

2019 Lucky 13 Half, 10K, 5K – Gardner Village

Lucky 13 Race



Leprechaun Hat
& Shirt Included

Gardner Village
Theme Race

Half Marathon - 10K - 5K
March 16, 2019

Runners Guide

Index

Introduction	3
Sponsors	4
Race Agenda	5
Aid Stations	5
Course Map	6
Parking	6
More Races	7



Dear Lucky 13 Runners,

The Lucky 13 Run is a fun race with a great St Patrick's Day Theme. We give all the runners a green hat and shirt ask that you run in your shirt if possible but not required. Remember that March 16, 2019 is still technically winter and the forecast is a 50 degree high and a 32 degree low. Though the 32 degree low is most likely not during race time we ask to dress accordingly. There is no forecast for rain or snow.

This race starts at the Water Tower at Gardner Village and is an out and back on the Jordan River Parkway Trail System. We ask that you pay attention to the course. We will try to have volunteers for every turn on the trail however sometimes not all volunteers stay where they are supposed. We hope they are all right where they are set to be, however if you have any doubt we tell you to look at the course. We should have a Bright Pink Arrow stickers marking your path for every turn on the ground.



Spectators – We encourage spectators for the race. The best location for spectating is at the Start and finish which are the same location as Gardner Village. The rest of the course is a paved trail with not a lot of room to cheer without getting in the way. Also the start and finish has the most fun and excitement. Going on the trail could put you or your spectator in danger.

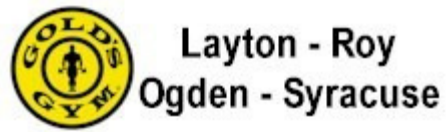
Timing is done via timing chips. Timing chips are on the back of the bib numbers so please do not remove them. We ask that everyone wear their bibs on the outside of their clothing for a good chip read. Timing chips are 99% accurate. Of the 1% that is missed it is mostly due to a racer wearing their bib wrong under clothes or damaging it. Wear it proudly in front and do not remove any labels, stickers, tabs off your bibs. We know it is cold. Either wear it outside your jacket or when you run through lift your jacket. Covered chips reduce coverage by 20%.

At the finish we encourage you to look for our Leprechaun who will be giving out finisher medal and gold chocolate.

We hope you are a lucky runner,

On Hill Events

Sponsors



Race Agenda

Friday March 15, 2019

Gardner Village Address – 1100 W 7800 South West Jordan, Utah

- **4-7PM - Packet Pickup at Gardner Village at the Water Tower (please try to attend this one so race day packet pickup is not overly busy)**

Saturday March 16, 2019

- **7:30AM to 8:30AM – Race Day Packet Pickup (Ends at 8:30AM so be there no later than 8:00AM if you cannot make Friday Night) at the Water Tower at Gardner Village**
- **8:30AM – Costume Contest (Wear it best) ○ 8:45AM – Orientation and Line Up**
- **9:00AM – Start the Lucky 13 Half Marathon (All Distances)**
- **12:00Noon – Start to Sweep Course**

Aid Stations

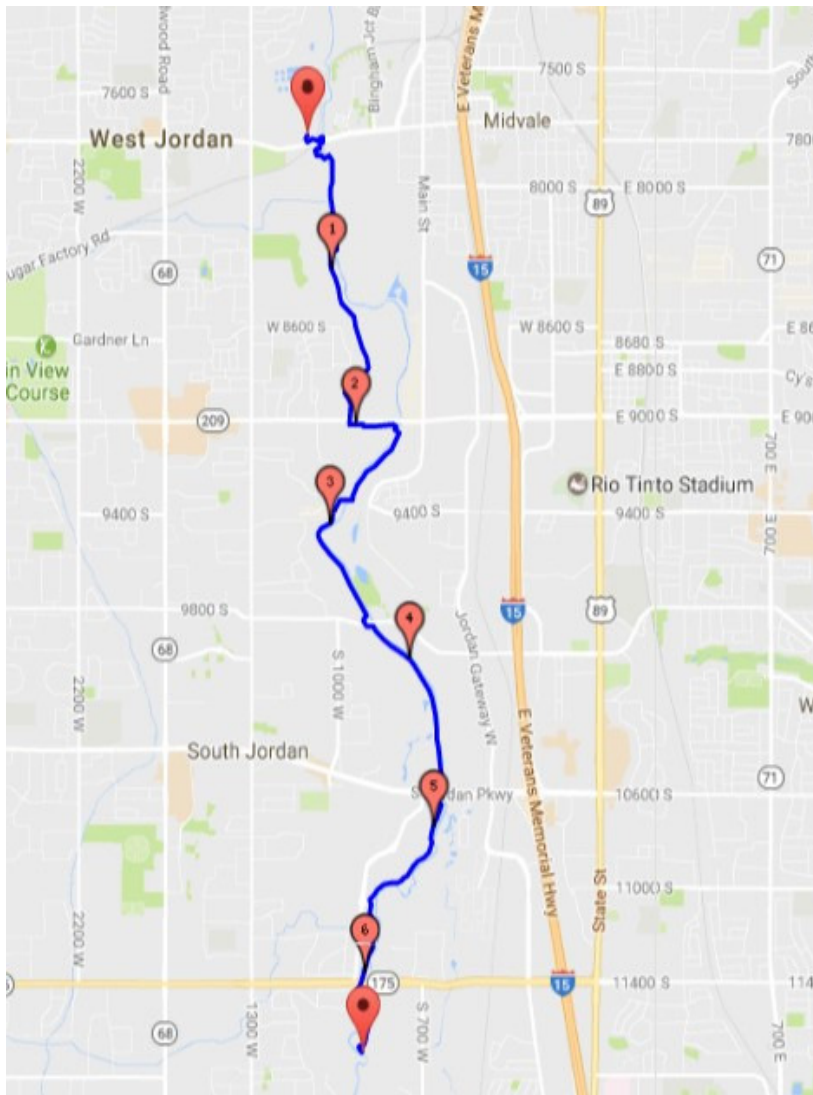
Half Distance Mile 1.44, 2.9, 4.5, 6, 7.1, 8.6, 10.2, 11.66

