



# RUNNERS GUIDE

MARATHON • HALF MARATHON • 5K • MAYOR'S WALK • FUN RUN



#LIKENOOTHER

//www.stgeorgemarathon.com



## Welcome // 2023 St. George Marathon

*Presented by Intermountain Health*

### St. George Half Marathon

*Presented by St. George Running Center*

### St. George 5K (Friday at 5:30pm)

*Presented by Infowest*

It should answer most of your questions. If not, you can e-mail us at [marathon@sgcity.org](mailto:marathon@sgcity.org). Follow us on Facebook for updates. See you in October!

### DO THE ST. GEORGE DOUBLE!

#### // EXPO Presented by Zions Bank

Join us at the Dixie Convention Center Friday, October 6, from 11:00 a.m. – 8:00 p.m. Pick up your runner packet, bib number, and runner shirt. Mingle with other runners, attend marathon clinics, get in the spirit of the marathon, check-out what's new in running apparel, buy your St. George Marathon souvenirs at our Official Merch Store! FREE PROMOTIONAL ITEMS WILL BE GIVEN OUT EVERY HALF HOUR.

#### // AID STATIONS

17 aid stations will be located throughout the course: at the start, mile markers 3, 5, 7, 9, 11, 13, 15(2), 17(4), 18(5), 19(6), 21(8), 22(9), 23(10), 24(11), 25(12), and the finish. Water, Lemon-Lime Gatorade, Vaseline and toilet paper will be available at each station. Look for Gatorade on the first table and water on the 2nd and 3rd. Portable restrooms are also available at each station. Energy Gel **WILL BE** available at aid stations 7, 11 and 19(6). Fruit will be available at all aid stations except 18(5) and 22(9).

#### // APP

St. George Marathon APP! Presented by Stephen Wade Auto Center. **Download it FREE TODAY!!** This APP has many exciting features for runners and spectators. Including but not limited to: LIVE Runner Tracking brought to you by State Bank of Southern Utah, LIVE updates for race weekend and minute to

minute weather conditions for both the start line and finish line. Spectators can view locations to watch the event with directions and road closure information. Instant results will be available, photo galleries and course videos. ALL the information you need as a runner, spectator or community member will be included in this APP. DOWNLOAD it race week from your APP Store!

#### // BUS RIDE

All runners are required to ride buses to the start unless marathon runners are camping in Pine Valley, staying in Cedar City, or driving the alternate route from Cedar City through Enterprise. Each runner will pick a "loading time" during registration. Runners MUST load during their assigned time to ensure a safe and on time race. Each bus loading time has limited spots available.

St George Marathon Runners board buses at Worthen Park, 250 S. 400 E., St. George, and must show bib numbers to board. Buses depart beginning at 3:30 a.m.

ALL St George Half Marathon Runners board buses at Dixie Convention Center, 1835 So. Convention Center Drive, St. George, and must show bib numbers to board. Buses depart beginning at 3:30 a.m.

**Return Shuttles** — At the North West corner of the park at the finish line, Salt Lake Express will have shuttles until 11:30 a.m. to return runners to the Dixie Center where their vehicles are parked.

**Remember:** we are on MOUNTAIN DAYLIGHT SAVING TIME, Nevada is not — adjust watches accordingly. The last bus will leave at 5:20 a.m. The time window to get 90 buses to the start is very tight; please help us start on time — pick an early bus! Fires will be provided for warmth at the start.

#### EARLY BIRD PROMOTIONS:

The first 350 Marathon runners and first 150 Half Marathon runners to load the early buses will receive a free St. George Marathon beanie and gloves.



## // CANCELLATIONS

Consistent with the marathon running industry standard all entry fees are NON-refundable and bib numbers are NON-transferable after Sept. 15th. The selling and/or giving away of a St. George Marathon 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 the St. George Marathon for a minimum of two years.

