



MT.  
**NEBO**  
MARATHON & HALF

***RUNNER'S GUIDE***

**AUGUST 29, 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 fastest race, The Mt. Nebo Marathon, half, and 5k! 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](mailto:info@runtasticevents.com). We also invite you to follow us on Facebook for additional updates.

Mt. Nebo Facebook: <https://www.facebook.com/NeboHalf/>  
or visit us at our webpage: <http://nebohalf.com/>

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



# BEFORE THE RACE

## REGISTRATION

The Mt. Nebo, Marathon, Half, and 5k is one of the best courses in Utah! This course is beautiful. This course is fast. This course is fun! Run along the scenic Mt. Nebo Loop down Payson Canyon and gaze upon the panoramic views of Mount Nebo, the Utah Valley and Utah Lake far below. Running down this canyon in the fall allows you to partake of all tranquil beauty this canyon offers.

There is **NO** day of registration for the Marathon, Half Marathon or the 5K.

## EXPO

**WHERE:** Provo Towne Center Mall, 1200 Towne Centre Blvd, Provo, UT 84601

First Floor, Room 1146 - Close to Dillards [See Map>](#)

**WHEN:** August 28 2020 / 11:00 am - 7:00 pm

**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](mailto: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.

The race bags have a place for writing your Bib Number. 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 marathon bag truck will leave at 5:30 AM. The half marathon bag truck will leave at 6:15 AM.

We will have clothing drops at Mile 1 and aid station 1 (mile 3). Clothes not picked up at the finish line will be taken to the office in American Fork. After 2 weeks, clothing will be donated. Please respect the canyon and help us keep it clean by dropping clothes and any trash at designated aid stations or in trash receptacles.





# START TIMES

## MARATHON START - 5:45 AM

The Mt. Nebo Marathon is a true Canyon Marathon, with 25 miles of the race in Payson Canyon! You won't find a more beautiful race. You will experience a few hills during the first half of the course. However, the last 16 miles are completely down hill, which makes this marathon course super fast.

First light is around 6:15 to 6:30 a.m. The first part of the run will be in the dark. If you would like to bring a headlamp, you will be able to drop it off at one of the aid stations to be picked up after the race at the info tent or at our main office.

Course: Starting line is at Nebo Bench Trailhead.

## HALF MARATHON START - 6:30 AM

The Mt. Nebo Half Marathon is one of the fastest races in Utah, 12 beautiful miles down Payson Canyon. Experience scenic views and a wide course. Payson Canyon is a hidden gem often overlooked. Come and experience a breathtaking course. This race might just become your favorite.

Course: Starting line is near Payson Lakes. The course finish line is at Memorial Park.

## 5K START - 7:00 AM

Start and finish is at Memorial Park 250 South Main Street, Payson, UT 84651.

# TIMING

## TIMING & BIBS

Mt. Nebo Marathon, half, and 5k, 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 plan to be one of the top 10 runners please try to position yourself at the front of the line.

## TIMING RESULTS

The first 3 overall 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 Trail
- Online at <http://nebohalf.com/results/>

## TIME LIMIT

The course is supported until 12:00 pm. After this time 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

## 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.



HALF FINISHER  
MEDAL



5K FINISHER  
MEDAL



MARATHON FINISHER  
MEDAL





# TRAVEL AND TRANSPORTATION

## COURSE CLOSURE & RESTRICTIONS

Payson Canyon will be closed to **OUTGOING** traffic only so please stay to the right as you head down the canyon. Please be respectful to traffic and be careful as you run down the canyon. Stay alert. This course is FAST, please make sure you are prepared. Please be aware of the traffic cones. Payson Canyon is allowing us to use the outgoing lane out of the canyon. Once out of the canyon, there will be times that you are running opposite of how you were coming out of the canyon. This is for your safety. Please follow the directions by the police or designated volunteers wearing reflective vests.

## BUSES

There are two separate bus loading areas. Please be aware of your event so you get on the correct bus. You will find runner signs and volunteers directing you to the correct bus area.

### MARATHON

Bus pick-up will be at the front of Park View

Elementary School 360 S. 100 E., Payson, UT. Please arrive early, as buses will only depart for Payson Canyon from 3:30 am to 4:00 am. There will be no late transportation.

### HALF MARATHON

Bus pick-up will be on the South side of Memorial Park 300 S. Main St., Payson, UT. Please arrive early, as buses will only depart for Payson Canyon from 4:00 am to 5:00 am. There will be no late transportation.

