2018 RUNNER'S SUCCESS GUIDE

Your comprehensive guide to the Zions Bank Ogden Marathon

INTRODUCTION

It is our goal that you have the best runner experience possible while running the Ogden Marathon. To ensure that you have a great race day, please read these runner instructions. We look forward to seeing on May 19th at the starting line!

ALTRA FUN AND FITNESS EXPO

The Altra Fun and Fitness Expo site remains at the Weber County Sports Complex (The Weber County Ice Sheet). **4400 Harrison Blvd. Ogden, Utah 84403.**
This is where all runners will pick up their packets and bibs as well as get to check out a lot of great vendors.

RACE JOY – INTERACTIVE APP

The Ogden Marathon is excited to partner with Race Joy as the interactive app for the 2018 race. The app is free for Android and Apple and is meant for both runners & spectators! Information is at your fingertips with this fun and useful application. See maps, schedules, results and photos, all for **free**. Also find your bib # and receive important race announcements.
It is important to note that the Ogden Marathon runs through winding canyons and phone service is not always at its peak. This app will work great as long as the phone service and battery are working for the athlete and spectator.

TIMING CHIP

The Chronotrack D-tag timing device will be issued to you with your bib at packet pick up. Remove the D-tag from the back of your bib and attach it to your shoe. Be sure **not** to flatten your D-tag once it is attached to your shoe.
Chip times will be used for age group awards, while overall winners will be determined by gun time.

RELAY TEAM TIMING

Relay Teams will be provided with a bracelet that will serve as your timing device. The bracelet needs to be passed on to the next runner at the relay exchange areas NO BRACELET, NO TIME. Please be sure that the timing bracelet is with the person who is running leg one at the start line.

PARKING FOR SHUTTLE BUS PICKUP

The best option is for someone to drop you off, but if you can't stir anyone at 4:00 am, there are several parking options. (see map) Please do not park illegally, you may be ticketed or towed and you will be responsible for all costs.

SHUTTLE BUSES

Your bib is your ticket on to the bus. No bib - no bus ride! The buses are for only for runners! Only race issued runner bags will be allowed on. Please make sure you take everything with you when you get off of the bus.

Full Marathon and Relay Legs 1 AND 2
Located in front of the Bigelow Hotel
2510 Washington Blvd. Ogden, UT (East side of Washington)
These buses will be loading from 4:30 am to 5 am. **Please do not be late for the bus or you will not be transported to the start line.**

Half Marathon
Located in front of Peery's Egyptian Theater and Key Bank.
2491 Washington Blvd. Ogden, UT (West side of Washington)
These buses will be loading from 4:30 am to 5 am. **Please do not be late for the bus or you will not be transported to the start line.**

Relay Leg 3 AND Relay Leg 4
Located in front of Peery's Egyptian Theater and Key Bank.
2491 Washington Blvd. Ogden, UT (West side of Washington)
Bus loading will be at 6:15 am

Relay Leg 5
Located in front of Peery's Egyptian Theater and Key Bank.
2491 Washington Blvd. Ogden, UT (West side of Washington)
Bus loading will be at 8 am

VIP Runners
Located in front of the Bank of Utah will be Coach Busses
2605 Washington Blvd. Ogden, UT (26th St. and Washington)
The last bus leaves at 5:15

Relay Teams - *Once you have completed your relay leg, there will be busses staged to transport you to the finish area.*

AID STATIONS & PORT-A-LETS

Aid stations and portable restrooms will be at various locations through the race course. Please consult the map for descriptions and services.

START LINE AREAS

The temperature at the starting lines vary year to year (between 20-35 degrees). Runners should plan accordingly and dress in layers.

The Full Marathon runners and spectators will NOT be allowed to drive to the start of the full marathon. The road will be closed to all vehicles except the shuttle buses and official race vehicles. There will be music, fire barrels, and port-a-johns at the start.

The Half Marathon start line is at Eden Park which you can drive to, but parking is ***very*** limited and there will be ***no*** shuttle service to take you back after you finish. If you choose to drive yourself or to be dropped off, please use the North Ogden Divide and plan to arrive to the start line no later than 6:15 to avoid road closures and traffic. The very best optio is to ride the shuttle bus.

The Sunrise Canyon Bike Ride: There is a new location and start time for 2018. The Bike Ride will start at 6:40 am sharp at Snowcrest Jr. High School and make it's way down scenic Ogden Canyon, ending downtown Ogden. There will be NO late starts due to the logistics of the other races taking place. Paricipants should access the start line via the North Ogden Divide. Bike valet parking will be provided for you at the finish line. There are **NO** shuttles available to take you back to the Snowcrest, please plan accordingly.

The Utah Eye Centers 5k will start at 7 am at the Junction (near the Megaplex Theatre) and will cross the same world-class finish line. The course has been updated from last year, please check the updated map on our website.

CLOTHING DROP

Official Clothing Drop is at the Full and Half Start areas **ONLY.** If you drop your clothing along the course anywhere at all, it will not be returned and is considered a donation.

When you drop your clothing at the start line area, please remove the gear tag off of your bib and tie it to the runner bag that was supplied to you at the expo. This is the identifying number that will help us get your items back to you at the finish line.

RELAY RUNNERS -THERE IS NO CLOTHING DROP. Simply to hand off gear to the person just finishing their leg, and they can bring it down to the finish area. This is the only way for relay runners to ensure their gear is returned to them safely. **Remember, gear left anywhere on course is considered a donation and will not be returned.**

START LINE UP COURTESY

The American Flyers Pacers will be available to both full and Half Marathon runners to help you keep in line to accomplish your goal time. Here are the pacers for 2018: HALF MARATHON: 1:30, 1:40, 1:50, 2:00, 2:15, and 2:30. FULL MARATHON: 3:05, 3:15, 3:35, 3:45, 4:00, 4:15, 4:30, and 5:00.

