

2018 Candy Heart Run 5K – Gardner Village



Runners Guide

February 10, 2018

Index

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



Dear Candy Heart Runners,

The Candy Heart Run is a fun race with a great Valentine's Day Theme. We give all the runners a hoodie or shirt to run in and help spread the love in Red and Pink colors. We ask that you run in your shirt if possible but not required. Friday prior to race day will be 60 degrees but Saturday has a potential of colder weather so come dressed according.

This race starts at the Water Tower at Gardner Village and is an out and back on the Jordan River Parkway Trail System. The course is fairly flat with one tunnel. The racers go straight south after the first bridge on the Jordan River Trail System. Do not cross the second bridge.

Spectators – We encourage spectators on the race. The best location for spectating is at the Start and finish which are the same location as Gardner Village. The rest of the course is a paved trail with not a lot of room to cheer without getting in the way. Also the start and finish has the most fun and excitement. Going on the trail could put you or your spectator in danger.

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 to set your time.

We still have a few more spaces available to race this weekend. If you know someone that would like to register help them register by giving them the hyperlink you received in your registration confirmation. This hyperlink gives each racer a 10% refund of their registration fee on their credit card back each time it is used. Refer 10 people run for free!!

Racers can access referral tools, edit registration or other items with this Self Management tools via this link: <https://www.raceentry.com/races/candy-heart-run-5k/2018/runner>

This race we are giving away Special Valentines Treats who order them for other racers. As you finish we will have our Candy Heart Mascot give you or them their Valentine as they finish. If you want to have one delivered use the red box on this page:

<http://candyheartrun.com/register.html>

Feel the Love,

On Hill Events

Sponsors



Race Agenda

Friday February 9, 2018

**4-7PM - Packet Pickup at Gardner Village at the Water Tower
(please try to attend this one so race day packet pickup is not
overly busy)**

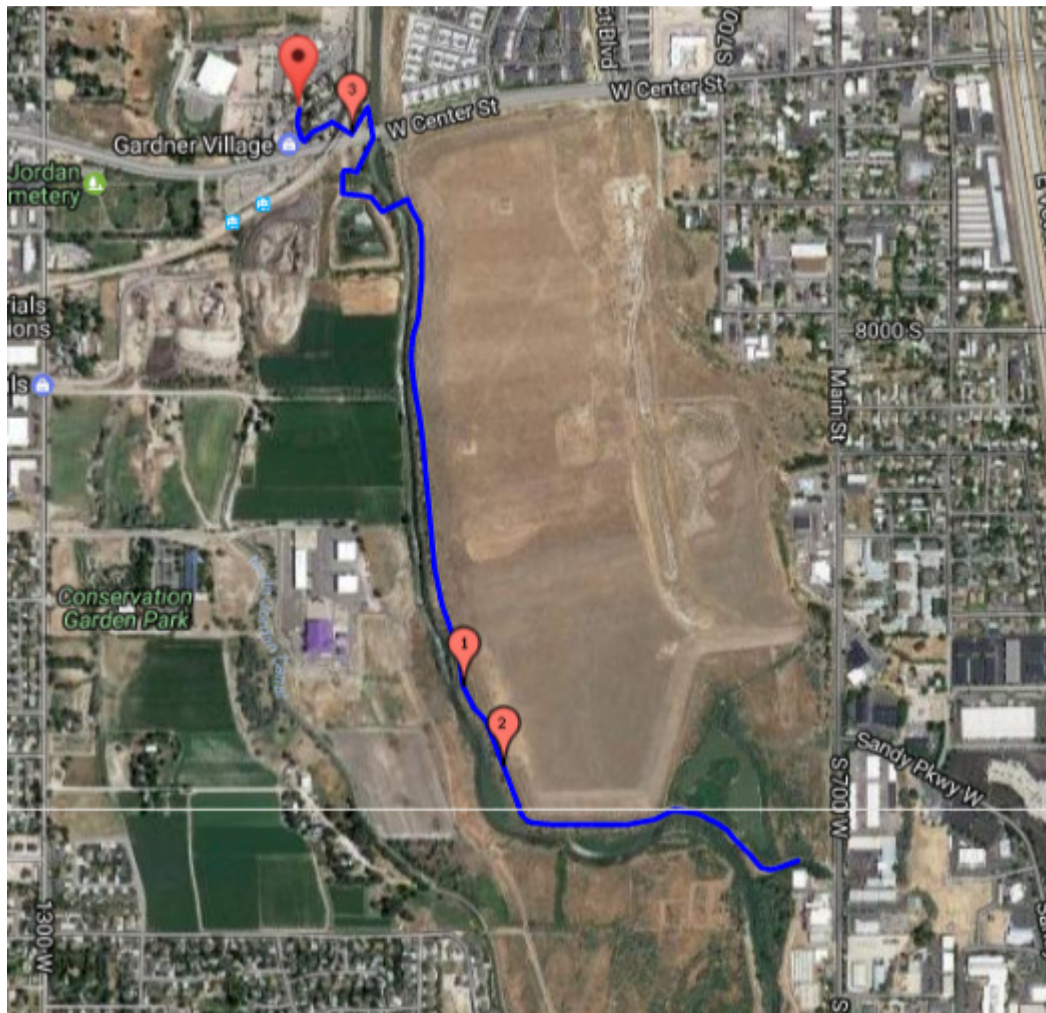
Saturday February 10, 2018

- **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 Friday Night)
at the Water Tower at Gardner Village**
- **8:30AM – Costume Contest (Wear it best)**
- **8:45AM – Orientation and Line Up**
- **9:00AM – Start the Candy Heart Run**
- **10:00AM – Start to Sweep Course (Must be off by 10:05AM)**

Aid Stations

There is one aid stations on this course which also represents the turnaround point of the race. Candy hearts and some chocolate are at this aid stations as well as Red Powerade and Water. The course will obviously have cups and volunteers support this aid station.

Course Map



Start Gardner Village near the Water Tower and head Southeast along the road. At the Trail head go on to the Jordan River Parkway Trail. There you will again head South. As you can see from this map the course gradually turns East. At the Gate you will see an aid station in which you can turn around and head back the same direction you came. If you see a turn sign take the turn. Do not turn on any road or trail without a sign.

Parking

There is plenty of parking in the back of Gardner Village for runners and spectators.

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