only

HALF MARATHON:

- Mile 2.4 – Thanksgiving Point Trail Head Park off of Cottonwood Dr, Lehi
- Mile 5.2 – 300 N & Willow Haven Ave
- Mile 6.5 – Riverway & Waterway Rd.
- Mile 8.8 – Willow Park & Jordan River Pkwy
- Mile 11.7 – Thanksgiving Point Trail Head Park off of Cottonwood Dr, Lehi

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

A photograph of a man dressed as a turkey, wearing a turkey head mask, a red and orange body suit, and a yellow helmet. He is smiling and has his arms outstretched. The word 'TIPS' is written in large, white, bold letters across the center of the image.

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

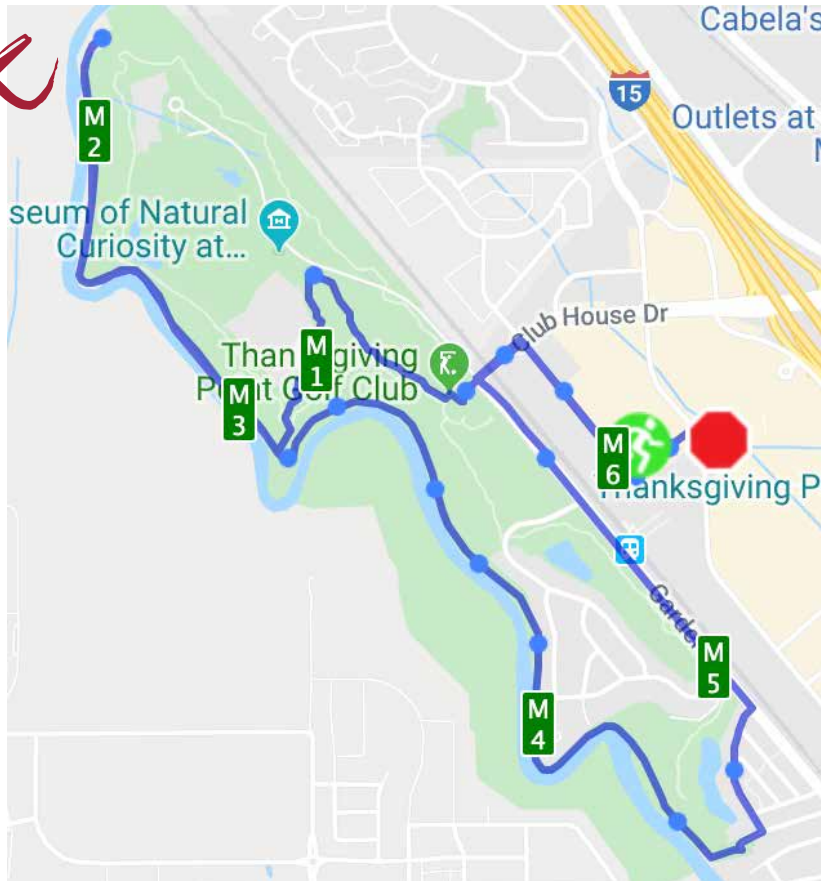
WEATHER

The average temperature at the start can be as low as 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 Powerade for you at each aid station so drink up!

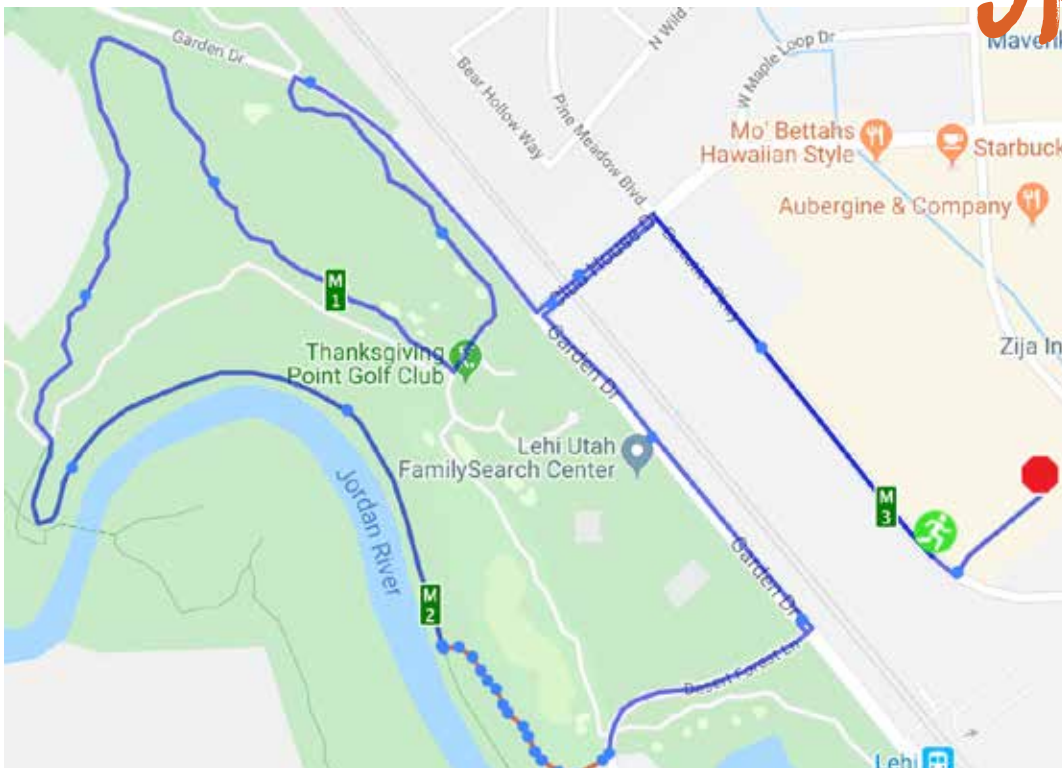
GRATITUDE SIGNS

Celebrate Thanksgiving Day by running along our courses lined with gratitude signs! From inside jokes to moustaches, a multitude of signs will remind you of all you have to be give thanks for.

