




U HEALTH
UNIVERSITY OF UTAH
SALT LAKE CITY
MARATHON
HALF | BIKE | 5K | 10K
Presented by:
BANK OF AMERICA



APRIL 20, 2024

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SCHEDULE OF EVENTS

FRIDAY, APRIL 19

- 11:00am | Quality of Life Expo Opens (Bib, Shirt and Packet Pick-up)
(Salt Palace Convention Center, Hall D)
- 06:59pm | Last Chance to Withdraw and Defer until 2025
- 07:00pm | Quality of Life Expo Closes

SATURDAY, APRIL 20

- 04:10am | Early UTA/TRAX service begins
All athletes can display their bib for free transport to the start line and return service after the race.
- 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 (451 S 200 E)
- 07:00am | Marathon and Half Marathon Start (Olympic Legacy Bridge)
- 07:05am | 10K Run Start (500 S 900 E)
- 07:10am | 5K Run Start (451 S 200 E)
- 08:00am | Kids Activities Begin (Washington Square)
- 08:15am | 5K Awards Ceremony (451 S 200 E)
- 09:00am | 10K Run Awards Ceremony (451 S 200 E)
- 09:00am | Half Marathon Awards Ceremony (451 S 200 E)
- 10:00am | Beer Garden Opens (Library Square)
- 10:30am | Marathon Awards Ceremony (451 S 200 E)
- 10:45am | Kid's K Starts (Washington Square)
- 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 goodies for the Full Marathon, Half Marathon, 10K Run, 5K Run, Bike Tour and Kids K at the Expo on April 19, 2024, from 11 AM - 7 PM. ***This will be the only place where you can pick up your registration packet.***

**Salt Palace Convention Center, Hall D
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 complete the label with your name, age and gender.*** You will attach this to your clear gear check bag if using gear check (MUST use provided clear bag, no others will be accepted).
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 size provided to you matches the size you registered for. ***All athletes must get the size requested when you registered.*** If you would like to exchange your shirt for a different size, this can be done after the event starts at the Finish Line Information Tent (based on availability).



Bring Your I.D.

Remember to bring **a valid picture I.D.** Runners will receive a race packet that includes a bib with your race number, an attached timing chip, a premium tech t-shirt, reusable grocery bag, and a clear gear-check bag. **If you are picking up for another person, you will need to show a copy of the athlete's photo ID (screenshot on a mobile device is fine).**

Race Changes

Need to switch events? You can login to your [RunSignUp](#) account, go to your profile, find your registration in "Upcoming Events," select "Manage Registration," then click "Transfer Event." Next, complete the requested information to make the transfer. If you are certain you'd like to switch, we'd encourage you to do so at your earliest convenience as we anticipate some events selling out. Fees will apply for switching UP (ie: going from 10k to Half Marathon). There is no fee to switch DOWN (ie: going from Half Marathon to 10k) and there is no refund of the difference in price. If you would like to change races at the Expo, 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 to participate. To defer your event to 2025, login to your [RunSignUp](#) account (created when you registered) and click on your profile image at the top right-hand corner. Scroll down to "Upcoming Events," click on "Manage Registration" then select the "Defer Registration" link. You can only defer from one year to the next. You must complete your deferral by 7pm on Friday, April 19, 2024. There are no refunds. If you deferred your entry from 2023, you are unable to defer an additional year as deferrals are only good for one year.

Transfer of Bibs to a Third Party

We are unable to transfer your bib/registration to another athlete. If you are not able to participate in the event for which you registered, your options are to either switch events (ie: switch from Half Marathon to 5k, etc.) or defer your registration to 2025 (see instructions above for both).

Parking at Salt Palace Convention Center

There are two underground parking garages connected to the Salt Palace Convention Center. The first is located at [185 West 200 South](#) the second one is located at [50 South 300 West](#). 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 [parkopedia.com](#) for parking options and [ParkingSLC.com](#) for meter information.

FrontRunner and Trax

Don't want to drive downtown for the expo? 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.

Your participant bib includes free rides on FrontRunner and TRAX transportation the entire race day, April 20, 2024. There are TRAX stations within a few hundred feet of both the Start and Finish lines. Take this opportunity to avoid the hassle of parking and be green!