## PARKING

Parking is available at Memorial Park on the Northeast and North parking lots, the LDS church across from the park and Park View Elementary School. Parking is not allowed at the park on 300 S., Main St or 200 S as they are reserved for the buses.

## AIRPORT

The Provo Municipal Airport is 19 miles (about 27 minutes) from Memorial Park. The Salt Lake international airport is 65 miles (about 1 hour) from Memorial Park.





## FINISH LINE

The finish line is at Memorial Park Address: 250 S Main St, Payson, UT 84651 After finishing you are welcomed into the runners corral where you will receive water, food and more! Food is only available for Nebo participants. When you join us at our fun finish line enjoy:

- Sponsor Swag
- Flo-Foto Photography
- Porta Potties
- Bag Drop
- Awesome Finisher Medals
- Food
- Water & Powerade
- Music
- Awards

*\*\*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 8:00 AM to 12:00 AM on a first come first serve basis in the finish area. Massages are provided by trained volunteers.

## 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 like shirts, tanks, and hats.



## AGE GROUP

Age group Medals will be given to the top three, male and female, of the Marathon, 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



## AWARD CEREMONIES

**5K OVERALL:** 7:45 AM

### 5K AGE GROUP: 8:00 AM

**HALF OVERALL:** 8:15 AM

**HALF AGE GROUP:** 8:45 AM

**MARATHON OVERALL:** 9:00 AM

**MARATHON AGE GROUP:** 10:15 AM

## OVERALL

The top three finishers, male and female, of the marathon, half marathon and the 5K will receive a Medal and free Entry into 2021 Mt. Nebo Marathon, Half, or 5K!



A smiling female runner with blonde hair, wearing a grey tank top and a race bib with the number 3096, making a heart shape with her hands.

# RULES OF COMPETITION

## RULES OF COMPETITION

The Nebo Marathon and Half 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 and it will result in being banned from any participation in a Runtastic Events race for a minimum of one year.

### THE FOLLOWING ARE NOT ALLOWED:

- Personal Support Vehicles
- Drop off at start line by non approved transportation (Marathon & Half 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/nebo-half/nebo-policy>

A background image of two runners, a man and a woman, on a paved trail. The man in the foreground is wearing a red t-shirt and a race bib with the number 2697, giving a thumbs up. The woman behind him is also giving a thumbs up. The text "SAFETY AND ACCOMMODATIONS" is overlaid in large white letters.

# SAFETY AND ACCOMMODATIONS

## AID STATIONS

We want to make sure you have a safe, fun, and comfortable run. For your convenience we have aid stations at all odd numbered mile markers (3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, & 25) 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 & 19.

## 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 and can be dispatched anywhere along the course.

## 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](mailto:info@runtasticevents.com). We will do our best to accommodate your specific needs.



A photograph of a female runner in a black t-shirt and red shorts, celebrating with her right fist raised. She is wearing a race bib with the number 2977. The word "TIPS" is overlaid in large white letters.

# TIPS

## RYR PACING TEAM

To help our runners achieve their goals we have enlisted the RYR Pacers to pace the half marathon. The following times will be paced with two pacers per time slot:

- |               |               |
|---------------|---------------|
| • 1 hr 40 min | • 2 hr 10 min |
| • 1 hr 45 min | • 2 hr 20 min |
| • 1 hr 50 min | • 2 hr 30 min |
| • 1 hr 55 min | • 2 hr 40 min |
| • 2 hr 0 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. 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!

