2014 RUNNERS GUIDE

//www.stgeorgemarathon.com
Welcome 2014

voted as people's choice
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— RUNNER’S WORLD JANUARY 2010

It is very important that you read the following information.
It should answer most of your questions. If not, you can e-mail us at marathon@sgcity.org. Follow us on Facebook for updates. See you in October!

// AID STATIONS

17 aid stations will be located throughout the course: at the start, mile markers 3, 5, 7, 9, 11, 13, 15, 17, 18, 19, 21, 22, 23, 24, 25, and the finish. Water, Lemon-Lime Gatorade, fruit, Vaseline and toilet paper will be available at each station. Look for Gatorade on the first table and water on the 2nd and 3rd. Portable restrooms are also available at each station. Clif Bars & ClifSHOT WILL BE available at aid stations 7, 11 and 19. Fruit will be available at all aid stations except 18 and 22.

// APP

St. George Marathon APP! Brought to you by Stephen Wade Auto Center. Download it FREE TODAY!!

This APP has many exciting features for runners and spectators. Including but not limited to: LIVE Runner Tracking, Augmented Reality, LIVE updates for race weekend and minute to minute weather conditions for both the start line and finish line. Spectators can view locations to watch the event with directions and road closure information. Instant results will be available, photo galleries and course videos. ALL the information you need as a runner, spectator or community member will be included in this APP. DOWNLOAD it TODAY from your APP Store!

// BUS RIDE

All runners are required to ride buses to the start unless camping in Pine Valley, staying in Cedar City, or driving the alternate route from Cedar City through Enterprise. Runners board buses at Worthen Park, 250 S. 400 E., St. George, and must show bib numbers to board. Buses depart beginning at 4:00 a.m.

Remember: we are on MOUNTAIN DAYLIGHT SAVINGS TIME. Nevada is not — adjust watches accordingly. The last bus will leave at 5:30. The time window to get 90 buses to the start is very tight; please help us start on time — take an early bus! Fires will be provided for warmth at the start.

EARLY BIRD PROMOTIONS:

Multiple prize drawing for all runners who load buses between 4:00–4:15 a.m. The drawing will take place during the marathon. Winners will be posted and prizes will be available for pick up post-race at the “Early Bird Tent” located in the park.

15 guaranteed Marathon Entrances for 2015
10 free entries into the 2015 Runner Series
10 free entries into the 2015 St. George Half Marathon
$2000 Sum Total Cash Prizes — Checks in the amount of $250 will be awarded to chosen early bus riders. Sponsored by Jeff Galloway, SLC (checks will be sent in the mail).

1000 Pairs of Free Gloves/Running Apparel sponsored by Wasatch Running Center for the first 1000 runners
$1000 Sum Total Running Store Gift Certificates — sponsored by Wasatch Running Center and Runner’s Advantage
10 $100 Gift Card to the St. George Running Center
Other Prizes To Be Announced

CANCELLATIONS

Consistent with the marathon running industry standard all entry fees are NON-refundable and cannot be deferred toward a future event. Bib numbers are NON-transferable. The selling and/or giving away of a St George Marathon bib number is not allowed and will result in disqualification of both the original bib owner and the runner using the bib number. Both runners will be prohibited from participation in the St George Marathon for a minimum of two years.

CLINICS

Keynote Speaker — TBA
Where: Dixie Center Garden Room
Times: 11:00 a.m.—12:00 p.m., 2:00–3:00 p.m.

First-Timer’s Clinic — Very popular clinic. Get a first-hand look at the course; know what to expect on race day morning, i.e. start layout, clothing drop-off, and other helpful hints as presented by veteran St. George Marathon runner TBA.
Where: Dixie Center Garden Room
Times: 1:00–2:00 p.m., 3:00–4:00 p.m.

Clif Bar Pace Team — Questions & Answers
Where: Dixie Center Garden Room
Times: 5:00 p.m.
St. George Marathon Pre-race Lectures
Dixie Regional Health & Performance Center
Where: 652 S. Medical Center Dr. | St. George, UT
Room: Intermountain Acceleration Gym, Lower Level
Phone: 435.251.3793
Time: 6:30 p.m.

