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Run For Autism



Runner's guide

JUNE 27, 2020

contents

PRE RACE & START	1	VIRTUAL RACE OPTIONS.....	9
Registration / EXPO / Packet Pick-Up / Start Times		Virtual Race Details	
TIMING	2	TRAVEL & TRANSPORTATION.....	10
Timing Results / Time Limit		Travel / Parking / Road Closures / Traffic / Bus Shuttle	
SWAG	3	TIPS	11
Race Shirt / Medal		COURSE MAPS	12 - 13
AWARDS	4	PARKING MAP	14
Award Ceremonies / Placement Medal		CHARITY.....	15
FINISH	5	Kids on the Move	
Spectators / Party Area / Photos /Massage		TRILOGIZE	16
RULES OF COMPETITION.....	6	ELITE RUNNERS	17
Rules of Competition / Leave No Trace /Transfers, Deferrals		RUNTASTIC LEADERBOARD	18
SAFETY & ACCOMMODATIONS... 	7	SPONSORS	19 - 21
Aid Stations / Medical / Race Security /Participants with Special Needs		RUNTASTIC RACE SERIES	22
COVID-19 PRECAUTIONS.....	8		
Safety Precautions			

RUN FOR AUTISM

WELCOME!

Runtastic Events has partnered with Kids on the Move to provide the Heber Half. When you're racing in the Heber Half Run for Autism, you're racing for a cause. Benefiting Kids On The Move's Autism Center, this race is one that leaves its runners feeling motivated and inspired. 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.

Heber Half Facebook: <https://www.facebook.com/heberhalf/>
or visit us at our webpage: <https://heberhalf.com/>

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

RUNTASTIC EVENTS TEAM



PRE-RACE START

REGISTRATION

Sign up online until June 27 at 8 a.m. or at the Expo. There is only day of registration for the All Abilities 1/2 Mile Run. Visit the Blue Runtastic Info tent from 8 a.m. to 9 a.m. to register for the All Abilities 1/2 Mile (space permitting).

EXPO

WHERE: Timpanogos Middle School 1415 E 980 S. Heber City UT 84032

WHEN: June 26th 11:00 a.m. – 7:00 p.m.

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

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

START TIMES

STARTING LINE: 1600 E. 980TH S, HEBER CITY, UT 84032

HALF MARATHON START / 6:00 AM

This is a beautiful downhill and fast course! Get ready to get that PR and take in the sights. What to expect:

- fire pit
- music
- refreshments

5K START / 6:30 AM

This course takes you out onto a loop course in Heber City. This year Heber City Mayor Potter will be kicking off the 5K.

ALL ABILITIES 1/2 MILE / 9:00 AM

The 1/2 Mile is a great opportunity for everyone to feel the joy of running for a great cause.



TIMING & BIBS

The Heber Half Marathon, 5k, & All Abilities 1/2 Mile will be professionally timed. The chips will be attached to the back of your bib. **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 Trailer
- Online at: <http://www.theracetiming.com/runtastic-heber-half-and-5k/>

TIME LIMIT

The Half Marathon Course is supported until 9:15 a.m. (3 hours 15 Minutes). Runners must be able to average a pace of 15 minutes per mile to participate. If you are unable to finish the course in the allotted time we ask that you participate in the 5K instead.



SWAG

SWAG & GEAR

All runners will receive a high-end gender specific short sleeve running shirt, race bag, vinyl decal, & temporary tattoo.

All finishers will also receive the beautiful 2020 Acceptance puzzle piece medal. Don't worry! You can still earn the 2018 and 2019 puzzle piece medals by signing up for the virtual runs.

Sign up here: <https://www.raceentry.com/races/virtual-heber-half-flashback/2022/register>





AWARDS

AGE GROUP

Age group Medals will be given to the top three male and female participants of the Half Marathon & 5K 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: 7:00 a.m.

5K AGE GROUP: Pick up by award stage

HALF OVERALL: 8:00 a.m.

HALF AGE GROUP: Pick up by award stage



OVERALL

The top three finishers, male and female, of the Half Marathon and 5k will receive a free Entry into the 2021 Heber Half or 5K as well as the following prizes:

1st: TBD

2nd: TBD

3rd: TBD



PHOTOS

Photography is provided by Flo-Foto 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. 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.

