

2017 Legacy Midnight Run – Half Marathon, 10K, 5K



Runner's Guide

July 7, 2017

Index

| | |
|---------------------------|----------|
| Introduction | 3 |
| Sponsors..... | 4 |
| Race Agenda..... | 5 |
| Aid Stations | 5 |
| Course Map | 6 |
| Parking | 6 |
| More Races | 7 |



Dear Legacy Midnight Runner,

The Legacy Midnight Run is almost here. The weather forecast for Friday Night is a hot race, with a forecasted start of 87 degrees and finish at 77 degrees. We will have plenty of ice and water along the course and finish to help keep everyone cool. Please wear clothes appropriate for these conditions.

Just a warning to you first time night racers. Many racers have carbed up the day of the race. Carbing is great if you have a night to process it prior to race morning. We strongly recommend a solid lunch but a light, light dinner if you have any at all. Something like a light soup. Each year there are a handful of racers who eat a big dinner and when the race hits they lose their dinner by the end of the race. EAT LIGHT!!! It takes time to process food and if you are not used to it will feel it.

In 2017 the Legacy Midnight Run had to change for the Half Marathon from a Bused out start to an out and back due to construction not being complete on the Legacy Trail System. This was posted on the website that this may occur from the start. Questar promised Davis County it would be done by June 1, 2017 but us knowing how construction may be delayed we posted it on the site in case this happened. It will still be a great race with a lot of fun however the Half will be out and back starting at the fairgrounds.

Spectators – We encourage spectators for the race. The best location for spectating is at the Start and finish which is in Building #3 of the Davis County Fairgrounds. The trail is closed to cars and may be hard to see you racing.

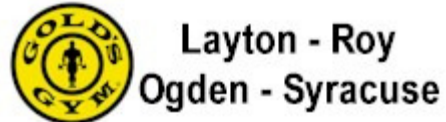
Timing is done via timing chips and tablets. These chips are attached to the back of your bib numbers so do not remove them or fold them. As you finish the race please proceed to away from the finish line for at least 10 seconds. Timing Systems mark your last read as you finish until you leave the timing zone for 10 seconds. Runners who finish then stay in the zone will be disappointed in the time because it will not register until they are clear. If you want to cheer on a finisher behind you please finish walk ahead into the food area and then come back. This should give you chip the read it needs to register without the continuous reading. Age group awards are given to this race. We ask that you wear your bibs on the front of your chest during the entire race. 99% of timing errors occurs when a racer damages their bib or folds their timing chip.

This race will have some fun at the finish with a few aliens and lights and sounds. There will be glow stick cotton candy, ice cream and more. We only recommend eating these things after you finish.

Good luck during the race!

On Hill Events

Sponsors



Race Agenda

Thursday July 6, 2017

4-7PM - Packet Pickup at Wasatch Running – 316 N Marketplace Dr Centerville, Utah (please try to attend this one so race day packet pickup is not overly busy)

Friday July 7, 2017 Start/Finish Location (Building #3 at the Davis Fairgrounds 151 South 1100 West Farmington Utah)

- **4:00PM to 9:30PM – Race Day Packet Pickup (Ends at 9:30PM so be there no later than 9:00PM if you cannot make Thursday Night)**
- **10:00PM – Half Marathon Starts at Building #3**
- **11:00PM – 10K Starts at Building #3**
- **11:30PM – 5K Starts at Building #3**
- **Midnight - Awards Ceremony Starts**

Saturday July 8, 2017

- **1:00AM – Start to Sweep Course (If you need more than 3 hours to complete the Half Marathon let us know. We can do an early start however it will prevent you from the results and awards.)**