## // EXPO CLINICS

Date: Friday, October 6

**Keynote Speaker** — Amber Green

Amber is a 3 time winner of the St. George Marathon and holds the record for the most 1st place female overall wins. She ran her first marathon at a time of 4:23 and over the years decreased that to her best time of 2:35. She made it to the Olympic Trials in 2020 and has the goal once again to make it back to the Olympic trials for 2024.

**Where:** At the Expo **Times:** 1:00 pm and 5:00 pm

**First-Timer Marathon Clinic** — Richard Carling

Very popular clinic. Get a first-hand look at the course; know what to expect on race day morning, i.e. start layout, clothing drop-off, and other helpful hints as presented by veteran St. George Marathon runner.

**Where:** At the Expo **Times:** 12:00 pm and 3:00 pm

**First Timer Half Marathon Clinic** — Adam Baker

Get a first-hand look at the course; know what to expect on race day morning, and how to handle some steep, fast hills!

**Where:** At the Expo **Time:** 2:00 pm and 4:00 pm

## // CLOTHING

Bags for warm-up clothing will be given to you with your bib number. Please write your bib number on the bottom of the bag. Please place clothing in the bags and drop in the U-Haul Truck at the starting line no later than 6:30 am for Half Marathon and 6:30 a.m. for Marathon. Discarded clothing will be picked up along the first 3 miles of the full course route only. Discarded clothing will be available at the finish area until 2:00 p.m. or at the Recreation Center (across the street from the finish line) until 6:00 p.m. Sunday clothing pick up will be at the Recreation Center from 10:00 a.m.-2:00 p.m.. Drop bags can be mailed upon request for a fee (\$15.00) for 1 week after the race. Contact 435-627-4500. After race weekend, all clothing will be given to a charitable organization. Do not leave any valuables along the course or at aid stations. Race management will not be held responsible for lost/misplaced items.

**All bib numbers with B-Tags must be picked up at the following times and locations with a picture I.D.**

Friday, October 6, 11:00 am - 8:00 pm  
Expo (Dixie Center) - 1835 So. Convention Center Dr.

Saturday, October 7, 3:30 a.m. – 5:20 a.m.,  
Recreation Center, 285 So. 400 E. (bus loading area) for Marathon and 1835 So. Convention Center Dr. (bus loading area) for Half Marathon.

**Please have your picture I.D. ready to show when picking up your bib number. Runners must pick up their own bib numbers.**

### Runner Bibs Must:

- be pinned to the front of runner's singlet
- be displayed to board the bus; each runner will be checked for a bib number
- be worn to receive an official finishing position/time
- have sponsor/race name showing at all times



**Voted as People's Choice  
"Most Organized Event"**

— Runners' World Magazine

## // RULES OF COMPETITION

The St. George Marathon is organized, certified, and conducted under USA Track & Field rules and regulations.

1) The St. George Marathon reserves the right to remove a runner from the course if, in our judgement, it is possible that serious or fatal injury could result from continued participation (please remember the 6-hour 15 minute time limit). Please exercise wisdom in your participation. See Time Standard.

2) **ABSOLUTELY NO PERSONAL SUPPORT VEHICLES, BABY STROLLERS, AUTOS, BICYCLES, ROLLER BLADES/SKATES, MOTORCYCLES, ETC., WILL BE ALLOWED ON THE COURSE.** Runners accepting aid from personal support may be disqualified. Bicycles are not allowed on the course.

3) Non-registered participant pacing is **PROHIBITED** and may result in disqualification.

## // SEEDING

All bib numbers are pre assigned and colored according to anticipated finish time. In order to ensure a safe and orderly start, all runners must line up in designated areas according to runner bib number and color. Watch for signs and volunteers who will assist you. For elite runner qualifications, visit:

[stgeorgemarathon.com/registration/eliteregistration](http://stgeorgemarathon.com/registration/eliteregistration)

## // SPECTATORS

There are a few areas for viewing the race between the start and the City limits. There are also bleachers at the finish line and many places to watch from Mile 23 to the finish line. For details visit: [stgeorgemarathon.com/info/spectatorinformation](http://stgeorgemarathon.com/info/spectatorinformation)

## // START TIME

The Half Marathon will start at **7:00 a.m.**

The Marathon will start at **7:00 a.m.**

Assisted division will start at 7:00 a.m.

