

TRIP

RUNNER'S GUIDE
AUGUST 1, 2020

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RUN TO
CONQUER
CANCER!

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 Run To Conquer Cancer! 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.

Timp Facebook: <https://www.facebook.com/TimpHalf/>
or visit us at our webpage: <http://timphalf.com/>

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

BEFORE THE RACE



REGISTRATION

Timp is one of the best courses in Utah! This course is beautiful. This course is fast. This course is fun! Come run for a great cause ... Registration ends at 5 p.m. There is **NO** day of registration for the Half Marathon, 10K or the 5K. There is only day of registration for the Kids Race. Sign up online or at the Blue Runtastic Info tent from 7:00 a.m. to 8:00 a.m.

EXPO

WHERE: Hilton Garden Inn, 3150 N. Hotel Loop, Lehi, UT 84043

WHEN: Friday July 31st from 11 a.m. - 7 p.m.

WHY: Pick up your packet and get cool swag!

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.

THE RACE BAG

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 Bus to transport your gear to the finish line. All bags must be collected 15 minutes prior to the start of the race. The bag bus will leave at **5:45 A.M.**

If you lose an item at the race, please visit the Blue Runtastic Information Tent during the event to see if it has been turned in. Items not picked up at the event will be taken to our office. Please contact us at info@runtasticevents.com Lost items not claimed after one week will be donated to Deseret Industries as a charitable donation.



EARLY MORNING YOGA: 4:30 AM

Sessions will begin at 4:30 a.m. and go until 5:30 a.m.

LIGHT THE START: 5:40 AM

Each runner will be given a flashlight with a name of someone who is/has battled cancer. At this time we will light the start and hold a moment of silence for those fighting and who have valiantly fought cancer.

NATIONAL ANTHEM GUITAR

SOLO: 5:50 AM (at Half Start)

Enjoy the Acoustics of the Canyon with an Electric Guitar Rendition of the National Anthem at 5:50 a.m.

HALF START - 6:00 AM

The Start of the Half Marathon is at Tibble Fork parking lot in American Fork Canyon. What to expect:

- Bus Unloading
- Drop Bag Trailer
- Music

10K START - 6:45 AM

The Start of the 10K is at American Fork High School and will loop back. What to expect:

- Music
- Water
- Powerade
- Porta Potties

5K START- 7:00 AM

The start of the 5K is at American Fork High School and will loop back. What to expect:

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

KID'S RUN START- 9:00 AM

The start of the Kid's Run is at American Fork High School Loop. What to expect:

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

TIMING

TIMING & BIBS

Timp 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://timphalf.com/results/>

TIME LIMIT

The half marathon course is supported until 9:15 a.m. (3 hours 15 minutes). After 9:15 a.m. 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.



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.



FINISHER MEDAL



PLACEMENT 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 like shirts, tanks, and hats.



TRAVEL & TRANSPORTATION

PARKING & SHUTTLES

Parking is available at American Fork High 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.

BUS LOADING IS AT: AMERICAN FORK HIGH SCHOOL 3:30 A.M. – 4:30 A.M. We know it's early, but 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. Getting to the start early will allow you to revel in the cool mountain air by the Tibble Fork Reservoir, access toilets first, participate in the early morning Yoga in the starting corral and ensure that the race starts on time!

COURSE CLOSURE & RESTRICTIONS

The Timp Half Marathon is a downhill course that begins at Tibble Fork Reservoir Parking Lot American Fork Canyon. Once you exit the canyon you take a slight left and run on the Highland City Trails. These trails are paved and offer a pleasant running environment without any cars or traffic. Those trails will then lead you to the new Murdock Canal trails, which are also paved. These trails provide a scenic view through Highland and Cedar Hills.

Run on the right side of the road on SR92. The outbound (right) lane will be closed to cars and bicycles. Runners are not allowed to run in the inbound (left) lane on SR92.

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



THE COURSE

THE COURSE

Through the last few miles of your race, you'll find yourself getting a much needed boost of energy as you run past the bands playing and notice the inspirational chalk art on the trails. Your run will end with the memory mile and finish off with cheerleaders cheering you on through the home stretch.

