



Aid Stations

- Aid stations will be at the start, finish and miles 3,5,8,10,12.
- Bathrooms are available at the start, finish and miles 5 and 8.
- Spanish Fork EMT's will be available to help runners in need.
- There will be water and sports drink at each aid station.

Awards

- \$75, \$50, \$25 cash for the top three overall Half & 5K winners.
- Medals for the top three finishers in each age division.
- Finishers medal for all Fun Run participants.

Course

- The courses (fully paved) are out and back.
- Go to <http://www.spanishforkhalf.com/entry.htm> for course maps.

Date

- **Saturday - September 11th, 2010**

Divisions

- 9 & Under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+, Clydesdale, Filly

Fee

- \$ 5 - Kids Fun Run (no t-shirt)
- \$10 - Kids Fun Run (w/ cotton t-shirt)
- \$15 - 5K (no t-shirt)
- \$25 - 5K (w/ technical t-shirt)
- \$20 - 1/2 Marathon (no t-shirt)
- \$30 - 1/2 Marathon (w/ technical t-shirt)



Location

- Races start and end at the Spanish Fork City library (49 S. Main) and run through the Spanish Fork river bottoms.
- If traveling on I-15 take Exit 257 and head South.

Other

- Chip timing.
- Farmers Market just across the street.
- Fun Run is for those 10 years & younger.
- Pancakes, milk, and juice will be available for runners and spectators.
- USATF sanctioned event (#10-34-083).
- T-shirt not guaranteed for same day registrants.
- Walkers and strollers are welcome.

Packet Pickup

- Friday, September 10th between 12:00 p.m. and 6:00 p.m. at MVP Sports (72 S. Main) in Spanish Fork.
- Packets may also be picked up between 6:00 a.m. and 8:00 a.m. the day of the race.

Raffle Prizes

- Digital Cameras
- DVD Players
- iPod Nanos
- MP3 Players
- TomTom GPS
- Overnight stays at the Homestead Resort (Midway, UT)
- Gift certificates (Bajio, MVP Sports, Nordstrom, Pizza Factory, Ruby River, Target)
- and lots more...



Registration

- Registration can be done one of three ways.
- Go to <http://www.spanishforkhalf.com/entry.htm> to register or get additional registration information.

Refunds

- Sorry, but there are no refunds. Once you are registered we cannot refund your money if you cancel or are unable to run the race.

Time

- Half —7:00 a.m. (same day registration begins at 6:00 a.m.)
- 5K— 8:00 a.m. (same day registration begins at 7:00 a.m.)
- Fun Run— 8:30 a.m. (same day registration begins at 8:00 a.m.)

Weather

- September is perfect running weather in Utah. The temperature at the start should be in the mid 50's and should warm to the 70's by the finish. Please come prepared for any type of weather (the start of the 2001 races were in the 40's).