Fueling Your Marathon
Stephanie Christensen, Certified Sports Nutrition Advisor
Date: June 3rd

Training Techniques To Make You Faster
Hayden Hawks and Aaron Metler
Date: July 8th

Injury Prevention and Treatment for the Runner
Jona Droubay, Physical Therapist
Date: August 12th

Race Day Prep
Kami Ellsworth
Date: September 2nd

// CLOTHING
Plastic bags for warm-up clothing will be given to you with your bib number. Please remove clothing sticker on back of bib number and attach to the bottom right corner of bag. Please place clothing in the bags and drop in the U-Haul Truck at the starting line no later than 6:30 a.m. Discarded clothing will be picked up along the first 6 miles of the route only. Clothing will be available at the finish area until 2:00 p.m. or at the Recreation Center (across the street from the finish line) until 6:00 p.m. Sunday clothing pick up will be at the Recreation Center from 10:00-2:00. Clothing can be mailed upon request for a fee ($8.00) for 1 week after the race. Contact 435-627-4560. After that time, all clothing will be given to a charitable organization. Do not leave any valuables along the course or at aid stations. Race management will not be held responsible for lost/misplaced items.
// BIB NUMBERS/TAGS
Timing for the 2013 Marathon will be done by Chrono Track Systems. For further details visit them at www.chronotrack.com

The ChronoTrack B-Tag is a disposable UHF RFID tag that stays mounted on the runner’s bib, requiring no additional application by the athlete. Just pin your bib number on your clothing and go. B-Tags are recyclable or landfill safe, and they do not require post-race collection.

All bib numbers with B-Tags must be picked up at the following times and locations with a picture I.D. All St George Residents MUST have a current Washington County Drivers License to pick up your packet:

**Friday, October 3, 9:00 a.m. – 9:00 p.m., Expo (Dixie Center) - 1835 So. Convention Center Dr.**

**Saturday, October 4, 4:00 a.m. – 5:40 a.m., Recreation Center, 285 So. 400 E (bus loading area).**

*Please have your picture I.D. ready to show when picking up your bib number. Runners must pick up their own bib numbers.*

**Runner Bibs Must:**
- be pinned to the front of runner’s singlet;
- be displayed to board the bus; each runner will be checked for a bib number;
- be worn to receive an official finishing position/time;
- have sponsor/race name showing at all times;
- B-tags WILL be attached to bib number. A link with instructions can be found on the front page of the marathon website.

**Bib numbers are NON-transferable. The selling and/or giving away of a St George Marathon bib number is not allowed and will result in disqualification of both the original bib owner and the runner using the bib number.** Both runners will be prohibited from participation in the St George Marathon for a minimum of two years.

// RULES OF COMPETITION

The St George Marathon is organized and conducted under USA Track & Field rules and regulations.

1. The St George Marathon reserves the right to remove a runner from the course if, in our judgement, it is possible that serious or fatal injury could result from continued participation [please remember the 6-hour time limit]. Please exercise wisdom in your participation. See Time Standard.

2. **ABSOLUTELY NO PERSONAL SUPPORT VEHICLES, BABY STROLLERS, AUTOS, BICYCLES, ROLLER BLADES/ SKATES, MOTORCYCLES, ETC., WILL BE ALLOWED ON THE COURSE.** Runners accepting aid from personal support may be disqualified. Bicycles are not allowed on the course.

3. Non-registered participant pacing is **PROHIBITED** and may result in disqualification.

// SEEDING

All bib numbers are preassigned and colored according to anticipated finish time. In order to ensure a safe and orderly start, all runners must line up in designated areas according to runner bib number and color. Watch for signs and volunteers who will assist you. For elite runner qualifications, visit stgeorgemarathon.com/elite_runner.php

// SPECTATORS

For viewing the race between the start and the City limits, the three areas are Veyo, Snow Canyon turnoff, and Snow Canyon Parkway/Skyline Drive. [See map]. There are bleachers at the finish line and many places to watch from Mile 23 to the finish line.

// START TIME

Runners will start at 6:45 a.m.; wheelchairs and hand-crancks will start at 6:40 a.m. Please remember that Utah is on Mountain Daylight Savings Time — Mesquite and Las Vegas are not.
// TIMING

The first ten places, male and female, will be determined by gun time (regular timing). All other awards will be determined by using B-Tag time. Gun time records elapsed time from the sound of the gun to the race finish line. Chrono Track timing records real time from starting line to finish line. The major advantage is that each runner is clocked on their actual time to run the distance, minus the time spent getting to the starting line. Those running to qualify for the Boston Marathon will use the B-Tag time. Timing will be done by Chrono Track. www.chronotrack.com

// TIME STANDARD

/ CUT OFF TIME

The official St. George Marathon Time Standard and cut off time is as follows: All runners must have reached the corner of Snow Canyon Parkway and S.R. 18 (Bluff Street), a distance of 23.1 miles, by 1:00 pm. This is 6 hours 15 minutes race time, and can be accomplished by a 16:13:00/mile pace. Runners who do not meet this time standard will be required to leave the course, will not be allowed to finish the marathon (DNF), and will be transported to the finish by bus. This is a non-negotiable rule that will be strictly enforced by race officials and Public Safety personnel who have your safety in mind. Additionally, the St. George Marathon 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.