Expo Exhibitors

- Bank of America
- Cache Valley Creamery
- ColdTub
- Doctor Tony Chiro Clinic
- Fika Infusion
- Governor's Cup
- H2 Consulting
- Huntsman Heroes
- Kodiak
- Leaf Filter
- MedSense
- Official Race Merchandise
- Parliament Marketing
- Ragnar Events
- Salt Lake Running Company
- Salt Lake Running Company Events
- Sports Salt Lake
- St. George Marathon
- StretchLab Sugar House
- United Site Services
- University of Utah Health
- UTA / TRAX
- Utah Valley Marathon

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 | [500 S 900 E](#)

- 10K Run Start: 7:05am

Start Line | 5K Run | [451 S 200 E](#)

- 5K Run Start: 7:10am

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

All runners will finish at the main finish line structure located at [451 S 200 E](#)

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 5K Run, go to the Gear Check tent on the east side of Library Square near the window cutout wall of the library building. Please arrive early to check bag. Gear Check will close 10 minutes before each race starts.

For the 10K Run, gear check will be at [500 s 900 e](#). During the run, your gear will be transported to the main gear check area at Library Square.

Gear Check Bag to Use

At packet pickup, you will receive a clear plastic bag. Make sure to use THE CLEAR PLASTIC BAG PROVIDED TO YOU AT PACKET PICK-UP for gear check items. 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. For security reasons, we are unable to accept items/bags that are not in the clear plastic bags provided to you at packet pick up.

Corral Assignments | Full, Half and Bike Tour Only

All participants in the Full Marathon, Half Marathon, and Bike Tour events are required to self-cede to corrals based on your projected finish times you provided during registration. Following is a breakdown of how corrals are assigned:

Corral	Half	Full	Bike
A	1:29 or faster	2:59 or faster	1:18 or faster
B	1:30 to 1:49	3:00 to 3:49	1:19 to 1:32
C	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	
H	4:30+	5:30+	

*No time-based corral assignments for 5K, 10K, or Kids

Getting to the Start Line



Your race bib is valid as UTA fare on [TRAX](#), FrontRunner and regular UTA buses for the full day on Saturday, April 20, 2024. 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 4:10am. Check the [UTA Marathon Race Day Schedule](#) for exact times and please plan for extra time in the case of delays.

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. Note: All parking at the SLC Library Building on 400 South is paid. The two-hour free parking advertised at the lot is for library patrons only.



The start line for the Full Marathon, Half Marathon, and Bike Tour is approximately 800 feet from the [U. Medical Center TRAX station](#).


TRAX Schedule on Race Day

SALT LAKE CITY
MARATHON


Your Salt Lake City Marathon race bib/participant number
is valid as your UTA Fare all day on Saturday, April 20, 2024

- **TRAX** now runs every 15 minutes on Saturdays.
- **TRAX Red** and **Blue** Lines will start service 30 minutes early for the marathon:

Red Line → to UNIVERSITY																										
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	Balpark	900 South	600 South	Courthouse	Library	Trolley	900 East	Stadium	South Campus	Fort Douglas	Medical Center	
4:09a	4:12	4:14	4:17	4:20	4:22	4:24	4:25	4:27	4:31	4:34	4:36	4:38	4:40	4:43	4:45	4:47	4:50	4:53	4:56	4:58	5:00	5:03	5:06	5:08	5:10	
4:24	4:27	4:29	4:32	4:35	4:37	4:39	4:40	4:42	4:46	4:49	4:51	4:53	4:55	4:58	5:00	5:02	5:05	5:08	5:11	5:13	5:15	5:18	5:21	5:23	5:25	
														5:13	5:15	5:17	5:20	5:23	5:26	5:28	5:30	5:33	5:36	5:38	5:40	
4:45	4:48	4:50	4:53	4:56	4:58	5:00	5:01	5:03	5:07	5:10	5:12	5:14	5:16	5:19	5:21	5:23	5:26	5:29	5:32	5:34	5:36	5:39	5:42	5:44	5:46	
4:54	4:57	4:59	5:02	5:05	5:07	5:09	5:10	5:12	5:16	5:19	5:21	5:23	5:25	5:28	5:30	5:32	5:35	5:38	5:41	5:43	5:45	5:48	5:51	5:53	5:55	
5:09	5:12	5:14	5:17	5:20	5:22	5:24	5:25	5:27	5:31	5:34	5:36	5:38	5:40	5:43	5:45	5:47	5:50	5:53	5:56	5:58	6:00	6:03	6:06	6:08	6:10	
5:24	5:27	5:29	5:32	5:35	5:37	5:39	5:40	5:42	5:46	5:49	5:51	5:53	5:55	5:58	6:00	6:02	6:05	6:08	6:11	6:13	6:15	6:18	6:21	6:23	6:25	
5:39	5:42	5:44	5:47	5:50	5:52	5:54	5:55	5:57	6:01	6:04	6:06	6:08	6:10	6:13	6:15	6:17	6:20	6:23	6:26	6:28	6:30	6:33	6:36	6:38	6:40	
5:54	5:57	5:59	6:02	6:05	6:07	6:09	6:10	6:12	6:16	6:19	6:21	6:23	6:25	6:28	6:30	6:32	6:35	6:38	6:41	6:43	6:45	6:48	6:51	6:53	6:55	
 Accessibility route to START LINE from Fort Douglas Station																									Access marathon START LINE from Medical Center Station	

