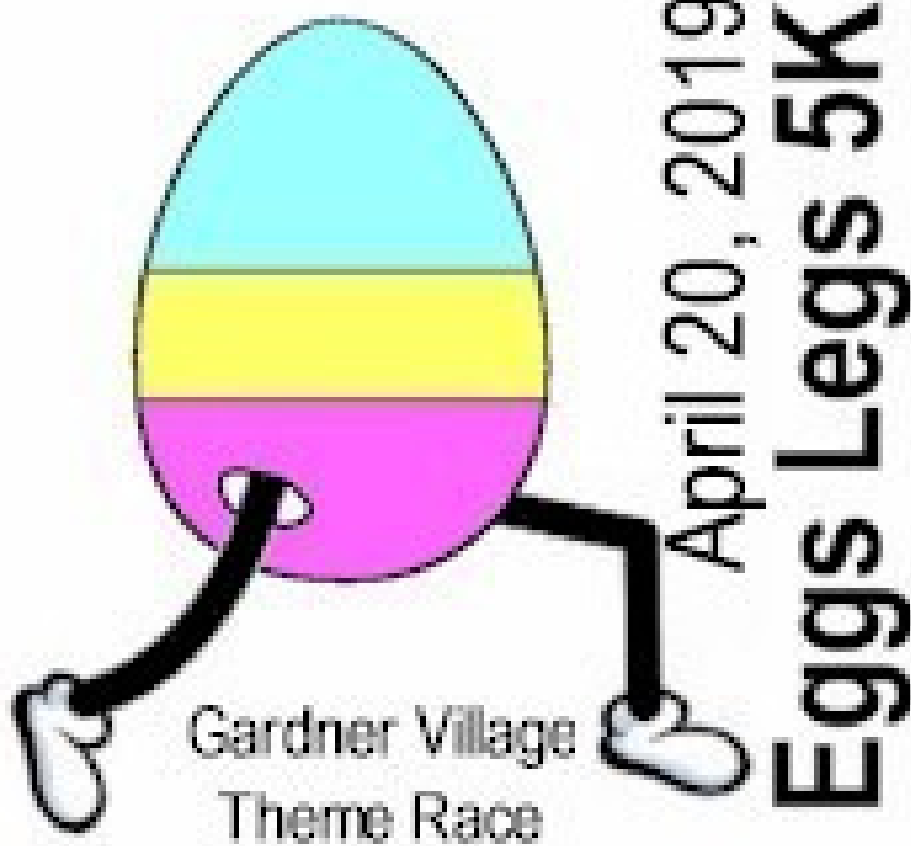


# 2019 Eggs Legs – 5K / 1 Mile



## Runners Guide

# 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>Others Races .....</b>	<b>7</b>



Dear Runners,

Here comes Peter Cottontail!!! The 2019 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 5K races at Gardner Village. 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 an Easter Egg Hunt around Gardner Village and the pond.

Thursday April 18, 2019 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 for those who miss Thursday.

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 unless they have a runner relative in 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 and do not cover them with jackets, shirts or hoodies. It may block the signal. Racers over 8 without a bib will be removed from the course.

The weather for Thursday is 66 and sunny. Saturday is 69 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 18, 2019

