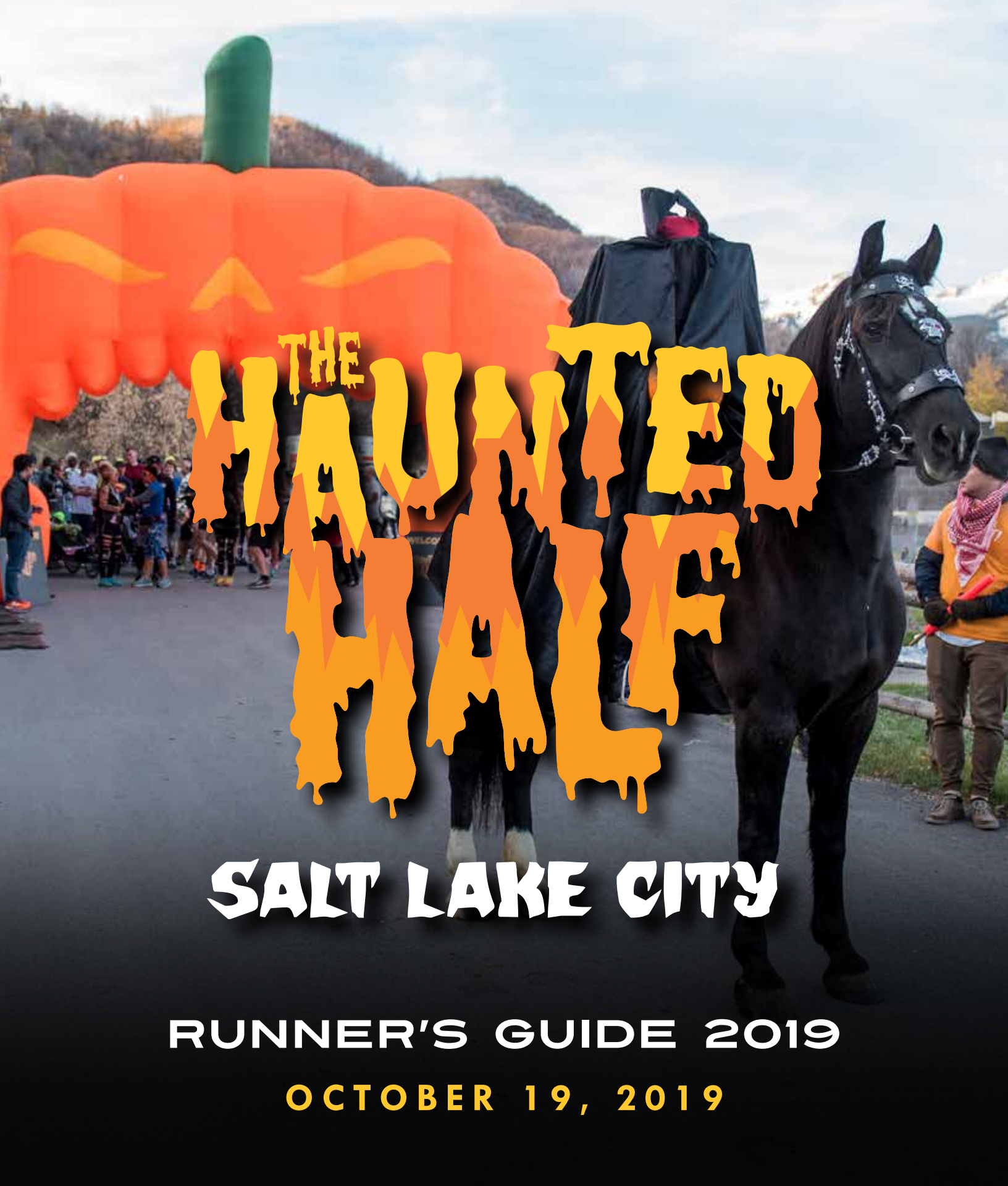
RUNTASTIC EVENTS



THE HAUNTED HALF

SALT LAKE CITY

RUNNER'S GUIDE 2019

OCTOBER 19, 2019

RUNTASTIC EVENTS

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RUNTASTIC EVENTS

THE HAUNTED HALF
SALT LAKE CITY

WELCOME!

