

● AMERICAN FORK ●
STEEL DAYS
● ● ● RUN ● ● ●

RUNNER'S GUIDE

JULY 11, 2020



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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 American Fork Steel Days Run! Congratulations to each and every one of you who will cross our finish line!

This runner's guide will help answer most of your questions about the event. If you still have questions please email us at info@runtasticevents.com. Follow us on Facebook for additional updates.

Steel Days Run Facebook: <https://www.facebook.com/SteelDaysRun/>
or visit us at our webpage: <https://www.steeldaysrun.com/>

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



BEFORE THE RACE

REGISTRATION

Steel Days is one of the best running courses in Utah! This course is beautiful. This course is fast. This course is fun! Not registered yet? Don't panic, last call to join us for the 10k, 5k and Kids Run will be at the Packet Pickup.

There is **NO** day of registration for the 10K or the 5K.

PACKET PICK UP

WHERE: 50 N. Center St., American Fork, UT 84003 (Outside on the grass)

WHEN: Friday July 10th, 2020, 11 AM to 7 PM

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

10K START:

7:00 AM

The start of both the 5k and 10k is at **50 North Center St. American Fork UT 84003**. What to expect:

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

5K START:

7:10 AM

The start of both the 5k and 10k is at **50 North Center St. American Fork UT 84003**. What to expect:

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

KID'S RUN START:

8:15 AM

The start of the American Fork Steel Days Kid's Run is at **50 North Center St. American Fork UT 84003**. What to expect:

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



TIMING & BIBS

Steel Days 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 want to 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 <https://runtasticevents.com/races/steel-days-run/steel-days-results/>

TIME LIMIT

The course is supported until 9am (2 hours). After 8:45am 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



PLACEMENT MEDAL



FINISHER MEDAL

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.



FINISH LINE

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. Social media pictures will be provided 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).

AWARDS

AGE GROUP

Age group Medals will be given to the top three, male and female, of the 10k and 5K, broken down in the following age groups:

10K & 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 10k and the 5K will receive a Medal, Gift Basket, and free Entry into 2021 Steel Days 10k or 5K!

AWARD CEREMONIES

5K OVERALL: 8:00 AM

5K AGE GROUP: Pick up by award stage

10K OVERALL: 8:30 AM

10K GROUP: Pick up by award stage

KIDS 1/2 MILE OVERALL: 9:00 AM

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 OF COMPETITION

The Steel Days Run 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
- 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 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://www.steeldaysrun.com/information>



SAFETY AND ACCOMMODATIONS

AID STATIONS

There are eight aid stations throughout the event:

- 5K Start
- Aid Station 1 @ mile 1.5
- 10K Start
- Aid Station 1 @ mile 1.5
- Aid Station 2 @ mile 4.5

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.

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 our top priority. We have hired Police and 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.



HEALTH AND SAFETY PRECAUTIONS

SOCIAL DISTANCING

- Race starting times have been changed to create a buffer between 10K and 5k runners.
- Signs will be placed throughout the finish area and at the starting lines reminding runners to maintain adequate social distancing
- Placement medals will be handed to the winners via a volunteer's gloved hands, not put around the winner's neck

