

**2017 Mt Green Half Marathon
with the Boys Chase Girls Challenge**



Runner's Guide

Index

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

Dear Mt Green Half Runners,

The 4th Annual Mt Green Half Marathon is almost here and we are looking forward to this weekend's race.



We have had mixed weather forecasts for this race. As of May 23 KSL forecasts colds and sunshine mixed with a 20% chance of rain which is low. The issue with the weather is you truly never know what you are going to get so we always tell all our runners to be prepared in case of sunny and 72 or cold and 50. Got to love Spring in Utah.

The advantage with the moisture we have been having is the beauty it brings out in the area. The town you will be doing 80% of your running in is called Mt Green. This time of the year the hills are lush with green grasses and many of yellow flowers. The course starts with a 1 mile climb then downhill for 8 miles. The last 4 miles are rolling green hills with not a ton of climbs. The 10K and 5K start at the finish line and run backwards on the course half their distance and back to the finish. The Boys Chase Girls Challenge makes this race somewhat unique with Girls getting a head start. Half they get a 30 Min, 10K they get a 10 Min, 5K they get a 5 Min. The first 50% of the finishers in the Half will get an extra finisher medal to brag they beat many of the opposite gender.

Packet pickup for the Mt Green Half Marathon will have two options. We encourage you to be at first one at Peak Performance from 5-7PM on Friday May 26, 2017 1895 Washington Blvd in Ogden. We do a race day or last chance packet pickup at the race site from 4:00AM-7:00AM at the Bus Loading Area – Enterprise Park 2775 W Old Highway Rd. Please be at least 30 minutes prior to loading the bus if you are getting your packet on race day or at least 45 minutes prior to start for the 10K/5K. It is always good to be early so you are not rushed race day. No one wants to still be in line at the restroom when the race starts. We are also planning some fun prior to start to help you get in the theme.

Parking – Please park at the LDS Stake Center directly across the street from Enterprise Park. If you are plugging this address into your GPS we would recommend using 2775 W Old Highway Rd Morgan Utah. Enterprise is not incorporated and we would hate you to get lost. The easiest way to get there would be to take I84 East through Weber Canyon (Not Ogden) to the Second Mt Green Exit then hit the frontage road on the North side of the Freeway and head East around 2 miles to the LDS Stake Center. We look forward to seeing everyone this weekend

– On Hill Events

Sponsors



Layton - Roy
Ogden - Syracuse



Aid Stations

Half Marathon Every 2 miles starting at Mile 3

10K Mile 1.55, 3.1, 4.65

5K Mile 1.55 **Powerade and Water on Course for run.**

Race Agenda

Friday May 26, 2017

5:00PM to 7:00PM – Packet Pickup at Peak Performance at 1895 Washington Blvd Ogden Utah

Saturday May 27, 2017

4:00AM to 5:00AM – Late Packet Pickup at Finish Line Area Enterprise Park 2775 W Old Highway Rd Morgan Utah (Park in the North Morgan LDS Stake Center)

5:00AM – Last Bus Leaves Enterprise Park to the Starting Line for the Half Marathon

