2019 ATHLETE GUIDE



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SCHEDULE OF EVENTS

FRIDAY, APRIL 12

- 11:00am | Quality of Life Expo Opens (Bib, Shirt and Packet Pick-up)
- 07:59pm | Last Chance to Withdraw and Defer until 2020
- 08:00pm | Quality of Life Expo Closes

SATURDAY, APRIL 13

- 04:07am | Early UTA/TRAX service begins
 All athletes can display their bib for free transport to the start line
- 06:00am | Bike Tour Start (Olympic Legacy Bridge)
- 06:20am | Wheelchair and Hand Cycle Start (Olympic Legacy Bridge)
- 06:50am | Full & Half Marathon Pre-Start Ceremony (Olympic Legacy Bridge)
- 06:55am | 5K Pre-Start Ceremony (<u>475 S 300 E</u>)
- 07:00am | Marathon and Half Marathon Start (Olympic Legacy Bridge)
- 07:05am | 5K Start (475 S 300 E)
- 07:10am | 10K Skate Start (<u>500 S 900 E</u>)
- 07:15am | 10K Run Start (500 S 900 E)
- 08:00am | 5K Awards Ceremony (<u>Library Square</u>)
- 08:00am | Kids Activities Begin (Library Square)
- 09:00am | 10K Skate Awards Ceremony (<u>Library Square</u>)
- 09:00am | 10K Run Awards Ceremony (Library Square)
- 09:00am | Half Marathon Awards Ceremony (<u>Library Square</u>)
- 10:00am | Beer Garden Opens (<u>Library Square</u>)
- 10:30am | Marathon Awards Ceremony (<u>Library Square</u>)
- 10:45am | Kid's K Starts (<u>Library Square</u>)
- 01:30pm | FINISH LINE CLOSED

QUALITY OF LIFE EXPO

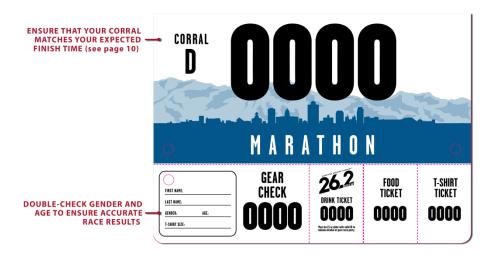
Packet Pick-Up

Registered athletes can pick up their official race bibs, shirts, clear gear-check bag and Salt Lake City Marathon reusable grocery bag for the Full Marathon, Half Marathon, 10K Run, 10K Skate, 5K Run, Bike Tour and Kids K. *This will be the only place where you can pick up your registration packet.*

Salt Palace Convention Center, Hall 1 100 S W Temple, Salt Lake City, UT 84101

Here are a few things to check after you've received your race packet:

1. On the bottom of the bib, *please review the label which indicates your name,* age and gender to ensure the information we have is correct. If this information is incorrect, it can skew the race results. If you find something needs to be corrected, please bring your bib to the Information Desk at the expo, or you can let us know by sending an email to info@saltlakecitymarathon.com.



- 2. If you changed your registration choice since you originally registered, please make sure you are provided the bib that reflects your new race choice.
- 3. Our volunteers are amazing, but sometimes mistakes are made. Please ensure that the shirt size provided to you matches the size indicated on the label of your race bib. Additionally, double-check that the shirt provided to you matches the event for which you are registered.

Please note: you will not be able to change to a different shirt size during the expo. You will have the option to swap to a different size after the race, depending on availability.

Bring Your I.D.

Remember to bring a valid picture I.D. and an electronic or printed copy of your registration confirmation. Runners will receive a race packet that includes a bib with your race number, an attached timing chip, a shirt for your specific event, a clear gear-check bag and a reusable shopping bag filled with schwag. If you are picking up for another person, you will need to show a copy of the athlete's photo ID (on a mobile device is fine) as well as a copy of their registration confirmation.

Skip the Line

<u>Confirm your registration</u> before you come to the expo, take note of your assigned bib number, and skip the bib lookup line. You must use the same email address and name you registered with and to which you have received correspondence.

