

**2017 Provo Midnight Run Half  
Marathon, 10K, 5K**



**Runner's Guide**

# Index

<b>Introduction .....</b>	<b>3</b>
<b>Sponsors .....</b>	<b>4</b>
<b>Race Agenda .....</b>	<b>5</b>
<b>Course Map &amp; Aid Stations .....</b>	<b>6</b>
<b>More Races .....</b>	<b>7</b>

Dear Provo Midnight Runners,

The 5<sup>th</sup> Annual Provo Midnight Run is almost here and we are looking forward to this weekend's race.



The weather for Friday going to cool down some with a high of 86 degrees at 4PM on race day. However it is supposed to drop into the 70's around race time. We ask that runners be ready for the warmth. This is always a hot time of the year to run a race.

The night will provide fun and glow stick excitement to the racers. We will be selling a \$5 headlamp during packet pickup. You can buy one at Walmart for between \$1 and \$8 depending on the quality of the headlamp and we will only have around 50 in stock.

Packet pickup for the Provo Midnight Run will still be at the Baymont Provo River Inn 2230 N University Parkway from 4-8PM. However we have changed the starting location for the race. The starting and finish location is now at Village Green Business Offices directly across University Ave and slightly down Freedom Blvd. The address is 1675 Freedom Blvd in the North Eastern most parking lot of the complex. If you see Days Inn it is behind it. We are sorry about the change however it was only 10 days ago we were notified about the bridge not being able to be complete prior to the race. This new venue may be better in certain aspects than the years prior. If you still need your packet after 8PM it will be available at this new starting point across the road.

Parking – You can park in the Village Green Business complex across the road. There should be plenty of parking for the amount of races this year.

– On Hill Events



# Sponsors



Layton - Roy  
Ogden - Syracuse



## AidStations

Half Marathon about Every 2 miles

10K Mile 1.55, 3.1, 4.65

5K Mile 1.55

**Powerade and Water on Course for run.**

## Race

### Agenda

**Friday June 23,  
2017**

**4:00PM to 8:00PM – Packet Pickup at Provo River Inn 2230 N  
University Parkway Provo Utah**

**8:30PM to 10:00PM – Packet Pickup Continued at Village Green  
1675 Freedom Blvd Provo Utah across University Parkway.**

