

**2017 East Canyon Marathon – Half Marathon –
10K/5K**



East Canyon
Marathon - Half - 10K - 5K
August 26, 2017

Runners Guide

Index

- **Introduction.....3**
- **Sponsors.....4**
- **Race Agenda.....5**
- **Parking.....5**
- **Course Maps.....6-7**
 - **Full Marathon.....6**
 - **Half Marathon.....7**
 - **10K/5K.....7**
 - **More Races.....8**



Dear East Canyon Marathon Runners,

The 2nd Annual East Canyon Marathon is almost here!!! This is a great fast course heading East from Big Mountain to Morgan, Utah. The weather for this weekend is a high of 90 degrees. During the race the high will be around 85 degrees. The race will start on top of Big Mountain for the Full around 50 degrees and cool however as you descend it will warm up. We strongly recommend drinking some water and Powerade at each aid station but not too much. A few sips is great but too much can cause health problems as well. Aid stations will be every 2 miles starting at Mile 3.

The course is primarily downhill. We ask all runners to stay on the left of the road so you can see upcoming cars. Do not cut across the street. This can give racers penalties seeing the course has been measured based on running the left shoulder. Cutting to the other side is unsafe due to traffic and is considered cheating or cutting the course in this format.

Disposable Timing chips are attached to the back of your bibs. Do not remove them or bend them. Timing chips are not read until you clear the antenna or your last read. If you stand over the starting line it may read for a bit or immediately. If you do not clear the finish line it may continue to read so as you finish go get food and medal and come back to cheer your friends still running. This prevents the chip from continue to read and clear out giving you a good finish read.

Volunteering is a method to get races for free. On Hill Events does an incredible volunteer program with a \$50 credit per race for those willing to help out. This credit can be used for any future race up to 13 months from the date you volunteered. This way if someone volunteers on one of our races they can race it the following year. Register Here:

<https://www.raceentry.com/races/east-canyon-marathon/2016/volunteers/register>

Bag Drops at the Start of Half and Full in a Truck. Please do not drop items of high value or significance. The bag drop is not that secure and in the back of a truck.

Thanks for Racing,

Joe Coles – Race Director On Hill Events

Sponsors



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Layton - Roy
Ogden - Syracuse



Canyon Pines
South Ogden
Free Shuttle to Start



Race Agenda

Friday August 25, 2017

- **4:00PM to 7:00PM –Packet Pickup at Peak Performance – 1895 Washington Blvd Ogden Utah**

Saturday August 26, 2017

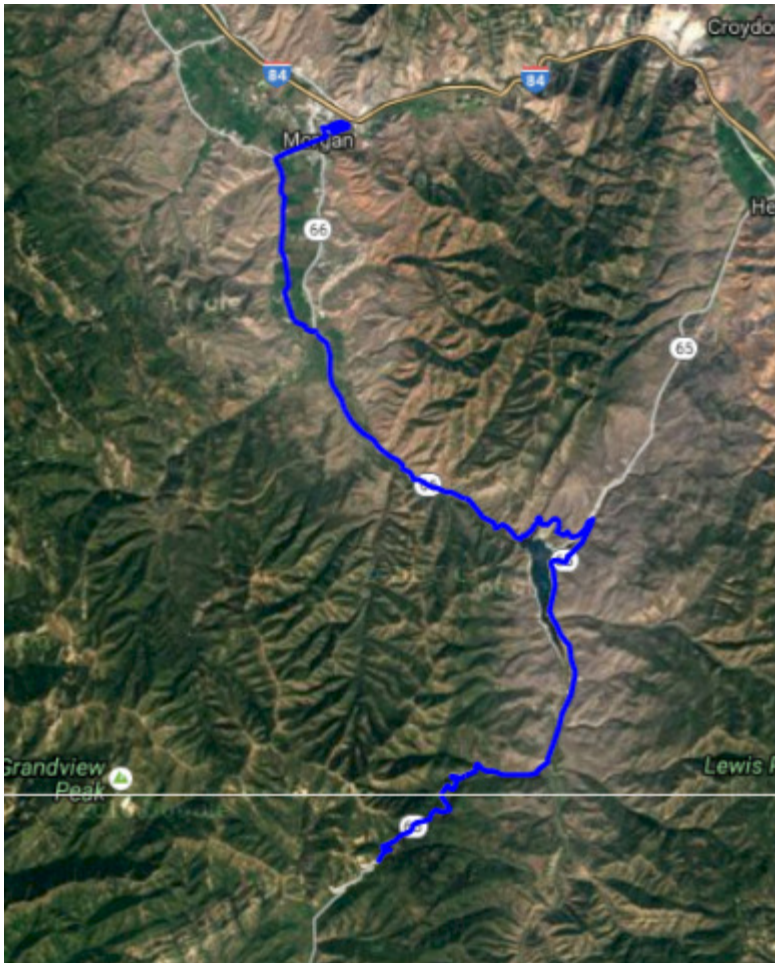
- **4:00AM to 8:00AM – Last Chance Packet Pickup at Finish line in the Morgan County Fairgrounds 750 East Como Springs Road Morgan Utah .**
- **4:30AM – Marathon Load Bus (Anyone there at 4:31AM will their bus, so if you plan to pickup your packet on race day pickup no later than 4:00AM)**
- **6:00AM – Half Marathon Load Bus (Anyone there at 6:01AM will miss their bus, so if you plan to pickup your on race day pickup no later than 5:30AM)**
- **6:00AM – Marathon Starts (Anyone there at 6:01AM you missed your bus, so if you plan to pickup your packet on race day pickup no later than 5:15AM)**
- **7:30AM – Half Marathon Starts**
- **8:30AM – 10K Starts (Be 30 min early. At Morgan County Fairgrounds)**
- **8:45AM – 5K Starts (Be 30 min early. At Morgan County Fairgrounds)**