Race Changes

Switching from one race distance to the another. For example, you are registered for the Marathon, but would like to do the Half Marathon. Fees will apply for switching UP to the marathon or half marathon. There is no fee to switch DOWN to the Half Marathon or 5K and there is no refund of the difference in price. If you would like to change races, please pick up your assigned packet and then proceed to the Information / Solutions Desk.

Race Deferment

Things come up, and you may not be able participate. You can defer your current registration to 2020 for a nominal fee. Simply log in to your <u>athlete profile</u> and choose the 'Change Race' option. You must defer by 8pm on Friday, April 12. There are no refunds.

Comcast Chill Lounge

Kick your shoes up and come relax in the Chill Lounge brought to you by Comcast.



Parking at Salt Palace Convention Center

There are two underground parking garages connected to the Salt Palace Convention Center. The first is located at <u>185 West 200 South</u> the second one is located at <u>50 South 300 West</u>. Bicycle racks can also be found in various places around the Salt Palace if you choose to ride your bike.

Parking Meters and Surrounding Parking Lots

There are other paid parking lots as well as limited, metered street parking nearby. You can check out <u>parkopedia.com</u> for parking options and <u>ParkingSLC.com</u> for meter information.

FrontRunner and Trax

Don't want to drive into downtown? You can take FrontRunner from many stations both north and south of downtown. Ride the train to "Salt Lake Central Station" then transfer to Trax. Take Trax to the "Temple Square" stop, which is right in front of Abravanel Hall. The convention center is just a half a block south of that stop. Then to get back to FrontRunner, get on a blue line Trax, and make sure its destination is Central Station, not Sandy.

Expo Exhibitors

- BBH Retail / C RELIEF
- Belcorva
- Bike Shedd
- Bondi Band
- Comcast
- Exo Sports
- Olobal Travel Network
- Heber Half Run for Autism
- Huntsman Hometown Heroes
- Modiak Cakes
- LasikPlus
- LeafFilter Gutter Protection
- Life Time Fitness
- Medsense Massagers
- Merill Lynch Foundation
- Nuun
- Outdoor Sports Guide

- Renewal by Anderson of Utah
- Road Runners Club
- Nun SLC
- Salt Lake Running Company
- Salt Lake Track Club
- Sam Adams 26.2
- Sparrow Electric
- State Farm Insurance
- Stunt Puppy
- Team Red White & Blue
- Topgolf
- Tour of Utah
- U of U Athletic Training Students
- University of Utah Health
- **1** UTA / TRAX
- Vamoose
- Waste Management













RACE DAY

Start Line | Full Marathon, Half Marathon, Bike Tour | 40 S Wasatch Drive

Bike Tour Start Time: 6:00am

Wheelchair & Hand Cycle Marathon Start Time: 6:20am

Full and Half Marathon Start Time: 7:00am

Start Line | 10K Run, 10K Skate | 500 S 900 E

10K Skate Start: 7:10am10K Run Start: 7:15am

Start Line | 5K Run | 475 S 300 E

5K Run Start: 7:05am

New Finish Line for 2019

There is a new finish line for 2019. All participants will finish at 475 S 300 E. This is one block to the East from last year's finish line. **This also means the 5K will start and finish at this new location.**

Finish Line | Full Marathon, Half Marathon, 10K Run, 5K Run

All runners will finish at the main finish line structure located at the Public Safety Building located at 475 S 300 E. Runners will finish on the left-hand side of the center median and cyclists and skaters to the right-hand side.

Finish Line | 10K Skate & Bike Tour Only

In the past, the 10K Skate finished just shy of the finish line, however, this year, 10K Skate and Bike Tour participants will finish on the right-hand side of 300 East, to the right of the median.

Gear Check

Gear should be dropped-off prior to entering the start corral at the Gear Check tent located southwest of the Start Line for the Bike Tour, Full Marathon and Half Marathon. For the 10K Skate and 10K Run, go to the Information Tent west of the start line. For the 5K Run, go to the Gear Check tent on the east side of Library Square. Please arrive early to check bag; Gear Check will close 5 minutes before race start.