Please remember that Utah is on Mountain Daylight Savings Time — Mesquite and Las Vegas are not.

## // TIMING

The first ten places, male and female, will be determined by gun time (regular timing). All other awards will be determined by using B-Tag time. Gun time records elapsed time from the sound of the gun to the race finish line. Chrono Track B-Tag timing records real time from starting line to finish line. The major advantage is that each runner is clocked on their actual time to run the distance, without the time spent getting to the starting line. Those running to qualify for the Boston Marathon will use the B-Tag time. Timing will be done by Chrono Track. [www.chronotrack.com](http://www.chronotrack.com)

## TIME STANDARD / CUT OFF TIME

The official St. George Marathon Time Standard and cut off time is as follows: All runners must have reached the corner of Snow Canyon Parkway and S.R. 18 (Bluff Street), a distance of 23.1 miles, by 1:15 p.m., this is 6 hours 15 minutes race time, and can be accomplished by a 16:13:00/mile pace. Runners who do not meet this time standard will be required to leave the course, will not be allowed to finish the marathon (DNF), and will be transported to the finish by bus. This is a non-negotiable rule that will be strictly enforced by race officials and Public Safety personnel who have your safety in mind. Additionally, the St. George Marathon 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.

## // FREQUENTLY ASKED QUESTIONS

**Can I have someone else pick up my bib number?**

Sorry. No. You must pick up your bib number with a picture ID. Bib numbers and race packets will not be given to anyone other than the registered runner.

**Can I sell/give my bib number to someone else?**

No. Bib numbers are NON-transferable. The selling and/or giving away of a St. George Marathon 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 the St. George Marathon for a minimum of two years. If you want to transfer your race entry you must do it before the transfer date (Sept 15th).



### Can I get a refund if I decide not to run?

Consistent with the marathon running industry standard all entry fees are NON-refundable. You can transfer or defer your entry as long as it is before the deadline.

### When can I expect to receive my finisher's certificate and official results booklet?

Log into your Haku account and download your finisher's certificate. The Official Finisher's Results Booklet PDF will be available on our website.

### Where can spectators watch the race?

There are a few locations along the course before the race enters the City limits. For details visit: [stgeorgemarathon.com/spectatorinformation](http://stgeorgemarathon.com/spectatorinformation)

### Can I run with the help of a pacer?

If the pacer is a registered participant then YES, if not then NO and this may result in disqualification. The American Flyers will be providing pacing for this event. They will be available at the EXPO to answer any questions. The times they will be pacing are as follows: 3:00, 3:05, 3:10, 3:20, 3:30, 3:40, 3:50, 4:05, 4:20, and 4:30. For the Mini Marathon the times that they will



be pacing are; 1:30, 1:40, 1:50, 2:00, 2:10. and 2:20. The St. George Marathon will provide a pacer who will make sure all runners meet the cut off time for the full marathon and mini-marathon (see Time Standard).

### How do I qualify for the Boston Marathon?

You can find information about the qualification standards for the Boston Marathon at: [stgeorgemarathon.com/info/bostonqualification](http://stgeorgemarathon.com/info/bostonqualification)



## // AWARDS

The **26.2 St. George Marathon** is pleased to award the following:

- All expenses paid trip for two to Ibigawa Japan in November of the current race year to visit the Ibigawa Marathon/Half Marathon. This prize is awarded to the Overall Male and Female runner. The top Male and Female runner in the Master's Division will be awarded an all expenses paid trip for one to Ibigawa Japan in November of the current race year. Japan international travel mandate to enter the country, Must have a valid COVID-19 vaccination card (3 doses) or test negative within 72 hrs of travel.
- Travel package awards to 2nd and 3rd place male and females.
- Special awards to overall top 10 men and women.
- Unique plaques to overall winners, **1-5 in each age division.**
- **ED WILSON SPECIAL ACHIEVEMENT AWARD**  
This award celebrates the person that has achieved personal greatness in their lives. This award has been given to runners and wheelchair participants of all ages and circumstances— anyone we feel has gone the extra mile in overcoming adversity in their training and personal lives to run the marathon. If you have a personal story, or would like to recommend another runner for this award, please mail or email your nomination by September 3, 2023 to: St. George Marathon, 220 N 200 E, St. George, UT 84770 (Fax: 435-627-4509) • [marathon@sgcity.org](mailto:marathon@sgcity.org)
- **LOVE LIFT ZOCKOLL AWARD**  
This award celebrates the person that has shown personal strength and perseverance in their lives. This award will be given to runners of all ages and circumstances, anyone we feel has gone the extra mile in loving and lifting those around them. It doesn't have to be something large and spectacular, but as Debbie stated, done is better than perfect. As long as you are trying and moving forward - you can achieve anything. If you have a personal story, or would like to recommend another runner for this award, please mail or email your nomination by September 3, 2023 to: St. George Marathon, 220 N 200 E, St. George, UT 84770 (Fax: 435-627-4509) • [marathon@sgcity.org](mailto:marathon@sgcity.org)
- **SPECTRUM SILVER SHOE AWARD**  
Top local male / female runners under 18 and Top local male / female over 18.  
(Sponsored by the Spectrum)

**Awards Procedure** — overall award winners, 1-10 will be announced from our awards stage at 11:00 am; Winners in each age division 1-5 will pick up awards at a designated area beginning at Noon.

The **13.1 St. George Half Marathon** is pleased to award the following:

- Special awards to overall top 5 men and women.
- Unique plaques to overall winners, **1-3 in each age division.**

**Awards Procedure** — overall award winners, 1-5 will be announced from our awards stage starting at 10:00 am; winners in each age division, 1-3, will pick up awards in a designated area beginning at 11:00 am.

Awards must be picked up at the Awards Ceremony or at the Recreation Center: Saturday from 2:00 p.m.-6:00 p.m. or Sunday 10:00 a.m.-2:00 p.m. Awards may be mailed upon request for the cost of shipping.

## //MAYOR'S WALK (Saturday Morning Event)

Join us for the exciting St. George Marathon experience as we walk to the St. George Marathon finish line with Mayor Michele Randall, business associates, school mates, friends and your entire family! You may register online or at our EXPO booth on Friday, October 6, 2023 from 11:00 a.m. to 8:00 pm.

Date: Saturday, October 7, 2023

Place: Town Square - School District Parking Lot

Time: 7:00 a.m.-8:00 a.m.

Fee: \$10.00. Includes T-shirt, and post-walk scone breakfast

Registration Info:

[www.stgeorgemarathon.com/events/mayorswalk](http://www.stgeorgemarathon.com/events/mayorswalk)  
- Brought to you by National Exchange Club

## // MARATHON 5K and FUN RUN, WALK N' ROLL (FRIDAY EVENT)

### ST. GEORGE 5K

Join us for our inaugural St. George 5K. If you sign-up and complete the 5K and half or full marathon, you qualify for the double medal!

Date: Friday, October 6, 2023

Place: Dixie Center (1835 Convention Center Dr.)

Time: 5:30 p.m.

Fee: \$65.00. Includes t-shirt & finisher's medallion

### FUN RUN WALK N ROLL KIDS DIVISION

This is a kids ONLY event, no parents allowed! Bring your children and friends to run one of two distances,

1 Mile or 200 Meters. If your child is under 5 years old they may choose to run with one of our Fun Run Walk N' Roll Mentors.

Date: Friday, October 6, 2023

Place: Dixie Center (1835 Convention Center Dr.)

Time: 6:30 p.m.