- 4:00PM-7:00PM - 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

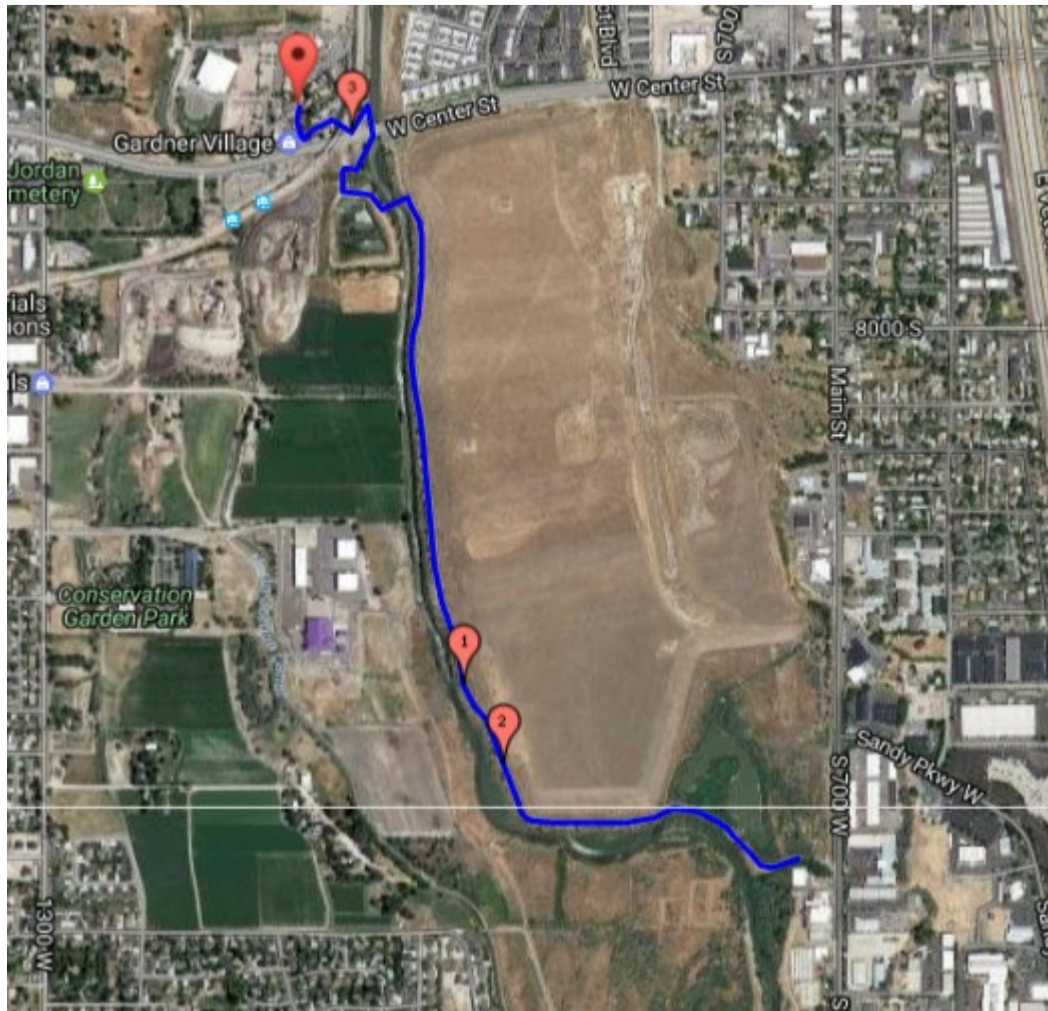
- 7:30AM to 8:30AM – Race Day Packet Pickup (Ends at 8:30AM so be there no later than 8:00AM if you cannot make Thursday Night) Remember Same Day Shirt Decorating will be after the race. We simply cannot decorate shirts on race day!
- 8:45AM – Race Day Warm Up – Bunny Hop!!!
- 9:00AM – Start the Long Course o 9:45AM – Awards Ceremony o 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 1.55 Mile (5K Turn Around). They will have Easter Candy, Powerade, Water and fun!!! No aid station for the 1 Mile course except at the finish.

## 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](http://www.OnHillEvents.com) for our 2019 Schedule of races.

## **2019 On Hill Events Races**

**Candy Heart Run 5K (Valentines Theme) – West Jordan, Utah February 9**

**SOCAL Marathon, 13.1, 10K, 5K – Anaheim, Calif March 2**

**Lucky 13 Half, 10K, 5K (St Patty Theme) - West Jordan, Utah March 16**

**Legacy Duathlon Sprint, Olympic - North Salt Lake, Utah April 13**

**Eggs Legs 5K (Easter Theme) – West Jordan, Utah April 20**

**May the Fourth 13.1, 10K, 5K (Star Theme) – Farmington, Utah May 4**

**Drop13 Half Marathon, 5K – Big Cottonwood Canyon, Utah June 8**

**Jurassic Run 5K (Dinosaur Theme) – Ogden Dinosaur Park, Utah June 29**

**Cache Valley Super Sprint Tri Sprint, Olympic – Logan, Utah July 6**

**Legacy Midnight Run 13.1, 10K, 5K (Glow Stick Night) – Farmington Utah July 26**

**PC2PG 13.1, 10K, 5K – Provo Canyon to Pleasant Grove, Utah August 10**

**East Canyon Marathon 13.1, 10K, 5K – Big Mountain to Morgan, Utah August 31**

**Bear Lake Brawl Triathlon Full, Half, Olympic, Sprint – St Charles Idaho Sept 14**

**Witch Run 5K (Witch Fun Theme) – West Jordan, Utah Sept 28**

**Antelope Island Marathon 13.1, 10K, 5K – Syracuse, Utah October 12**

**Blood Run 5K (Fun Fear Theme) – Mt Green Utah October 12**

**Southern Utah Triathlon Sprint, Olympic – Hurricane, Utah October 26**

**Ogden Santa Run 5K (Santa Theme) – Ogden, Utah November 30**

**Gardner Village Santa Run (Santa Theme) – West Jordan, Utah December 7**

**Provo Santa Run (Santa Theme) – Provo, Utah December 7**