

2017 Lucky 13 Half, 10K, 5K – Gardner Village

Lucky 13 Race

**Leprechaun Hat
& Shirt Included**



**Gardner Village
Theme Race**

Half Marathon - 10K - 5K

3/18/2017

Runners Guide

March 18, 2017

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Dear Lucky 13 Runners,

The Lucky 13 Run is a fun race with a great St Patrick's Day Theme. We give all the runners a green hat and shirt ask that you run in your shirt if possible but not required. Remember that March 18, 2017 is still technically winter, even though the forecast is 75 degrees for a high on race, wear warm clothes to run in.

This race starts at the Water Tower at Gardner Village and is an out and back on the Jordan River Parkway Trail System. We ask that you pay attention to the course. We will try to have volunteers for every turn on the trail however sometimes not all volunteers in staying where they are supposed to be. We hope they are all right where they are set to be, however if you have any doubt we tell you to look at the course. We should have a yellow duct tape arrow marking your path for every turn on the ground.

Spectators – We encourage spectators for the race. The best location for spectating is at the Start and finish which are the same location as Gardner Village. The rest of the course is a paved trail with not a lot of room to cheer without getting in the way. Also the start and finish has the most fun and excitement. Going on the trail could put you or your spectator in danger.

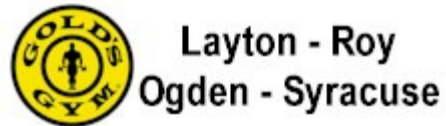
Timing is done via timing chips. These chips are attached to the back of your bib numbers so do not remove them or fold them. As you finish the race please proceed to away from the finish line for at least 10 seconds. Timing Systems mark your last read as you finish until you leave the timing zone for 10 seconds. Runners who finish then stay in the zone will be disappointed in the time because it will not register until they are clear. If you want to cheer on a finisher behind you please finish walk ahead into the food area and then come back. This should give you chip the read it needs to register without the continuous reading. Age group awards are given to this race. We are working on every 5 years so we can give out a lot of medals. All racers should get a finisher medal at this race unless we have another 50 registered in the next 5 days at which time we will sell out. We are currently at 180 racers and forecast around 30 to 50 more by race day.

At the finish we encourage you to look for our Leprechaun who will be giving out finisher medal and gold chocolate.

We hope you are a lucky runner,

On Hill Events

Sponsors



Race Agenda

Friday March 17, 2017

**4-7PM - Packet Pickup at Gardner Village at the Water Tower
(please try to attend this one so race day packet pickup is not
overly busy)**