// TRAVEL

Fly directly into St. George from anywhere in the world with convenient, well-aged connections in Salt Lake City on Delta Air Lines and Denver on United Airlines. Just take your pick of one of several comfortable all-jet roundtrip flights available at the St. George Airport. Find the best fares at Delta.com or United.com.

// FREQUENTLY ASKED QUESTIONS

Can I have someone else pick up my bib number?
Sorry — no. You must pick up your bib number with a picture ID. Bib numbers will not be given to anyone other than the registered runner.

Can I sell/give my bib number to someone else?
No. Bib numbers are NON-transferable. The selling and/or giving away of a St George Marathon bib number is not allowed and will result in disqualification of both the original bib owner and the runner using the bib number. Both runners will be prohibited from participation in the St George Marathon for a minimum of two years.

Can I get a refund if I decide not to run?
Sorry. No. Consistent with the marathon running industry standard all entry fees are NON-refundable and cannot be deferred toward a future event.

When can I expect to receive my finisher’s certificate and official results booklet?
The Finisher’s Results PDF will be e-mailed to you within two to three months following the marathon.

Where can spectators watch the race?
There are three locations along the course before the race enters the City limits - Veyo, Snow Canyon, and Snow Canyon Parkway/Skyline Drive.

Can I run with the help of a pacer?
If the pacer is a registered participant then YES, if not then NO and may result in disqualification. The ClifBar Pace Team will be providing packing for this event. They will be available at the EXPO and Clinic session to answer any questions. The times they will be pacing are as follows: 3:05, 3:15, 3:25, 3:35, 3:45, 4:00, 4:15, 4:30, 5:00, and 5:30. The St. George Marathon will provide a pacer who will make sure all runners meet the cut off time (see Time Standard).

How do I qualify for the Boston Marathon?
// AWARDS
The St. George Marathon is pleased to award the following:

- All expenses paid trip for two to Ibigawa Japan in November 2014 to visit the Ibigawa Marathon/Half Marathon. This prize is awarded to the Overall Male and Female runner. The top Male and Female runner in the Master’s Division will be awarded an all expenses paid trip for one to Ibigawa Japan in November 2014.
- Travel package awards to 2nd and 3rd place male and females.
- Special awards to overall top 10 men and women.
- Unique plaques to overall winners, 1–8 in each division.
- MURDOCK CHEVROLET PROVIDES PRIZE MONEY TO UTAH RUNNERS — Murdock Chevrolet U-R the heart kind of service to Orem, Utah [Murdock University Hyundai] to Tremonton, Utah [Murdock Chevrolet, Buick] and to Logan, Utah [Murdock Chevrolet, Hyundai Suzuki] which means our Prize money has expanded also. In the past Murdock has awarded $100.00 to the 1st place overall finishers in both men’s and women’s events who are from Davis and Salt Lake Counties. With this expansion Murdock will now award $100.00 to the 1st place finishers from the following counties: Salt Lake County, Utah County, Davis County, and Cache County. They are proud to be associated with this Great Marathon and wish ALL runners the best this coming October!
- CLARK MORRIS MEMORIAL SPECIAL ACHIEVEMENT AWARD — This award celebrates the person that has achieved personal greatness in their lives. This award has been given to runners and wheelchair participants of all ages and circumstances, anyone we feel has gone the extra mile in overcoming adversity in their training and personal lives to run the marathon. If you have a personal story, or would like to recommend another runner for this award, please mail or fax your nomination by September 1, 2014 to: St. George Marathon, 86 S. Main St., St. George UT 84770 [Fax: 435-627-4509].
- SPECTRUM SILVER SHOE AWARD to top local male/female runners under 18 and top local male/female over 18. Sponsored by the Spectrum and Great Harvest Bread.

Awards Procedure — overall award winners and finishers 1 through 4 in each division will be announced from our awards stage; finishers 5 through 8 will pick up awards in a designated area beginning at 12 Noon. Awards must be picked up at the Awards Ceremony or at the Recreation Center: Saturday from 2:00-6:00 p.m. or Sunday 10:00-2:00 p.m. Awards may be mailed upon request for the cost of shipping.

