

2019 May The Fourth Run – Half Marathon, 10K, 5K



# Jedi's/Sith's Guide

May 4, 2019

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**Dear Jedi or Sith,**

**The May the Fourth Run is almost here. The weather forecast for Friday Night is a good race temp, with a forecasted start of 71 degrees and finish at 49 degrees. The race will start with an epic light up foam stick battle. The dark and light sides will line up on either side of the warehouse and will commence a battle for control of the Fourth!!! It will basically be a game of tag with these foam sticks and the side who comes out still alive wins the battle. It is a one hit and out battle.**

**Just a warning to you first time afternoon/evening 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 each 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. Also no Green or Blue Milk!!! We don't care where you got it!!!**

**This course is out and back starting at the Legacy Events Space Center Building #3. It runs along the Farmington Trail to Legacy Parkway Trail System then South and back again based on your distance. Remember 5K turn around is first aid station, 10K turn around is second aid station and Half turn around is the last volunteer on the course. Don't miss them or you are running the Full Marathon which we are not doing!!! 😊**

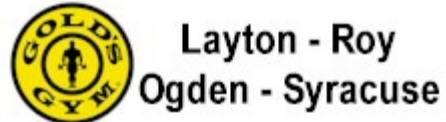
**Spectators – We encourage spectators for the race. The best location for spectating is at the Start and finish which is in Building #3 of the Davis County Fairgrounds. The trail is closed to cars and may be hard to see you racing.**

**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. Wear your bibs on the front even if it obstructs your costume. 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. Age group awards are given to this race. Top 3 per every 5 years. We do not mail medals after a race so please stay for the awards if there is a remote chance you won a medal. This includes 4<sup>th</sup> and 5<sup>th</sup> place in your age group because the top 3 overall are pulled from age groups. Sticking around for the Awards Ceremony should be worthwhile as well. We have something fun planned.**

**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.**

**May the Fourth Be With You!**

# Sponsors



## Race Agenda

**Friday May 3, 2019**

- **4:00PM to 7:00PM at Wasatch Running Center 316 Marketplace Drive C200 Centerville Utah**

**Saturday May 4, 2019 Start/Finish Location (Building #3 at the Davis Fairgrounds 151 South 1100 West Farmington Utah)**

- **3:00PM to 5:30PM – Race Day Packet Pickup**
- **6:00PM – Epic Light Foam Stick Battle (Building #3)**
- **6:30PM – All Distances Start (Building #3)**
- **7:30PM – 5K Awards Ceremony (Building #3)**
- **8:15PM – 10K Awards Ceremony (Building #3)**
- **9:00PM – Half Marathon Awards Ceremony (Building #3)**
- **9:30PM – Start to sweep course(We will allow you to finish until 10:00PM)**