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



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 shirt, tanks, hats, socks and more!

PARTY AREA

- | | |
|--------------------|-------------------------|
| • Music | • Flo- Foto Photography |
| • Awards | • Blue Foam Party |
| • Results | • Bounce Houses |
| • Inflatable Games | • Porta Potties |

MASSAGE

A complimentary post-race sports massage will be available from 7: 00 a.m. to 10 a.m. on a first come first serve basis in the finish area. Massages are provided by trained volunteers.

A photograph of a man and a woman running towards the camera, crossing a finish line. They are both smiling and have their arms raised in celebration. The man is wearing a grey t-shirt and the woman is wearing a blue t-shirt. They are running on a paved road with a crowd of spectators on either side, separated by red barriers. The text "RULES OF COMPETITION" is overlaid in large white letters.

RULES OF COMPETITION

RULES OF COMPETITION

The Heber 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. (Please keep in mind the time limit for the race. *See Road Closures and Time Limits.)

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:

- Pets
- Personal Support Vehicles
- Rollerblades, bicycles, skateboards, scooters
- Weapons or potentially harmful objects

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.

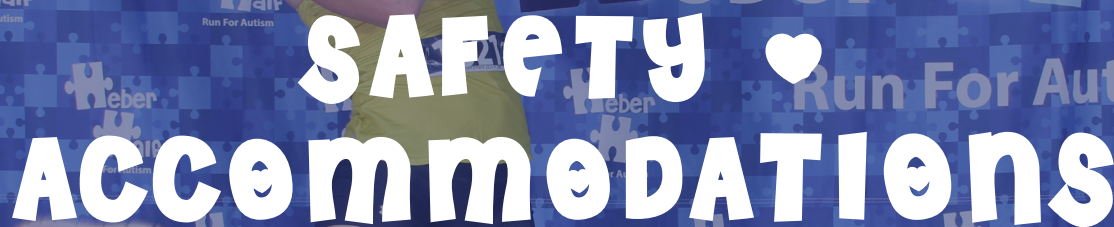
If you lose an item at the race, please visit the Blue Runtastic Information Tent during the event to see if it has been turned in. Items not picked up at the event will be taken to our office.

Please contact us at info@runtasticevents.com Lost items not claimed after one week will be donated.

REFUNDS & TRANSFERS

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 Event or defer your entry to next year's race. For more information on this process please visit:

<https://heberhalf.com/faq/>



SAFETY ♥ ACCOMMODATIONS

AID STATIONS

There are five Aid stations throughout the course that are supported at the following miles:

- 5K Aid Station @ mile 3
- Half Marathon Aid Stations @ mile 3, mile 5, mile 7, mile 9, mile 11

Water, Powerade, vaseline, porta-potties and a first aid kit will be available at each Aid station. Look for Powerade on the first table and water on the second. Energy Gels will be available at the start and at 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 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@runtastic-events.com We will do our best to accommodate your specific needs.

A male runner wearing a blue tank top, a blue cap, and sunglasses, running outdoors. A race bib is visible on his chest.

COVID-19 PRECAUTIONS

SAFETY

To keep the optimal safety of our runners, we will be taking the following measures to ensure the health of all participants at this year's race:

- Hand sanitizers and hand wipes will be provided at all areas on race day and packet pickup
- Volunteers and staff will wear gloves
- Equipment will be sanitized
- Volunteers will be actively cleaning high touch areas
- Signs will be placed throughout the finish area and at the starting lines reminding runners to maintain adequate social distancing
- Runners will be sent in waves of 50 from the half marathon starting line
- Food at the finish line will be prepackaged for individual servings
- Placement medals will be handed to the winners via a volunteer's gloved hands, not put around the winner's neck
- Volunteers will be keeping track of the amount of people gathered at the finish area to ensure proper social distancing measures are followed
- Race starting times have been changed to create a buffer between half marathon and 5k runners

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. We have created a virtual option so no runners feel pressured to come if they are uncomfortable with attending or feeling ill in any way.