Blue Line → to Salt Lake Central									
Draper Town Center	Kimballis Lane	Crescent View	Sandy Civic Center	Sandy Expo	Historic Sandy	Midvale Center	Midvale Ft Union	Fashion Place	
4:10a	4:12	4:13	4:16	4:17	4:19	4:22	4:24	4:26	
4:25	4:27	4:28	4:31	4:32	4:34	4:37	4:39	4:41	
Trains every 15 minutes (see regular schedule for later trains)									

Transfer from
Blue Line
to
Red Line
to UNIVERSITY
to access marathon

Blue Line → to Draper									
Salt Lake Central	Old Greek Town	Planetarium	Arena	Temple Square	City Center	Gallivan Plaza	Courthouse		
5:14	5:16	5:18	5:20	5:22	5:24	5:26	5:28		
5:29	5:31	5:33	5:35	5:37	5:39	5:41	5:43		
Trains every 15 min (see regular schedule for later trains)									

Transfer station highlighted in Red (Blue Line trains will continue to SLC or Draper after stopping at this station)

Thank You for Riding

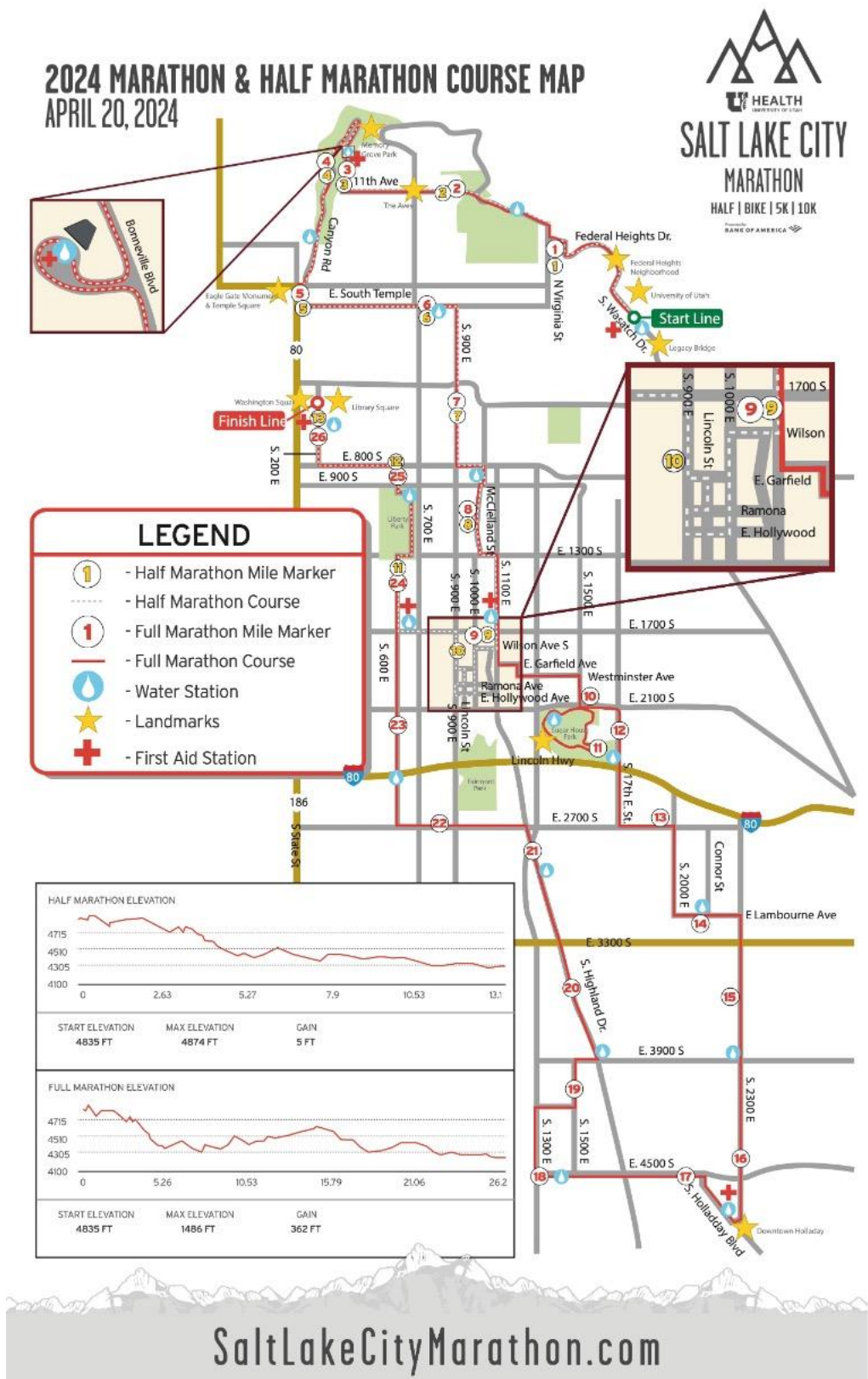


801-RIDE-UTA

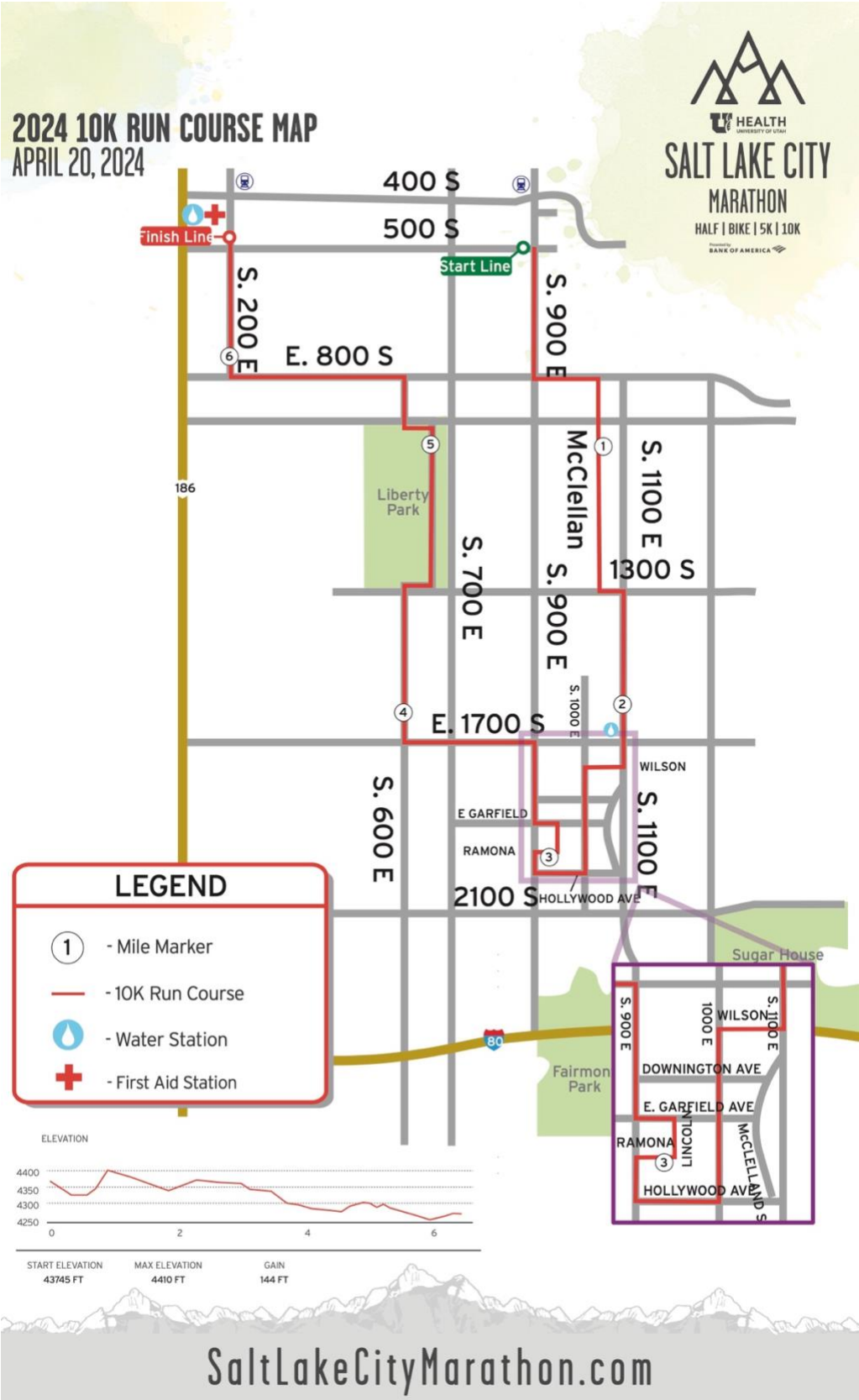
rideuta.com



Full Marathon & Half Marathon Course Map



10K Run Course Map



5K Run Course Map

2024 5K COURSE MAP
APRIL 20, 2024



LEGEND

1

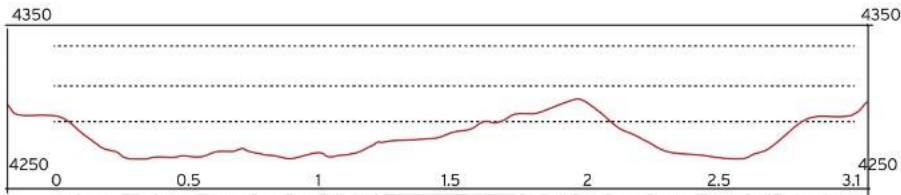
 - Mile Marker

- 5K Course

- Water Station

- Landmarks

ELEVATION (ft)



SaltLakeCityMarathon.com

Timing Splits

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

Marathon	Half Marathon	10K Run, 5K Run
<ul style="list-style-type: none"> • Mile 5 • Mile 13.1 • Finish 	<ul style="list-style-type: none"> • Mile 5 • Mile 10 • Finish 	<ul style="list-style-type: none"> • Finish

