



## SURVIVAL GUIDE 2016

# Welcome!

Mt Nebo Half & Full Marathoners!

On behalf of the race directors, and all our friends who volunteer to help with the race, we would like to thank you for participating in America's Friendliest Half. Congratulations to each and every one of you who will cross our finish line.

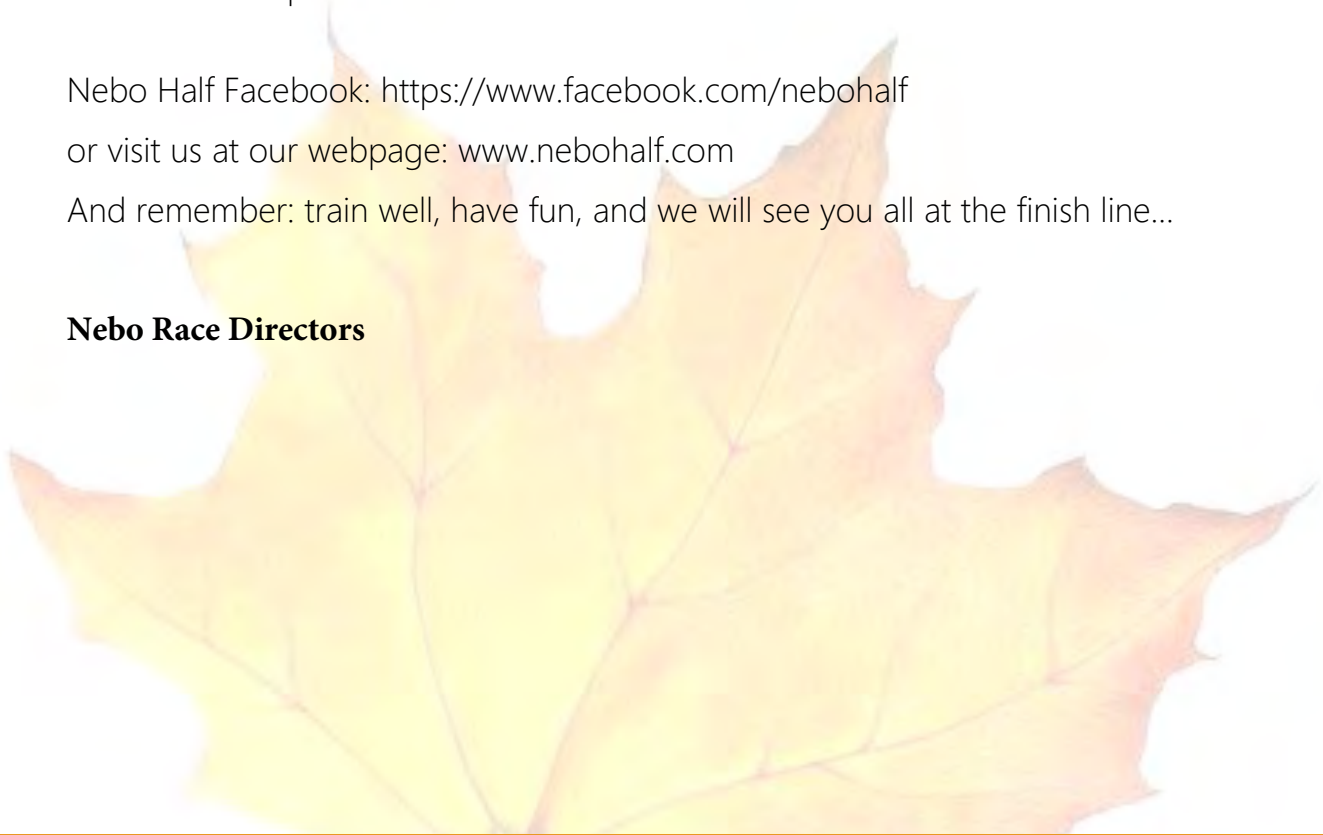
We have put together this "runners survival guide" to help answer most of your questions about the event. If, after reading our guide, you still have questions, please email us at [runtasticevents@gmail.com](mailto:runtasticevents@gmail.com). We also invite you to follow us on Facebook for additional up-dates.

Nebo Half Facebook: <https://www.facebook.com/nebohalf>

or visit us at our webpage: [www.nebohalf.com](http://www.nebohalf.com)

And remember: train well, have fun, and we will see you all at the finish line...

**Nebo Race Directors**





## Packet Pick-Up

Packet Pickup will be held on Friday, September 2nd from 10 a.m. to 8 p.m. at the University Mall located at 575 East University Ave, Orem UT, 84097. We will be located on the West side of the Mall by GNC.

Please bring ID to be shown for confirmation. Friends can pick-up your race bag with written, signed approval and a copy of the participants ID.

## Gear/SWAG

All runners will receive a high end gender specific running shirt. 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 6:45 AM.

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.

## Parking/Bus Transportation

You will find runner signs and volunteers directing you to the correct parking. Bus pick-up will be at the front of Payson High School. Please arrive early. There will be no late transportation.

### Bus Times:

**Marathon: 4:00 a.m. to 4:30 a.m.**

**Half Marathon: 4:30 a.m. to 5:30 a.m.**

Spectators may park at Payson High School and participate in the morning festivities.

## Starting Area

Payson Lakes area is a peaceful local treasure tucked in the Payson Fork Canyon. It is a popular place for fishing. Local trails also attract equestrian riders and campers. Please help us Leave No Trace and protect the area by staying on the pavement or gravel and also **only use provided toilets**. There will be tons so there shouldn't be long lines.

## Timing

The Mt Nebo Half Marathon 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.



## Course Closure and Restrictions

Payson Canyon will NOT be closed to traffic so please **stay to the right** as you head down the canyon. Please be respectful to traffic and run careful down the canyon. This course is FAST and please make sure you are prepared.

