



**N.O.
LIMITS**



**HALF MARATHON
AND 5K**

RACE GUIDE

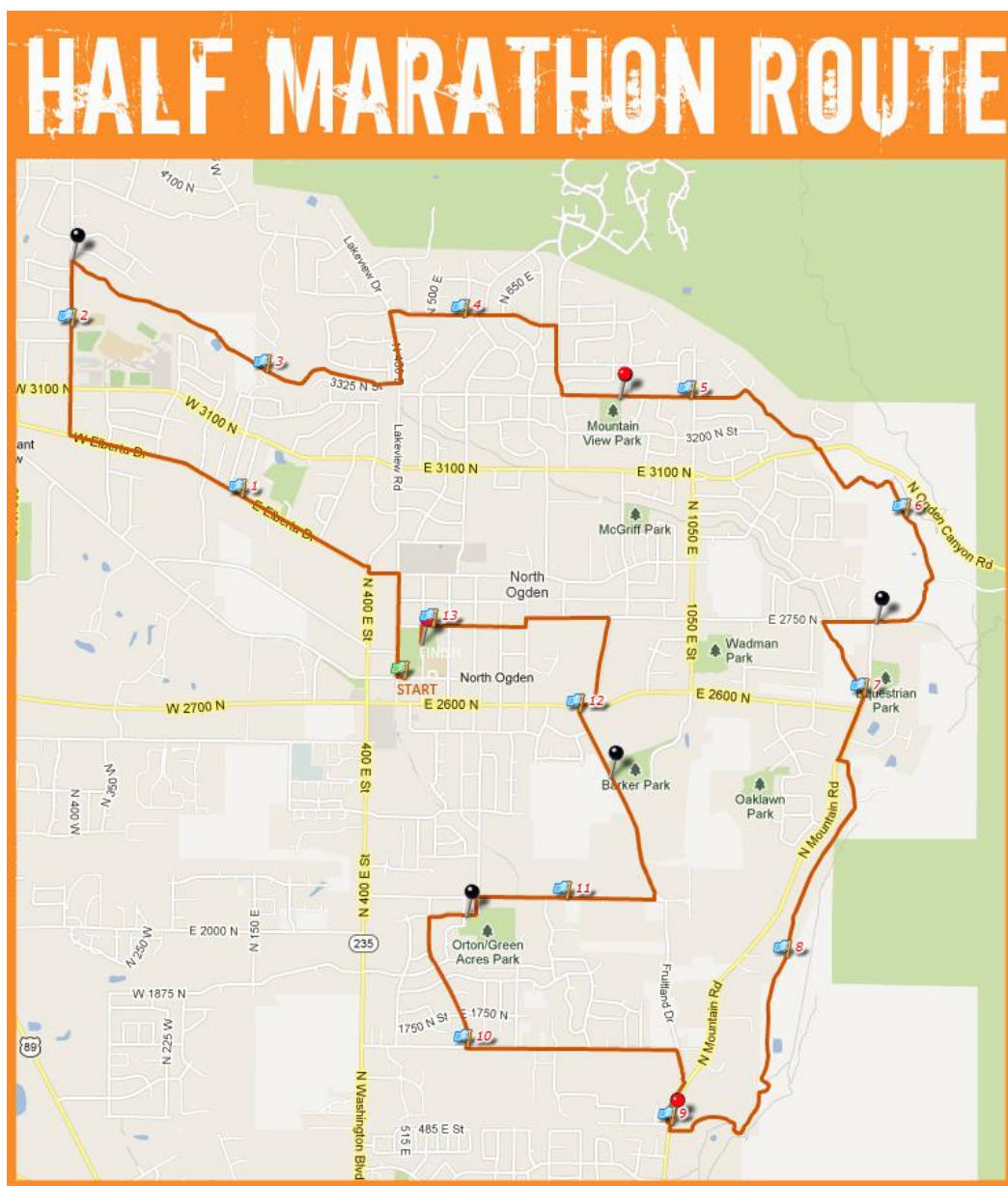


SATURDAY, APRIL 27, 2013

Welcome Runners! We are getting excited for race day and hope you are too! Here is some important information you will want to know before the race begins:

RACE COURSE

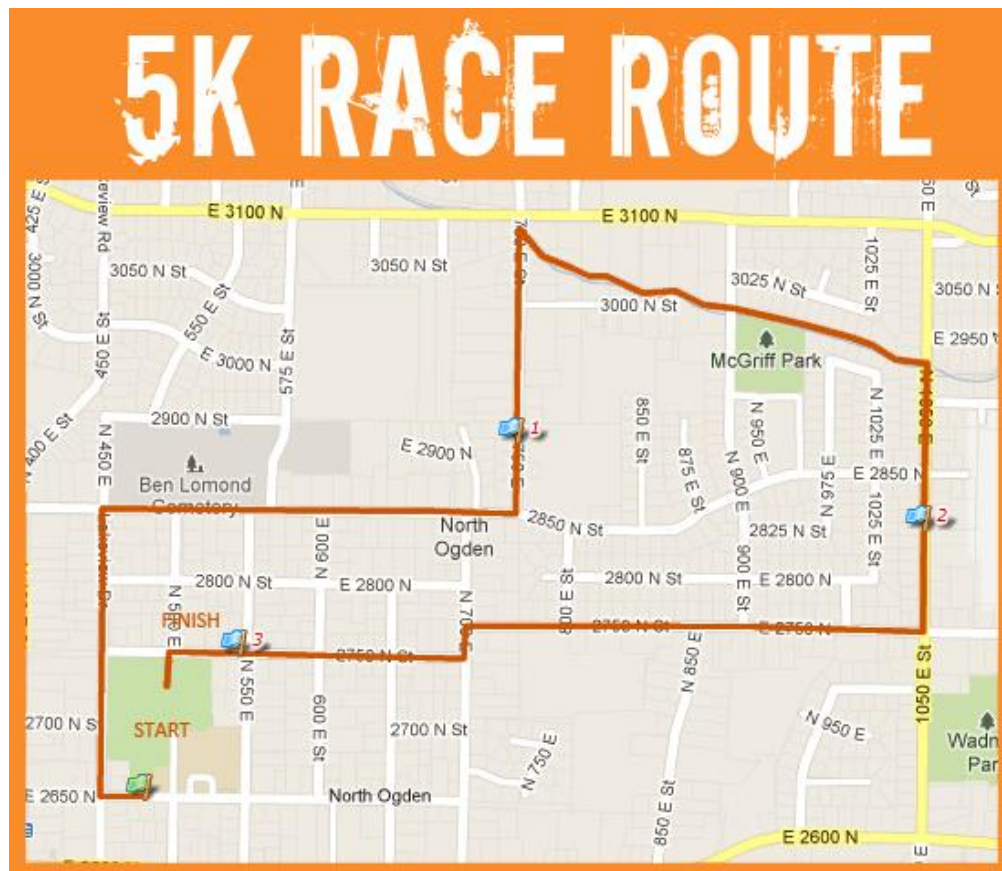
Both the 5K and half marathon start at [North Ogden Park](#). The half marathon will start at 8:00AM at North Ogden Park just below the South detention basin and head West on Elberta Drive past [Lomond View Park](#) to the infamous "Mile Hill." Runners will descend the mountain along the Canal road to the base of the North Ogden Divide and through 4.2 miles of North Ogden's beautiful trail-ways. Runners will work their way back up through North Ogden, passing [Green Acres](#) and [Barker Park](#), and finish the race heading south into North Ogden Park.



Elevation for the N.O. Limits Half Marathon begins at 4,369 feet above sea level. Runners will experience a 587 foot total elevation change and finish the race at 4,414 feet above sea level.



The 5K will start at 9:00AM at [North Ogden Park](#) just below the south detention basin and head North on Lakeview Road (450 East). It will connect with the Cherry Way trail and pass [McGriff Park](#) before turning south on 1050 East. Runners will finish the final stretch of 2750 North and the course will end heading south back into North Ogden Park.



Transitions and road crossings will be marked with orange signage. There will be staff and volunteers at most transitions and road crossings to help with directions and answer questions. Come prepared for any type of weather.

BAG PICK-UP

Pick up your race bag at the North Ogden Parks and Recreation Office ([2705 North 550 East](#)) either Thursday, April 25th or Friday, April 26th between 8:00am and 5:00pm and be entered to win a refunded race registration.

SAME DAY REGISTRATION

Same Day Registration starts at 7:00am at the [Parks and Recreation Office](#) at North Ogden Park. Same Day Registration Cost: \$55 (Half Marathon) and \$35 (5K). We accept cash, check and credit cards for same-day registration. The first 200 runners registered will receive a **FREE PERFORMANCE T-SHIRT** and **DRAW STRING RACE BAG**.

PARKING

Parking is available at North Ogden Park in both the North and South lots. The West entrance to the South Parking lot will be closed just prior to the start of the race to accommodate runners.

STARTING LINE

The starting line for both the half marathon and the 5K will be at North Ogden Park, just below the south end of the detention basin on the south side of the park. As a courtesy to other runners, please line up according to estimated race time, allowing the fastest runners to the front. The Half Marathon will start at 8:00am. The 5K will start at 9:00am.