Please be courteous and line up as close as possible to the pacer who will be running your speed. If you are planning on competing, be sure to line-up in the front as **Overall and Masters results are based on gun time.**
Pacers will be pacing according to Chip Time

COURSE TIME RESTRICTIONS

Bike Riders must reach the Pineview Spillway by **7:05 am**. Marathon participants MUST cross the Pineview Spillway (approximately mile 17.3 at the top of Ogden Canyon) by **11:30 am**. All runners MUST be out of Ogden Canyon by **1:00 p.m.** Full Marathon, Half Marathon and Relay runners must complete the full course in **7 hours**. Athletes who do not make the posted cutoff times will be removed from the course and transported to the finish area for their safety and for security.

MEDICAL ASSISTANCE

Please know that your enjoyment and safety are our utmost concern. Intermountain McKay Dee Hospital, Weber County EMS, Ogden City EMS & Fire and Weber County Medical Reserve Corps will provide medical professionals throughout the entire race course in the event that a medical situation presents itself.
Note: ***No medications will be distributed by medical personnel OR at aid stations. Please remember to bring your own medications, inhalers, etc..***

COURSE RULES

The Ogden Marathon is fortunate to gain the necessary permits that allow for the event, however, it is not a completely closed course. The various law enforcement agencies will do everything within their power to keep you safe, but **it is imperative that you remain on the right side of the road at all times**. Traffic will continue to flow around the race, so runners risk severe injury or even death if they cross the center yellow line as traffic may be coming from around the corner or even from behind.

In addition, it is **MANDATORY** that all runners stay to the right and within the marked area boundary while in the Ogden Canyon! You will face disqualification if you leave the designated boundary in the canyon. Emergency vehicles, official race vehicles, shuttle buses and law enforcement-led caravans will be using the left lane at all times.

While the Ogden Marathon does not prohibit personal music devices, it strongly discourages the use of such and reminds competitors that they do so under their own risk.

COURSE COURTESY

The Ogden Marathon's ability to "run" through such picturesque settings and communities can be put in jeopardy due to the actions of a few. Please treat property and its owners along the way with respect and encourage your supporters to park only in designated areas and not to block private driveways.
While running, thank the officers who are out there keeping you safe and the volunteers who worked so hard to make this event possible.

SPECTATOR AREAS

Over the years, several locations have been identified as great places for spectators to watch the race and cheer on their runners. Here are a few: Eden Park, Ogden Parkway, Grant Ave. and the finish line area. The finish line area is the best option with the festival and great vibes!

Please discourage your family members from attempting to spectate at the mouth of Ogden Canyon due to high traffic levels and congestion.

FINISH LINE AREA

Once you cross the finish line, race volunteers will be there to attend to your needs. If you need medical help, the team from Intermountain McKay-Dee Sports Medicine will move you immediately to the medical tent where you will receive professional treatment.
If you just need something to eat, drink and a place to rest, keep moving through the finishing chute where our team of volunteers will place your finishers medal around your neck and lead you to the Runner's Area. This is a secure zone for race finishers only. Please remind your friends and family that they will not be permitted in the Runner's Area. Once you exit this secure zone, you may NOT re-enter.

Also please keep in mind that removing excess post-race recovery food and drink to give to your supporters only denies your fellow runners the opportunity once they finish, so please refrain from this activity as the supplies are donated and/or purchased in the amounts to handle participants only. There will be vendors around the Ogden Municipal Gardens providing food and refreshments for spectators.

RESULTS

There will be kiosks available in the park where you can view your results. Preliminary, unofficial results are available immediately at the kiosks. Get unofficial results on your mobile device instantly through the Race Joy App available for free on the Apple and Android Markets.

AWARDS

The Zions Bank Awards Ceremonies will take place in the park at the Teleperformance Finish Line Festival! Awards are scheduled for the following times (subject to change):
*5K – Overall winner awards presented at 8:45 am
Age Division awards at awards tent when available.
*Half Marathon – Overall winner awards presented at 11:45 am. Age Division awards at awards tent when available.
*Full Marathon – Overall winner awards presented at 11:45 am. Age Division awards at awards tent when available.

TELEPERFORMANCE FINISH LINE FESTIVAL

Upon finishing the race, runners will enter the Teleperformance Finish Line Festival! Mingle with family and relax on the grass while you wait for other friends and family to finish. The Teleperformance Finish Line Festival will feature a festival with food, beverages and a beer garden sponsored by Miller Lite and Talisman Brewery, all flanking the Ogden Marathon Finish Zone so you can reunite with your supporters. Stay and celebrate for a while...you've earned it!

MASSAGE TENT

FULL MARATHON ONLY - Several area massage therapists will be available in the runners area to conduct post-race treatments. Due to facility and personnel limitations, the massage tent will only be made available to full marathon finishers.

GRANITE CONSTRUCTION KIDS K

The Kids K will begin at 12:30 p.m. at 25th and Kiesel Ave. in front of the amphitheater. Parents are welcome and encouraged to run with their children. Once finished, children will be directed to the same area they started in order to make it easy for you to re-unite once they finish. Please see the map located in the center of the guide for more information.

BACK AGAIN FOR 2018

FREE PHOTOGRAPHY: That's right, Zions Bank has stepped up again this year to offer participants free access to photos taken by **GameFace Media** during the Ogden Marathon. Photographers will be positioned throughout the course and at the finish line. Photos will be available for download after the race. Keep an eye out for the post race email with a link to the photos. **Thank you Zions Bank!**