Gear Check Bag to Use

At packet pickup, you will receive two bags. One bag is a clear plastic bag, and the other is a reusable shopping bag. Make sure to use THE CLEAR PLASTIC BAG PROVIDED TO YOU AT PACKET PICK-UP. Simply attach the Gear Check label from your race bib to the bag for identification. You must have a race bib to use Gear Check.

Corral Assignments | Full, Half and Bike Tour Only

All participants in the Full Marathon, Half Marathon, and Bike Tour events are assigned to corrals based on the projected finish times you provided during registration. If you did not enter a projected finish time, you are automatically assigned to the last corral. Your corral is located on the left side of your bib. Following is a breakdown of how corrals are assigned:

Corral	Half	Full	Bike
Α	1:29 or faster	2:59 or faster	1:18 or faster
В	1:30 to 1:49	3:00 to 3:49	1:19 to 1:32
С	1:50 to 1:59	3:50 to 3:59	1:33 to 1:49
D	2:00	4:00	1:50+
E	2:01 to 2:19	4:01 to 4:29	
F	2:20 to 2:49	4:30 to 4:44	
G	2:50 to 4:29	4:45 to 5:29	
Н	4:30+	5:30+	

^{*}No corral assignments for 5K, 10K Skate, or Kids K

Athletes are allowed to move down in corrals (A to B) but not up (B to A).

Getting to the Start Line

Your race bib is valid as UTA fare on <u>TRAX</u>, FrontRunner and regular UTA buses for the full day on Saturday, April 13, 2019. TRAX and UTA, our invaluable partners in providing

exceptional service to our race participants, will add extra train cars on race day to increase capacity. Trains will begin running every 5 to 10 minutes starting at 4:07am.

Free parking is available at all TRAX stations south of Ballpark Station (including Ballpark Station). You can also park in one of the 9,000+ paid parking places that are closer to downtown (\$3-10 for the morning on average) and travel up to the University of Utah to start via the RED or BLUE line on TRAX.



The start line for the Full

Marathon, Half Marathon, and Bike Tour is approximately 800 feet from the <u>U. Medical</u> <u>Center TRAX station</u>. Those needing a handicap-accessible route from the train to the start line should exit at the <u>Fort Douglas TRAX station</u> and head north to the start line on S Wasatch Dr.



Saturday, April 13th

Race participants: your offical Salt Lake City Marathon-issued event bib is valid as UTA fare for the full day on Saturday, April 13th.

Special early TRAX trains to marathon start line:

							DΑ	Y	BRI	EA	K t	οl	JN	IVI	ER:	IT:	Y							
Daybreak Parkway	South Jordan Parkway	5600 West	4800 West	Jordan Valley	2700 West	West Jordan City Center	Historic Gardner	Bingham Junction	Fashion Place	Murray Central	Murray North	Meadowbrook	Millcreek	Central Pointe	Ballpark	900 South	Courthouse	Library	Trolley	900 East	Stadium	South Campus	Fort Douglas	Medical Center
4:07a	4:09	4:11	4:13	4:16	4:19	4:21	4:24	4:27	4:31	4:36	4:38	4:40	4:42	4:45	4:47	4:49	4:53	4:56	4:58	5:00	5:03	5:05	5:07	5:08
4:28	4:30	4:32	4:34	4:37	4:40	4:42	4:45	4:48	4:52	4:57	4:59	5:01	5:03	5:06	5:08	5:10	5:14	5:17	5:19	5:21	5:24	5:26	5:28	5:2
4:52	4:54	4:56	4:58	5:01	5:03	5:05	5:08	5:11	5:15	5:19	5:21	5:23	5:25	5:28	5:30	5:32	5:36	5:39	5:41	5:43	5:46	5:48	5:50	5:5
5:09	5:11	5:13	5:15	5:18	5:20	5:22	5:24	5:26	5:30	5:34	5:36	5:38	5:40	5:43	5:45	5:47	5:51	5:54	5:56	5:58	6:01	6:03	6:05	6:0
5:24	5:26	5:28	5:30	5:33	5:35	5:37	5:39	5:41	5:45	5:49	5:51	5:53	5:55	5:58	6:00	6:02	6:06	6:09	6:11	6:13	6:16	6:18	6:20	6:2
5:39	5:41	5:43	5:45	5:48	5:50	5:52	5:54	5:56	6:00	6:04	6:06	6:08	6:10	6:13	6:15	6:17	6:21	6:24	6:26	6:28	6:31	6:33	6:35	6:3