On behalf of the race directors, and all our friends and families who volunteer to help with the race, we would like to thank you for participating in Utah's most Spook-tacular Halloween Race. Congratulations to each and every one of you who will cross our finish line!

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

Haunted Half Facebook: https://www.facebook.com/TheHauntedHalf/
or visit us at our webpage: https://thehauntedhalf.com/salt-lake/
And remember: train well, have fun, and we will see you all at the finish line!

BEFORE THE RACE

REGISTRATION

Grab your costume and get ready for Utah's best Halloween party! We're not trying to stir the pot...a friendly reminder that online registration closes on Friday, October 18th at 5 p.m. Do not panic, there is still room on the broom. Last call to cast your name to join us in the Half or 5K will be at the Expo.

There is NOT day of registration for the Half Marathon or the 5K. There is day of registration for the Kid's Half Mile Run. Visit the Blue Runtastic Info tent from 9 a.m. to 11 a.m. to register a child *(ages 1-12)* for the Kid's Race.

DATE RANGE	5K	HALF MARATHON
SEP 1 - SEP 30	$34.95	$79.95
OCT 1 - OCT 17	$36.95	$84.95
OCT 18	$39.95	$89.95

*$3.00 Facebook discount available during registration.

EXPO

WHERE: Highland High School

WHEN: October 18th 11:00 a.m. – 7:00 p.m.

WHY: Pick up your packet and get cool swag! We've got a lot of goodies to give you — think of it like trick-or-treating practice.

PACKET PICK UP

Please pick up your packet, bib number, shirt, and race swag at the expo / packet pickup THE DAY BEFORE THE RACE. You must have a photo ID to pick up your packet. You may pick up someone else's packet if you have a copy of their photo ID.

Packets will NOT be available to pick up the morning of the race. If you are for some reason unable to pick up your packet from the expo please send us an email at info@runtasticevents.com.

START TIMES

HALF MARATHON START - 8:30 a.m.

The Start of the Half Marathon is at the summit of Little Mountain up Emigration Canyon. What to expect:

- Bus Unloading
- Headless Horseman
- Music
- Costume Contest
- Drop Bag Trailer
- Space Blankets
- Pumpkin Starting Arch
- Porta Potties
- Fire Pits
- Aid Station
- Hot Chocolate

5K START - 9:00 a.m.

The start of the 5K is In Sugar House Park on the North end between the two entrances. What to expect:

- Music
- Costume Contest
- Pumpkin Starting Arch
- Porta Potties
- Aid Station

KID'S RACE START - 11:30 a.m.

The start of the Kid's race is in Sugar house park just South of the Finish Area where the parking lot meets the road. What to expect:

- Everything that is available at the Finish

FEAR FACTORY FINISH LINE

In the runners corral:

- Runner's Corral
- Finisher Medal
- Chocolate Milk
- Bananas
- Oranges
- Wet Towels
- Medic Tent
- And More!

TIMING

TIMING & BIBS

The Haunted Half 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.

TIMING RESULTS

The first 3 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 real time from when the runner crosses the starting line to crossing the finish line.

RESULTS WILL DISPLAY THE FOLLOWING:

- Gun Time
- Chip Time
- Average Pace
- Overall Place
- Overall Gender Place
- Division/Age Group Place

RESULTS ARE AVAILABLE IN THE FOLLOWING WAYS:

- On Screen at the Results Trailer
- Personal Printed Result at the Results Trail
- Online at http://thehauntedhalf.com/results/

TIME LIMIT

The Half Marathon Course is supported until 11:45 a.m. (3 hours 15 Minutes). Runners must be able to average a pace of 14 minutes per mile to participate.

SWAG & GEAR

SWAG & GEAR

All runners will receive a high-end gender specific long sleeve running shirt, vinyl decal, & temporary tattoo. 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 8:15 a.m.

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.

SOUVENIRS & MERCHANDISE

Don't Forget to check out our Merch Tent at the Expo or at the Finish Line. We have lots of fun items for you including:

- T-Shirts
- Tanks
- Hats
- Socks
- Bags
- And More!

