



RUNNER'S GUIDE

2017

Please read the following Runner's Guide carefully, it is your responsibility to know this information. If you need further information, please contact us at info@runtasticevents.com.

You can also follow us on Facebook, Twitter and Instagram at [@runtasticevents](https://www.instagram.com/runtasticevents).



PRERACE EXPO



TownePlace Suites
1219 US-40
Vernal, Utah 84078

Friday, May 12, 2017 @ 2-8pm

The expo is the only place you can pick up your bib number/timing chip and other packet materials which are required for running the race.

If you cannot make it, you can send someone to pick it up for you as long as they have a copy of your I.D. (driver's license, state I.D., passport, etc.) or your registration confirmation.

RACE SWAG

Here are a few things you get with your registration!

AT THE EXPO

- Technical Short Sleeve Shirt
- Drawstring Bag
- Temporary Tattoo
- Sponsor Swag & Goodies

AT THE FINISH LINE

- Finisher Medal *
- Great Harvest Bread
- Chocolate Milk, Creamies & more!

*- medals for runners who complete the race and cross the finish line.

BIB NUMBERS/TIMING CHIPS

Timing for the 2017 Dino Half Marathon will be done by **The Race Time**. For further details about the timing company please visit www.theracetime.com.

The half marathon and 5K are chip timed. The Dino Dash is not timed.

Your timing chip is located on the back of your race bib. Please do not remove the chip or bend your bib number. The chip is a UHF RFID tag. For the chip to read accurately the bib should be attached to the front of the runner and be visible when crossing the starting and finish timing mats. Space blankets dampen the sign so please do not cross the starting line wrapped in a space blanket.

The chip is disposable and does not need to be returned.

Bib numbers are NON-TRANSFERABLE. The unauthorized selling and/or giving away of a 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 a Runtastic Events race for a minimum of one year.

Please use the transfer/deferral process provided if you need to sell/transfer your race bib.



REGISTRATION

Online registration closes on May 12th at 5pm. Please register before May 12th. But, for those of you that can't make a decision until the **LAST** minute, you can register at the race expo.

There is no day of registration for the half marathon or 5K. If you register online on the 12th, please be at the Race Expo the same day to pick up your packet.

There is day of registration for the Kid's Dino Dash. Visit the blue Runtastic Info tent from 7-10:15am to register your child (age 1-12) for the Dino Dash.

REFUNDS/TRANSFERS/DEFERRALS

Due to the extensive logistical planning and commitments made in the race production process we have a strict no refund policy.

We do however have options to change categories, transfer to another Runtastic Events race or defer your entry to next year's race.

The Transfer/Deferral Fee is:

\$8.00 until May 1st

\$20.00 until May 12th

Not Allowed after May 12th

Transfers and deferrals are **NOT** allowed the day of or after the event.

Use the following link to update your information, change race categories or defer to another Runtastic Events race.

www.raceentry.com/races/dino-half-marathon/2017/runner

SPRINTASAURUS

The Srintasaurus Award is given to the male and female who run a half mile section of the course (mile 6.2 to 6.7) the fastest.

You don't need to be in the lead of the race. In fact past winners of the award weren't the winner of the overall race. The half mile sprint is well marked. We hope you enjoy this extra course fun.

RULES OF COMPETITION

The Dino Half Marathon is organized and conducted under the USA Track & Field rules and regulations.

Runtastic Events reserves the right to remove a runner from the course if, in our best judgement, it is possible that serious or fatal injury could result from continued participation.

Non-registered participant pacing is prohibited and may result in disqualification.

Bandits/non-registered runners are prohibited and may be pulled off of the course.

The following are not allowed:

- Personal support vehicles.
- Drop off at start line by non-approved transportation (half marathon only).
- Baby Strollers (half marathon only).
- Rollerblades, bicycles and skateboards.
- Pets (all races).
- Weapons and sharp objects.

START TIMES

Dino Half Marathon: **7:30am** (Dry Fork Canyon)

Dino 5K: **8am** (Maesar Elementary)

Kid's Dino Dash: **10:45am** (Maesar Elementary)

ASSISTED ATHLETES

We welcome athletes of all abilities. If you have special requirements in getting to the start or along the race course please contact us at info@runtasticevents.com so we can properly accommodate you.