We value our runner's training and time. We also understand the gravity of this health situation and we thank you for your continued support at this time.

For those who would like to participate in this year's Heber Half Run For Autism but are not comfortable with a physical race, we have created a virtual race option for runners.



VIRTUAL RACE OPTION

VIRTUAL RACE

All virtual race runners will have the opportunity to include the following as part of their entry:

- 2020 race shirt
- 2020 race bib
- 2020 unique puzzle piece medal

Runners will be able to submit their virtual race time until Saturday, July 11th. Simply submit your time after running your virtual race by visiting your self-management portal [Here](#).

Runners already signed up for the 2020 Heber Half Run For Autism can choose to transfer their registration to the virtual race. Visit your self-management portal [Here](#) to defer registration to the 2020 Heber Half Virtual race.

Those who opt to participate in the virtual race will not be eligible for placement awards. Award medals are only available for officially timed location races.

We want to see how you rep the Heber Half during your virtual race! Take a photo in your 2020 shirt or showing off your brand new medal and post it on your social media page. Use the hashtag [#heberhalfathome](#) and tag us.

**[SIGN UP FOR THE 2020
VIRTUAL RACE OPTION>](#)**



TRAVEL ♥ TRANSPORTATION

HALF TRANSPORTATION

Bus loading is at **600 E 980th S, Heber City, UT 84032** from **4:00AM – 5:00AM**.

You must be at the bus loading zone by 4:45AM to guarantee transportation to the start. If you miss the bus you forfeit your registration and ability to run the race.

Half Marathon will have its wave starts from 6:00 am to 7:00 am. The half marathon starts at the end of Lake Creek Road on Forest Service land in Heber City, UT.

To alleviate the need for busing all of the half marathon participants, we are providing several options for runners.

- We encourage runners to be dropped off at the start line prior to the start time of the race. Drop off is only available till **5:00 a.m.** as the canyon will be closed at 5:30 a.m. for the runners.
- There is no parking at the starting line. Please utilize the buses and wear face masks as a precaution.
- Bus check-in will be created for runners that don't have any other transportation to the starting line to maximize the number of people that can ride on a bus. Those on the bus will be provided with face masks.

COURSE CLOSURE & RESTRICTIONS

Here is a list of Road Closures and times. Please plan your travel accordingly. For exact locations see Road Closures in map section.

- 980th S. between the church and Cobblestone Dr. (5 a.m. to 10 a.m.)
- E 1200 S between E W Cobblestone Dr. and 2720 E E 6:30 am - 9:30 am
- 1400 S between 2720 E and Red Filly
- Red Filly Rd between 1400 S and E 1200 S (7 a.m. to 9 a.m.)
- 5700 East between 1200 South and East Lake Creek Rd. (6 a.m. to 8:30 a.m.)
- East Lake Creek Rd from Timberlake Rd and Start East on (6 a.m. to 8:30 a.m.)

PARKING

Free Parking for all participants and spectators can be found close to the finish. Please see the Parking Map for exact locations.

SPECTATORS

Feel free to cheer on your friends and family at the finish line.



TIPS

RYPACING 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
- 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 (sweeper)

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.