Official Rules

- The official bib that is assigned to you by the Salt Lake City Marathon for the 2024 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.
- 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.
- Runners 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 para-athletes to participate. **In accordance with USATF guidelines, wheelchair and hand-cycle athletes must wear helmets.**

- **Bike Tour**
 - Helmets 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.
 - 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 2-hour time limit.
 - Riders will be expected to obey the laws of the road and use courtesy, caution and common sense.
 - Bike 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.

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.

Street Closures

For a comprehensive list of all street closures, including the timeframes streets will be closed and interactive maps of each route, please refer to our [Street Closures](#) link on our website.

Spectators

Have friends and family that will be cheering you on as you make your way to the Finish Line? Have them check out our [Spectator](#) link on the website so they know where to find the best seats in the house.

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.
- **BLACK FLAG** STOP - Seek shelter immediately in the event of a weather emergency. The race has been canceled due to extreme conditions or course emergencies such as lightning, tornadoes, or human disasters. Instructions will be announced via bullhorn at water stations from the station captain.

On-Course Refreshments

Aid stations will have water, Gatorade, 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.

- | | |
|------------|------------|
| ● 0 to 14 | ● 50 to 54 |
| ● 15 to 19 | ● 55 to 59 |
| ● 20 to 24 | ● 60 to 64 |
| ● 25 to 29 | ● 65 to 69 |
| ● 30 to 34 | ● 70 to 74 |
| ● 35 to 39 | ● 75 to 79 |
| ● 40 to 44 | ● 80+ |
| ● 45 to 49 | |



Awards Ceremony Schedule | [451 S 200 E](#)

- | | |
|--------------------|---------------------------|
| ● 5K Run 8:15am | ● Half Marathon 9:00am |
| ● 10K Run 9:00am | ● Full Marathon 10:30am |

Race Results

You can view your race time results [here](#). 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 this year’s 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 (within a few minutes), 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

Marathon Photo 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 [2024 Salt Lake City Marathon photos link](#) to see your race-day greatness caught on camera! Please allow for a few days following the race for photos to be available.

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.

Unclaimed Items

All unclaimed items at Gear Check will be transported to the [Salt Lake Running Company](#) at [2454 S 700 E, Salt Lake City](#) starting on Tuesday, April 22 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.



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



Presenting Sponsor



Official Sponsors



Community Partners