// ALTRA ZERO DROP HEALTH & FITNESS EXPO
Join us at the Dixie Convention Center Friday, October 3, from 9:00 a.m. – 9:00 p.m. as we celebrate our largest Expo ever with over 85 vendors. Pick up your runner packet, bib number, and runner shirt, and enjoy FREE health testing by SelectHealth. Mingle with other runners, attend marathon clinics, get in the spirit of the marathon, check-out what’s new in running apparel, buy your St. George Marathon souvenirs, and purchase your pasta dinner tickets. FREE PROMOTIONAL ITEMS WILL BE GIVEN OUT EVERY HALF HOUR.

// MASSAGE
A complimentary 15-minute post-race sports massage will be available from 9:00 a.m. – 1:30 p.m. at Worthen Park (massage site indicated on Finish Area Map). These massages are provided by trained volunteers.

// MAYOR’S WALK
Sponsored by St. George Exchange Club, enjoy a fun 2.2 mile walk with friends, family, hundreds of volunteers, spectators, and Mayor Jon Pike. Walk ends at Marathon finish line. Register by mail (registration form available on our web page — stgeorgemarathon.com), at Race Headquarters prior to race day, or watch for their booth at the Friday Expo.

Time: 7:00 a.m.
Place: Starts at Bluff St. Park, 700 N. Bluff St.
Fee: $10.00 – includes T-shirt, door prize drawings and post-walk refreshments.

// PASTA DINNER
The annual pasta dinner located next door to the Expo. Bring your family and friends, and enjoy great food and great company! Tickets will be on sale at the Expo or at the door.

Time: Friday, October 3, 2014
Time: 4:00 - 8:00 p.m.
Place: Dixie Center — 1835 S. Convention Center Dr.
// PHOTOS
Souvenir photos are taken along the course and at the finish line. You should receive a proof of your picture within 2 weeks after the race from TBA.

// RESULTS
Complete results will be posted in the Sunday online edition of the Spectrum Newspaper. The “Official Results” PDF will be emailed to every finisher within two to three months following the event. Results will also be posted on our web site the day of the race at www.stgeorgemarathon.com

// SOUVENIRS-TRAINING GEAR
Brought to you by TBA. Official Marathon clothing/souvenirs are available for purchase at the Expo on Friday. Online availability TBA.

// TEN-YEAR CLUB
Our St. George Marathon Ten-Year Club, now in its 28th year, boasts over 1,100 enthusiastic, loyal and supportive members. We expect a large number of inductees this year. New members receive a shirt, photo, and an excellent dinner.

Qualification For Induction — Complete 10 St. George Marathons (not necessarily consecutive races). If this will be your 10th and you complete the race, you qualify! If you do and your name is not on the list (located on the following page) please contact us.

Attention Ten-Year Club Members — The annual post-race dinner for Club members will be held at 4:45 p.m. on Saturday, October 4th at the Dixie Center (Expo site) - 1835 S. Convention Center Dr. Club members receive complimentary tickets for themselves and one guest with additional tickets subject to a fee. Please RSVP by September 16th. Call 435-627-4500, fax 435-627-4509, or email us at marathon@sgcity.org.

// WEIGHT DIVISIONS
All Weight Division entrants are required to weigh in at packet pickup. Runners not making weight will be placed in their age group divisions. Men 200+ lbs, Women 145+ lbs.

// WHEELCHAIR RACERS & HANDCRANK RACERS
All wheelchair and Handcrank racers must contact Race Headquarters and speak to Aaron Metler by Monday, September 10 to confirm transportation needs and unloading procedures at race start: 435-627-4560.

OUR THIRD DECADE

Setting the // STANDARD
Runners receive:
- Quality start and finish areas
- FREE promotional items at our Expo and Start Line
- Runpix Finisher results on our website
- Variety of Souvenir Options
- Unique medallions and 2014 marathon memorabilia
- Incentive Rewards
- Unique Finishers Performance T-shirt
- Poster
- Outstanding Expo
// RACE SECURITY

As with all areas of the St George Marathon, our staff review and adjust our policies and procedures each year to ensure the highest levels of safety and security. The St George Marathon Staff has four (4) major security responsibilities. They are to protect our participating runners, to ensure the safety of our volunteers, to protect each spectator/friends and family members of our participants and to protect and inform the members of our community. We will continue to review and improve all areas of security to everyone impacted by this event.

Runners, please be aware that starting this year there will be a north and south bound lane from the Ledges (approximately mile 17) to Snow Canyon Parkway (mile 23). The lanes will be open on the west side of the marathon course. We have taken extra measures to barricade the marathon route and will have extra law enforcement staff to ensure the safety of our participants. (see course map)
Two-way Traffic in west lanes of highway

Congrats // 96 PROSPECTIVE TEN-YEAR CLUB INDUCTEES!