						D	RA	PEI	R to	οl	INI	VE	RS	IT)	1								
Draper Town Center	Kimballs Lane	Crescent View	Sandy Civic Center	Sandy Expo	Historic Sandy	Midvale Center	Midvale Ft Union	Fashion Place	Murray Central	Murray North	Meadowbrook	Millcreek	Central Pointe	Ballpark	900 South	Courthouse	Library	Trolley	900 East	Stadium	South Campus	Fort Douglas	Medical Center
4:21a	4:23	4:25	4:28	4:29	4:31	4:34	4:36	4:38	4:42	4:44	4:46	4:48	4:51	4:53	4:55	4:59	5:02	5:04	5:06	5:09	5:11	5:13	5:14
4:51	4:53	4:55	4:58	4:59	5:01	5:04	5:06	5:08	5:12	5:14	5:16	5:18	5:21	5:23	5:25	5:29	5:32	5:34	5:36	5:39	5:41	5:43	5:44
5:06	5:08	5:10	5:13	5:14	5:16	5:19	5:21	5:23	5:27	5:29	5:31	5:33	5:36	5:38	5:40	5:44	5:47	5:49	5:51	5:54	5:56	5:58	5:59
5:21	5:23	5:25	5:28	5:29	5:31	5:34	5:36	5:38	5:42	5:44	5:46	5:48	5:51	5:53	5:55	5:59	6:02	6:04	6:06	6:09	6:11	6:13	6:14
5:36	5:38	5:40	5:43	5:44	5:46	5:49	5:51	5:53	5:57	5:59	6:01	6:03	6:06	6:08	6:10	6:14	6:17	6:19	6:21	6:24	6:26	6:28	6:29
5:51	5:53	5:55	5:58	5:59	6:01	6:04	6:06	6:08	6:12	6:14	6:16	6:18	6:21	6:23	6:25	6:29	6:32	6:34	6:36	6:39	6:41	6:43	6:44

Access marathon START LINE from Medical Center Station.

ADA/wheelchair access to START LINE from Fort Douglas Station.