WHO IS YOUR 5 FOR?

We invite you to write the name of the person who you are running for on your hand. At Mile 5 there will be a special photo op to show off who you run for! #5ForTheFight

CHALK THE COURSE

Look for our fun chalk designs along the course and you might find yourself that extra boost to get you to that finish line!



MEMORY MILE

See your homage and testimonial submissions as they line the course! The memory mile honors those who have battled or are currently battling cancer. At the Timp Half we run inspired and we run to conquer cancer. This is what the event is all about.

Half - Mile 12

10K - Mile 5

5K - Mile 2

BAND BOOSTS

Listen to the bands as you reach the home stretch and find your inner eye of the tiger to make it your strongest finish ever!

Half - Miles 10, 12

10K - Mile 5

5K - Mile 2

CHEER SQUAD

Finish your race like a true champion with the cheer squad cheering you on to the finish line!

Half - Mile 12.7

10K - Mile 5.7

5K - Mile 2.7



FINISH

FINISH LINE

You will finish on the track at the American Fork High School Track Stadium. As you enter the stadium you will be greeted by hundreds of screaming fans as you take home stretch to the 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
- Cheer Squad Finish
- 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. 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 7:00 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, 10K & 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

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 Half Marathon, 10K, and 5K will receive a Medal, Gift Basket, and a FREE ENTRY into 2021 Timp Half, 10K, or 5K!

AWARD CEREMONIES

5K OVERALL: 7:30 AM

5K AGE GROUP: 8:00 AM pick up at awards stage

10K OVERALL: 7:35 AM

10K AGE GROUP: 8:00 AM pick up at awards stage

HALF OVERALL: 7:40 AM

HALF AGE GROUP: 8:00 AM pick up at awards stage

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



RULES OF COMPETITION

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The Timp 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: <http://timphalf.com/transferdefer/>



SAFETY & ACCOMMODATIONS

AID STATIONS

There 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 6 @ 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 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@runtastic-events.com. We will do our best to accommodate your specific needs.



