

BRICHESS & PENGUIN PLUNGE

RUNNER'S GUIDE 2020 JANUARY 25, 2020





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WELCOME!

On behalf of the race directors and all who volunteer to help with the race, we would like to thank you for participating in the Frigid 5K & Penguin Plunge. 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 <u>info@runtasticevents.</u> <u>com</u>. We also invite you to follow us on Facebook for additional updates.

Frigid 5k Facebook: <u>https://www.facebook.com/frigid5k/</u> or visit us at our webpage: <u>http://frigid5k.com/</u> And remember: train well, have fun, and we will see you all at the finish line!

THE RUNTASTIC TEAM





REGISTRATION

FREEZE your buns off at the 2020 Frigid 5K & Penguin Plunge! Don't let the temperature get you down, start your race year off right by braving the cold and making chilly memories with your friends and family. There is day-of registration for both the 5K and the plunge.

PACKET PICK UP

WHERE: Runner's Corner 835 S 700 E Orem, UT 84097

WHEN: Friday, January 24th, 1-7pm

WHY: This is the only way to receive your bib number, timing chip, and shirt.

Please pick up your packet, bib number, and shirt, at 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.

Packet pickup is available race day until 8:15 a.m. For any questions or concerns please send us an email at *info@runtasticevents.com*.

RUNTASTIC

FRIGID



SWAG

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SWAG & GEAR

All 5K runners will receive a high-end gender specific short sleeve running shirt, and a Frigid 5k Medal (*NEW* this year). Those brave enough to take the plunge will get a Penguin Plunge Keychain, vinyl decal, and a certificate to comemorate the experience.







RULES OF COMPETITION

The Frigid 5k and Penguin Plunge 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 Timing)

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 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://frigid5k.com/



SAFETY SMALLES ACCOMMODATIONS

AID STATIONS

We have one aid station at Mile 0.7 and 1.8 of the race. Water and Powerade will be available at the aid station. Look for Powerade on the first table and water on the second table.

There will be water, Powerade and hot chocolate along with donuts and other goodies at the start/ finish line.

SAFETY

Safety is our 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 the 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.





TRANSPORTATION

LOCATION

The Start of the 5k can be found 4400 W Center Street, Provo, UT 84601. As this is a winter race and weather conditions are unpredictible, we ask you to use caution as you travel to and from the race.

PARKING

Parking can be found at 4400 W Center Street, Provo, UT 84601. Please do not park in handicap parking spots unless permitted by law. (See map)

TRAFFIC

Please stay between the traffic cones and the shoulder of the road. There will be roads and intersections have police support and barricade/ cone services only during the certain times. If you have not passed them when they reopen you will need to follow regular pedestrian laws if you continue along the course.

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).





TIMING & BIBS

The Frigid 5k 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 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.

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://http://frigid5k.com/results/

TIME LIMIT

The Frigid 5k Course is supported until 10:00 a.m. (1 hour). Runners must be able to average a pace of 15 minutes per mile to participate.





FRIGID 5K START - 9:00 a.m.

The start of the Frigid 5k begins near the frozen waters of Utah Lake State Park. What to expect:

- Water
- Powerade
- Hot Chocolate
- Donuts
- Aid Station

PENGUIN PLUNGE START - 10:00 a.m.

The Penguin Plunge will start promptly at 10:00 am! Remember, everyone brave enough to take the plunge will recieve the awesome Penguin Plunge Kenychain, a vinyl decal, and a certificate to commemorate your daring feat!

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.

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- Social Media size photo download: FREE
- High Resolution photo download: \$1.99





OVERALL

The top three finishers, male and female, of the 5K will receive a free Entry into the 2020 Frigid 5K & Penguin Plunge!

1 st: Cold Stone Gift Card, Medal Rack, & Runtastic Swag 2nd: Cold Stone Gift Card, Medal Rack, & Runtastic Swag 3rd: Cold Stone Gift Card, Medal Rack, & Runtastic Swag

AWARD CEREMONIES

5K Overall - 9:45 a.m. 5K Age Group - 9:50 a.m.

AGE GROUP

Age group Medals will be given to the top three male and female participants of the 5K in the following age groups:

- 10 & Under 45-49
- 11-14 50-54
- 15-19 55-59
- 20-24 60-64
- 25-29 65-69
- 30-34 70 & Over
- 35-39
- 40-44

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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 (virtual races DO NOT count).

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

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!







2020 RACES



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 / AMERICAN FORK, UT

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, 5K, & KIDS RUN OCTOBER 24, 2020 / SLC, UT

www.thehauntedhalf.com



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



THANKFUL 13, 5K, & KIDS RUN

NOVEMBER 26, 2020 / LEHI, UT www.thankful13.com