

**2018 Legacy Midnight Run – Half Marathon, 10K, 5K**



# **Runner's Guide**

**July 27, 2018**

# Index

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



**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 82 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 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.**

**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. However many racers loved the change in course saying the out and back allowed many of the lead runners to pass racers along the route and not be so alone. If you feel you like the bused out Half better after you run it this year please let us know and we will consider doing a point to point race again in 2019. Night racing the scenery does not change however the people are a welcome addition.**

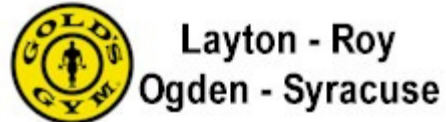
**Spectators – We encourage spectators for the race. The best location for spectating is at the Start and finish which is in Building #3 of the Davis County Fairgrounds. The trail is closed to cars and may be hard to see you racing.**

**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. 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. 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> place in your age group because the top 3 overall are pulled from age groups.**

**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!**

# Sponsors



## Race Agenda

### Thursday 2018

**No early packet pickup in 2018**

**Friday July 27, 2018 Start/Finish Location (Building #3 at the Davis Fairgrounds 151 South 1100 West Farmington Utah)**

- **4:00PM to 60 mins prior to Your Race Start – Race Day Packet Pickup – We strongly encourage all racers to show up no less than 90 minutes prior to the start of your distance if you do not have your packet. If you have your packet early, we recommend showing up no later than 30 mins prior to start time!**
- **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 28, 2018

- **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

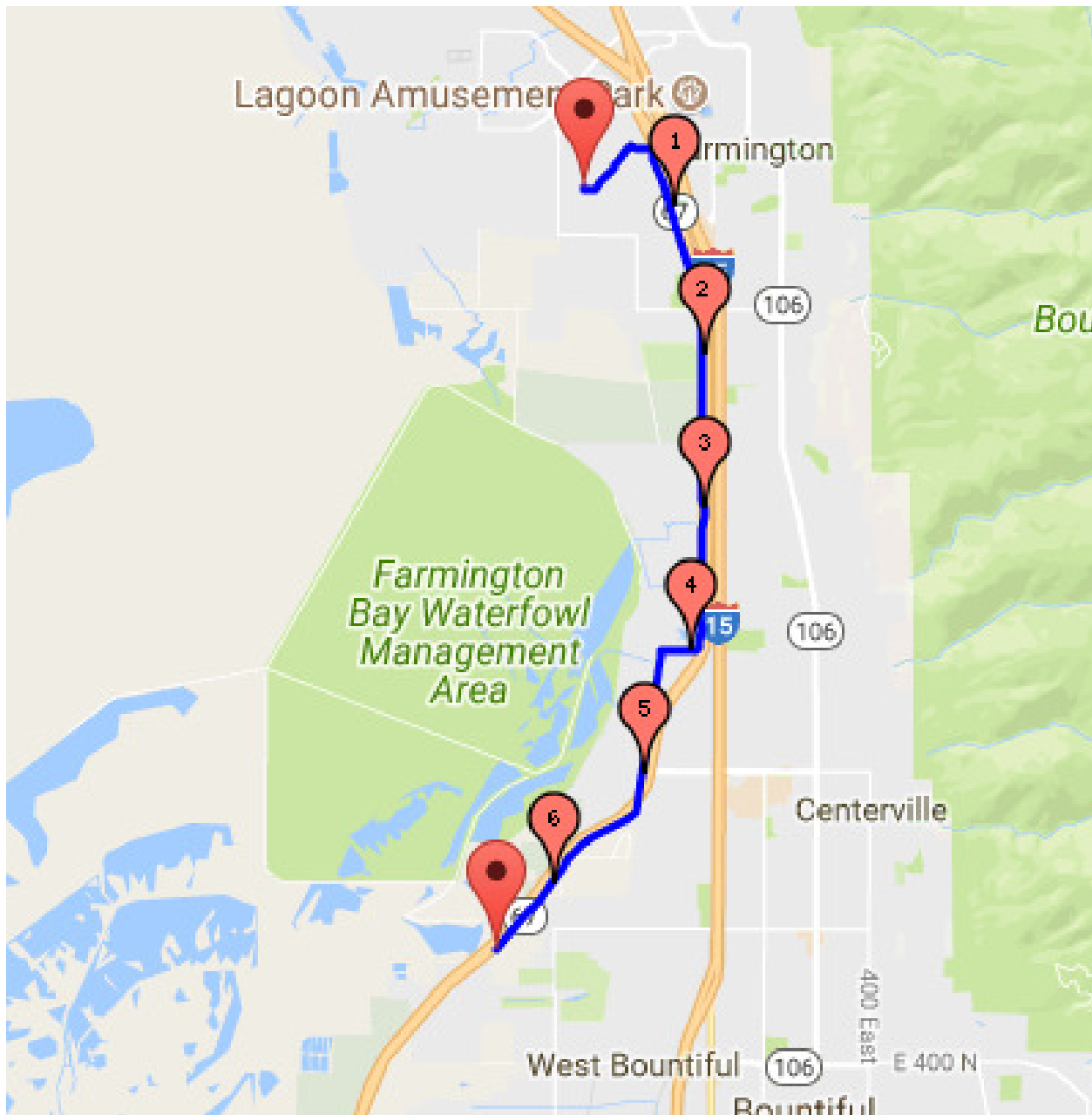
10K – Mile 1.55, 3.1, 4.65

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](http://www.OnHillEvents.com) for our 2018 Schedule of races.

**On Hill Events 2018 Calendar**

Sun Marathon, 13.1, 10K, 5K - 2/3/2018  
Candy Heart Run 5K - 2/10/2018  
Lucky 13 Half Marathon, 10K 5K - 3/17/2018  
Eggs Legs 5K - 3/31/2018  
Legacy Duathlon Spr/Oly - 4/14/2018  
Fantasy Run 5K/10K - 5/5/2018  
West Jordan Half Marathon - 5/5/2018  
Drop13 Half Marathon 5K - 6/9/2018  
Provo Midnight Run 13.1, 10K, 5K - 7/29/2018  
Logan Triathlon Spr/Oly - 7/7/2018  
Legacy Midnight Run 13.1, 10K, 5K - 7/27/2018  
Green Eggs and Ham 5K - 8/18/2018  
East Canyon Marathon 13.1, 10K, 5K - 9/1/2018  
Bear Lake Brawl Triathlon Spr/Oly/Half/Full - 9/15/2018  
Witch Run 5K - 9/29/2018  
Antelope Island Marathon 13.1, 10K, 5K - 10/13/2018  
Blood Run 5K - 10/13/2018  
Southern Utah Triathlon Spr/Oly - 10/27/2018  
Ogden Santa Run 5K - 11/24/2018  
Gardner Village Santa Run 5K - 12/1/2018  
Provo Santa Run 5K - 12/2018

Check out [www.OnHillEvents.com](http://www.OnHillEvents.com) for more details

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

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

**Check out March 2, 2019 for our newest addition the SOCAL Marathon in Anaheim, California. A great time of the year for a Warm Race!!!**

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