TRAVEL & TRANSPORTATION

COURSE CLOSURE & RESTRICTIONS

Here is a list of Road Closures and times. Please plan your travel accordingly.

- Little Mountain Summit to Pinecrest Canyon Rd (Both Lanes), 8:30am-9:00am
- Emigration Canyon (Westbound Road), 8:30am-10:30am

The following roads and intersections will be policed and will allow vehicles through when there are gaps in runners.

- Sunnyside & Foothill Intersection: 9:00 am-10:35 am
- 1700 East 1300 South Intersection: 9:15 am-11:00 am
- 1700 East 1700 South Intersection: 9:00 am-11:15 am
- 2100 S 1600 E, 9:00 am to 11:30 am

TRAFFIC

Please stay between the traffic cones and the shoulder of the road. The following roads and intersections have police support and barricade/ cone services only during the times listed below. If you have not passed them when they reopen you will need to follow regular pedestrian laws if you continue along the course.

- Emigration Canyon: 8:30am to 10:30am
- Sunnyside and Foothill Intersection: 9:00am to 10:35am
- 1600 E and 2100 S: 9:00am to 11:30am
- The Finish and runner's corral will be supported until 11:45am.

PARKING & SHUTTLES

There is ample parking at the Highland High School and Sugarhouse Park. All Half Marathon runners are required to ride buses to the start with the exception of Participants with Special Needs who receive specific permission. Parking or being dropped off is prohibitted. Bus loading is at: Highland High School from 6:00 a.m to 7:00 a.m. If you are not at Bus Loading at the above times you may miss your shuttle and forfeit your registration. Earlier is better! There will be one line for all bus loading. Please load buses quickly and as soon as you arrive. It requires a lot of time and effort to get 2,000 runners shuttled to the start. We appreciate your help. You must show your bib number in order to board.

PARTY AREA

- Face Painters
- Donuts on a string
- Music
- Awards
- Results
- Face in Hole Cartoon Signs
- Flo-Foto Photography
- Porta Potties
- Bag Drop
- Inflatable slides
- Fear Factory Photo OP

PHOTOS

Photography is provided by FloFoto who is by far one of the best in the event industry! We are proud of your accomplishments and want to make sure you have a keepsake. We are providing your social media pictures for free.

- Social Media size photo download: FREE
- High Resolution photo download: $1.99

SPECTATORS

To watch your masters and colleagues without interference but still close enough to feel their power join us at:

- Hogle Zoo, Mile 7.8 @ 2600 Sunnyside Ave S
- LDS Church, Mile 9 @ Sunnyside & Le Grande St.
- Harmons Emigration Market, Mile 9.9 @ 1706 1300 S
- Wasatch Hollow Park, Mile 11 @ 1631 E 1700 S
- Garfield School, Mile 11.5@ 1838 S 1500 E
- Sugarhouse Park, Mile 12-13@ 1330 2100 S

These viewing areas allow you to drive and park without interfering with the runners or course. Please park in parking lots. Do not park along the runner's path (course).

MASSAGE

A complimentary post-race sports massage will be available from 9:00 a.m. to noon on a first come first serve basis in the finish area. Massages are provided by trained volunteers.

SAFETY & ACCOMMODATIONS

AID STATIONS

The are seven aid stations throughout the course:

- Start (7:00-8:30)
- Aid Station 1 @ mile 3
- Aid Station 2 @ mile 5
- Aid Station 3 @ mile 7
- Aid Station 4 @ mile 9
- Aid Station 5 @ mile 11
- Finish

Water, Powerade, vaseline, porta-potties and a first aid kit will be available at each station. Look for Powerade on the first table and water on the second. GU will be available at the start and mile 7. Orange slices will be available at mile 9.

SAFTEY

Safety is absolutely the first priority during the race. Be aware of your surroundings and take precautions to avoid dangerous situations. Please pay attention to your body and know when to slow down.

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. The ambulances stationed at the start and finish line can be dispatched anywhere along the course. Licensed EMT's will be stationed in the white medic tent.