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

STAFF

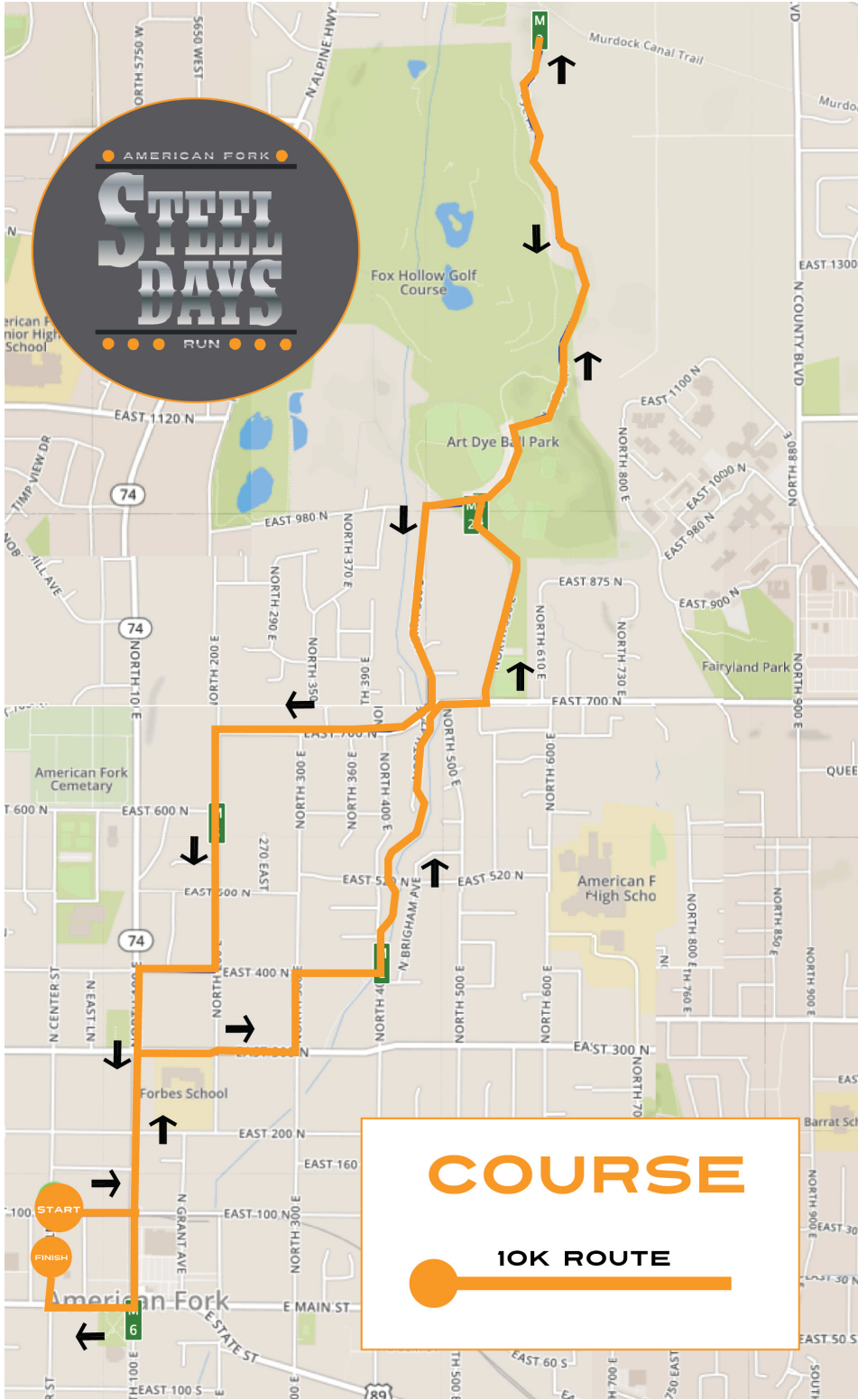
- Volunteers and staff will wear gloves

- 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

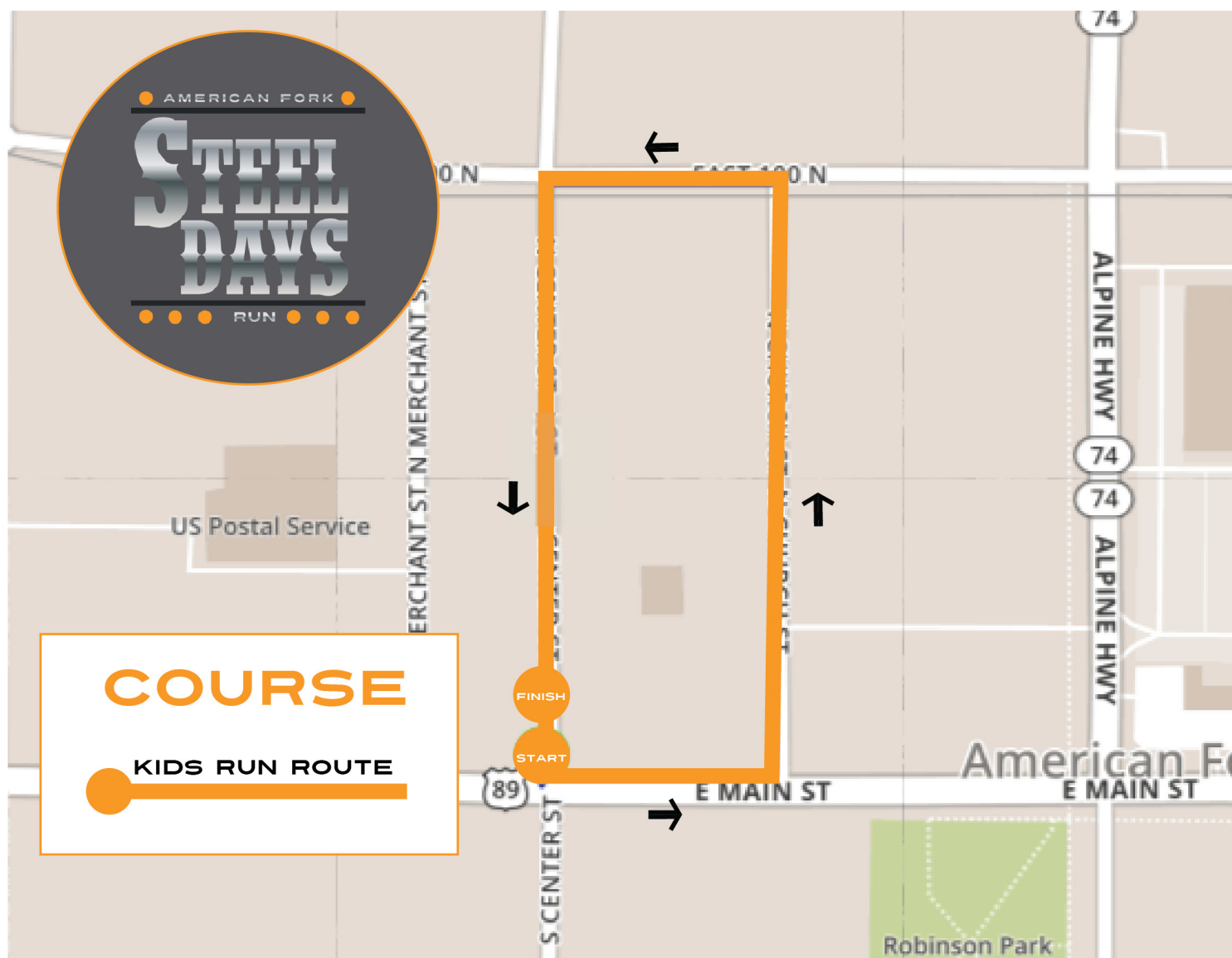
10K COURSE



5K COURSE



KIDS RUN COURSE



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 official times location events.



**SEE 2020'S
LEADERBOARD! >**

RUNTASTIC RACE SERIES

2020 RACES



DINO HALF 5K, & KIDS RUN

JULY 18, 2020 / VERNAL, UT
www.dinohalf.com



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