Thank You for Riding

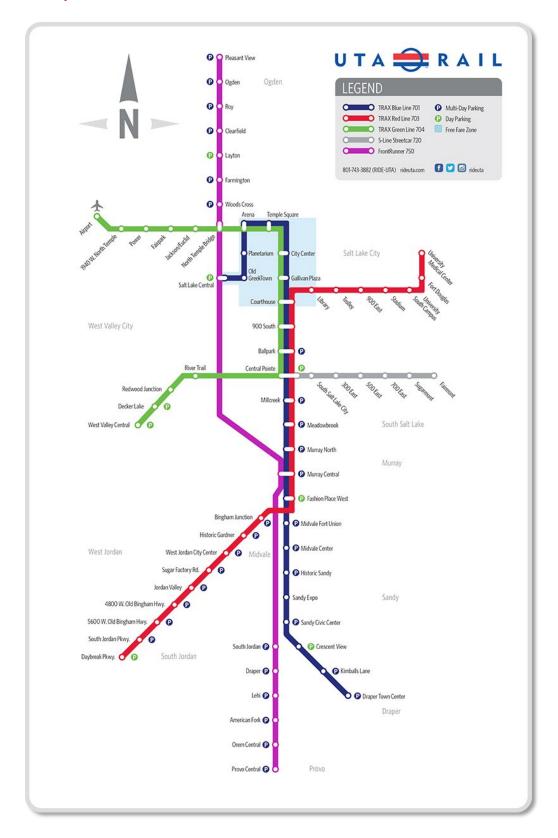


801-RIDE-UTA

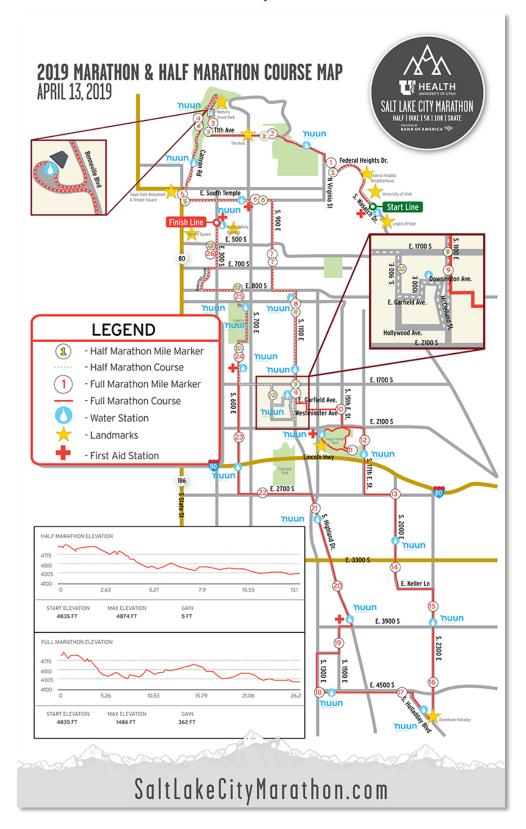
rideuta.com



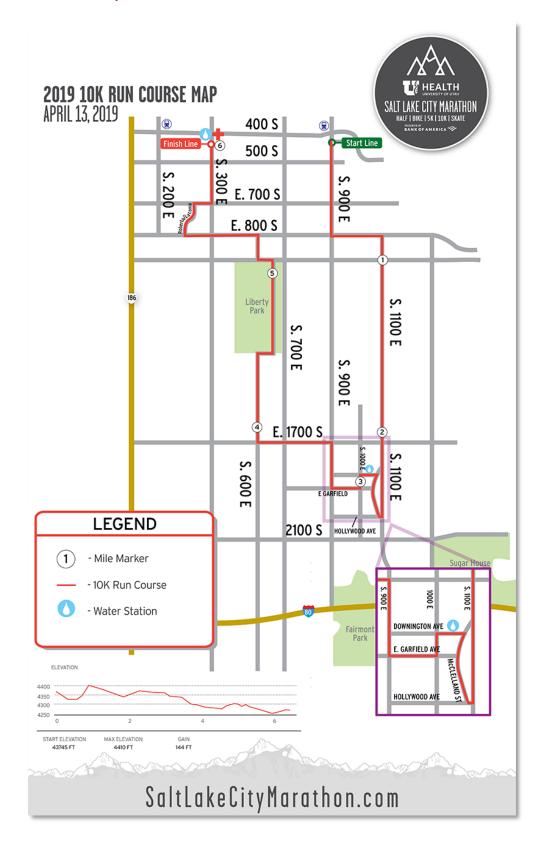
UTA Rail Map



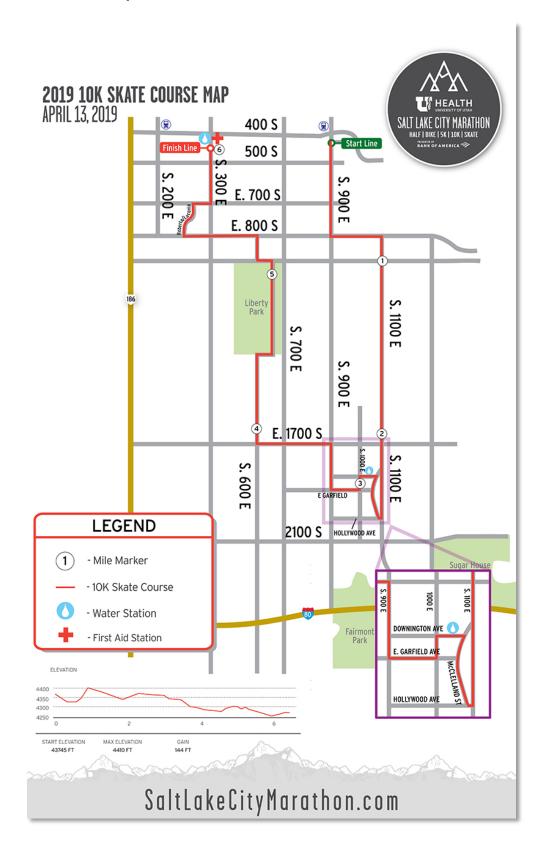
Full Marathon & Half Marathon Course Map