RACE SECURITY

We take participant security very seriously. We plan every aspect of the event with this as top priority. We have hired local Police and a licensed barricade company to ensure runner safety at the start and along the course.

ACCOMMODATIONS

We welcome athletes of all abilities. If you have special requirements in getting to the start or along the course please contact us. We will do our best to accommodate your specific needs.

AWARDS

AGE GROUP

Age group Medals will be given to the top three, male and female, of the Half marathon and 5K, broken down in the following age groups:

HALF MARATHON

- 14 & Under
- 15-19
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65- 69
- 70 & Over

5K RUN

- 10 & Under
- 11-14
- 15-19
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65- 69
- 70 & Over

OVERALL

The top three finishers, male and female, of the half marathon and the 5K will receive a Medal, and free Entry into 2020 SLC Haunted Half or 5K!

AWARD CEREMONIES

5K OVERALL: 9:45 a.m.

5K AGE GROUP: 10:00 a.m.

HALF OVERALL: 10:15 a.m.

HALF AGE GROUP: 10:45 a.m.

COSTUME CONTEST!

Dress your best because new this year we are going to hold a costume contest! So wow us with your Spook-tacular attire!

MALE & FEMALE HALF WINNERS: 8:00 a.m.

GROUP HALF WINNERS: 8:00 a.m.

MALE & FEMALE 5K WINNERS: 10:15 a.m.

GROUP 5K WINNERS: 10:15 a.m

BOY & GIRL KID WINNERS: 11:15 a.m

RULES OF COMPETITION

RULES OF COMPETITION

The Haunted 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 judgment, it is possible that serious or fatal injury could result from continued participation. *(Please keep in mind the time limit for the race. *See Road Closures and Time Limits.)*

Non-registered participant pacing is prohibited and may result in disqualification. Bandits/non registered runners are prohibited and will be pulled off the course.

THE FOLLOWING ARE NOT ALLOWED:

- Personal Support Vehicles
- Drop off at start line by non approved transportation (*Half Marathon Only)*
- Baby Strollers *(Allowed on 5K only)*
- Rollerblades, bicycles, skateboards, scooters
- Pets
- Weapons or potentially harmful objects
- Costumes that look like weapons

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.

REFUNDS & TRANSFERS

REFUNDS: Due to 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 Race or defer your entry to next year's race. For more information on this process please visit:
https://thehauntedhalf.com/salt-lake/

TIPS

RYR 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 half course. Please maintain their speed to remain on the course.

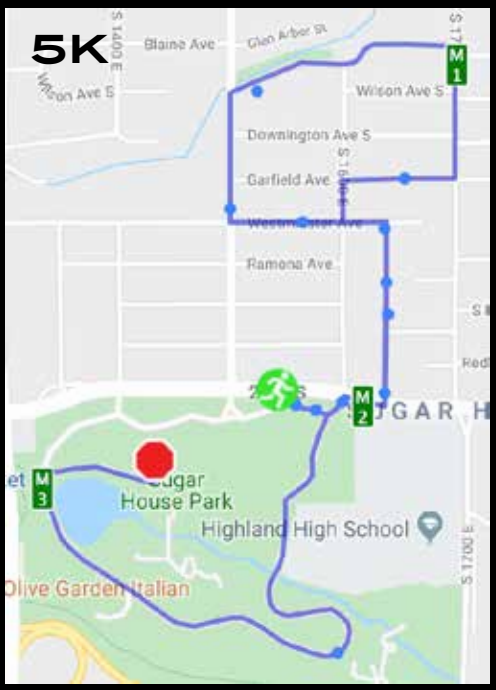
WEATHER

The average temperature at the start may be lower than 30 degrees. So dress warm! (Space blankets will be available) After exiting the canyon temperatures will be higher. Temperatures can range from 50 - 70 degrees with normal to low humidity. Although it will be cooler weather it is still important to make sure you hydrate well. We will have plenty of water and sports drink for you at each aid station so drink up!

