



THE
**dino
half**

Vernal, Ut

SURVIVAL GUIDE

JULY 18, 2020

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OUTRUN EXTINCTION

WELCOME!

On behalf of the Runtastic Events team and our volunteers, we would like to thank you for participating in the Race to Out Run Extinction! 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.

Dino Half Facebook: <https://www.facebook.com/DinoHalf/>

or visit us at our webpage: <http://dinohalf.com/>

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



BEFORE THE RACE

REGISTRATION

The Dino Half is one of the best courses in Utah! Dress up or come ready to get your PR! This course is beautiful. This course is fast. This course is fun! Not registered yet? Don't panic, last call to join us in the half or 5K will be at the Expo.

There is **NO** day of registration for the Half Marathon or the 5K. There **IS** day of registration for the Kid's Half Mile Run. Visit the Blue Runtastic Info tent from 7 a.m. to 8:30 a.m. to register a child (ages 1-12) for the Kid's Race.

PACKET PICK UP

WHERE: TownePlace Suites 1219 US-40, Vernal, UT 84078 (Adjacent to the SpringHill Suites)

WHEN: July 17th 1:00 p.m. – 8:00 p.m.

WHY: Pick up your packet and get cool swag!

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

HALF MARATHON START - 6:00 a.m.

The Start of the Half Marathon is at the Top of Dry Fork Canyon. What to expect:

- Bus Unloading
- Music
- Drop Bag Trailer
- Space Blankets
- Porta Potties
- GU
- Powerade
- Aid Station

5K START - 7:00 a.m.

The start of the 5K is at Maeser Elementary 2670 W 1000 N St, Vernal, UT 84078. What to expect:

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

KID'S RACE START - 9:00 a.m.

The start of the Kid's race is at Maeser Elementary 2670 W 1000 N St, Vernal, UT 84078. What to expect:

- Everything that is available at the Finish



TIMING

TIMING & BIBS

The Dino Half 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://dinohalf.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 gender specific 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 7:15 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.

5K & Kids Medal



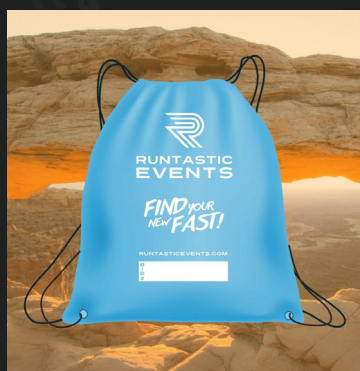
Half Marathon Medal



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!





TRAVEL & TRANSPORTATION

PARKING & SHUTTLES

There is ample parking at Maesar Elementary 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. All runners will be provided with face masks for health concerns.

Bus loading is at: Maesar Elementary School from 4:00 a.m to 5:20 a.m. 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.

Hotel Guests at **Springhill Suites or Townplace Suites** have an optional shuttle to the Half Marathon Start provided at 4:30 a.m. from the hotels. (See Map)

COURSE CLOSURE & RESTRICTIONS

Dry Fork Canyon will NOT be closed to traffic so please stay to the right as you head down the canyon. Be respectful to traffic and run carefully down the canyon and shoulder of the road

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 insure runner safety. Make sure to be vigilant and follow regular pedestrian laws when necessary.



FINISH LINE

Congratulation on your accomplishment! When you join us at our fun finish line enjoy:

- Finisher Medals
- Music
- Awards
- Results
- Flo-Foto Photography
- Porta Potties
- Bag Drop

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 a.m. to 10:00 a.m. 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 2021 Dino Half or 5K!

1st: TBD

2nd: TBD

3rd: TBD

SPRINTASAURUS

The Sprintsaurus Award is given to the male and female who run a half mile section of the course (mile 6.2 to 6.7) the fastest. You don't need to be in the lead of the race. In fact past winners of the award weren't the winner of the overall race. The half mile sprint is well marked. We hope you enjoy this extra course fun.