10k



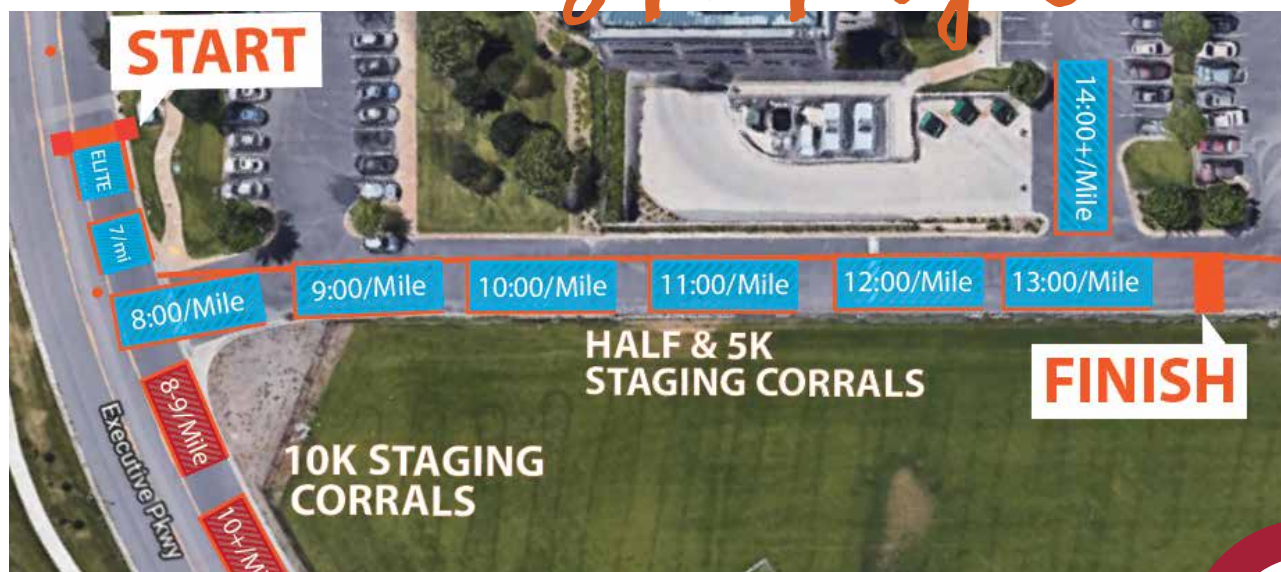
5k



Parking Map



Starting Corral



CHARITY PARTNERS & SPONSORS

CHARITIES

Thanksgiving Point Institute is a 501(c)(3) nonprofit farm, garden, and museum complex that draws upon the natural world to cultivate transformative family learning.



The options are endless at Thanksgiving Point for family-fun entertainment and valuable learning experiences. Roaming with dinosaurs at the Museum of Ancient Life, exploring a working farm at Farm Country, strolling the beauty of our 55-acres botanical beauty at the Ashton Gardens, climbing on a high ropes course at the Museum of Natural Curiosity, or visiting a butterfly conservatory and insectarium at the Butterfly Biosphere are just a few of the numerous activities that await you when you visit.

Visit our website for more information:
<https://www.thanksgivingpoint.org/>



The Harrington Center for the Arts is dedicated to providing a community sharing venue for visions to be realized, causes to be met and ideas to be pursued. It is within the walls of our art gallery, performance theatre, dance studios, classrooms and offices that growth of these efforts will occur on a constant, and ever-evolving basis.

Visit our website for more information:
<https://harringtoncenter.org/>

SPONSORS

POWERADE



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SPARROW ELECTRIC

TRILOGIZE

TRILOGIZE

Run any three Runtastic Half Marathons in 2020 to qualify for the Trilogy Medal. All races must be a Half Marathon or longer and completed within the 2020 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 info tent in the finish area to claim your Trilogy Medal!





RUNTASTIC RACE SERIES

2020 RACES



**FRIGID 5K & PENGUIN
PLUNGE**
JANUARY 25, 2020 / PROVO CITY, UT
www.frigid5k.com



**DINO HALF, 5K, & KIDS
RUN**
MAY 9, 2020 / VERNAL, UT
www.dinohalf.com



**RUN OF REMEMBRANCE
10K, 5K, & MILE**
MAY 25, 2020 / AMERICAN FORK, UT
www.runofremembrance.com



**HEBER HALF RUN FOR
AUTISM**
JUNE 27, 2020 / HEBER, UT [www.
runofremembrance.com](http://www.runofremembrance.com)



**AF STEEL DAYS 10K, 5K, &
KIDS RUN**
JULY 18, 2020 / AMERICAN FORK, UT
www.steeldaysrun.com



TIMP HALF & 5K
AUGUST 1, 2020 / AMERICAN FORK, UT
www.timphalf.com



**MT. NEBO HALF,
MARATHON, & 5K**
AUGUST 29, 2020 / PAYSON, UT
www.nebohalf.com



**THE HAUNTED HALF,
MARATHON, & 5K**
OCTOBER 24, 2020 / SLC, UT
www.thehauntedhalf.com



**THE HAUNTED HALF,
MARATHON, & 5K**
OCTOBER 31, 2020 / PROVO, UT
www.thehauntedhalf.com