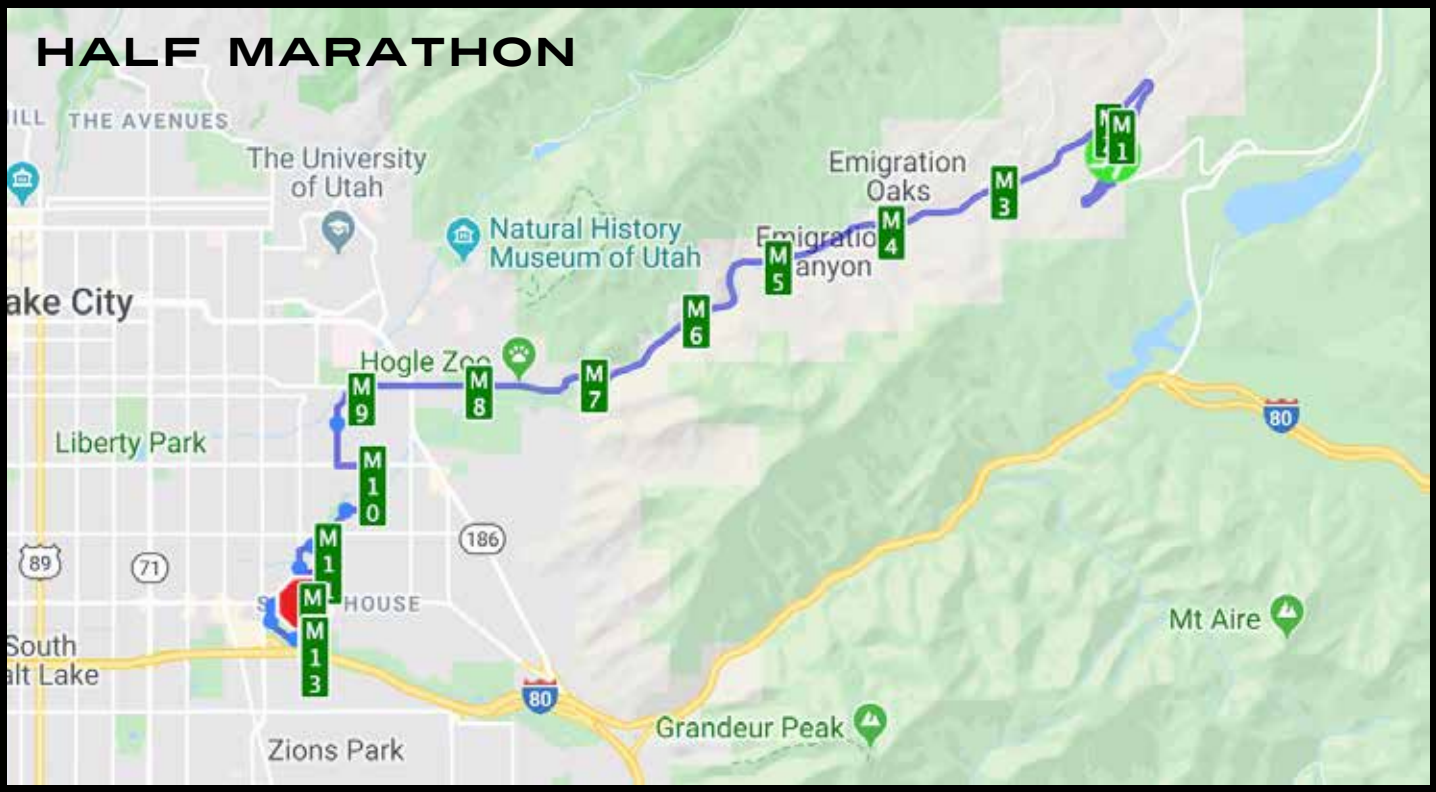
THE HAUNTED HALF
2100 S
2100 S
2100 S
5K START
PARKING
BUS LOADING
FINISH
Sugar House Park
S 1300 E
S 1100 E
S 1300 E
PARKING
PARKING
PARKING
PARKING
PARKING
Highland High S
Bailey's Creek