AWARD CEREMONIES

5K Overall: 8:45 a.m.

5K Age Group: Pick up by award stage.

Half Overall: 9:15 a.m.

Half Age Group: Pick up by award stage.

Sprintsaurus 1/2 Mile Overall: 10:00 a.m.

To keep in line with social distancing we will only be hosting award ceremonies for the Overall Awards. If you have placed in your age category please pick up your award certificate at the booth by the award stage.



RULES OF COMPETITION

RULES

The Dino 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:

<https://runtasticevents.com/races/dino-half/dino-policies/>



SAFETY & ACCOMMODATIONS

AID STATIONS

The 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 5 @ 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@runtastic-events.com .We will do our best to accommodate your specific needs.

A photograph of a group of runners participating in a race. In the foreground, a woman with blonde hair tied in a ponytail is running, holding the hand of a young child. To her right, another woman is running. In the background, other runners are visible, along with orange traffic cones and a yellow caution tape marking the race path. The scene is set on a paved road with houses and trees in the background.

HEALTH & SAFETY PRECAUTIONS

SOCIAL DISTANCING

- Race starting times have been changed to create a buffer between the half marathon & 5K
- There will be waves of runners to keep with social distancing guidelines
- Signs will be placed throughout the finish area and at the starting lines reminding runners to maintain adequate social distancing

SANITIZATION

- The food at the finish line will be prepackaged for individual servings
- Hand sanitizers and hand wipes will be provided at all areas on race day and packet pickup
- Placement medals will be handed to the winners via a volunteer's gloved hands, not put around the winner's neck

STAFF

- Volunteers and staff will wear gloves
- Volunteers will be actively cleaning equipment and high touch areas.
- Volunteers will be keeping track of the number of people gathered at the finish area to ensure proper social distancing measures are followed

STAY HOME IF YOU ARE SICK

- Please be mindful and stay home if you are symptomatic (having fever, cough, or shortness of breath) or have recently traveled to a high-risk country
- High-risk individuals should continue to follow stricter protocols and exercise all possible caution. Your safety is important to us.