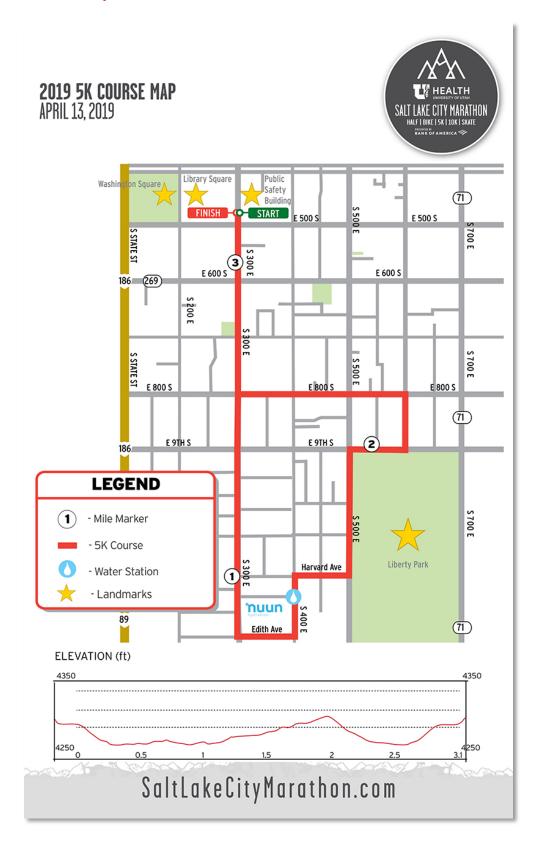
10K Run Course Map



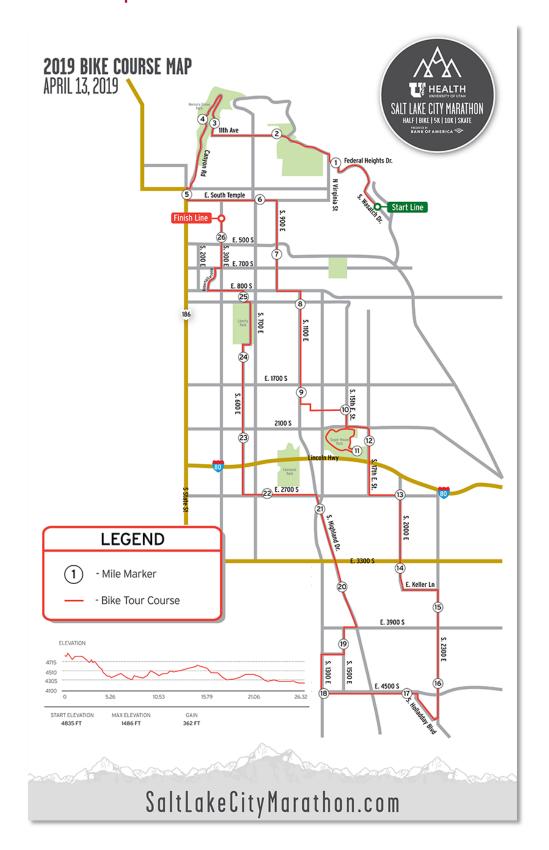
10K Skate Course Map



5K Run Course Map



Bike Tour Course Map



Athlete Tracking

Our timing platform, Chronotrack, allows friends and family to be notified via Facebook Post, Twitter or Text Messaging when you've reached certain milestones along the course. You can also setup tracking for yourself, so that when you reach these milestones, your Facebook page or Twitter feed is automatically updated for your friends and family. Whether you are setting up your own notifications or providing the link to friends and family, you can begin the tracking set up at the following link: http://slcm.us/19tracking