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

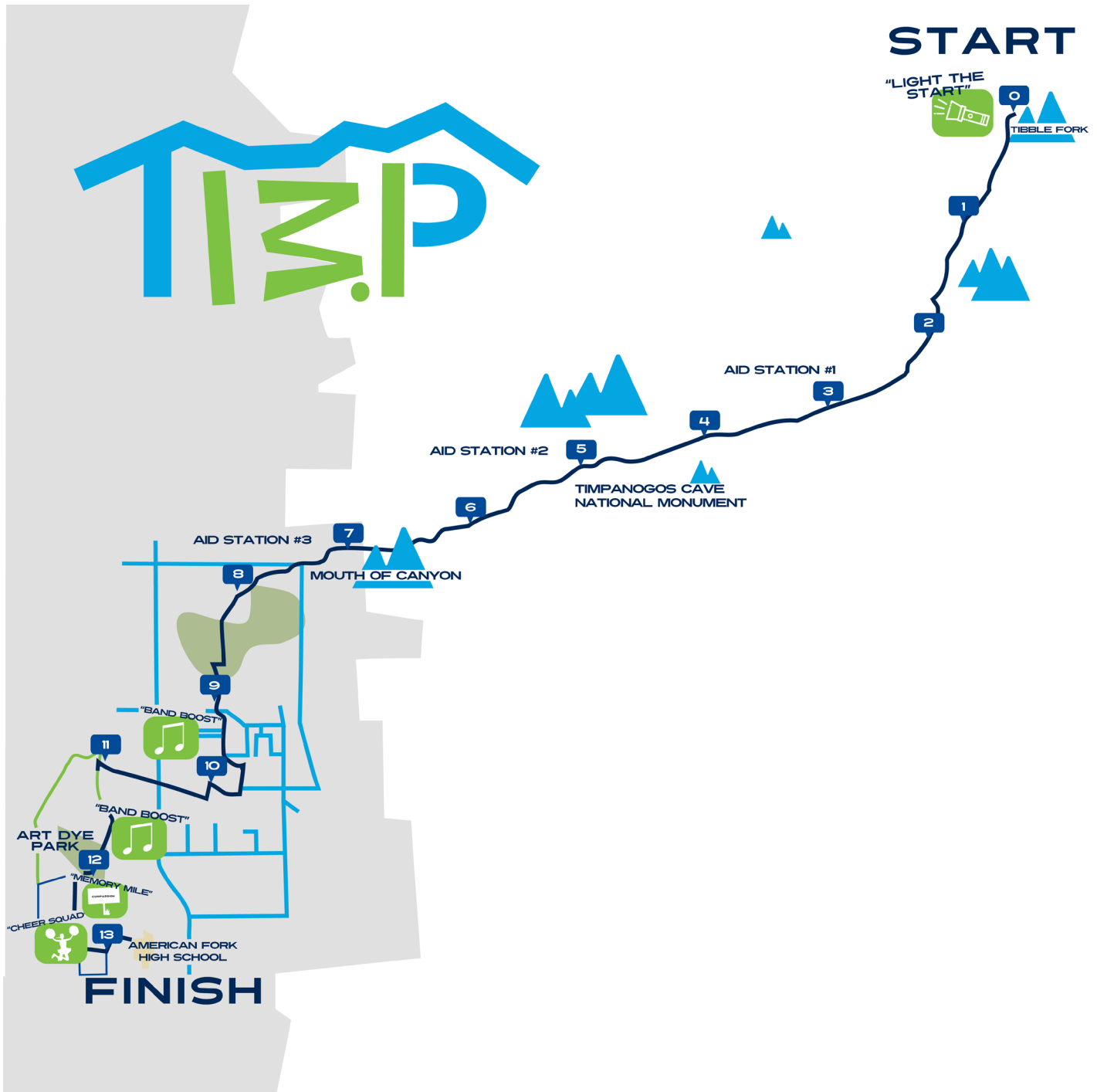
At the starting line each pacer will be holding a sign with their pace time on it. The faster the pace the closer to the starting line they will be. Please find your pacer and line up behind them.

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.