Parking

The Morgan County Fairgrounds will be the Bus Loading location as well as the finish line of the race. This Fairgrounds will have plenty of parking for all participants and their spectators.

750 East Como Springs Road Morgan Utah.

Course Maps



Full Course – Starts on top of Big Mountain and goes East then North down East Canyon towards Morgan. This course only has a handful of turns and is 2500 feet of elevation drop over 26.2 miles. This is a Boston Qualifier. The course is full of incredible views of East Canyon Reservoir, trees, East Canyon Dam, Farmlands and more. Aid stations are every 2 miles starting at mile 3. Fully supported aid stations with volunteers and cups.

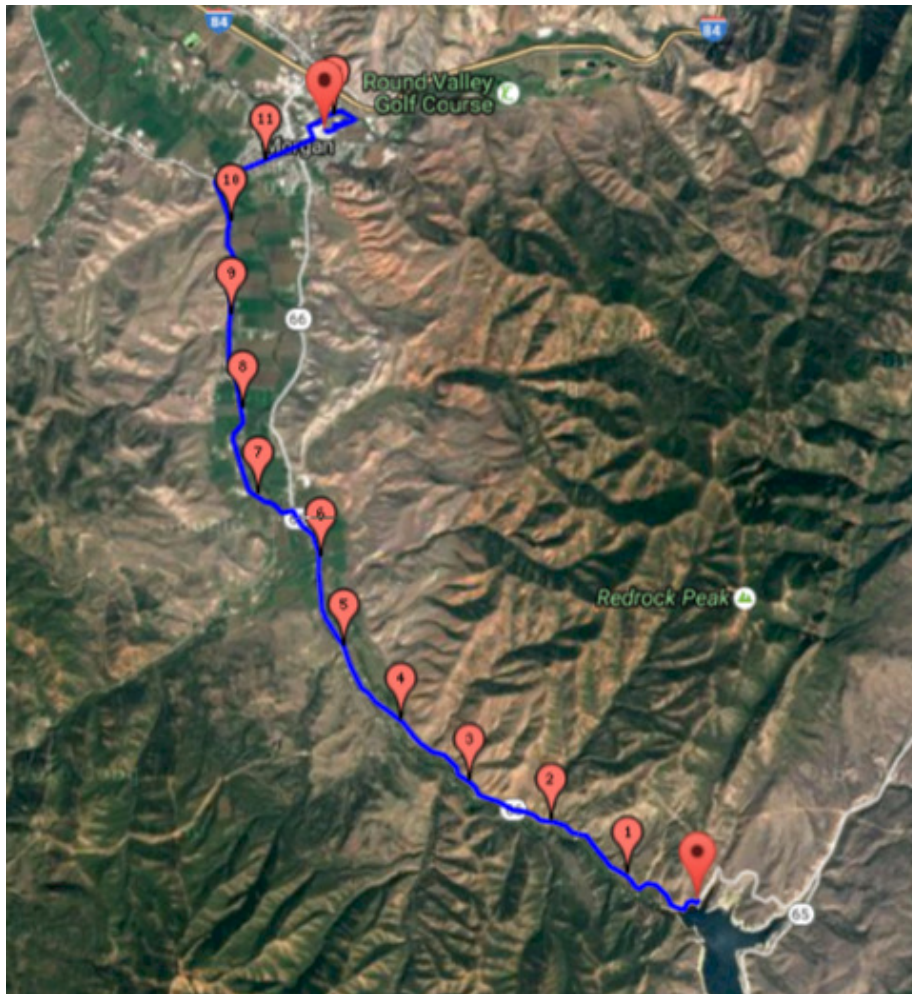
Gels at Mile 9 and 21

Bananas & Oranges at Start Mile 7, 11, 13, 19, 23.1, Finish

Here is an interactive map of the course:

<http://www.gmap-pedometer.com/?r=7118625>

Course Maps



Half Marathon Course 13.1 Miles – Starts at the Dam. This course is primarily downhill like the full however with the lower elevation the terrain changes from Aspens and Pines to Scrub Oak. Through the canyon are views of the river than farmlands to the finish area.

Gels at Mile 7.9

Bananas & Oranges at Start Mile 5.9, 9.9, Finish

Here is an interactive map of the course:

<http://www.gmap-pedometer.com/?r=7129629>

10K/5K is the exact same courses as the Full and Half Marathon except they are running backwards for Half of them. The 10K goes out 3.1 Miles backwards from the finish and then back to the finish. The 5K goes out 1.55 Miles backwards from the finish and then back to the finish.

Added Races:

Blood Run in Mountain Green{10 minutes East of Layton} (Full contact race with Zombies chasing you with bloody hands. Your white race shirt will have bloody hands at the finish. This race has racers go out one at a time. Runners will go on the course one at a time or groups up to 5 runners to make you feel alone.

October 28, 2017 www.blood.run