TIME LIMITS

The half marathon course is supported until 10:45am (3 hours 15 minutes). After 10:45am the fuel stations, police support and barricade/fencing may not be available. Runners must be able to average a pace of 14 minutes per mile to participate.



TIMING & RESULTS

The first three places, male and female, will be determined by gun time (regular timing). All other awards will be determined by using chip time.

Gun time is the time elapsed from the sound of the gun to the finish line. **Chip time** is the time elapsed from when the runner crosses the starting line to the finish line.

Results will display the following:

- Gun time
- Overall place
- Chip time
- Overall gender place
- Average pace
- Division/Age Group place

Results are available in the following ways:

- On screen at the results trailer
- Personal printed result at the results trailer.
- Online at <http://dinohalf.com/results>

AWARDS

The top three finishers, male and female, of the half marathon and 5K will receive the following:

- Winner's Medal
- Gift Basket
- Free Entry into 2018 Dino Half or 5K

Age Group medals will be given to the top three, male and female, of the half marathon and 5K broken down in the following 12 age groups:

Half Marathon

14 & Under
15-19
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-69
70 & Over

5K

10 & Under
11-14
15-19
20-24
24-29
30-34
35-39
40-44
45-49
50-54
55-59
60 & Over

Awards Ceremony

Overall: 5K **8:45am** & Half Marathon **9:15am**

5K Age Group: **9am**

Half Marathon Age Group: **9:45am**

FUEL STATIONS

We've got you covered! There are eight fuel stations throughout the half marathon course. At start, mile markers 3, 5, 7, 9, 11, 12.5 and the finish.

Water, Powerade, vaseline, port-a-potties and a first aid kit will be available at each station. Look for Powerade on the first table and water on the second.

Sports energy gels will be available at the start and mile 7. Orange slices will be available at mile 9.

LEAVE NO TRACE

Dry Fork Canyon is a beautiful place to run and we want to keep it that way. We implore you to not litter on the canyon road. Garbage cans are located at each fuel station.

Please hold onto garbage and dispose of it at the fuel station garbages. Additionally, please do not throw clothing into trees or onto the side of the road.

MEDICAL

An ambulance will be stationed at the start and finish line and can be dispatched anywhere along the course. Lincensed EMTs will be stationed in the white medic tent at the finish line. First aid kits will be at each aid station.

RACE SECURITY

We take participant security very seriously. We plan every aspect of the event with this as a TOP priority. We have hired the Uintah County Sheriff's Department to ensure runner safety at the start and along the course. We use Interstate Barricade for all the barricades, fencing and cones used at the event.

COURSE CLOSURE & RESTRICTIONS

Dry Fork Canyon will NOT be closed to traffic so please stay to the right as you head down the canyon. Be respectful to traffic and run carefully down the canyon and shoulder of the road.



BUS SHUTTLE FOR HALF MARATHON

All half marathon runners are required to ride buses to the start with the exception of runners with disabilities who received specific permission. Parking or being dropped off is prohibited.

BUS LOADING LOCATION (SEE MAP)

Maesar Elementary
2670 W. 1000 N. St.
Vernal, Utah 84078

Time: 5:30-6:30am

If you are not at the bus loading at the above times you may miss your shuttle and forfeit your registration. *Be at the bus loading earlier than later!*

Please load buses quickly and as soon as you arrive. It requires a lot of time and effort to get hundreds of runners shuttled to the start. We appreciate your help.

You must show your bib number in order to board.

CLOTHING & BAG DROP (HALF ONLY)

A drawstring bag will be given to you at the race expo with your bib number. Please remove the pull tag from the bottom of the bib number and attach it to your bag using the zip tie also provided. This tag needs to be secured to the bag to identify it as yours.

The warm-up clothing you wear to the starting area can be placed in the bag.

A drop bag trailer will be provided at the starting area of the half marathon. Please place clothing in the bag and drop it in the trailer no later than 7:15am. The trailer will leave fifteen minutes before the start of the race and take all the bags in it to the finish area.

Do not leave any valuables along the course. Race management will not be held responsible for lost or misplaced items.

We will provide a clothing drop box at the first fuel station (mile three) for you to discard clothing. This box will be taken to the finish line bag drop corral once the fuel station is done and cleaned up. Clothing left anywhere else along the course will be donated to charity.