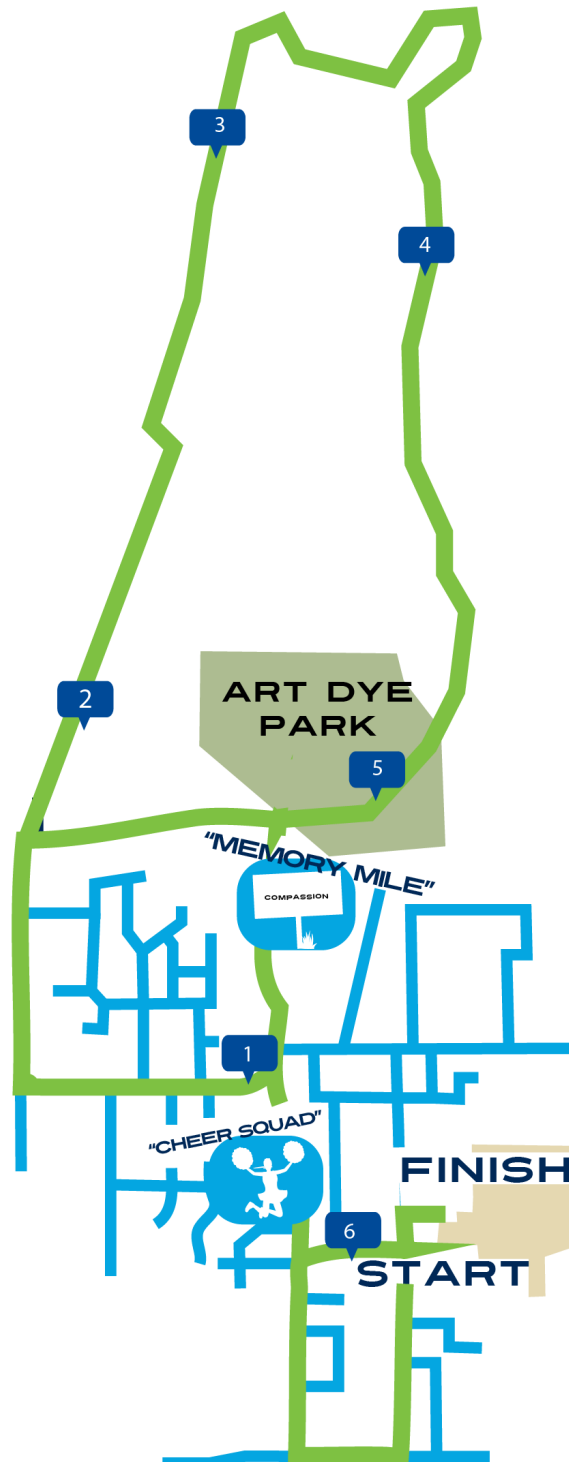
WEATHER

The average temperature at the start can be as low as 30 degrees. So dress warm! After exiting the canyon temperatures will be higher. Temperatures can range from 65 - 85 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!