TIMING

Timing will be coordinated by Stride racing. You will be given a chip at the beginning of the race (in your race bag) that needs to go on your shoe. These chips need to be returned at the end of the race.

AID & MEDICAL STATIONS

There will be six aid stations along the half marathon route with water and Electrolyte Boost. Ogden Clinic will be at the aid stations at miles 4.75 and 9 providing any needed medical assistance, band aids and Vaseline.

Mile 2.2 ----- Top of Mile Hill-----Boost Electrolyte Fluid Station
Mile 4.75----- Mountain View Park-----Ogden Clinic Aid/Medical Station
Mile 6.5 ----- Equestrian Park Trailhead-----Boost Electrolyte Fluid Station
Mile 9----- Frank's Auto -----Ogden Clinic Aid/Medical Station
Mile 10.5----- Orton/Green Acres Park-----Boost Electrolyte Fluid Station
Mile 11.7----- Barker Park-----Boost Electrolyte Fluid Station

CLOTHES DROP

There will be bins at each aid station along the race route. If you have any items that you need to drop during the race, please place them in these bins as you run past. All gear collected at the aid stations will be brought to the finish line at [North Ogden Park](#). Gear dropped anywhere else along the race route will not be collected. All gear not retrieved from the finish line or [Parks and Recreation office](#) by Friday, May 2, 2013 will be thrown away. North Ogden City is not responsible for lost or stolen gear/bags.

SPECTATORS

Our courses have some great areas for you to cheer for your runner. We know you want to be supportive, but please remember that spectators are not allowed on the course at any time. Instead, bring your posters, horns and banners and cheer from one of our favorite spectator spots:

HALF MARATHON SPECTATOR SPOTS

Mile 0----- Starting Line – North Ogden Park
Mile 2----- Mile Hill (500 W)
Mile 4.75----- Mountain View Park
Mile 6.5 ----- Equestrian Park Trailhead
Mile 10.5----- Orton/Green Acres Park
Mile 11.7----- Barker Park
Mile 13.1----- Finish Line – North Ogden Park

5K SPECTATOR SPOTS

Mile 0 ----- Starting Line – North Ogden Park
Mile 0.5---- Ben Lomond Cemetery
Mile 1.6---- McGriff Park
Mile 3.1---- Finish Line – North Ogden Park

RESTROOMS

Restrooms will be available at each of the parks ([North Ogden](#), [Lomond View](#), [Mountain View](#), [Equestrian](#), [Orton/Green Acres](#) and [Barker](#)). Mountain View (Mile 4.75) has the restroom closest to the race route. The restrooms are in the buildings located at each park.

SAFETY

We have done our best to mark any hazards along the race trail. A good portion of the race is on unpaved trail and may have uneven ground. We have posted caution signs at road crossings and ask that you be aware and watch for cars when crossing the streets. There will be a biker following the last runner of both the half marathon and 5K who will be able to provide emergency assistance and call for help if needed.

FINISH LINE

The finish line for both the half marathon and the 5K will be near the Grandstands at North Ogden Park. Runners will enter the park from the north, and run down the asphalt path to the finish line. Half marathon finishers will receive a medal as they cross the finish line. Please remember to let our volunteers remove your timing chip from your shoe at the finish line.

Give your tired muscles a well-deserved rest. Stop by and get a massage to help get your blood flowing, relax your sore muscles and shorten recovery time. Our sponsors, Ogden Massage and Bodywork and Therapeutix Massage Center, will have licensed massage therapists at the finish line to provide 5 to 10 minute massages for athletes to help work their sore and tired muscles. They will need a little bit of information from each runner.

AWARDS & PRIZES

\$100 will be given to the top male and female athlete for the Half Marathon. Top male and female for the 5K will win a free 3 month membership to Gold's Gym. We will also have ribbons for the top male and female finisher in each division.

11 yrs. & under	25-29 yrs.	45-49 yrs.	65-69 yrs.
12-14 yrs.	30-34 yrs.	50-54 yrs.	70 and over
15-18 yrs.	35-39 yrs.	55-59 yrs.	
19-24 yrs.	40-44 yrs.	60-64 yrs.	

VOLUNTEERS & SPONSORS

We would like to give a huge thanks to our volunteers and sponsors that help make this race such a great event. They are essential in providing a safe, fun and organized race. If you are interested in sponsoring the N.O. Limits Half Marathon & 5K or volunteering to help out, please [sign up HERE](#) or contact Tiffany Staheli at 801-737-0587 ext. 200, or tstaheli@nogden.org.

SPONSORS



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