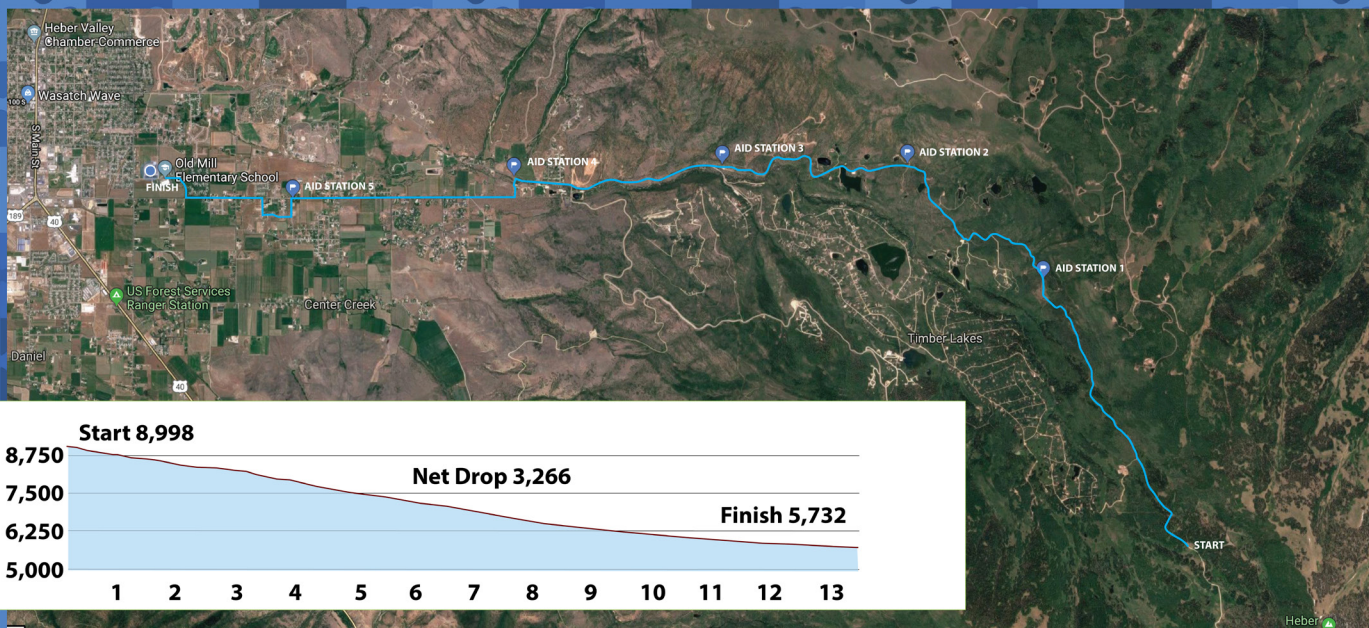
WEATHER

The average temperature at the start is about 43 degrees. Temperatures can range from 60 - 90 degrees with little to no humidity. Wear sunscreen to protect yourself from the sun. It will most likely be a warm sunny day, so make sure to stay hydrated. We will have plenty of water and sports drink for you at each aid station so drink up!