# MARATHON COURSE

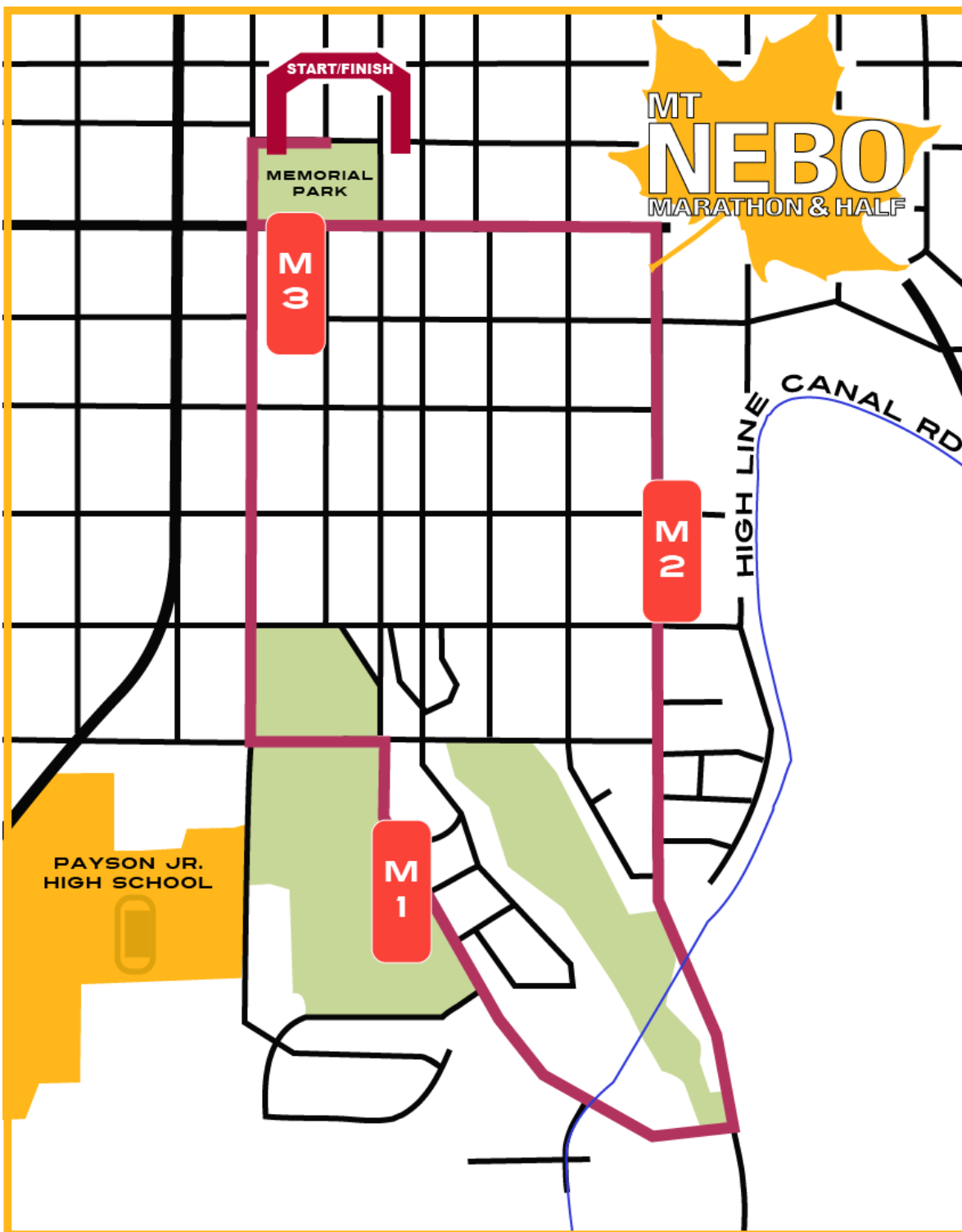




# HALF MARATHON COURSE



# FIVE K RUN

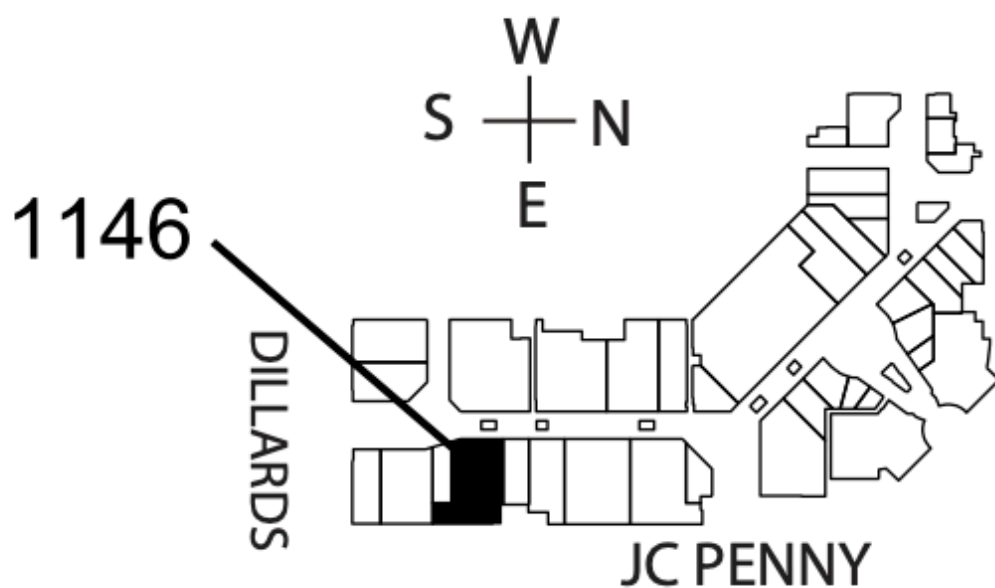




# PARKING MAP



# EXPO MAP



PROVO TOWNE CENTRE



A photograph of three female runners at a marathon. The runner in the center is wearing a blue and yellow patterned tank top, a blue cap with "IRON MAN" on it, and sunglasses. She is smiling and making a peace sign. The runner to her left is wearing a pink shirt and blue shorts. The runner to her right is wearing a pink tank top and black shorts. They are all wearing race bibs. The background is blurred, showing other runners and trees.

# CHARITY PARTNERS

## RUN FOR MENTAL HEALTH

The Mt. Nebo Marathon and Half is partnering with the Run for Mental Health to help bring awareness and change!

We believe that physical movement is very important to our own personal mental wellness. That is why we will continue to promote physical activity, running, walking, hiking, biking or anything that helps stimulate our feel good endorphins.

Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.





# COVID-19 PRECAUTIONS

## SOCIAL DISTANCING

- Runners in the Marathon and 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 and in the finish area
- Masks will be available at bus loading, start line, finish line, and 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 Mt. Nebo Marathon & Half. You can run virtually from your own home or neighborhood block.

**VIRTUAL MT. NEBO**  
**OPTION>**



## TWO CANYON TEN YEARS CHALLENGE

### TWO CANYON CHALLENGE MEDAL DISPLAY

Reintroducing the 2 Canyon Challenge Medal Display! In 2011, these unique aspen medal holders were awarded to all those who ran the very first Timp Half and the Mt. Nebo Half. In celebration of the 10th Anniversary, we are bringing them back!

Run the Timpanogos Half and the Mt. Nebo Marathon or Half Marathon to get this beautiful wood medal display. Celebrate the Ten Year Anniversary of Runtastic Events with us this August.

There is no additional cost to qualify for the 2 Canyon Challenge Medal Display. Our database will record your official results and we can look up your race history when you come to claim your award.