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

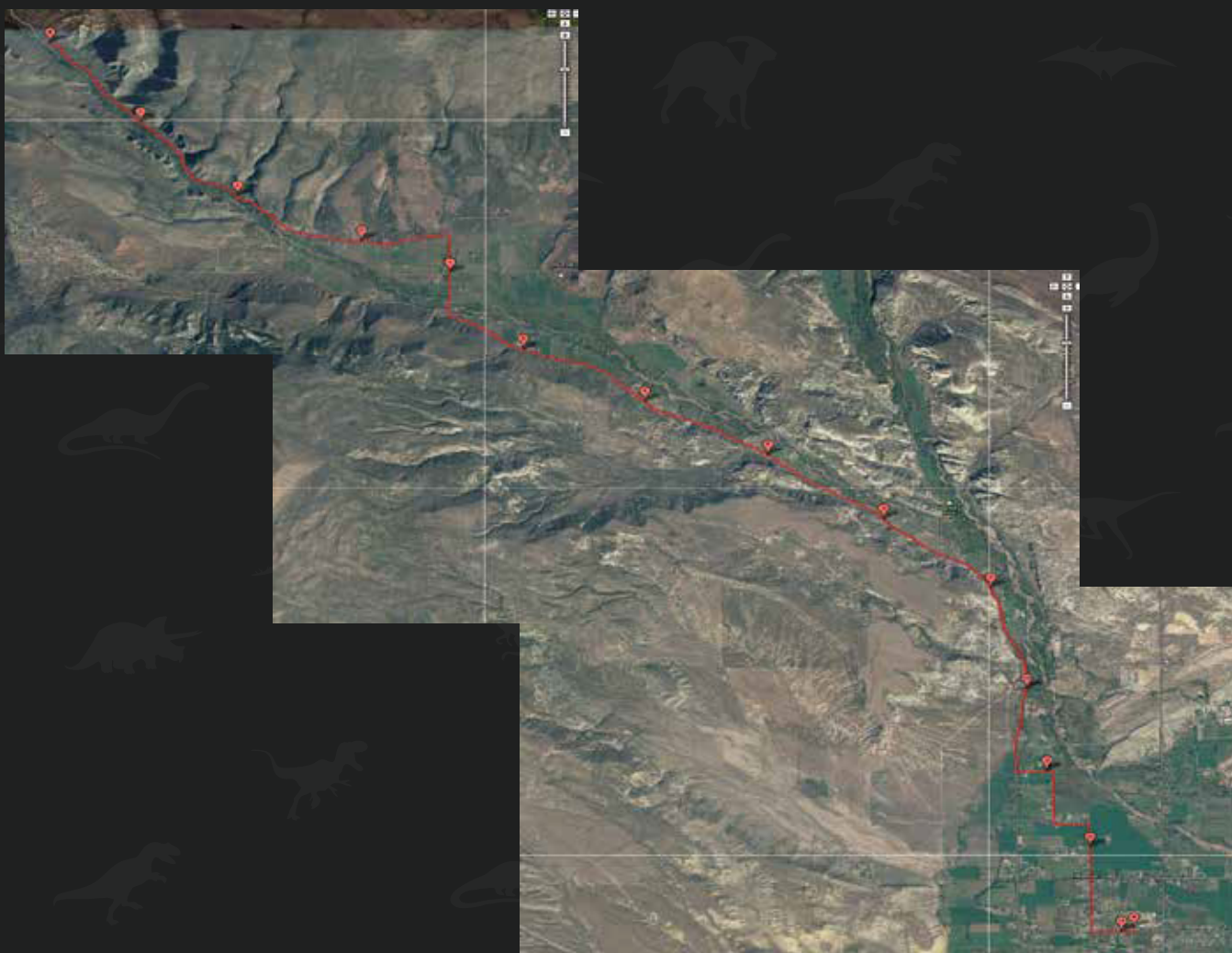
At the starting line each pacer will be holding a sign with their pace time on it. The faster the pace the closer to the starting line they will be. Please find your pacer and line up behind them.