## Safety and Emergencies

Safety is absolutely the first priority during the race. Be aware of your surroundings and take precautions to avoid dangerous situations. Running downhill includes its own risks so please pay attention to your body and know when to slow down. Ambulances will be positioned at the finish. 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.

## Average Temperature for Race

The average temperature at the start will be 50-65°. After exiting the canyon temperatures will be higher. Temperatures can range from 70-90° with normally low humidity. Although most of the course is shaded, make sure you hydrate well. We will have plenty of water and sports drink for you at each aid station so drink up!

## Half Course Description

The **Half Marathon** begins a **half mile above the Payson Lakes turnoff**. This all downhill course brings you down through

stunning Payson Canyon in the shadow of Mount Nebo. Following the mountain river, the winding canyon road drops gradually, giving peaceful views of nature the way it should be. After exiting the canyon you will finish at Payson High school with a **3/4 lap around** the track!

## 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.

## Mile Markers

Each mile will be marked for the Half Marathon.

## Aid Stations

Mile 2 – Water, Powerade, First Aid, Restroom

Mile 4 – Water, Powerade, First Aid, Restroom

Mile 6 – Water, Powerade, First Aid, Restroom

Mile 8 – Water, Powerade, First Aid, Restroom, **GU Energy Gel**

Mile 10 – **Water, Powerade, First Aid, Restroom**

Mile 12 – Water, Powerade, First Aid, Restroom

## Photography

We will have video and **FREE** photography along the course **provided by Flo-Foto**. Make sure to smile, jump, or wave at the camera to get your best running shot. You may even make the cut onto the race videos!

## Cheering Locations

The Canyon is open to all traffic so if you have family that would like to come see you run down the canyon there will be no one stopping you. However, we encourage your friends and family to welcome you at the mouth of the canyon or at the finish line.

## Finish Line Food

After finishing you are welcome into the runners corral where you will receive food like Creamies, Chocolate Milk, **Pizza**, Water, Fruit, and much more! Food is only available for Half Marathon participants. Enjoy!

## Results

A link to the results will be posted on our website and Facebook page on race day.

## Awards and Prizes

We are proud to offer custom medals. A lot of work goes into the design of these awards, and we hope you enjoy them.

## Overall Finishers Half Marathon—Male and Female

- 1st: Custom Medal, Free entry for 2017 Nebo Half.
- 2nd: Custom Medal, Free entry for 2017 Nebo Half.
- 3rd: Custom Medal, Free entry for 2017 Nebo Half.

## Age Category Winners

- 1st: Custom Medal
- 2nd: Custom Medal
- 3rd: Custom Medal

## Half Marathon Age Divisions

15 & Under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60+.

## Ceremony Time

**Marathon: 10:30**

**Half : 9:30 a.m.**

## Course Map

Please visit our website for up to date course maps and other information. [www.nebohalf.com](http://www.nebohalf.com)

## Deferrals

While there are no cancellations, refunds, or transfers we are proud to offer deferrals to next year's race if you are unable to run due to injury or other extenuating circumstances. The fee is \$20. Please send us an email before packet pickup and we will be able to assist you.

Our email is [nebo-half@gmail.com](mailto:nebo-half@gmail.com)





## Marathoners

Congratulations for signing up for the Nebo Marathon. We are so excited you are joining us. This marathon we believe will prove to be the fastest in Utah as the decent is perfect for a PR.

We would like to give you a few details unique to the race to help you have a successful run. Please take a moment to review this information:

## Race Start

**6:15 am** – We will start this on time as please make sure you are on time for the bus loading

## Start Line

Top of Nebo Loop at the Nebo Bench Monument Trailhead

## Bus Loading

Marathon bus loading is at **4:00 - 4:30 SHARP** – We ask that you get there at **4:15** as we will NOT have any other buses available past **4:30 a.m.** – do not be late (PLEASE)

## Course

The Nebo Marathon will start at the top of Payson Canyon. However, this canyon will not be closed to local traffic so we ask that you please run defensively.

The Course will continue down the canyon and once you get down the canyon please watch for signs to the finish line. You will finish the race with the half marathoners ending at Payson High School football field.

## Timed

Yes, this race is chip timed.

## Aid Stations

Mile 3 – Water, Powerade, First Aid, Restroom

Mile 5 – Water, Powerade, First Aid, Restroom

Mile 7 – Water, Powerade, First Aid, GU Energy Gel, Restroom

Mile 9 – Water, Powerade, First Aid, **Gu Energy Gel**, Restroom

Mile 11 – Water, Powerade, First Aid, Restroom

Mile 13– Water, Powerade, First Aid, Restroom

Mile 15– Water, Powerade, First Aid, Restroom

Mile 17– Water, Powerade, First Aid, Restroom

Mile 19– Water, Powerade, First Aid, GU Energy Gel, Restroom

Mile 21– Water, Powerade, **Oranges**, First Aid,

Restroom Mile 23– Water, Powerade, First Aid,

Restroom Mile 25– Water, Powerade, First Aid,

Restroom

## Overall Finishers Marathon

### — Top 3 Male and Female

1<sup>st</sup>: Custom Medal, Free entry for 2017

2<sup>nd</sup>: Custom Medal, Free entry for 2017

3<sup>rd</sup>: Custom Medal, Free entry for 2017

### Age Category Winners

1<sup>st</sup>: Custom Medal

2<sup>nd</sup>: Custom Medal

3<sup>rd</sup>: Custom Medal

## Marathon Age Divisions

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

## CONGRATULATIONS

We are so excited to have you be part of the Mt. Nebo Full Marathon. Get ready for a fast, fun and beautiful course. We will see you at the finish line!



## Parking Map