**Only location events count toward the 10 Year Anniversary Wooden Medal Display. You must run the Timp Half Marathon & Mt. Nebo Marathon or Half Marathon to qualify for the medal holder.**



**After you cross the finish line of the Mt. Nebo Event please visit the blue Runtastic Info tent in the finish area to claim your 2 Canyon Challenge Medal Display.**

# TRILOGIZE

## 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 Marathon
- 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 Mt. Nebo Marathon & 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 Info 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.

[Submit Virtual Results >](#)





# 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.

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 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 rewards. The elite runners programs 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)

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



**THE HAUNTED HALF, 5K,  
& KIDS RUN**

**OCTOBER 24, 2020** / SALT LAKE CITY, UT  
[www.thehauntedhalf.com](http://www.thehauntedhalf.com)



**THE HAUNTED HALF, 5K,  
& KIDS RUN**

**OCTOBER 31, 2020** / PROVO, UT  
[www.thehauntedhalf.com](http://www.thehauntedhalf.com)



**THANKFUL 13, 10K, 5K  
AND KIDS RUN**

**NOVEMBER 26, 2020** / LEHI, UT  
[www.thankful13.com](http://www.thankful13.com)



**RUN OF REMEMBRANCE  
10K, 5K, & MILE**

**MEMORIAL DAY** / AMERICAN FORK, UT  
[www.runofremembrance.com](http://www.runofremembrance.com)



**DINO HALF 5K, & KIDS  
RUN**

**MAY 2021** / VERNAL, UT  
[www.dinohalf.com](http://www.dinohalf.com)



**HEBER HALF RUN FOR  
AUTISM**

**JUNE 2021** / HEBER, UT  
[www.heberhalf.com](http://www.heberhalf.com)



**AF STEEL DAYS 10K, 5K,  
& KIDS RUN**

**JULY 2020** / AMERICAN FORK, UT  
[www.steeldaysrun.com](http://www.steeldaysrun.com)

## 2021 RACES



**FRIGID 5K & PENGUIN  
PLUNGE**

**JANUARY 23, 2021** / PROVO, UT  
[www.timphalf.com](http://www.timphalf.com)



**TIMP HALF, 10K, 5K, &  
KIDS RUN**

**JULY 2020** / AMERICAN FORK, UT  
[www.steeldaysrun.com](http://www.steeldaysrun.com)