10K Mile 1.44, 3.3, 4.76

5K Mile 1.44

Aid Stations have water, Powerade, bathroom. Mile 7.1 10.2 Gels

Course Map – Follow Pink Sticker Arrows on the course.



Start Gardner Village near the Water Tower and head Southeast along the road. At the Trail head go on to the Jordan River Parkway Trail. There you will again head South. As you can see from this map the course gradually turns over a bridge to continue South. If you are familiar with our traditional 5K route this makes a turn prior to the 5K turnaround over the second bridge. We will have someone at the turn around locations however the aid stations will be unique locations due to distances of potties. The #1 potty will be at Mile 1.44 just shy of the 5K turn around. The #2 potty (haha I said #2 potty) will be at Mile 3.2 just past the 10K turn around. It would be better to be prior to it however we can only place potties near trail heads. If you are a 10K runner and can wait turn around at your turn around and use the Mile 1.44 potty. If you cannot

wait just run 100 yards ahead of the 10K turn around. It may add .2 of a mile to your 10K however somethings could be worse. The next potty is at Mile 3.9 and Mile 6. We will have aid stations a bit down the road from Mile 3.9 at 4.5 due to permit requirements at those with volunteers. 6.55 or the Half Marathon turnaround is up the road from the last aid station. It will have a volunteer there at each turnaround.

Parking

There is plenty of parking in the back of Gardner Village for runners and spectators. Please access Gardner Village from the 7800 South on the Western Entrance if possible for racers and spectators. It will make it easier for runners and you to exit at the end of the race.

Check out www.OnHillEvents.com for our 2019 Schedule of races.

2019 On Hill Events Races

- Candy Heart Run 5K (Valentines Theme) – West Jordan, Utah February 9
SOCAL Marathon, 13.1, 10K, 5K – Anaheim, Calif March 2
Lucky 13 Half, 10K, 5K (St Patty Theme) - West Jordan, Utah March 16
Legacy Duathlon Sprint, Olympic - North Salt Lake, Utah April 13
Eggs Legs 5K (Easter Theme) – West Jordan, Utah April 20
May the Fourth 13.1, 10K, 5K (Star Theme) – Farmington, Utah May 4
Drop13 Half Marathon, 5K – Big Cottonwood Canyon, Utah June 8
Jurassic Run 5K (Dinosaur Theme) – Ogden Dinosaur Park, Utah June 29
Cache Valley Super Sprint Tri Sprint, Olympic – Logan, Utah July 6
Legacy Midnight Run 13.1, 10K, 5K (Glow Stick Night) – Farmington Utah July 26
PC2PG 13.1, 10K, 5K – Provo Canyon to Pleasant Grove, Utah August 10
East Canyon Marathon 13.1, 10K, 5K – Big Mountain to Morgan, Utah August 31
Bear Lake Brawl Triathlon Full, Half, Olympic, Sprint – St Charles Idaho Sept 14
Witch Run 5K (Witch Fun Theme) – West Jordan, Utah Sept 28
Antelope Island Marathon 13.1, 10K, 5K – Syracuse, Utah October 12
Blood Run 5K (Fun Fear Theme) – Mt Green Utah October 12
Southern Utah Triathlon Sprint, Olympic – Hurricane, Utah October 26
Ogden Santa Run 5K (Santa Theme) – Ogden, Utah November 30
Gardner Village Santa Run (Santa Theme) – West Jordan, Utah December 7
Provo Santa Run (Santa Theme) – Provo, Utah December 7