MISCHELLE T ALLRED  JENNIFER FARRIS  HEIDI PALMER
SUSAN G ANDERSON  BRYAN J FERRE  KATHIE PHILLIPS
PAUL AVILES  KEVIN J FERRE  EDWARD L PORTER
JEFFREY A BARRIER  KATHERINE T FLYNN-OBRIEN  THOMAS PORTLOCK
TERRY T BEAN  JANA FOGGIN  COKIE PRICE
JOHN BECKSTRAND  JASON GARLICK  MICHAEL PRICE
CLYDE D BEHUNIN  AMBER GREEN  STEPHEN D QUINN
JOSE L BLANCO  AARON GRIFFITH  WENDI RIDDEL
TODD C BONZO  ALLISON HALLAM  BART RINDLISBACHER
RICHARD G BORGET  KAITLIN HALLAM  EMILY K SANDNE
JONATHAN J BOYER  RYAN L HECK  TAYLOR M SCALLEY
CURTIS D BRINKMAN  DARREN HOBBS  ANDREA T SCHMUTZ
SEAN R BROADBENT  DAVID R HOLT  JARED R SHEPHERD
SHAD BROWNING  JESS C HOPKIN  TRACY A SMITH
KRISTEN BUTLER  JASON D HOWE  DANIEL SOLOMON
SHANE A BYBEE  TAMARA E HUNT  LESA L STEWART
STERLING D CABANA  SHEILA E JACKLIN  MELISSA STRATTON
WILLIAM CAMPBELL  CAMERON P KASTER  MISTY SUAREZ
SHER CHAPLINE  GAIL (BILL) KELSEY  JENNA T SUMMERHAYS
VON J CHRISTIANSEN  HEIDI KETTLE  REX THORNTON
AUTUMN M CLIFF  SCOTT S KIMBALL  JOSSE V TOBIASSON
CHERYL A CORBETT  JAMES B KOLSTE  KIRK L TRAMMELL
JULIE A CROSSLEY  LYNDA LAMBERT  TERESA S TURNER
JEREMY CUMMINGS  MANDY M LARKINS  MAURICE VAN ZUTPHEN
ANDREA DANSIE  SCOTT H LARSON  ZACH C WARNER
THOMAS DANSIE  JACOB B MAUSS  LORI WATSON
DOUGLAS R DEBENHAM  DAVID D McCOMBER  KASIE D WATTS
JON D OCS  BRUCE W MILLER  GLENN R WATTS
ROB DUEHLMEIER  ULRSTER M MICHTEL  CHRISTEN WHITE
BRAD EAGAR  JULIE S MORRISON  TERESA WILLARD
DOUG D EVANS  RICHARD L NEF  ELLIE WOOD
SHANE G EVANS  COLBY NEILSON  KEVIN L YEAGER

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Marathon Contributors

ALSCO • Central Fire Department • DSU Community Education

Central Water Department • Dixie Amateur Radio Club Inc.

ELKS Club • Kiwanis Club • Landmark Testing

Qwest • Zion International Programs
Driving Directions

From Convention Center Dr., turn left onto Riverside Dr. going over the freeway. Turn left onto Black Ridge Dr, then right onto Hilton Dr. This road turns into Dixie Drive and follow across Sunset Blvd. to Dixie Downs. Turn right onto Snow Canyon Parkway. Gathering area is at the end in the intersection. Drive Time Approx: 8–10 Min

From Convention Center Dr., turn left onto Riverside Dr. going over the freeway. Turn left onto Black Ridge Dr, then right onto Hilton Dr. This road turns into Dixie Drive and follow across Sunset Blvd. to Dixie Downs. Turn left onto Snow Canyon Parkway. Turn right onto Snow Canyon Dr. and follow through Snow Canyon State Park (note: there is a $5 entrance fee). Gathering area is at the North Entrance of the park. Drive Time Approx: 10–15 Min

From Convention Center Drive, turn left onto Riverside Dr. going over the freeway. Turn left onto Black Ridge Dr, then right onto Hilton Dr. which becomes Dixie Drive. Turn left onto Sunset Blvd. which will become Santa Clara Dr. (also known as Old Highway 91). Continue through the Shivwits Reservation. The road will fork, follow the road to the right toward Gunlock Reservoir. Turn right onto Center Street and follow to gathering area in downtown Veyo.
Drive Time Approx: 30–40 Min
Bus Loading // BEGINNING AT 4:00 AM

Loading order is East to West from the front [south]. See arrow above.
St. George // MARATHON

www.stgeorgemarathon.com