

RUN

of REMEMBRANCE

RUNNER'S GUIDE

MAY 27, 2019



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Never Forget, Forever Honor.

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 the run to honor and remember all the brave individuals who fought to protect our freedoms! 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 this guide, you still have questions, please email us at info@runtasticevents.com. We also invite you to follow us on Facebook for additional updates.

R.O.R Facebook: <https://www.facebook.com/RunOfRemembrance/>
or visit us at our webpage: <http://runofremembrance.com/>

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



Before the Race

REGISTRATION

The 2019 Run Of Remembrance is a FREE Race! What better way to start your Memorial Day than with a Mile, 5k & 10k event to remember those who serve our country. Though this is a free event you must register to participate. Runners must have a race bib to be on the course.

PACKET PICK UP

Utah Run:

211 E. State Rd, American Fork, UT

Friday, May 25th: 10am-8:00pm

Saturday, May 26th: 10am-7pm

Robinson Park:

100 E Main St, American Fork, UT

Monday, May 27th: 6-7am

Beat the lines by picking up your items on Friday or Saturday.

You can register at Utah Run if you need to add a friend or family member. Last minute bib pick up is race day from **6-7:00 AM only**. If you are unable to attend packet pickup someone else can pickup your bib with a copy of your valid ID or race confirmation.

NO bibs will be distributed after 7:00 AM and there is NO same day registration.

RACE SHIRTS

Remember this Memorial Day with one of our patriotic Race Shirts! *(Pictured on page 2)* Shirts can be purchased for \$10 at registration and be picked up at packet pickup.



Start Times

10K START: 8:00 AM

The Start of the 10k is at Robinson Park (100 E Main St, American Fork, UT 84003). What to expect:

- Water
- Music
- Powerade
- Porta-Potties

5K START: 8:00 AM

The Start of the 5k is at Robinson Park (100 E Main St, American Fork, UT 84003). What to expect:

- Music
- Water
- Powerade
- Porta-Potties

MILE START: 9:30 AM

The Start of the Mile is at Robinson Park (100 E Main St, American Fork, UT 84003). What to expect:

- Water
- Music
- Powerade
- Porta-Potties





TIMING & BIBS

For a fee of \$4 added at registration you may choose to have your race professionally timed. If you choose to have a timed chip you will also receive a free finish line video! You will receive a timing chip that 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.

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 ARE AVAILABLE IN THE FOLLOWING WAYS:

- On Screen at the Results Trailer
- Personal Printed Result at the Results Trail
- Online at <http://runofremembrance.com/results/>

TIME LIMIT

The course is supported until 10:30 am (2 and a half hours). After 10:30 am the aid 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.



Rules of Competition

RULES OF COMPETITION

The Run of Remembrance 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
- 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.

The background of the title section is a photograph of a white police car with its emergency lights flashing, parked on a paved road. In the distance, two runners are visible on the road, which is lined with trees and foliage. The overall scene is slightly blurred, giving a sense of motion and depth.

Safety & Accommodations

AID STATIONS

There are 2 aid stations throughout the event:

- Aid Station 1 @ 7750 North and Frontage Road
- Aid Station 2 @ 1500 South and

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.

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.

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.



Charity

MERVYN SHARP BENNION VETERANS HOME

This year the Run of Remembrance supports the Central Utah Veterans Home located in Payson with YOUR generous donations.

The CUVH is a new state-of-the-art facility conveniently located just off of I-15 Exit 250. This facility was built to provide the very best accommodations for Veterans in need of long term assistance. To learn more about the home visit:

<https://veterans.utah.gov/central-utah-veterans-home/cuvh-location-map/>

While the race registration is free for the Run of Remembrance, 100% of your donations go to the Central Utah Veterans Home, you can donate here:

<https://www.raceentry.com/races/run-of-remembrance/2019/fundraising/charity/charity/central-utah-veterans-home-3038>



Course & Parking Map





TRILOGIZE

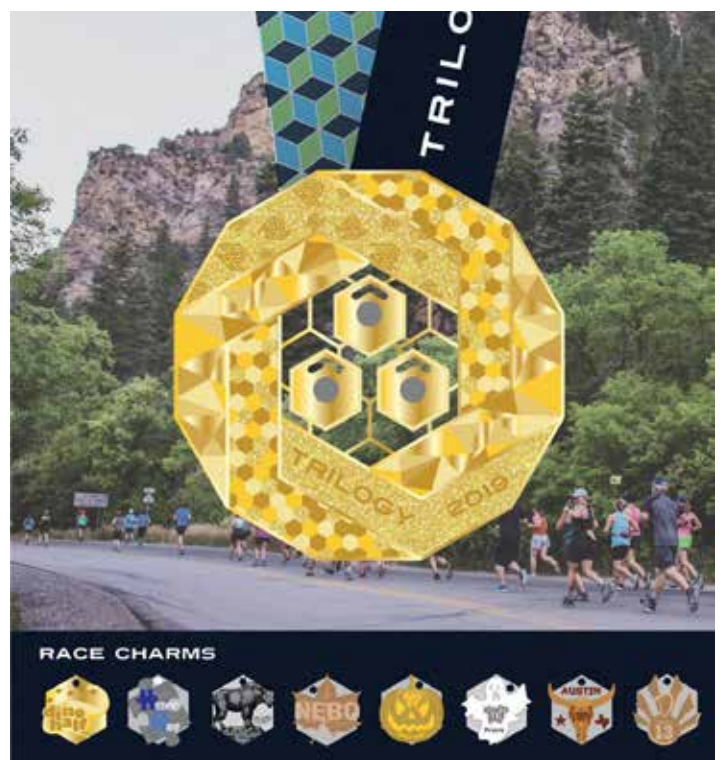
Run any three Runtastic half marathons in 2019 to qualify for the Trilogy Medal. All races must be a half marathon or longer and completed within the 2019 calendar year.

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



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, 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 26, 2019 / PROVO CITY, UT
www.frigid5k.com



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