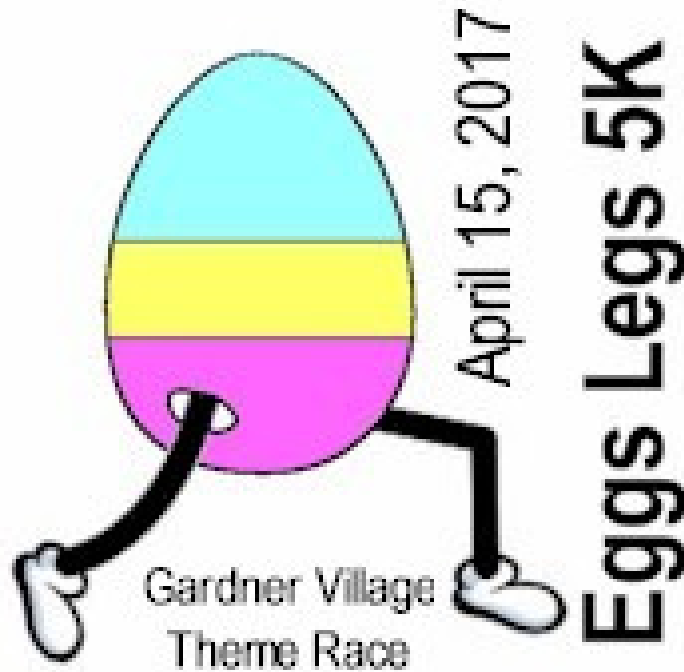


2017 Eggs Legs – 5K / 1 Mile



Runners Guide

April 15, 2017

Index

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



Dear Leggers,

Here comes Peter Cottontail!!! The 2017 Eggs Legs race is almost here. This race is a fun 5K/1Mile race at Gardner Village. The course is the same 5K course we use for other races in the area. The theme is Easter and the real Easter Bunny will be there. Be ready to pick up as many eggs (with prizes) on the course as you can as you run this race. The race is followed by a massive Easter Egg Hunt around Gardner Village and the pond.

Thursday April 13, 2017 we will be hosting a unique Easter Themed packet pickup. This packet pickup will allow racers to make their own shirts with unique sublimated images and shirt paints. Yes you heard it we will have dye's, paints, cloth markers, and more!!! This is the reason we are doing the packet pickup on Thursday and not Friday so they have time to dry by race day on Saturday. This packet pickup will be from 5PM-7PM.

Runners for this race will receive a pair of Bunny Ears they can run in (not required but encouraged.) The race will start with a bunny hop with 150 to 200 runners doing a warm up hop to music. It will be funny watching this many runners hopping prior to start.

Spectators are welcome to watch and laugh but they are not invited to participate in the Egg Hunt after the race. Kids 8 and under can run and participate in the Egg Hunt after the race with a registered adult. Free Kids 8 and under get a free pair of bunny ears to run in however they will not get a finisher medal, shirt, bib number or timed. Free racers are considered timed with their parents. If you want your Free Kids 8 and under to be timed and to get the other swag they must register.

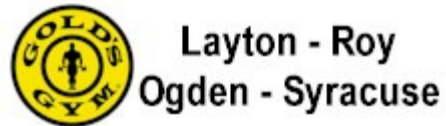
Timing is done via timing chips. These chips are attached to the back of your bib numbers so do not remove them or fold them. As you finish the race please proceed to away from the finish line for at least 10 seconds. Timing Systems mark your last read as you finish until you leave the timing zone for 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 chip the read it needs to register without the continuous reading. Age group awards are given to this race. We ask that you wear your bibs on the front of your chest during the entire race. Racers over 8 without a bib will be removed from the course.

The weather for Thursday is 72 and sunny. Saturday is 62 and partly sunny. It is advised to dress according to these conditions.

Happy Easter and Good luck on the race!

On Hill Events

Sponsors



Race Agenda

Thursday April 13, 2017

4-7PM - Packet Pickup at Water Tower Gardner Village – 1100 West 7800 South West Jordan Utah (please try to attend this one so race day packet pickup is not overly busy)