### Aid Stations

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

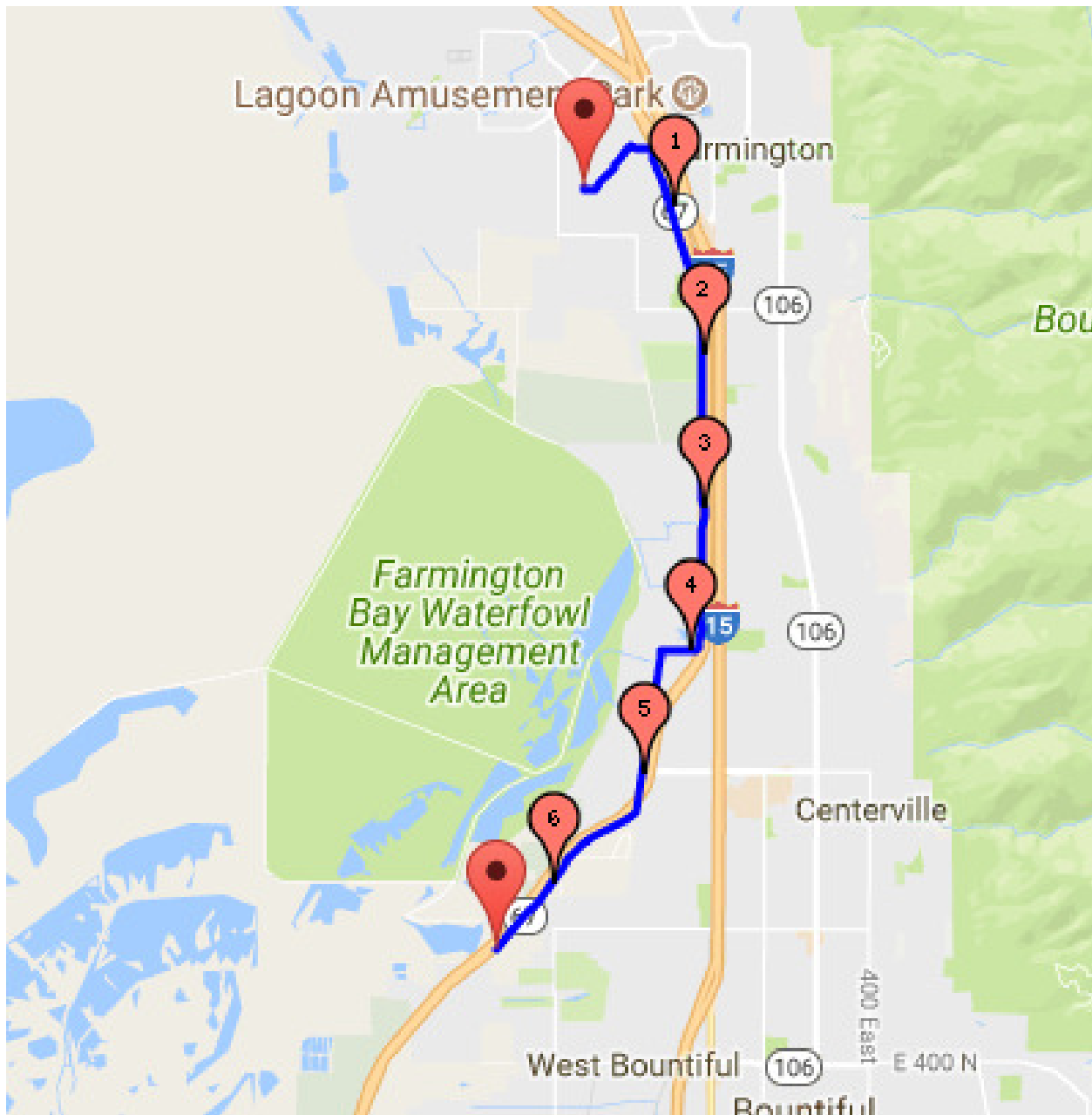
10K – Mile 1.55, 3.1, 4.65

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](http://www.OnHillEvents.com) for our 2019 Schedule of races.

## **2019 On Hill Events Races**

**Candy Heart Run 5K (Valentines Theme) – West Jordan, Utah February 9**

**SOCAL Marathon, 13.1, 10K, 5K – Anaheim, Calif March 2**

**Lucky 13 Half, 10K, 5K (St Patty Theme) - West Jordan, Utah March 16**

**Legacy Duathlon Sprint, Olympic - North Salt Lake, Utah April 13**

**Eggs Legs 5K (Easter Theme) – West Jordan, Utah April 20**

**May the Fourth 13.1, 10K, 5K (Star Theme) – Farmington, Utah May 4**

**Drop13 Half Marathon, 5K – Big Cottonwood Canyon, Utah June 8**

**Jurassic Run 5K (Dinosaur Theme) – Ogden Dinosaur Park, Utah June 29**

**Cache Valley Super Sprint Tri Sprint, Olympic – Logan, Utah July 6**

**Legacy Midnight Run 13.1, 10K, 5K (Glow Stick Night) – Farmington Utah July 26**

**PC2PG 13.1, 10K, 5K – Provo Canyon to Pleasant Grove, Utah August 10**

**East Canyon Marathon 13.1, 10K, 5K – Big Mountain to Morgan, Utah August 31**

**Bear Lake Brawl Triathlon Full, Half, Olympic, Sprint – St Charles Idaho Sept 14**

**Witch Run 5K (Witch Fun Theme) – West Jordan, Utah Sept 28**

**Antelope Island Marathon 13.1, 10K, 5K – Syracuse, Utah October 12**

**Blood Run 5K (Fun Fear Theme) – Mt Green Utah October 12**

**Southern Utah Triathlon Sprint, Olympic – Hurricane, Utah October 26**

**Ogden Santa Run 5K (Santa Theme) – Ogden, Utah November 30**

**Gardner Village Santa Run (Santa Theme) – West Jordan, Utah December 7**

**Provo Santa Run (Santa Theme) – Provo, Utah December 7**