Fee: \$15.00. Includes t-shirt & finisher's medallion

Registration Info:

[www.stgeorgemarathon.com/funrunwalknroll](http://www.stgeorgemarathon.com/funrunwalknroll)

### **FUN RUN WALK N ROLL ADAPTIVE DIVISION**

Open to persons with disabilities of all ages. Each participant must be able to run, walk, roll, or be pushed either 200 Meters or 1 Mile, whichever length you sign up for.

Date: Friday, October 6, 2023

Place: Dixie Center (1835 Convention Center Dr.)

Time: 6:30 p.m.

Fee: \$15.00 for Teams of 2. Participants may register up to 2 additional supporters at \$10 per person.

Includes t-shirt, and finisher's medallion.

Registration Info:

[www.stgeorgemarathon.com/funrunwalknroll](http://www.stgeorgemarathon.com/funrunwalknroll)

### **5K & FUN RUN WALK N ROLL AFTER PARTY**

Participants and their families will have the chance to dance with family and friends to music by a live D.J., win prizes, play in the bounce houses, get their face painted, and much more! The party will start after the races and will go until 8:00 p.m. The night before the Marathon is turning into a big race celebration!

Date: Friday, October 6, 2023

Place: Dixie Center (1835 Convention Center Dr.)

Time: 5:00 p.m.-8:00 p.m.

### **// MASSAGE**

A complimentary post-race sports massage will be available on a first come first serve basis from 9:00 a.m. - 1:30 p.m. at Worthen Park (massage site indicated on Finish Area Map). These massages are provided by trained volunteers.

### **// PHOTOS**

Marathon Foto will be taking photos of all participants throughout the course of St. George Marathon. Smile when you see the photographers in bright yellow vests! Make sure to see all your images after the event at:

[www.MarathonFoto.com](http://www.MarathonFoto.com)

### **// LEGACY CLUB**

Our St. George Marathon Legacy Club, now in its 37th year, boasts enthusiastic, loyal and supportive members. We expect a large number of inductees this year. New members receive a unique medal, photo, and an excellent dinner.

**Qualification For Induction** — Complete 10 St. George Marathons (not necessarily consecutive races). If this will be your 10th and you complete the race, you qualify! If you do and your name is not on the list (located on the following page) please contact us.

**Attention Legacy Club Members** — The annual post-race dinner for Club members will be held at 4:45 p.m. on Saturday, October 7th at the Dixie Center (Expo site) - 1835 S. Convention Center Dr. Club

members receive complimentary tickets for themselves and one guest with additional tickets subject to a fee. **Please RSVP** by September 11th. Call 435-627-4531, or email us at: [marathon@sgcity.org](mailto:marathon@sgcity.org)

### **// ASSISTED RACERS**

Assisted racers must contact Race Headquarters and speak to Jordan Bird by Friday, September 8th to confirm transportation needs and unloading procedures at the start line: 435-627-4500.

### **// RACE SECURITY**

As with all areas of the St. George Marathon, our staff review and adjust our policies and procedures each year to ensure the highest levels of safety and security. The St. George Marathon Staff has four (4) major security responsibilities. They are to protect our participating runners, to ensure the safety of our volunteers, to protect each spectator/friends and family members of our participants and to protect and inform the members of our community. We will continue to review and improve all areas of security and communications to everyone impacted by this event.

Runners, please be aware that there will be a north and south bound traffic lane from the Ledges (approx. mile 17) to Snow Canyon Parkway (mile 23). Additionally, there will be a single lane (pilot car assisted) from Diamond Valley (approx. mile 14) to the Ledges. (approx. mile 17) The lanes will be open on the west side of the marathon course. We have taken extra measures to barricade the marathon route and will have extra law enforcement staff to ensure the safety of our participants. (see course map)

## **47 YEARS RUNNING**

### **Setting the // STANDARD Runners Receive:**

- Quality start and finish areas
- FREE promotional items at our Expo and Start Line
- Runpix Finisher results on our website
- Variety of merch options
- Unique medallions and 2023 47th Anniversary marathon memorabilia
- Unique Finishers Performance T-Shirt
- Marathon Poster
- Outstanding Expo