Saturday April 15, 2017

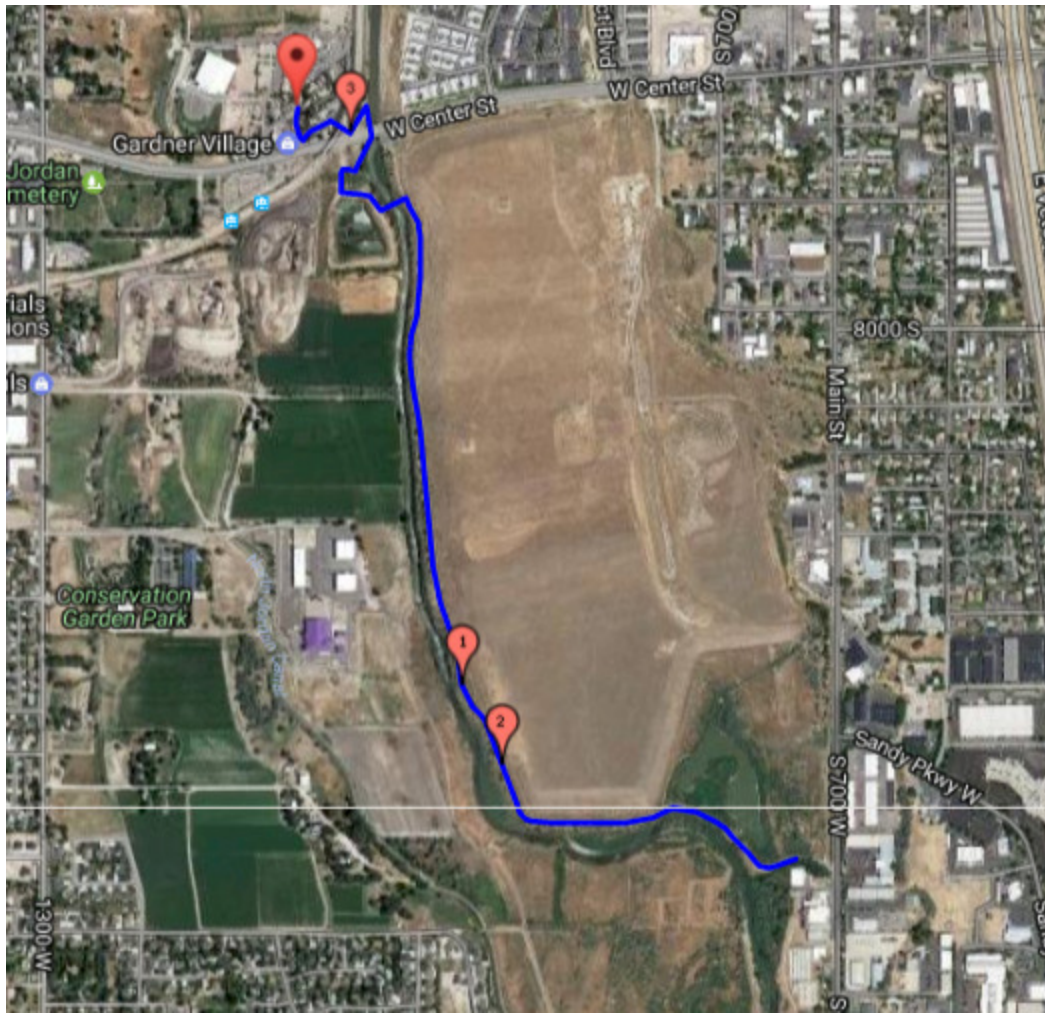
- **7:30AM to 8:30AM – Race Day Packet Pickup (Ends at 8:30AM so be there no later than 8:00AM if you cannot make Thursday Night) Remember Same Day Shirt Decorating will be after the race. We simply cannot decorate shirts on race day!**
- **8:45AM – Race Day Warm Up – Bunny Hop!!!**
- **9:00AM – Start the Long Course**
- **9:45AM – Awards Ceremony**
- **10:00AM – Egg Hunt**
- **10:00AM – Start to Sweep Course (No cut off time however we start to sweep around this time)**

Aid Stations

Aid stations are at ½ Mile (1 Mile Turn Around) and 1.55 Mile (5K Turn Around). They will have Easter Candy, Powerade, Water and fun!!!

Course Map

Race starts at Gardner Village and runs south on the Jordan River Parkway Trail System.



½ Mile the 1 Mile runners will turn around and come back. At 1.55 Miles the 5K will turn around and come back.

Check out www.OnHillEvents.com for our 2017 Schedule of races.

<p style="text-align: center;">2017 On Hill Events Calendar</p> <p style="text-align: center;">Abominable Run 5K - 1/7/2017 Theme Race</p> <p style="text-align: center;">Candy Heart Run 5K - 2/11/2017 Theme Race</p> <p style="text-align: center;">Lucky13 13.1, 10K, 5K - 3/18/2017 Theme Race</p> <p style="text-align: center;">Legacy Duathlon - 4/8/2017 Farmington, Utah</p> <p style="text-align: center;">Eggs Legs 5K - 4/15/2017 Theme Race</p> <p style="text-align: center;">Fantasy Run 13.1, 10K, 5K - 5/6/2017 Theme Race</p> <p style="text-align: center;">Mt Green Half Marathon, 10K, 5K - 5/6/2017</p> <p style="text-align: center;">Drop13 Half Marathon, 5K - 6/10/2017</p> <p style="text-align: center;">Provo Midnight Run 13.1, 10K, 5K - 6/23/2017</p> <p style="text-align: center;">Legacy Midnight Run 13.1, 10K, 5K - 7/7/2017</p> <p style="text-align: center;">Cache Valley Super Sprint Tri - 7/29/2017</p> <p style="text-align: center;">Layton Triathlon - 8/12/2017</p> <p style="text-align: center;">East Canyon Marathon 26.2, 13.1, 10K, 5K - 8/26/2017</p> <p style="text-align: center;">Bear Lake Brawl Tri Sprint/Olympic - 9/9/2017</p> <p style="text-align: center;">Bear Lake Brawl Tri Half/Full - 9/16/2017</p> <p style="text-align: center;">Witch Run 5K - 9/30/2017 Theme Race</p> <p style="text-align: center;">Antelope Island Marathon 26.2, 13.1, 10K, 5K - 10/14/2017</p> <p style="text-align: center;">Powell3 Triathlon Sprint/Olympic - 10/28/2017</p> <p style="text-align: center;">Provo Santa Run 5K - 11/17/2017 Theme Race</p> <p style="text-align: center;">Ogden Santa Run 5K 11/25/2017 Theme Race</p> <p style="text-align: center;">Gardner Village Santa Run 5K 12/2/2017 Theme Race</p> <p style="text-align: center;">www.OnHillEvents.com</p>
--

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

www.southernutahtriathlon.com

Check out February 3, 2018 for our newest addition the Sun Marathon in Santa Clara, Utah (Near St. George). A great time of the year for a Warm Race!!!

www.sunmarathon.com