KID'S RACE

5K



HALF MARATHON



RUNTASTIC EVENTS

TRILOGIZE

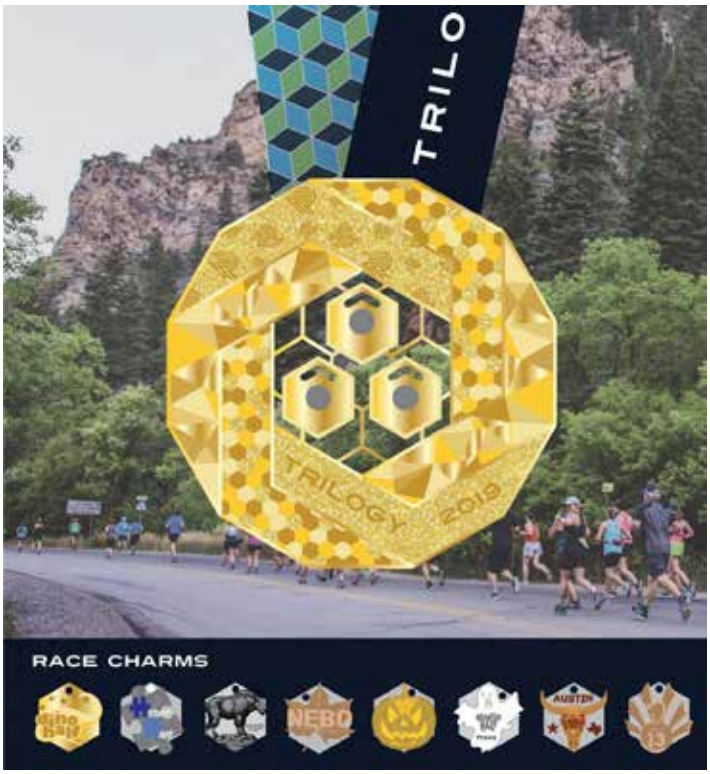
Run any three Runtastic half marathons in 2019 to qualify for the Trilogy Medal. All races must be a half marathon or longer and completed within the 2019 calendar year.

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

- Dino Half
- Heber Half
- Timp Half
- Mt. Nebo Half Marathon
- Mt. Nebo Marathon
- The Haunted Half - SLC
- The Haunted Half - Austin
- The Haunted Half - Provo
- Thankful 13

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 Info tent in the finish area to claim your Trilogy Medal!



RUNTASTIC EVENTS

2019 RACES

THANKFUL 13, 5K, & KIDS RUN
NOVEMBER 28, 2019 / LEHI, UT
www.thankful13.com

2020 RACES

FRIGID 5K & PENGUIN PLUNGE
JANUARY 25, 2020 / PROVO CITY, UT
www.frigid5k.com

DINO HALF, 5K, & KIDS RUN
MAY 9, 2020 / VERNAL, UT
www.dinohalf.com

RUN OF REMEMBRANCE 10K, 5K, & MILE
MAY 25, 2020 / AMERICAN FORK, UT
www.runofremembrance.com

HEBER HALF RUN FOR AUTISM
JUNE 27, 2020 / AMERICAN FORK, UT
www.runofremembrance.com

AF STEEL DAYS 10K, 5K, & KIDS RUN
JULY 18, 2020 / AMERICAN FORK, UT
www.steeldaysrun.com

TIMP HALF & 5K
JULY 24, 2020 / AMERICAN FORK, UT
www.timphalf.com

MT. NEBO HALF, MARATHON, & 5K
AUGUST 29, 2020 / PAYSON, UT
www.nebohalf.com

RUNTASTIC EVENTS

SPONSORS & CHARITY PARTNERS

CHARITY

KIDS ON THE MOVE has a mission:

kids on the move
empowering families, one kid at a time

To support the healthy development of young children and families.
They empower families, one kid at a time, to lead more successful lives and to be less dependent on government assistance. They provide 4 high quality and innovative services:

1. Early Head Start
2. Early Intervention
3. Autism Center
4. Respite Center

Changing the trajectory of a child's development and helping them advance in line with typically developing peers. Call (801) 221-9930 for a free consultation. Click the link for more information: WWW.KOTM.ORG

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