PACING TEAM

To help our runners achieve their goals we have enlisted the **RYR Pacers** to pace the half marathon.

The following times will be paced with two pacers per time slot:

- 1 hr 40 min	- 2 hr 10 min
- 1 hr 45 min	- 2 hr 20 min
- 1 hr 50 min	- 2 hr 30 min
- 1 hr 55 min	- 2 hr 40 min
- 2 hr 0 min	- 3 hr 15 min

At the starting line each pacer will be holding a sign with their pace time on it. The faster the pace the closer to the starting line they will be. Please find your pacer and line up behind them.

This will help all runners be around other runners with similar speeds and keep runners from getting stuck behind slower runners or getting bumped or run over by faster runners.

The 3 hr 15 min pacers will be the last runners on course. Please maintain their speed to remain on the course.

RACE PHOTOS

Race photography is provided by Flo-Foto. They make the best pictures in the event industry. We love seeing your pictures on social media so we provide your social media sized pictures for *free!*

Social media size download: FREE!
High Resolution photo download: \$1.99/picture.

Look for photographers throughout the race -- starting line, throughout the canyon, Mile 9 (half), Mile 1 (5K), finish line, photo backdrops in the runner's corral and awards stage.

RUNTASTIC RACE SERIES

Run any three Runtastic half marathons in 2017 to qualify for the Trilogy Medal. All races must be a half marathon or longer and completed within the 2017 calendar year.

Run **THREE** of the following races to qualify for the Trilogy Award:

Dino Half Marathon (May 13)
 Timpanogos Half Marathon (July 29)
 Mt. Nebo Half Marathon (August 26)
 Mt. Nebo Marathon (August 26)
 The Haunted Half - SLC (October 14)
 The Haunted Half - Phoenix (October 21)
 The Haunted Half - Austin (October 22)
 The Haunted Half - Provo (October 28)
 Thankful 13 (November 23)

There is no additional cost to qualify for the Trilogy Medal. Your regular registration and confirmed finish is all you need.

Our database will record your official results and we can look up your race history when you come to claim your award.

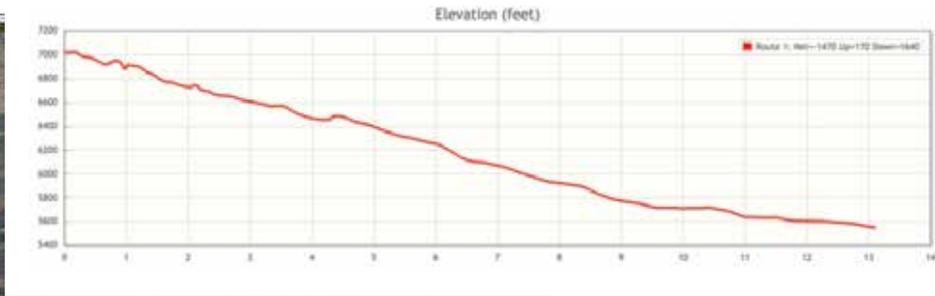
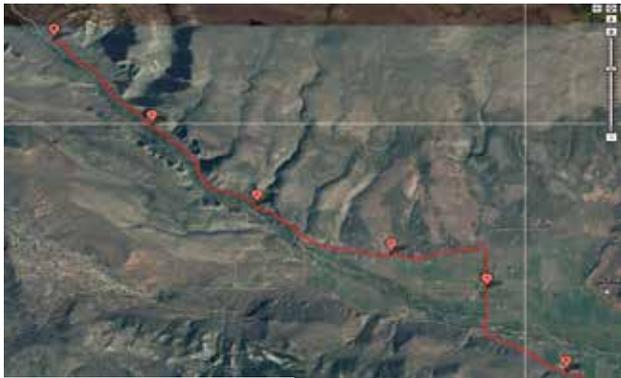
After you cross the finish line of your third race visit the blue Runtastic Events tent in the finish area to claim your Trilogy Medal!



**SIGN UP FOR THREE OR
 MORE RACES AT TOGETHER
 AND SAVE 20%**



RACE MAPS



dino half
MARATHON

Start: Dry Fork Canyon
Finish: Maeser Elementary School
Aid Stations at Miles 3, 5, 7, 9, 11