5:30AM – Meet at Starting Line for the Half Marathon

6:00AM – Girls Start Half Marathon

6:30AM – Boys Start Half Marathon

6:00AM – 10K/5K Meet at Finish/Starting Line at Enterprise Park

7:00AM – Girls Start 10K

7:10AM – Boys Start 5K

7:20AM – Girls Start 5K

7:25AM – Boys Start 5K

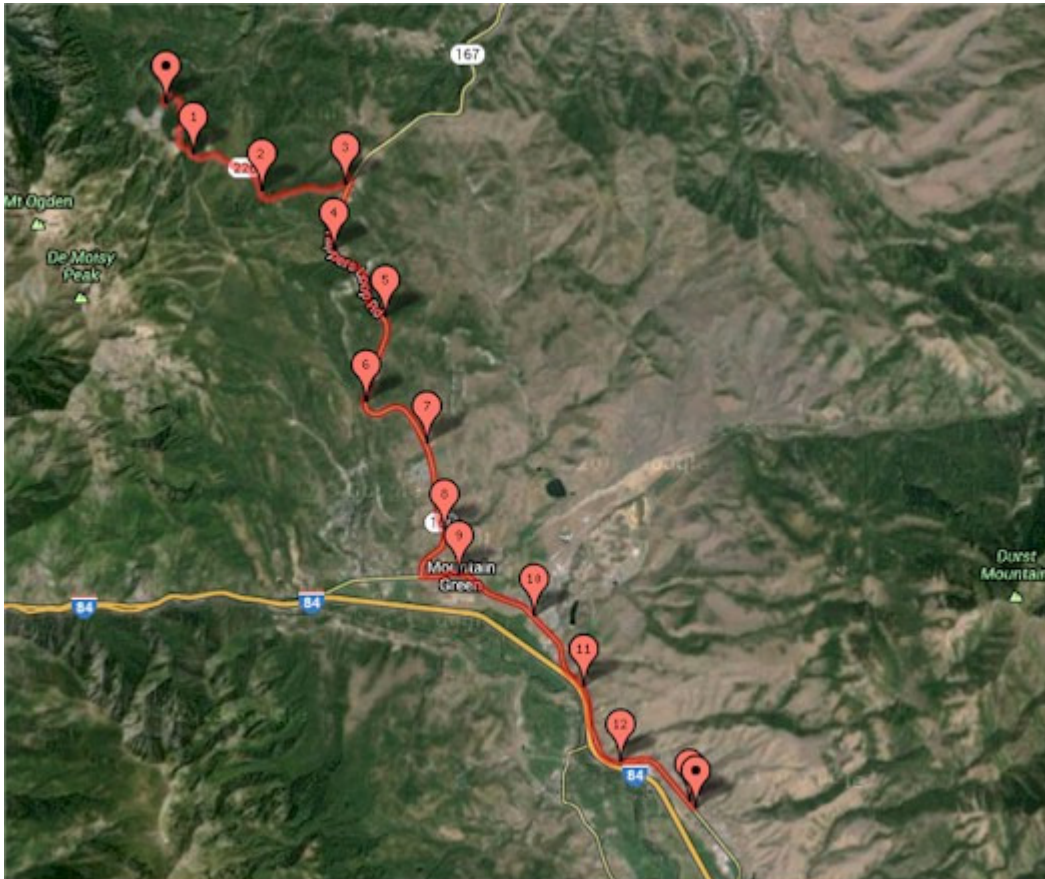
8:30AM – Awards Ceremony Starts

9:30AM – Start to Sweep Course

There will be a place to drop your bags at the starting line for the Half Marathon that will be loaded to the finish line. We strongly recommend not dropping items of high expense or value. Though we bring back all the items these items are exposed to spectators and or other runners who might mistake their item for yours or worse want to steal it. It is rare that runners do this but be safe and smart.

Course Map

This course is point to point with a busied out start. The race starts going uphill 1 Mile then down 8 Miles then the last 4 miles are rolling hills without too much elevation. The 5K and 10K are starting at the Half Marathon finish line and go out half their distance going against the course of the Half then running the second half of their course back running with the Half course.





Santa Clara/Ivins, Utah

MARATHON

Come to Utah's Dixie Area for the Warmth of Spring in the heart of Winter

26.2 - 13.1 - 10K - 5K

February 3, 2018

2017 On Hill Events Calendar

Abominable Run 5K - 1/7/2017 Theme Race

Candy Heart Run 5K - 2/11/2017 Theme Race

Lucky13 13.1, 10K, 5K - 3/18/2017 Theme Race

Legacy Duathlon - 4/8/2017 Farmington, Utah

Eggs Legs 5K - 4/15/2017 Theme Race

Fantasy Run 13.1, 10K, 5K - 5/6/2017 Theme Race

Mt Green Half Marathon, 10K, 5K - 5/6/2017

Drop13 Half Marathon, 5K - 6/10/2017

Provo Midnight Run 13.1, 10K, 5K - 6/23/2017

Legacy Midnight Run 13.1, 10K, 5K - 7/7/2017

Cache Valley Super Sprint Tri - 7/29/2017

Layton Triathlon - 8/12/2017

East Canyon Marathon 26.2, 13.1, 10K, 5K - 8/26/2017

Bear Lake Brawl Tri Sprint/Olympic - 9/9/2017

Bear Lake Brawl Tri Half/Full - 9/16/2017

Witch Run 5K - 9/30/2017 Theme Race

Antelope Island Marathon 26.2, 13.1, 10K, 5K - 10/14/2017

Powell3 Triathlon Sprint/Olympic - 10/28/2017

Provo Santa Run 5K - 11/17/2017 Theme Race

Ogden Santa Run 5K 11/25/2017 Theme Race

Gardner Village Santa Run 5K 12/2/2017 Theme Race

www.OnHillEvents.com