

2018 Eggs Legs – 5K / 1 Mile



Runners Guide

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Dear Runners,

Here comes Peter Cottontail!!! The 2018 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 March 29, 2018 we will be hosting a unique Easter Themed packet pickup. This packet pickup will allow racers to decorate their own with shirts 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 4PM-7PM. Shirt painting will not be available for racers on Saturday morning prior to the start but will be after the race for an hour.

Runners for this race will receive a pair of Bunny Ears they can run in (not required but encouraged.)

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.

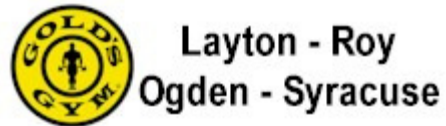
Timing is done via timing chips. These chips are attached to the back of your bib numbers so do not remove them or fold them. As you finish the race please proceed to away from the finish line for at least 10 seconds. Timing Systems mark your last read as you finish until you leave the timing zone for 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 58 and sunny. Saturday is 67 and partly sunny. It is advised to dress according to these conditions.

Happy Easter and Good luck on the race!

On Hill Events

Sponsors



Layton - Roy
Ogden - Syracuse



Race Agenda

Thursday March 29, 2018

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 March 30, 2018

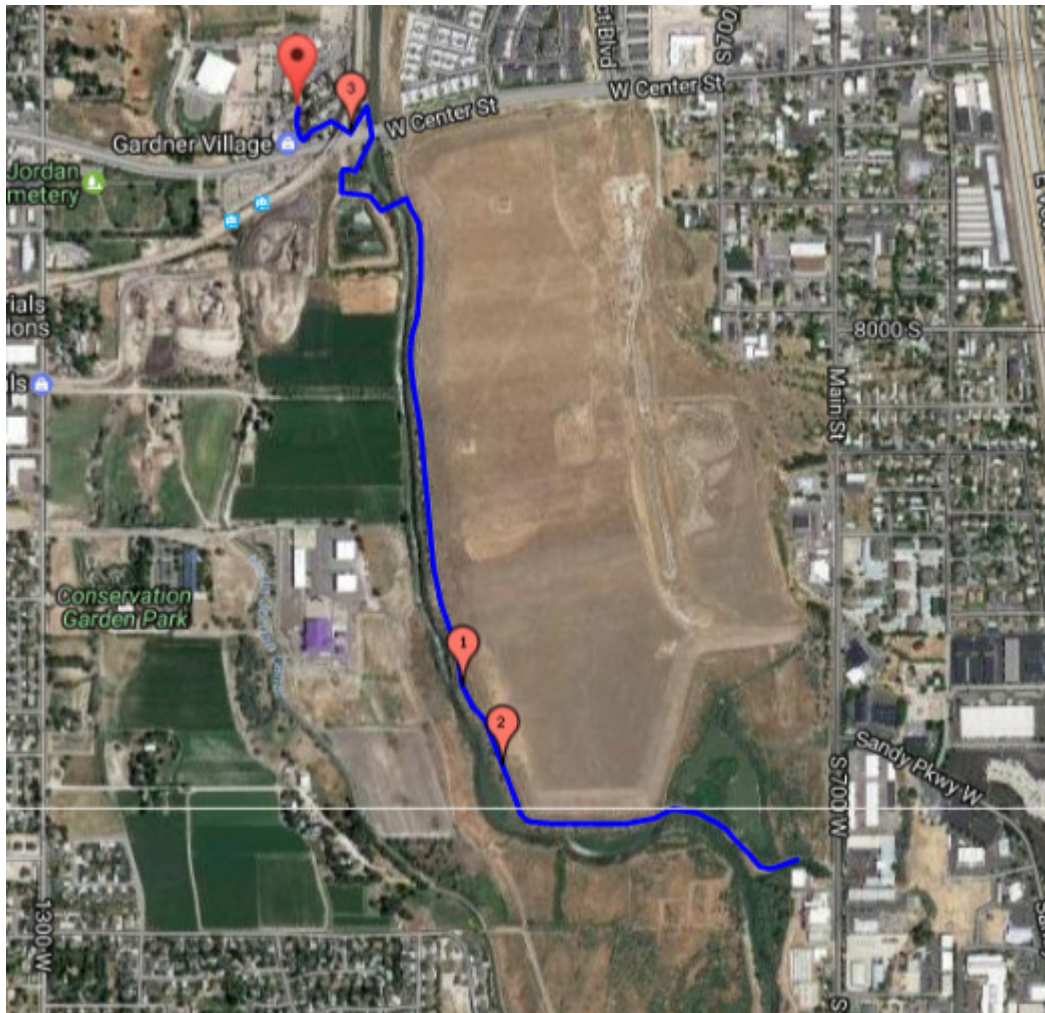
- **7:30AM to 8:30AM – Race Day Packet Pickup (Ends at 8:30AM so be there no later than 8:00AM if you cannot make Thursday Night) Remember Same Day Shirt Decorating will be after the race. We simply cannot decorate shirts on race day!**
- **8:45AM – Race Day Warm Up – Bunny Hop!!!**
- **9:00AM – Start 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.

It is important not to turn on roads or trails unless you are directed by signs or volunteers. Go straight unless someone tells you to turn.

Check out 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 for more details