HALF MARATHON COURSE



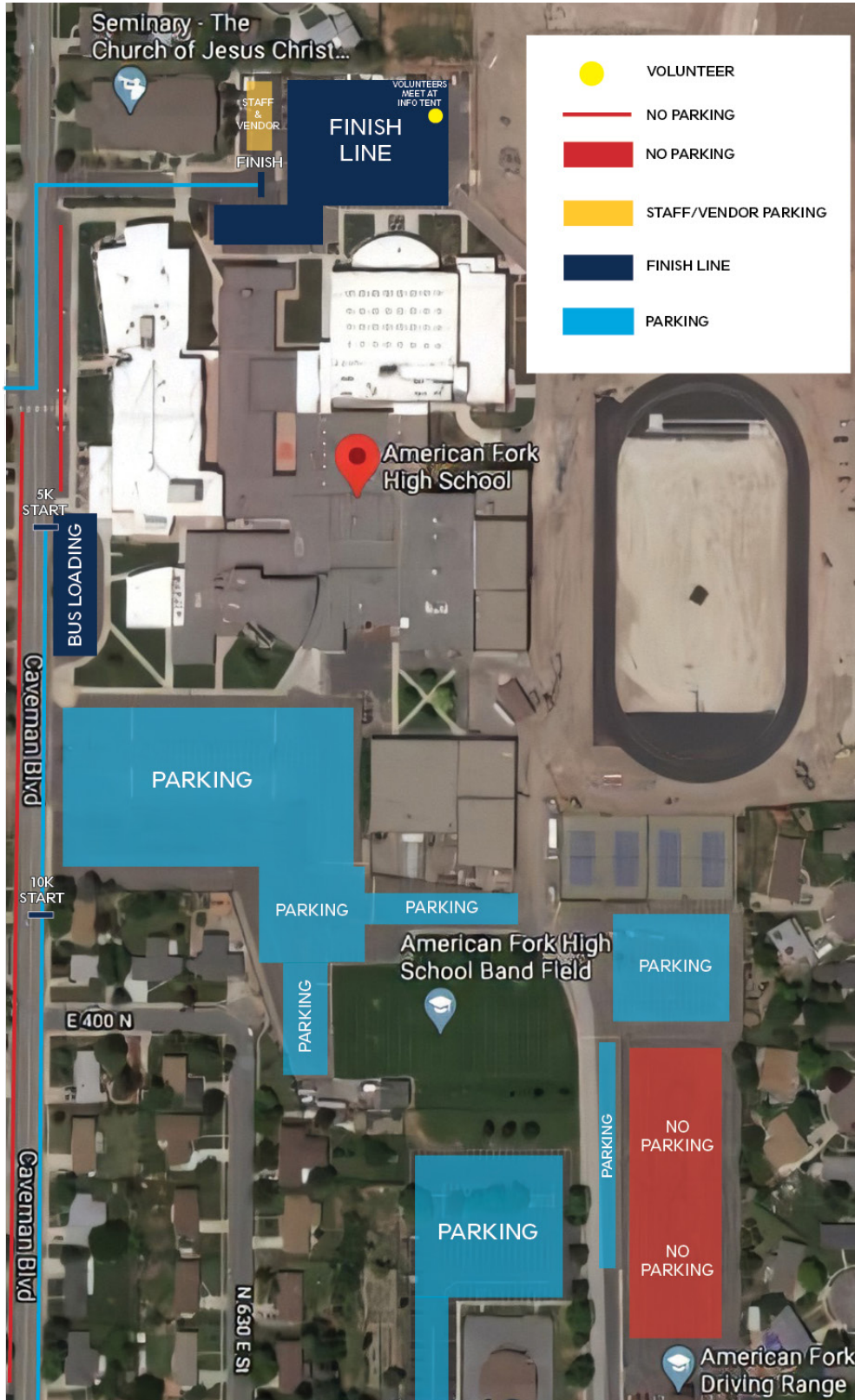
10K COURSE



5K COURSE



Parking Map





CHARITY PARTNERS



Huntsman Cancer Institute's mission is to understand cancer from its beginnings, to use that knowledge in the creation and improvement of cancer treatments, to relieve the suffering of cancer patients, and to provide education about cancer risk, prevention, and care.

- Guiding Principles
- The patient first
- A united effort
- Excellence in all we do

These are the principles that guide us. From our physicians and nurses providing care, to volunteers handing out snacks in clinic waiting areas, to valets greeting visitors at the front entrance, the Huntsman Cancer Institute team aims to make each person's experience exceptional.



Cancer impacts everyone in one way or another. We're not just another cancer charity trying to raise awareness. We're driving right to the heart of the matter. We're not looking to treat this disease. We're on a mission to eradicate it.

Who are you giving your \$5 for? Write their name on your hand and share the image on social media. #5ForTheFight. 100% of every dollar donated will go directly to supporting groundbreaking cancer research.



COVID-19 PRECAUTIONS

SOCIAL DISTANCING

- Race starting times have been changed to create a buffer between Half Marathon, 10K and 5k runners
- Runners in the Half Marathon will be sent out in waves 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
- Masks will be provided at bus loading for the half marathon
- Masks are required to wear on the bus
- Masks will be available at the finish line at the Blue Runtastic Info Tent

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

- Volunteers and staff will wear gloves and masks
- 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.

Due to current health concerns, we have created a virtual option for those that still want to be involved virtually with the historic 10 Year Celebration of Runtastic Events and the Timp Half. You can run from your own home or neighborhood block.

**VIRTUAL TIMP
OPTIONS >**



TRILOGIZE

Run three Runtastic half marathons or full marathons (at least one must be a location event). 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
- Mt. Nebo Marathon
- The Haunted Half - SLC
- The Haunted Half - Austin
- The Haunted Half - Provo
- Thankful 13
- Virtual Dino Half
- Virtual Heber Half
- Virtual Timp Half
- Virtual COVID-19 Marathon & Half

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!

VIRTUAL RACE INFORMATION

To qualify for the Trilogy Medal you must submit your time and a .gpx file of your run or a screenshot of the run. Because this is a virtual run you must provide proof as it is not professionally timed like our location events. Your run must be completed all at one time. It does not count in separate increments including all virtual races.





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 Event will be put against each other and at the end of the year the top three will be awarded. The top three overall finishers, male and female, of each distance, will receive the coveted Runtastic Events Leaderboard medal, prizes, and a free entry into a race of your choice.

Age group medals will also be given to the top three, male and female, of each distance.

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! >**



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 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 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)

NOTE: One discounted entry per race results. Must have qualifying time in the previous 18 months and a link to the results. [Learn More>](#)

RUNTASTIC RACE SERIES

2020 RACES



**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

2021 RACES



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



**RUN OF REMEMBRANCE
10K, 5K, & MILE**
MEMORIAL DAY / AMERICAN FORK, UT
www.runofremembrance.com



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