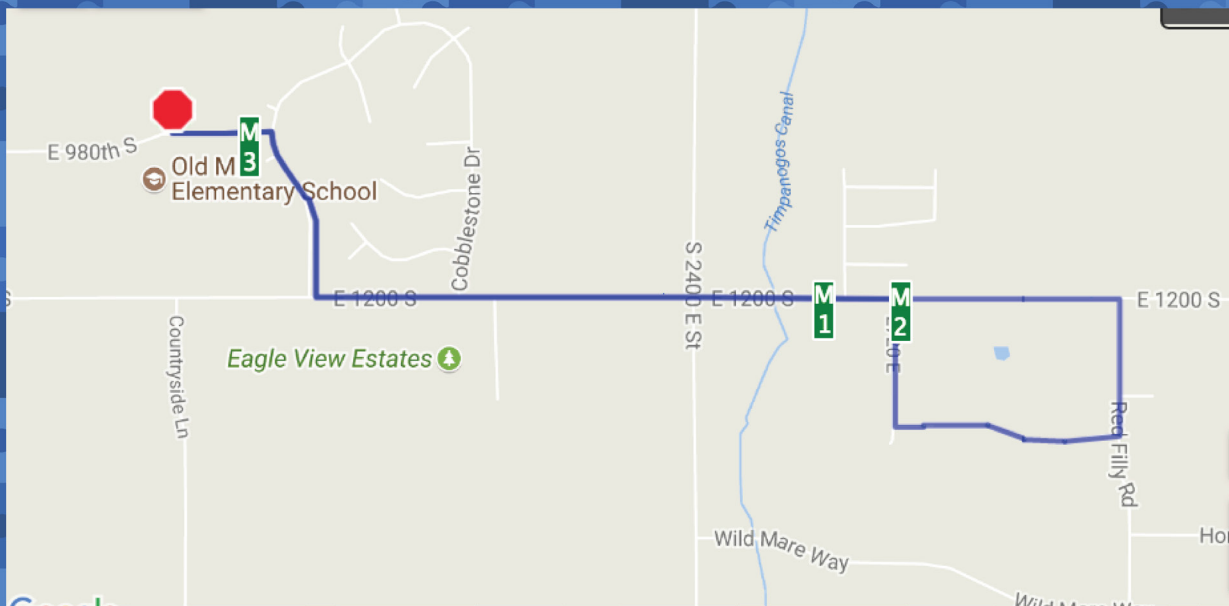
Run For Autism

HALF MARATHON COURSE



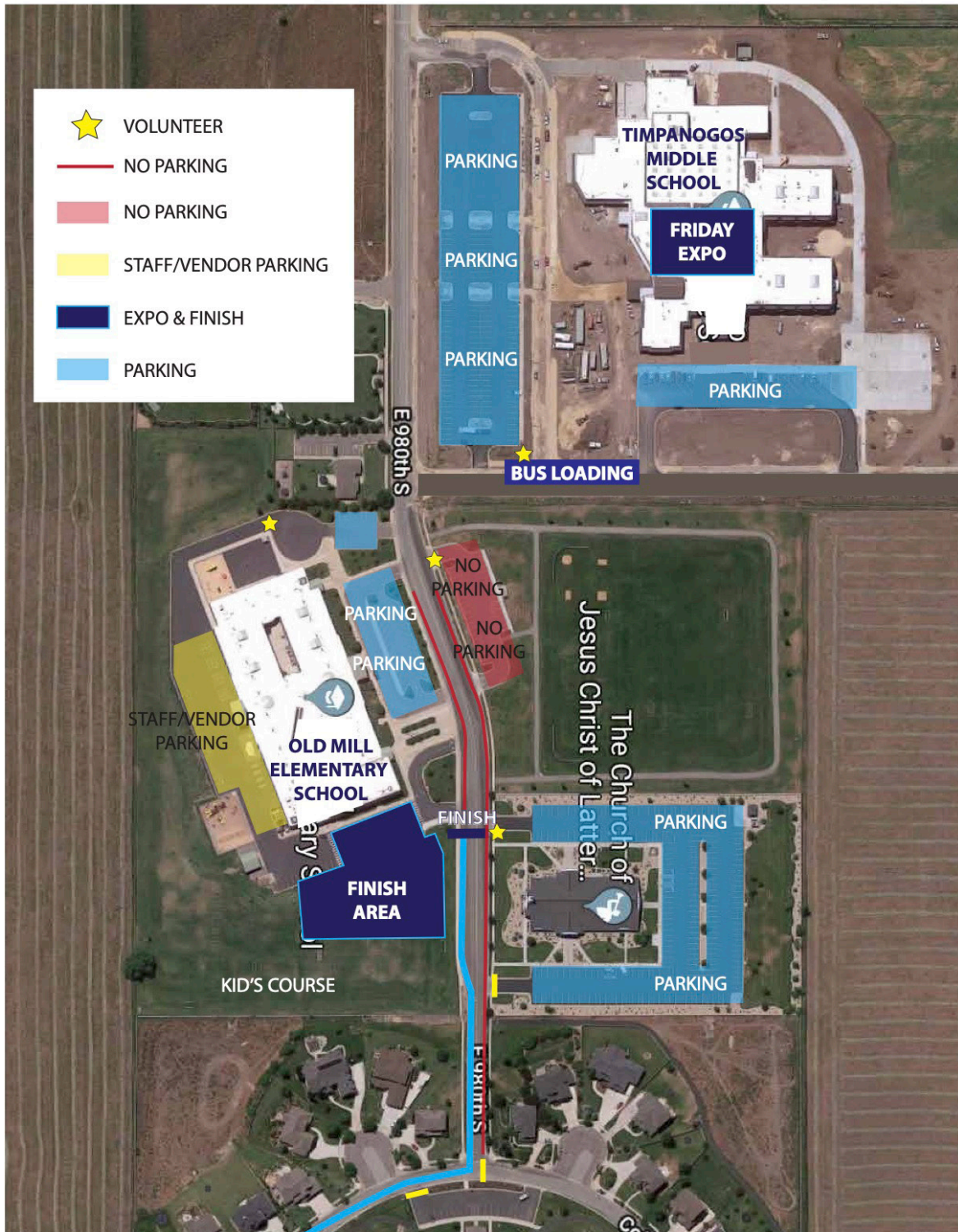
COURSE MAP

5K COURSE



COURSE MAP

parking map



CHARITY PARTNERS

CHARITY



kids on the move
empowering families, one kid at a time

Kids On The Move has a mission:

To support the healthy development of young children and families. They empower families, one kid at a time, to lead more successful lives and to be less dependent on government assistance. They provide 5 high quality programs:

1. Early Head Start
2. Early Intervention
3. Autism Center
4. Respite Center
5. Child and Family Mental Health

Changing the trajectory of a child's development and helping them advance in line with typically developing peers. Call [\(801\) 221-9930](tel:8012219930) for a free consultation. Click the link for more information. www.kotm.org



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
- Timpanogos Half
- Mt. Nebo Marathon
- Mt. Nebo Half 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 info tent in the finish area to claim your Trilogy Medal!





ELITE RUNNERS

ELITE RUNNERS

Are you an elite runners?

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/>

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! >**



SPONSORS

SPONSORS

Thank you to our wonderful sponsors who made this event possible!



Good Things *2 Step*



Brian

Reagan

Nicea

Ali

Surae

WEEKDAYS AT 9AM

 **.COM** /GTU

we are friends

Helping children on the autism spectrum
developmentally 3 to 12 years old

EDUCATIONAL TECHNOLOGY SOLUTION

Social Skills ~ Self-Esteem ~ Sensory Integration

Supported by the National Science Foundation, Teaching It Right has developed We Are Friends, which is a research-based, interactive educational app, available via iPad, to assist children with special needs, particularly those on the autism spectrum that are developmentally 3 to 12 years old.

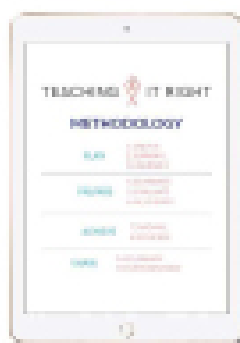


ONLY 10 MINUTES A DAY

PRODUCT FEATURES



- Music Learning
- Customized Photos
- Video Modeling

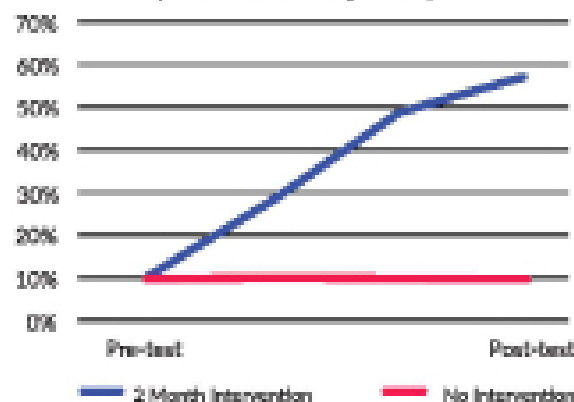


- Teaching Methodology for Parents and Teachers



- Reward Systems
- Measurement and Tracking Tools

Student's Eye Contact Duration with their Teacher
(2-minute time period)



PROGRAM OVERVIEW

Foundational Skills
with your role model



Communication Skills
with mentors



Relationship Skills
with friends



Self Advocacy
in the community



RUNTASTIC RACE SERIES



2020 RACES



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

JULY 11, 2020 / AMERICAN FORK, UT
www.steeldaysrun.com



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, MARATHON, & 5K

OCTOBER 24, 2020 / SLC, UT
www.thehauntedhalf.com



THE HAUNTED HALF, MARATHON, & 5K

OCTOBER 25, 2020 / AUSTIN, TX
www.thehauntedhalf.com



THE HAUNTED HALF, MARATHON, & 5K

OCTOBER 31, 2020 / PROVO, UT
www.thehauntedhalf.com



THANKFUL 13, 10K, 5K & KIDS RUN

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