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

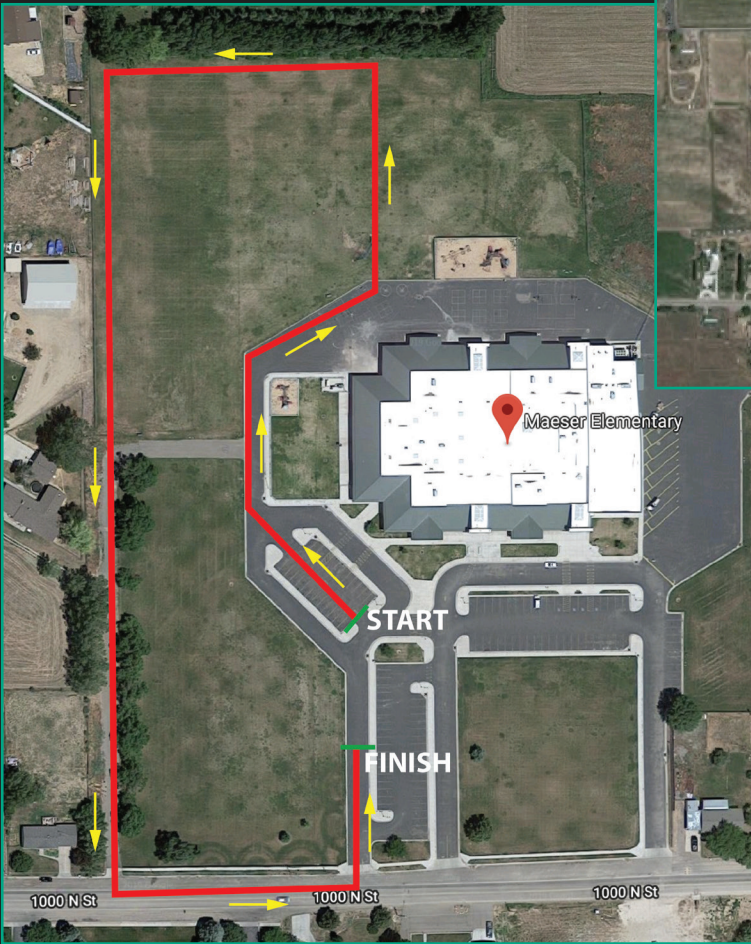
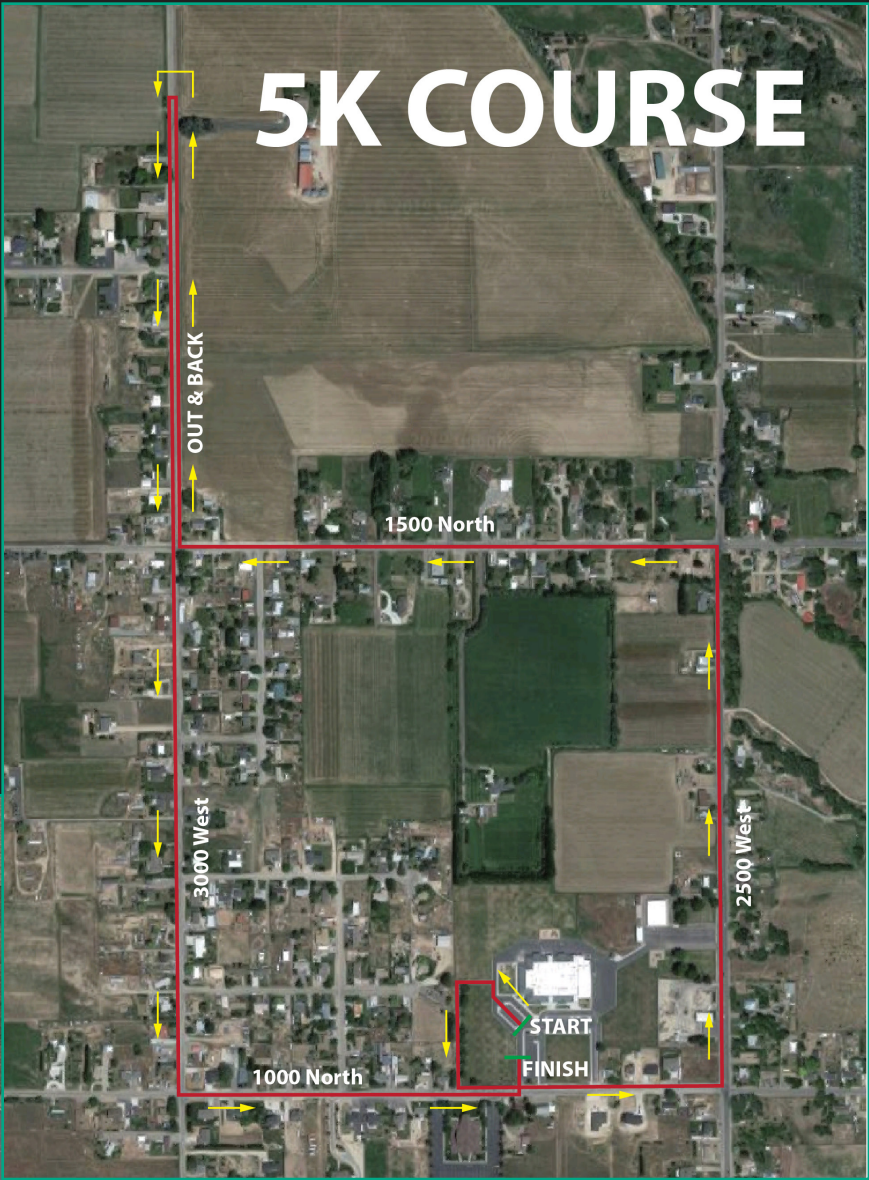
The average temperature at the start can be as low as 40 degrees. After exiting the canyon temperatures will be higher. Temperatures can range from 65 - 95 degrees with normal to low humidity. No matter the weather it is still important to make sure you hydrate well. We will have plenty of water and sports drink for you at each aid station so drink up!