Following are the milestones which generate notifications once you've passed the timing point:

Marathon	Half Marathon	10K Run, 10K Skate, 5K Run
Mile 5 Mile 13.1 Finish	Mile 5 Mile 10 Finish	Finish

Official Rules

- The official bib that is assigned to you by the Salt Lake City Marathon for the 2019 series of events must be visible at all times on race day while on/in UTA or Trax facilities; entering, and in, post-race areas; in the start area corrals and start area; on the race course; and in the finish area. Anyone without a visible bib will be removed from the course. Your bib number may not be altered or copied in any way and may not be transferred to another participant. If you want to be identified in photos, your bib must be clearly visible to photographers.
- Property Runners going backwards, animals, bicycles, and roller skates are all prohibited in the Salt Lake City Marathon, Half Marathon, 10K Run and 5K Run.
- No wheeled vehicles are allowed other than wheelchairs and hand cycles participating in the race.
- Walkers will be allowed in the marathon as long as a 15 minute/mile pace can be upheld.
- Participants who cannot finish the marathon in 6 hours and 30 minutes will be asked to move to the sidewalks if they wish to complete the race.
- MP3 players are permitted during the race (except for Bike Tour participants). For the safety of all on the course, we ask that runners keep their music low or consider using just one headphone.
- Punners and 10K Skaters with strollers are allowed, but you must start in the back of the pack as a courtesy to runners without strollers.

- Our marathon course is wheelchair friendly, and we gladly welcome paraathletes to participate. In accordance with USATF guidelines, wheelchair and hand cycle athletes must wear helmets.
- Helmets are required for all 10K Skaters.
- Bike Tour
 - Delimets are required for participation in the Bike Tour for safety reasons. Riders not wearing helmets will be asked to leave the course and will not be allowed to participate in the tour.
 - Arrive at the ride on time and ready to ride. The start time means rolling out time, not arrival time.
 - Show up prepared with any spares, tools or other items that you will need.
 - There will be no late starts.
 - Radios, iPods and headphones are prohibited on the course.
 - No drafting.
 - Use caution on descending hills. Be sure to brake lightly and hold onto your handle bars securely.
 - Pass on the left side of a cyclist after verbally signaling, "on your left."
 - Maintain an average speed of 15 mph in order to finish within the 1 hour and 45-minute time limit.
 - Priders will be expected to obey the laws of the road and use courtesy, caution and common sense.
 - Dike Tour course marshals will enforce the minimum speed and will disqualify participants who cannot finish the course in the allotted time.
 - A maximum speed of 30 mph has been established by the Salt Lake City Police Department.
 - No electric bikes allowed.

Athlete Safety

All events will be fully supported with water stations, police officers from Salt Lake City PD, University of Utah PD, and Unified PD at intersections, course marshals to direct runners at turns, and a network of EMS resources and radio operators on the course and at the start and finish lines.

Event Status System

An Event Status System will be displayed at each water station indicating the status of the race based on the current weather conditions. There will be a simple color-based warning system.

- GREEN FLAG Proceed as normal.
- YELLOW FLAG CAUTION Slow down, use caution and drink plenty of water.
- RED FLAG EXTREME CAUTION Slow down, use extreme caution and drink plenty of water due to dangerous weather conditions. Timing of the event has stopped, and no awards will be issued.
- DELACK FLAG STOP Seek shelter immediately in the event of a weather emergency. The race has been cancelled due to extreme conditions or course emergency such as lightning, tornado, or human disaster. Instructions will be announced via bullhorn at water stations from the station captain.

On-Course Refreshments

Aide stations will have water, Nuun, portable restrooms, and dozens of enthusiastic volunteers. GU energy gel (caffeinated and non-caffeinated) is available at mile 7.5 on the combined Full and Half Marathon routes + miles 13.5 and 19.5 on the Full Marathon route.

