



2016 Runner's Guide

Welcome!

Timp Half & 5K Runners!

On behalf of the race directors, and all our volunteers who help with the race, we would like to thank you for being a part of this inspiring and beautiful run. Congratulations to each and every one of you who will cross our finish line.

We are so excited to team up with Operation Underground Railroad (O.U.R.) as our Charity. They are a tremendous and ambitious group of people that rescue children from the sex industry. You are literally Running to Rescue these children. Thank you!



OPERATION UNDERGROUND RAILROAD

We have put together this guide to help answer most of your questions about the event. If, after reading our guide, you still have questions, please email us at runtasticevents@gmail.com. We also invite you to follow us on Facebook for additional updates.

Timp Half Facebook:

<https://www.facebook.com/TimpHalf>

Visit us at our webpage:

www.timphalf.com

And remember: train well, have fun, and we will see you all at the finish line...



Packet Pick-Up

Packet pick-up is on Friday July 29th from 10:00 AM to 8:00 PM at the Outlets at Traverse Mountain located at 3700 Cabelas Blvd, Lehi UT 84043. We will be located in the Grand Lobby by Customer Service.

Please bring ID to be shown for confirmation. Friends can pick-up your race bag with written, signed approval and a copy of the participants ID.

Gear/SWAG

All runners will receive a high-end gender specific running shirt. All finishers will also receive a beautiful finisher medal and a race bag.

How the bag works:

Your bib and timing chips will be picked up with your bag and shirt. If you plan on wearing warmer clothes up to the start line, you can use your race bag to hold any extra clothing during the race. You will be given a zip tie in the bag to attach your "bag tag". This is necessary to identify your bag for retrieval at the finish. We will provide a Bag Truck to transport your gear to the finish line. All bags must be collected 15 minutes prior to the start of the race. The bag truck will leave at 5:45 AM.

Any clothing dropped along the course will be donated to Deseret Industries as a charitable donation. Please respect the canyon and help us keep it clean by dropping clothes and any trash at designated aid stations or in trash receptacles.

Parking/Bus Transportation

You will find runner signs and volunteers directing you to the correct parking. Bus pickup will be at the front of American Fork High School. Please be there early, as buses will only depart for AF Canyon from 3:45 am to 5:00 am. There will be no late transportation.

Spectators may park at American Fork High School and participate in the morning festivities.

Starting Area

American Fork High School has been wonderful to allow us to use their facilities for our event.

Please help us Leave No Trace and protect the area by staying off of the football field and also only use provided toilets. There will be many so there shouldn't be long lines.

Timing

The Timpanogos Half Marathon will be professionally timed. The chips will be attached to the back of your bib so please don't wrinkle or stuff the bib in your pocket. Note: If you alter or damage your chip your time may not be read correctly. Wear your bib on the outermost layer of clothing. Your chip time will begin when you cross the starting line so you don't have to be toeing the line. Find your projected pace and fit on in! If you will be one of the top 10 runners please try to position yourself at the front of the line.



Course Closure and Time Restrictions

American Fork Canyon will be closed to traffic coming down, but not up, so please stay within the right lane as you head down the canyon. Please be respectful to traffic and run careful down the canyon. This course is FAST so please make sure you are prepared.

We welcome any and all participants. BUT NO RUNNERS WILL BE ALLOWED IN AF CANYON AFTER 7:30 AM. There is an early start time (5:40 AM) to accommodate those running slower than a 14 min/mile. If you are still running down the canyon at 7:30 you will be picked up and driven to the bottom where you can continue to run. "Early starters" will not be eligible for official chip times.

Safety and Emergencies

Safety is absolutely the first priority during the race. Be aware of your surroundings and take precautions to avoid dangerous situations. Running downhill includes its own risks so please pay attention to your body and know when to slow down. Ambulances will be positioned at the finish. In the case of a health emergency ask police personnel or volunteers to contact these services for immediate care. Participants run at their own risk.

Average Temperature for Race

The average temperature at the start is 60 degrees. As you come down the canyon it will warm up and once you've exited the

canyon expect temperatures of up to 80 degrees. These are based upon normal temperature ranges for Pine Hollow and American Fork on July 30th. More accurate forecasts will be available closer to that day. Pay attention and plan ahead.

Course Description

The race begins at the Pine Hollow Parking Lot. This all-downhill course brings you down through the stunning green American Fork Canyon in the shadow of Mount Timpanogos. The winding canyon road drops gradually, giving peaceful views of nature the way it should be. After exiting the canyon you will follow the Cedar Hills trail system to the Murdock Canal Trail, then finally finish at American Fork High School on the track!

Leave No Trace

We promote the movement to Leave No Trace. Please help us preserve and protect the natural beauty of the canyon and course by tossing all trash in receptacles at each aid station or carrying it out with you. We do our best to let you enjoy the impressive beauty of the course unmolested and ask you to help us by doing the same.

Mile Markers

There will be a marker for each mile along the course.



Aid Stations

Mile 3-

Water, PowerAde, First Aid, Restroom

Mile 5-

Water, PowerAde, First Aid, Restroom

Mile 7-

Water, PowerAde, First Aid, GU Energy Gel, Restroom

Mile 9-

Water, PowerAde, First Aid, Orange Slices, Restroom

Mile 11-

Mile 12 (Art Dye Park): Water, PowerAde, First Aid, Restroom

Photography

Flo Foto is professionally taking photos along the course. Make sure to smile, jump, or wave at the camera to get your best running shot. You may even make the cut onto the race videos! All Race Photos are FREE (Social Media Quality) and will be available a couple days after the race. An email will be sent to you with a link.

Cheering Locations

The Canyon is open only to traffic going up so if you have family that would like to come see you it is recommended that they wait near the mouth of the American Fork Canyon and then at the finish line.

Finish Line Food

After finishing you are welcome into the runners corral where you will receive food like Chocolate Milk, Water, Fruit, and much more!

Food is only available for Half Marathon and

5K participants. Enjoy!

Results

A link to the results will be posted on our website and Facebook page on race day.

Awards and Prizes

We are proud to offer custom medals for both the half marathon and 5K finishers. A lot of work goes into the design of these awards, and we hope you enjoy them.

Overall Finishers Half

Marathon—Male and Female

1st: Custom Medal, Free entry for 2017 Timp Half.

2nd: Custom Medal, Free entry for 2017 Timp Half.

3rd: Custom Medal, Free entry for 2017 Timp Half.

Age Category Winners

1st: Custom Medal

2nd: Custom Medal

3rd: Custom Medal

5K Age Divisions

10 & Under



- 11-14
- 15-19
- 20-24
- 25-29
- 30-34
- 35-39
- 45-49
- 50-54
- 55-59
- 60 & Over

Half Marathon Age Divisions

- 14 & Under
- 15-19
- 20-24
- 25-29
- 30-34
- 35-39
- 45-49
- 50-54
- 55-59
- 60-69
- 70 & Over

Ceremony Times

- 5K: 8:30 AM
- Half Marathon: 9:30 AM

Course Map

Please visit our website for up to date course maps and other information. www.timphalf.com

Deferrals & Transfers

We understand things come up. Although we do not offer refunds we do offer deferral & Transfer options to solve any unforeseen issues.

Please visit the website and click on the My Registration tab on the main menu.

Our email is runtasticevents@gmail.com





Parking Map