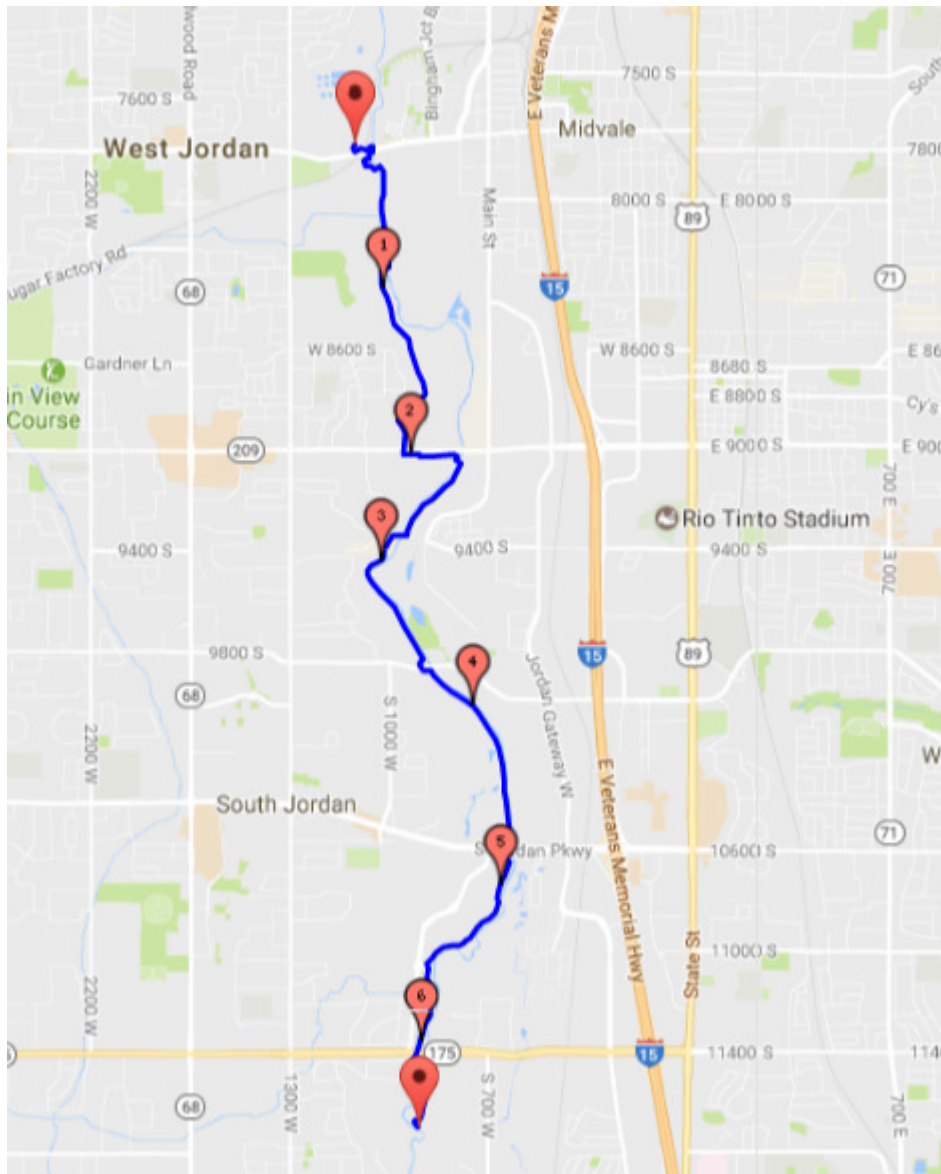
Saturday March 18, 2017

- **7:30AM to 8:30AM – Race Day Packet Pickup (Ends at 8:30AM so
be there no later than 8:00AM if you cannot make Friday Night)
at the Water Tower at Gardner Village**
- **8:30AM – Costume Contest (Wear it best)**
- **8:45AM – Orientation and Line Up**
- **9:00AM – Start the Lucky 13 Half Marathon (All Distances)**
- **12:00Noon – Start to Sweep Course (Must be off by 12:05PM)**

Aid Stations

There is one aid stations every 2 or less miles or so on this course which also represents the turnaround points for the 5K and 10K. Mile 1.55, 3.1, 4.5 and 6.1. There will be a volunteer at 6.55 to turn around the Half runners. Remember the first is the 5K turn around second 10K and fourth is the Half Marathon. Powerade and Water will be at each and gels at 4.5 so the Half will get them twice. The course will obviously have cups and volunteers support. Potties will be at Miles 1.44, 6.2(just past the 10K, 4.55, and 6.1. These are not standard locations but are set up this way because of trail access points.

Course Map



Start Gardner Village near the Water Tower and head Southeast along the road. At the Trail head go on to the Jordan River Parkway Trail. There you will again head South. As you can see from this map the course gradually turns over a bridge to continue South. If you are familiar with our traditional 5K route this makes a turn prior to the 5K turnaround over the second bridge. We will have someone at the turn around locations however the aid stations will be unique locations due to distances of potties. The #1 potty will be at Mile 1.44 just shy of the 5K turn around. The #2 potty (haha I said #2 potty) will be at Mile 3.2 just past the 10K turn around. It would be better to be prior to it however we can only place potties near trail heads. If you are a 10K runner and can wait turn around at your turn around and use the Mile 1.44 potty. If you cannot wait just run 100 yards ahead of the 10K turn around. It may add .2 of a mile to your 10K however somethings could be worse. The next potty is at Mile 4.55 and Mile 6.1. We

will have aid stations at those with volunteers. 6.55 or the Half Marathon turnaround is up the road from the last aid station. It will have a volunteer there at each turnaround.

Parking

There is plenty of parking in the back of Gardner Village for runners and spectators.

Check out www.OnHillEvents.com for our 2017 Schedule of races.

<p style="text-align: center;">2017 On Hill Events Calendar</p> <p style="text-align: center;">Abominable Run 5K - 1/7/2017 Theme Race</p> <p style="text-align: center;">Candy Heart Run 5K - 2/11/2017 Theme Race</p> <p style="text-align: center;">Lucky13 13.1, 10K, 5K - 3/18/2017 Theme Race</p> <p style="text-align: center;">Legacy Duathlon - 4/8/2017 Farmington, Utah</p> <p style="text-align: center;">Eggs Legs 5K - 4/15/2017 Theme Race</p> <p style="text-align: center;">Fantasy Run 13.1, 10K, 5K - 5/6/2017 Theme Race</p> <p style="text-align: center;">Mt Green Half Marathon, 10K, 5K - 5/6/2017</p> <p style="text-align: center;">Drop13 Half Marathon, 5K - 6/10/2017</p> <p style="text-align: center;">Provo Midnight Run 13.1, 10K, 5K - 6/23/2017</p> <p style="text-align: center;">Legacy Midnight Run 13.1, 10K, 5K - 7/7/2017</p> <p style="text-align: center;">Cache Valley Super Sprint Tri - 7/29/2017</p> <p style="text-align: center;">Layton Triathlon - 8/12/2017</p> <p style="text-align: center;">East Canyon Marathon 26.2, 13.1, 10K, 5K - 8/26/2017</p> <p style="text-align: center;">Bear Lake Brawl Tri Sprint/Olympic - 9/9/2017</p> <p style="text-align: center;">Bear Lake Brawl Tri Half/Full - 9/16/2017</p> <p style="text-align: center;">Witch Run 5K - 9/30/2017 Theme Race</p> <p style="text-align: center;">Antelope Island Marathon 26.2, 13.1, 10K, 5K - 10/14/2017</p> <p style="text-align: center;">Powell3 Triathlon Sprint/Olympic - 10/28/2017</p> <p style="text-align: center;">Provo Santa Run 5K - 11/17/2017 Theme Race</p> <p style="text-align: center;">Ogden Santa Run 5K 11/25/2017 Theme Race</p> <p style="text-align: center;">Gardner Village Santa Run 5K 12/2/2017 Theme Race</p> <p style="text-align: center;">www.OnHillEvents.com</p>
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