Dogs on the Course

ONLY certified Service dogs are allowed on all course routes. Family pets that do not have service designation and training should stay home and wait to celebrate after you're done! Dogs that have been 'certified' on the internet are strictly prohibited.

POST-RACE

Participant Medals

Each participant will receive a finisher medal.



Overall and Age Group Awards

The top three overall women and top three overall men will be awarded for the Full Marathon, Half Marathon, 10K Run, 10K Skate and 5K Run.

Using the age group categories in the table below, the top three males and top three females will be awarded for the Full Marathon, Half Marathon, 10K Run, and 5K Run. **The 10K Skate Awards will go only to the first place male and female** in the same age groups below:

	0 10 14
O	15 to 19
O	20 to 24
O	25 to 29
O	30 to 34
0	35 to 39
0	40 to 44

1/ 0 to 1/

Awards Ceremony Schedule | Library Square

2 45 to 49

5K Run | 8:00am

10K Skate | 9:00am

10K Run | 9:00am

Marathon | 9:00am

Full Marathon | 10:30am

Race Results

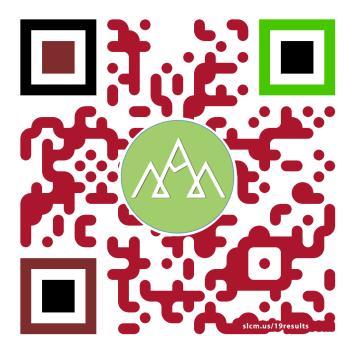
You can view your race time results at http://slcm.us/19results. Each athlete will notice a QR code printed directly onto his or her official race bib. Simply scan your QR code with

your smart phone and you will be taken directly to your personalized results page. You can also scan the QR code to the right.

Please note: while you can generally see your time fairly immediately after crossing the finish line, your age group rankings and award placements may change as data is compiled. Awards are not final until certified by the race timer

Race Photos Presented by University of Utah Health

High Altitude Race Timing will have several professional photographers on the course. Runners will be



photographed multiple times throughout the race course as well as before and after the race. Smile when you see their photographers, and *make sure your bib number is clearly centered and visible*. Be sure to visit the official Salt Lake City Marathon results link: http://slcm.us/19results. Search for your bib or name. When you click on the result record, photos will appear at the bottom of your results page.

We begin uploading photos soon after the race. Typically, there are between 20,000 and 25,000 images. Photos are tagged manually by actual human beings. This process takes a few days, but you will begin seeing images appear in your Chronotrack results on the Photos tab as soon as Sunday, April 14. New photos can appear after this date up until Wednesday, April 17. If you don't see any photos, keep checking back.

Reclaiming Your Checked Bag

All items checked at each of the start lines can be reclaimed with your runner bib at the Gear Check tent on the east side of Library Square.

Comcast Finish Line Chill Lounge

Come and enjoy the Chill Lounge at the finish line where you can watch athletes on a jumbotron screen as they hit Liberty Park. Brought to you by Comcast.

Unclaimed Items

All unclaimed items at Gear Check will be transported to the <u>Salt Lake Running</u> <u>Company</u> at <u>2454 S 700 E, Salt Lake City</u> for two weeks. Unclaimed items will then be donated to a local charity. Do not give your items to any volunteer except those at Gear Check. **Nothing left on the course will be available to reclaim.** High Altitude Special Events Management is not responsible for any lost or stolen items.

I am in competition with no one.

I run my own race. I have no
desire to play the game of being
better than anyone, in any way,
shape, or form. I just aim to
improve, to be better than I was
before. That's me and I'm free.

We sincerely wish the best of luck for each of you on race day. Enjoy our beautiful challenge.

Warmest Regards, Steve Bingham-Hawk, Race Director Salt Lake City Marathon

OUR VALUED SPONSORS

Our Title Sponsor



Our Presenting Sponsor



Official Sponsors

















Supporting Sponsors













Community Sponsors