Aid Stations

Half Marathon – Mile 1.55, 3.1, 4.2, 6.2, 6.9, 8.9, 10, 11.45

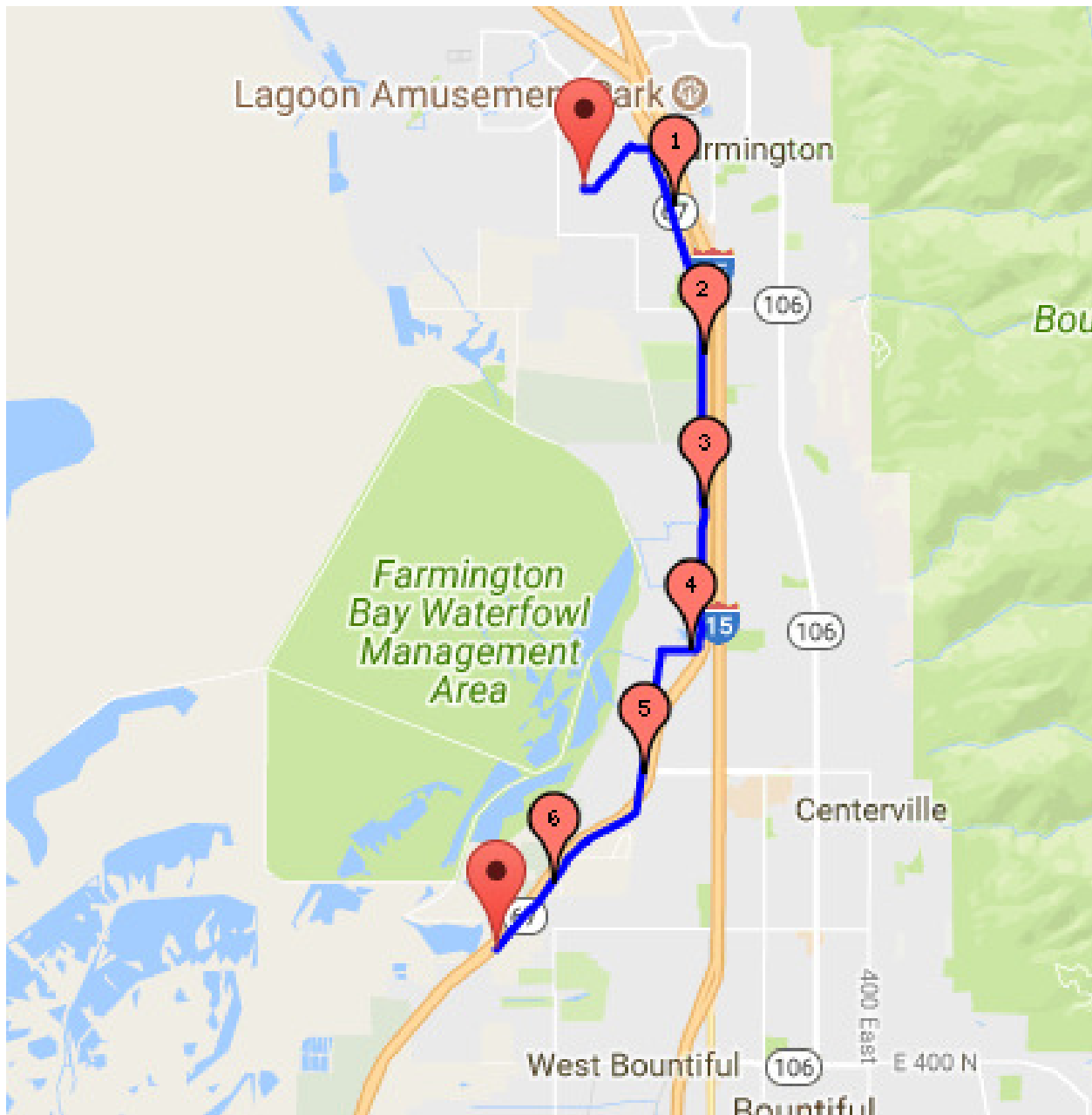
10K – Mile 1.55, 3.1, 4.65

5K – Mile 1.55

Powerade, Water, Ice will be at all. Mile 6.9 will have gels for the Half Marathon. Potties are along the path about every 1.5 Miles. A few potties are not our potties so if you see ones that are not clean or stocked they are trail use potties. We only use fresh stocked ones.

Course Map

Half Marathon Course



Runners start at the Building #3 of the Davis Fairgrounds and run a short distance along the Farmington Trail then on to the Legacy Parkway Trail System. They will help South 6.55 miles to the turn around then back. The 10K and 5K are exactly the same route but the 5K turns around at 1.55 Miles and the 10K at 3.1 Miles. Loads of parking at the start and finish of this race at the Davis County Fairgrounds.

Check out www.OnHillEvents.com for our 2017-18 Schedule of races.

| |
|--|
| <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> |
|--|

Powell3 Triathlon Challenge is now the Southern Utah Triathlon in St. George/Hurricane Utah. New course and new name!

www.southernutahtriathlon.com

Check out February 3, 2018 for our newest addition the Sun Marathon in Santa Clara, Utah (Near St. George). A great time of the year for a Warm Race!!!

www.sunmarathon.com