DINO HALF COURSE MAP



5K COURSE MAP

DINO DASH



HOTEL SHUTTLE MAP

This is a one way shuttle bus. There is no shuttle from the finish line back to the hotel. Please plan accordingly.

**Complimentary Shuttle Service
To Half Marathon Start
For Springhill & TownPlace Guests
Pick-up location on 1170 West Street,
(between the two Hotels)
Available to load at 4:15
Leaves promptly at 4:30**



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 tent in the finish area to claim your Trilogy Medal!





RUNTASTIC LEADERBOARD

LEADERBOARD

Introducing the first-ever Runtastic Leaderboard Challenge!

Are you the fastest runner out of your friends? Do you thrive on competition and love getting placement medals? Introducing the Runtastic Events Leaderboard. Each year you will have the opportunity to be the best in a race distance.

Each Runtastic Events will be put against each other and at the end of the year the top three will be rewarded. The Runtastic Events Leaderboard is ranked by whoever is the fastest in a race distance. The leaderboard still includes Age Group Divisions to see who is the fastest in each age category. The top 3 overall winners for each distance will receive the Runtastic Events Leaderboard Medal.

We believe in beautiful, fast, and fun races. Find your new fast with 2020 Runtastic Events Leaderboard.

NOTE: The Leaderboard is only available for officially timed location events.



**SEE 2020'S
LEADERBOARD! >**



ELITE RUNNERS

ELITE RUNNERS

Are you an elite runner?

When you become an elite runner with Runtastic Events you become a Runtastic VIP! If you qualify to be an elite runner you will receive a free or discounted race entry based on your previous race times. When you race elite you have the opportunity to place in your distance. Prize money is awarded to the overall winners of the marathon and half marathon. Show us how fast you are and you could break past the finish tape and claim your rewards. The elite runners program is only available for marathons and half marathon distances.

THE VIP TREATMENT

- Elite runner tent complete with refreshments and separate bag drop
- Elite runners bib which allows you to start at the front of the race pack
- Professional photo op at the end

ELITE STANDARDS

MARATHON

Men's A Standard: 2:30 (100% Comped Entry)

Men's B Standard: 2:40 (50% Comped Entry)

Women's A Standard: 2:50 (100% Comped Entry)

Women's B Standard: 3:00 (50% Comped Entry)

HALF MARATHON

Men's A Standard: 1:10 (100% Comped Entry)

Men's B Standard: 1:15 (50% Comped Entry)

Women's A Standard: 1:20 (100% Comped Entry)

Women's B Standard: 1:25 (50% Comped Entry)

Become an elite runner here: <https://runtasticevents.com/elite-runners/>



SPONSORS

SPONSORS

Thank you to our sponsors who made this event possible!





RUNTASTIC RACE SERIES

2020 RACES



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



MT. NEBO MARATHON, HALF & 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 25, 2020 / AUSTIN, TX
www.thehauntedhalf.com



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



THANKFUL 13, 10K, 5K & KIDS RUN
NOVEMBER 22, 2019 / LEHI, UT
www.thankful13.com

2021 RACES



FRIGID 5K & PENGUIN PLUNGE
JANUARY 23, 2021 / PROVO, UT
www.frigid5k.com



DINO HALF, 5K & KIDS RUN
MAY 2021 / VERNAL, UT
www.dinohalf.com