

2019 PC2PG Provo Canyon – Half Marathon, 10K, 5K



# Runner's Guide

August 17, 2019

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Dear PC2PG Runner,

The PC2PG is almost here. The weather forecast for Saturday Morning is great, with a forecasted start of 62 degrees and finish at 71-75 degrees. This is based on Provo Utah but the Canyon may be cooler. Please wear clothes appropriate for these conditions. With that being said we will do a clothing drop at the Half Marathon starting line. Any bag is fine. We strongly recommend only putting low value items in your race bags. Though we get those bags back putting items like medication, keys, GPS watches or expensive race clothes is not smart. These items are tossed around in the back of truck and exposed to other runners at the finish. Do not toss clothes on course and if you must drop them at aid stations. Though we do not get the aid station clothes back and only donate them to thrift stores we do not want to litter the course with clothes. All drop bag not picked up at the end of the race will be donated. We do not store them after the race. If you forget your stuff it is gone. Sorry. We simply cannot hold on to old sweaty clothes for any reason post race.

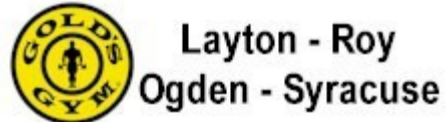
The Half Marathon is a bused out start loading at 5AM from Oak Canyon Junior High. The 10K/5K both start and finish at Oak Canyon Junior High in the back near the track at 8:15AM. All 3 distances finish at Oak Canyon Junior High in Lindon on the back track.

Spectators – We encourage spectators for the race. The best location for spectating is at the finish at Oak Canyon Junior High in Lindon. The trail is a running trail and there are places you can see runners pass if you know the locations up Provo Canyon. If you put a sign up please remove it post race.

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.** 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 then walk ahead into the food area and then come back. This should give you the chip read it needs to register without the continuous reading. 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. 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 possibly 5<sup>th</sup> placer in your age group because the top 3 overall are pulled from age groups and you may still get a medal.

Good luck during the race!

# Sponsors



## Race Agenda

Friday August 16, 2019

5:00PM to 7:00PM - Packet Pickup at Utah Run Store – 211 E State St American Fork Utah

Saturday August 17, 2019

4:45AM to 8:00AM - Last Chance Packet Pickup

at Bus Loading Area in Front of Oak Canyon Junior High (111 S 725 E Lindon Utah) If you pickup on Saturday and plan to ride the bus please be there no later than 4:45AM!

7:00AM – Half Marathon Starts

(This starts up Provo Canyon in Big Springs Park above Vivian Park. If you want to drive to the start you are welcome at this race however if you do you will have to find a ride back to your car at the starting line. )

8:15AM – 10K and 5K Starts

(This will be in the back of Oak Canyon Junior High on the track. This will be the finish line for all three distances. )

9:00AM Awards Ceremony

(This will be near the finish line on the track of Oak Canyon Junior High. Top 3 Overall Male and Female will get plaques. Top 3 in all age groups will get age group medals. We do not mail them post race so stick around. This race is small and 80% will get an age group medal. )

### Aid Stations

Half Marathon – Mile 2, 4, 6, 8, 10, 11.55 (Will not be exact due to trail access)

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.

**Parking will be at Oak Canyon Junior High School 111 S 725 E Lindon Utah**

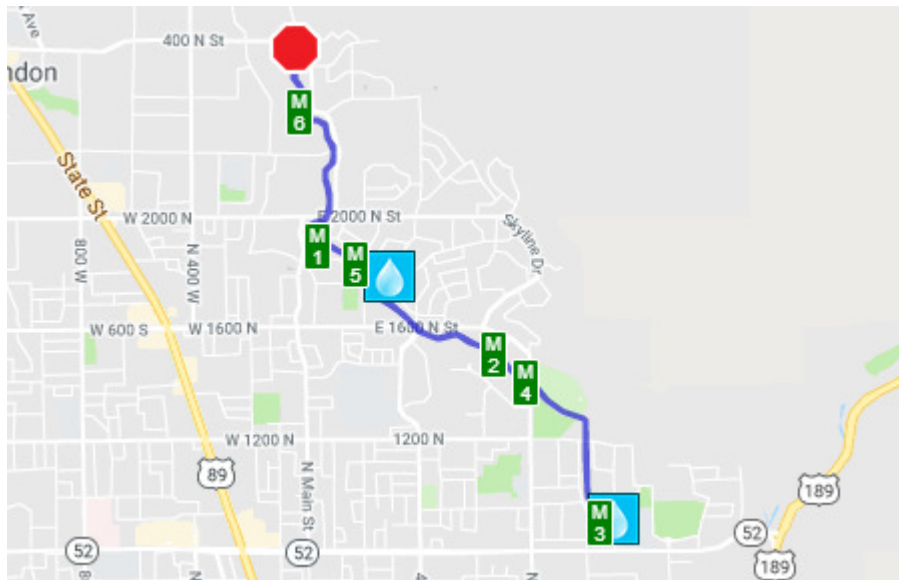
## Course Map

### Half Marathon Course



The Half Marathon starts up Provo Canyon going up past Vivian Park to Big Springs Park. This will follow the trail all the way down and at the mouth of the canyon head towards the Murdock Trail and into Lindon. Aid stations around every 2 miles. They will have potties, water, powerade, cups, and Mile 8 will have GU Gels.

### 10K/5K Course



10K will be out and back starting and ending at Oak Canyon Junior High. There will be an aid station at the 5K turn around giving the 10K a total of 3 aid stations

Aid stations will have water, Powerade, cups, potties.

The 5K turns around at the first aid station on the map and returns to Oak Canyon Junior High School.

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**

**The PC2PG race is on its first year and the date had to be changed to August 17, 2019.**