**10:00PM – Half Marathon Starts at Village Green (Please be there  
45 min prior to start)**

**11:00PM – 10K Starts at Village Green (Please be there 45 min  
prior to start)**

**11:30PM – 5K Starts at Village Green (Please be there 45 min  
prior to start)**

**Saturday June 24, 2017**

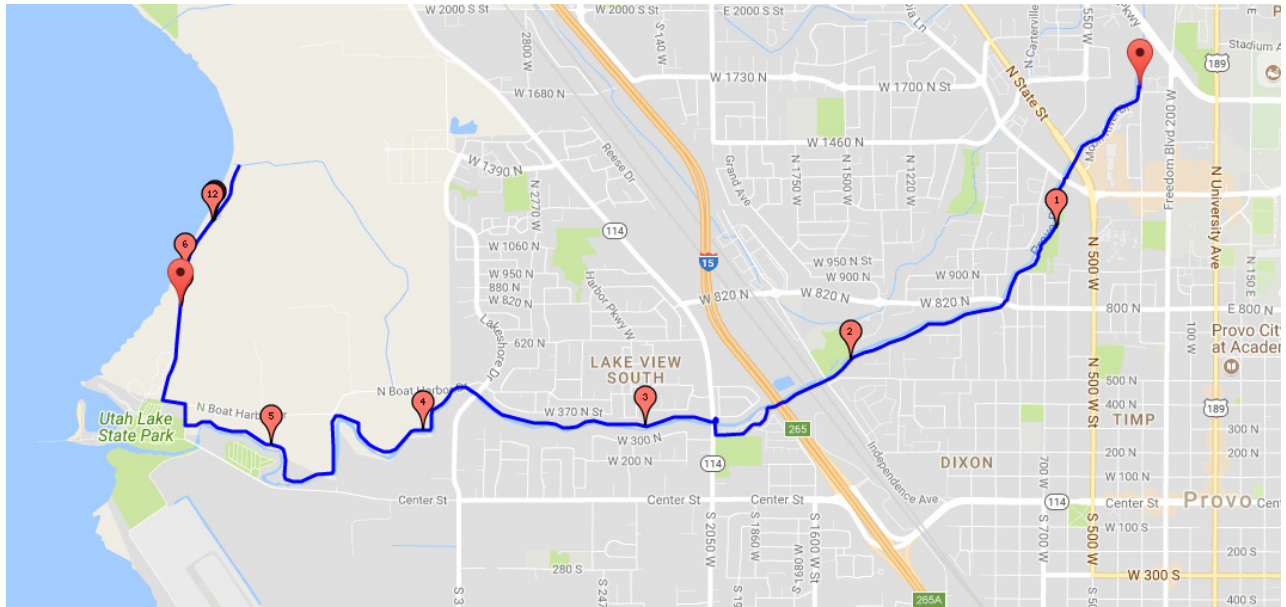
**12:01AM – Awards Ceremony Starts Village Green 1675 Freedom  
Blvd Provo Utah**

**1:00AM – Sweep Course - If you are running the Half Marathon  
and need more time than 3 hours to complete it please let us  
know. We can start you early but will force you to be disqualified  
from Age Group Awards.**

**Because the course is out and back there will be no bag drop vehicle.  
If you need to leave items prior to start we will have a location to  
drop your stuff.**

## Course Map

This course is an out and back course along the Provo River Parkway Trail. We encourage runners to wear head lamps but most will not. It is a dark but fun route along the river. The 10K and 5K is the same exact course as the Half but only shorter. Half is 6.55 Miles out and back for 13.1 Miles, 10K is 3.1 Miles out and back for 6.2 Miles, and 5K is 1.55 Miles out and back for 3.1 Miles.



Due to the unique situation with construction under University Parkway we may have to add a small  $\frac{1}{4}$  leg on the course.

**2017 On Hill Events Calendar**

**Abominable Run 5K - 1/7/2017 Theme Race**

**Candy Heart Run 5K - 2/11/2017 Theme Race**

**Lucky13 13.1, 10K, 5K - 3/18/2017 Theme Race**

**Legacy Duathlon - 4/8/2017 Farmington, Utah**

**Eggs Legs 5K - 4/15/2017 Theme Race**

**Fantasy Run 13.1, 10K, 5K - 5/6/2017 Theme Race**

**Mt Green Half Marathon, 10K, 5K - 5/6/2017**

**Drop13 Half Marathon, 5K - 6/10/2017**

**Provo Midnight Run 13.1, 10K, 5K - 6/23/2017**

**Legacy Midnight Run 13.1, 10K, 5K - 7/7/2017**

**Cache Valley Super Sprint Tri - 7/29/2017**

**Layton Triathlon - 8/12/2017**

**East Canyon Marathon 26.2, 13.1, 10K, 5K - 8/26/2017**

**Bear Lake Brawl Tri Sprint/Olympic - 9/9/2017**

**Bear Lake Brawl Tri Half/Full - 9/16/2017**

**Witch Run 5K - 9/30/2017 Theme Race**

**Antelope Island Marathon 26.2, 13.1, 10K, 5K - 10/14/2017**

**Powell3 Triathlon Sprint/Olympic - 10/28/2017**

**Provo Santa Run 5K - 11/17/2017 Theme Race**

**Ogden Santa Run 5K 11/25/2017 Theme Race**

**Gardner Village Santa Run 5K 12/2/2017 Theme Race**

**[www.OnHillEvents.com](http://www.OnHillEvents.com)**

