



ST. GEORGE



MARATHON

RUNNERS GUIDE



#LIKENOOTHER

//www.stgeorgemarathon.com



Welcome // 2022 St. George Marathon

Presented by Intermountain Healthcare

St. George Mini Marathon

Presented by Homie

It is very important that you read the following information.

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

// EXPO

Join us at the Dixie Convention Center Friday, September 30, 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, and purchase your dinner tickets at our new 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, fruit, 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. GU 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! Brought to you 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 Mini 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 SAVINGS 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 Mini 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 Bib numbers are NON-transferable after Sept. 1st. 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, September 30th

Keynote Speaker — Golden Harper

Golden graduated with a degree in Exercise Science and did his collegiate studies on running technique & running injuries. An All-American Cross-Country runner, and holds a world-best for a 12-year old in a marathon at 2:45:34.

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 Mini 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

Pacer Clinic —

Where: At the Expo **Time:** 6:00 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 6:15 am for Mini 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.. Clothing can be mailed upon request for a fee (\$15.00) for 1 week after the race. Contact 435-627-4560. 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.

// BIB NUMBERS/TAGS

Timing for the 2022 Marathon and Mini Marathon will be done by Chrono Track Systems. For further details visit them at www.chronotrack.com

The ChronoTrack B-Tag is a disposable UHF RFID tag that stays mounted on the runner's bib, requiring no additional application by the athlete. Just pin your bib number to the front/outside of your clothing and go. B-Tags are recyclable or landfill safe, and they do not require post-race collection.

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

Friday, September 30, 11:00 am - 8:00 pm
Expo (Dixie Center) - 1835 So. Convention Center Dr.

Saturday, October 1, 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 Mini 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's World Magazine

Bib numbers are NON-transferable after Sept. 1st. *The selling and/or giving away of a St. George Marathon bib number is not allowed after bibs have been assigned 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 and Mini for a minimum of two years.

// RULES OF COMPETITION

The St. George Marathon is organized 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

// 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

// START TIME

The Mini Marathon will start at **6:30 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

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.

// TRAVEL

Fly directly to St. George (SGU) – now on the world's three largest airlines! Access SGU from anywhere in the world with convenient, well-timed connections from Salt Lake City on Delta Air Lines, Denver and Los Angeles on United Airlines from Phoenix on American Airlines and from Dallas Fort Worth on American Airlines, operated by SkyWest Airlines! Just take your pick from one of the many convenient all-jet flights into the SGU Airport. Save your energy for the race – find the best fares at Delta.com, United.com or AA.com and fly directly into SGU for less!



// 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 1st).

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

Sorry. No. Consistent with the marathon running industry standard all entry fees are NON-refundable. You can transfer or defer your entry as long as it before the deadline. If the race is cancelled due to Covid-19, a refund option will be available.

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

A few days after the race a link to the Official Finisher's

Results Booklet PDF will be emailed to you within two to three months following the marathon.

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

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 Pace Team 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



// 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. **A cash prize this year will be awarded as the 2022 Ibigawa race has been cancelled.**
- 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, 2022 to: St. George Marathon, 220 N 200 E, St. George, UT 84770 (Fax: 435-627-4509) • 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, 2022 to: St. George Marathon, 220 N 200 E, St. George, UT 84770 (Fax: 435-627-4509) • marathon@sgcity.org
- **SPECTRUM SILVER SHOE AWARD**
to top local male/ female runners under 18 and top local male/ female over 18.
(Sponsored by the Spectrum and Swig).

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 Mini 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.

// MARATHON FUN RUN, WALK N' ROLL EVENT

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, September 30, 2022
Place: Vernon Worthen Park (300 S. 400 E.)
Time: 6:00 p.m.
Fee: \$10.00. Includes t-shirt & finisher's medallion
Registration Info:
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, September 30, 2022
Place: Vernon Worthen Park (300 S. 400 E.)
Time: 6:00 p.m.
Fee: \$10.00 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

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, September 30, 2022
Place: Vernon Worthen Park (300 S. 400 E.)
Time: 6:30 p.m.-8:00 p.m.

//MAYOR'S WALK

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, September 30, 2022 from 11:00 a.m. to 8:00 pm.

- Brought to you by National Exchange Club

Date: Saturday, October 1, 2022

Place: Town Square - School District Parking Lot

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

Fee: \$10.00. Includes T-shirt, door prize drawings and post-walk refreshments.

Registration Info:

www.stgeorgemarathon.com/events/mayorswalk

// 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.

// DINNER TICKET

A new Dinner Ticket option is available to all athletes plus one at the Expo or for purchase on your registration tab. The purchase price of \$10 per person allows you to receive a \$15 Marathon food voucher that can be redeemed at any of the St. George area Restaurants listed on the ticket during race weekend (Sept. 30 - Oct. 2). The dinner ticket will enable you to eat what and where you'd like, at a time convenient to your individual schedule. It also invites you to support the local businesses that work hard to support the Marathon. No change will be given and tickets cannot be redeemed for cash value. The \$15.00 amount cannot be applied to alcoholic beverages or gratuities. Tickets will be on sale at the Expo at our Merch store. (Limit tickets 2 per runner)

// 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.

// RESULTS

Complete results will be posted in the Sunday online edition of the Spectrum Newspaper. A link to the "Official Results" PDF will be emailed to every finisher within two to three months following the event. Results will also be posted on our web site the day of the race at:

www.stgeorgemarathon.com

// SOUVENIRS-TRAINING GEAR

Brought to you by St George Marathon. Official Marathon clothing/souvenirs are available for purchase at our new merch store at the Expo on Friday, or online:

www.stgeorgemarathon.com/sponsors/souvenirs

// TEN-YEAR CLUB

Our St. George Marathon Ten-Year Club, now in its 36th year, boasts enthusiastic, loyal and supportive members. We expect a large number of inductees this year. New members receive a shirt, 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 Ten-Year Club Members — The annual post-race dinner for Club members will be held at 4:45 p.m. on Saturday, October 1st 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 435-627-4500, or email us at:

marathon@sgcity.org

// WEIGHT DIVISIONS

All Weight Division entrants are required to weigh in at packet pickup. Runners not making weight will be placed in their age group divisions. Men 200+ lbs, Women 155+ lbs. Entering in the Weight Division is optional.

// WHEELCHAIR RACERS & ASSISTED RACERS

All wheelchair and assisted racers must contact Race Headquarters and speak to Dawn Eide by Friday, September 9th 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 (approximately mile 17) to Snow Canyon Parkway (mile 23). 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)

#LIKENOOTHER



46 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 Souvenir options
- Unique medallions and 2022 46th Anniversary marathon memorabilia
- Unique Finishers Performance T-Shirt
- Poster
- Outstanding Expo