Sun Marathon in St George – February 3, 2018 This race will be a USATF Full Boston Qualifier. We set it up during the winter to give racers a chance to run in the warmer temps of Southern Utah. www.sunmarathon.com

<p style="text-align: center;">2017 On Hill Events Calendar</p> <p style="text-align: center;">Abominable Run 5K - 1/7/2017 Theme Race</p> <p style="text-align: center;">Candy Heart Run 5K - 2/11/2017 Theme Race</p> <p style="text-align: center;">Lucky13 13.1, 10K, 5K - 3/18/2017 Theme Race</p> <p style="text-align: center;">Legacy Duathlon - 4/8/2017 Farmington, Utah</p> <p style="text-align: center;">Eggs Legs 5K - 4/15/2017 Theme Race</p> <p style="text-align: center;">Fantasy Run 13.1, 10K, 5K - 5/6/2017 Theme Race</p> <p style="text-align: center;">Mt Green Half Marathon, 10K, 5K - 5/6/2017</p> <p style="text-align: center;">Drop13 Half Marathon, 5K - 6/10/2017</p> <p style="text-align: center;">Provo Midnight Run 13.1, 10K, 5K - 6/23/2017</p> <p style="text-align: center;">Legacy Midnight Run 13.1, 10K, 5K - 7/7/2017</p> <p style="text-align: center;">Cache Valley Super Sprint Tri - 7/29/2017</p> <p style="text-align: center;">Layton Triathlon - 8/12/2017</p> <p style="text-align: center;">East Canyon Marathon 26.2, 13.1, 10K, 5K - 8/26/2017</p> <p style="text-align: center;">Bear Lake Brawl Tri Sprint/Olympic - 9/9/2017</p> <p style="text-align: center;">Bear Lake Brawl Tri Half/Full - 9/16/2017</p> <p style="text-align: center;">Witch Run 5K - 9/30/2017 Theme Race</p> <p style="text-align: center;">Antelope Island Marathon 26.2, 13.1, 10K, 5K - 10/14/2017</p> <p style="text-align: center;">Powell3 Triathlon Sprint/Olympic - 10/28/2017</p> <p style="text-align: center;">Provo Santa Run 5K - 11/17/2017 Theme Race</p> <p style="text-align: center;">Ogden Santa Run 5K 11/25/2017 Theme Race</p> <p style="text-align: center;">Gardner Village Santa Run 5K 12/2/2017 Theme Race</p> <p style="text-align: center;">www.OnHillEvents.com</p>
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