

2019 Candy Heart Run 5K – Gardner Village



Runners Guide

February 9, 2019

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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 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. Race day will be 37 degrees. The snow is forecasted to happen in the evening not during the race!!!

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/2019/participant>

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 8, 2019

**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)**

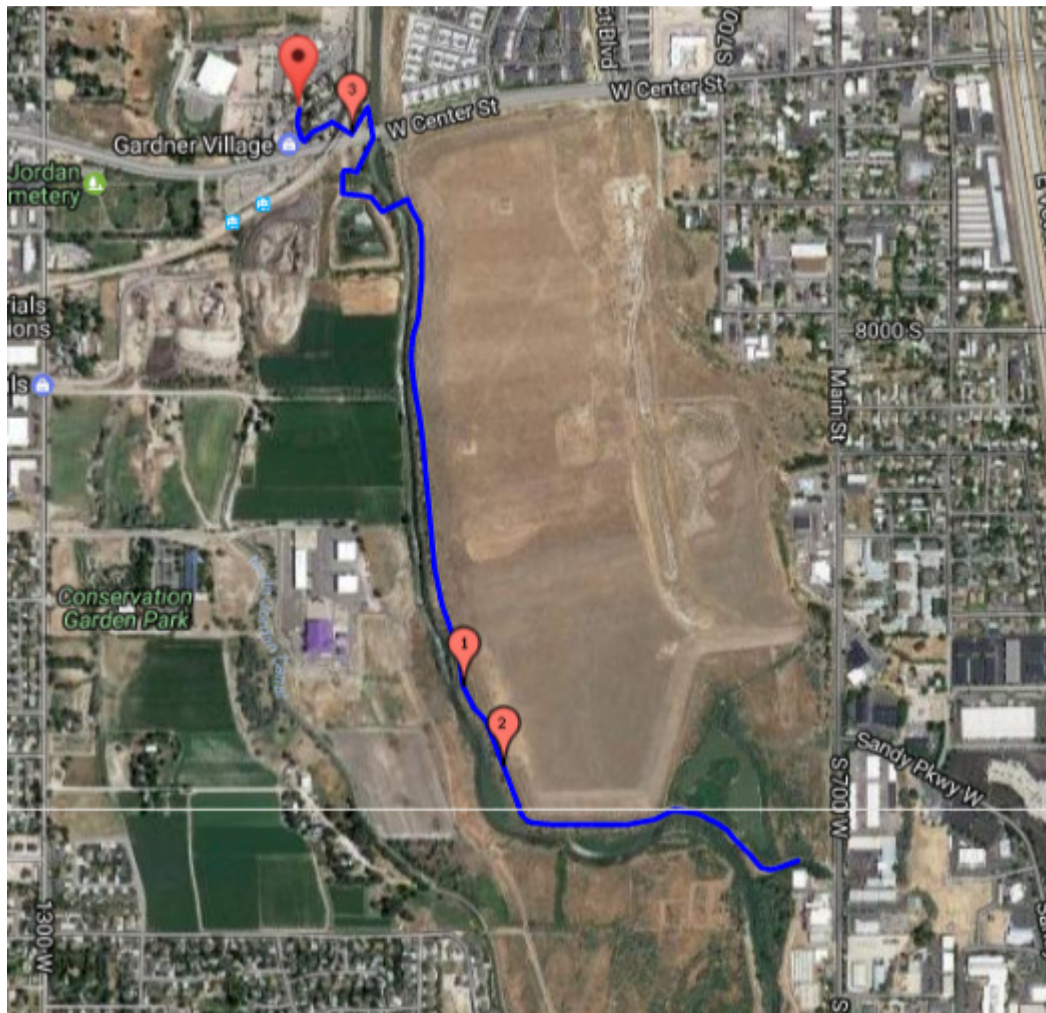
Saturday February 9, 2019

- **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 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