



**ST. GEORGE MARATHON
RUNNERS GUIDE**

2015

[//www.stgeorgemarathon.com](http://www.stgeorgemarathon.com)



Welcome // 2015



voted as
people's choice
“**most
organized
event**”

— RUNNER'S WORLD JANUARY 2010

It is very important that you read the following information.

It should answer most of your questions. If not, you can e-mail us at marathon@sgcity.org. Follow us on Facebook for updates. See you in October!

// AID STATIONS

17 aid stations will be located throughout the course: at the start, mile markers 3, 5, 7, 9, 11, 13, 15, 17, 18, 19, 21, 22, 23, 24, 25, and the finish. Water, Lemon-Lime Gatorade, fruit, Vaseline and toilet paper will be available at each station. Look for Gatorade on the first table and water on the 2nd and 3rd. Portable restrooms are also available at each station. Clif Bars & ClifSHOT **WILL BE** available at aid stations 7, 11 and 19. Fruit will be available at all aid stations except 18 and 22.

// APP

St. George Marathon APP! Brought to you by Stephen Wade Auto Center. **Download it FREE TODAY!!**

This APP has many exciting features for runners and spectators. Including but not limited to: LIVE Runner Tracking, Augmented Reality, LIVE updates for race weekend and minute to minute weather conditions for both the start line and finish line. Spectators can view locations to watch the event with directions and road closure information. Instant results will be available, photo galleries and course videos. ALL the information you need as a runner, spectator or community member will be included in this APP. **DOWNLOAD** it TODAY from your APP Store!

// BUS RIDE

All runners are required to ride buses to the start unless camping in Pine Valley, staying in Cedar City, or driving the alternate route from Cedar City through Enterprise. Runners board buses at Worthen Park, 250 S. 400 E., St. George, and must show bib numbers to board. Buses depart beginning at 4:00 A.M.

Remember: we are on **MOUNTAIN DAYLIGHT SAVINGS TIME**, Nevada is not — adjust watches accordingly. The last bus will leave at 5:30 A.M. The time window to get 90 buses to the start is very tight; please help

us start on time — take an early bus! Fires will be provided for warmth at the start.

EARLY BIRD PROMOTIONS:

Multiple prize drawing for all runners who load buses between 4:00–4:15 A.M. The drawing will take place during the marathon. Winners will be posted and prizes will be available for pick up post-race at the “Early Bird Tent” located in the park.

// **15 guaranteed Marathon Entrances for 2016**

// **10 free entries into the 2016 Runner Series**

// **10 free entries into the 2016 St. George Half Marathon**

// **\$2000 Sum Total Cash Prizes** — Checks in the amount of \$250 will be awarded to chosen early bus riders. Sponsored by Jeff Galloway, SLC (checks will be sent in the mail).

// **1000 Pairs of Free Gloves/Running Apparel** sponsored by Wasatch Running Center for the first 1000 runners

// **\$1000 Sum Total Running Store Gift Certificates** - sponsored by Wasatch Running Center and Runner's Advantage

// **10 \$100 Gift Card to the St. George Running Center**

// **Other Prizes To Be Announced**

// CANCELLATIONS

Consistent with the marathon running industry standard all entry fees are **NON-refundable** and cannot be deferred toward a future event. Bib numbers are **NON-transferable**. **The selling and/or giving away of a St. George Marathon bib number is not allowed and will result in disqualification of both the original bib owner and the runner using the bib number.** Both runners will be prohibited from participation in the St. George Marathon for a minimum of two years.

// CLINICS

Date: Friday, October 2nd

Keynote Speaker — TBA

Where: Dixie Center Garden Room

Times: 11:00 A.M.–12:00 P.M., 2:00–3:00 P.M.

First-Timer's Clinic — Very popular clinic. Get a first-hand look at the course; know what to expect on race day morning, i.e. start layout, clothing drop-off, and other helpful hints as presented by veteran St. George Marathon runner TBA.

Where: Dixie Center Garden Room

Times: 1:00–2:00 P.M., 3:00–4:00 P.M.

Clif Bar Pace Team — Questions & Answers

Where: Dixie Center Garden Room

Times: 5:00 P.M.

St. George Marathon Pre-race Lectures

Dixie Regional Health & Performance Center

Where: 652 S. Medical Center Dr. | St. George, UT
Room: Intermountain Acceleration Gym, Lower Level
Phone: 435.251.3793
Time: 6:30 P.M.

Injury Prevention and Treatment for the Runner

Jona Droubay, Physical Therapist
Date: July 14th

Mindful Racing: Running Through the Pain

Ron Chamberlain, Sports Psychology
Date: August 11th

Race Day Prep

Kami Ellsworth
Date: September 15th

// CLOTHING

Plastic bags for warm-up clothing will be given to you with your bib number. Please remove clothing sticker on back of bib number and attach to the bottom right corner of bag. Please place clothing in the bags and drop in the U-Haul Truck at the starting line no later than 6:30 a.m. Discarded clothing will be picked up along the **first 6 miles** of the route only. Clothing will be available at the finish area until 2:00 p.m. or at the Recreation Center (across the street from the finish line) until 6:00 p.m. Sunday clothing pick up will be at the Recreation Center from 10:00-2:00. Clothing can be mailed upon request for a fee (\$8.00) for 1 week after the race. Contact 435-627-4560. After that time, all clothing will be given to a charitable organization. Do not leave any valuables along the course or at aid stations. **Do not leave any valuables along the course or at aid stations. Race management will not be held responsible for lost/misplaced items.**

CLINICS CONTINUED



photo by LaDawn DeWitt for Vive Studio, Inc.

// BIB NUMBERS/TAGS

Timing for the 2015 Marathon will be done by Chrono Track Systems. For further details visit them at www.chronotrack.com

The ChronoTrack B-Tag is a disposable UHF RFID tag that stays mounted on the runner's bib, requiring no additional application by the athlete. Just pin your bib number on your clothing and go. B-Tags are recyclable or landfill safe, and they do not require post-race collection.

All bib numbers with B-Tags must be picked up at the following times and locations **with a picture I.D.** All St. George Residents **MUST** have a current Washington County Drivers License to pick up your packet:

Friday, October 2, 9:00 A.M. – 9:00 P.M., Expo (Dixie Center) - 1835 So. Convention Center Dr.

Saturday, October 3, 4:00 A.M. – 5:40 A.M., Recreation Center, 285 So. 400 E (bus loading area).

Please have your picture I.D. ready to show when picking up your bib number. Runners must pick up their own bib numbers.

Runner Bibs Must:

- be pinned to the front of runner's singlet;
- be displayed to board the bus; each runner will be checked for a bib number;
- be worn to receive an official finishing position/time;
- have sponsor/race name showing at all times;

Bib numbers are NON-transferable. The selling and/or giving away of a St. George Marathon bib number is not allowed and will result in disqualification of both the original bib owner and the runner using the bib number. Both runners will be prohibited from participation in the St. George Marathon for a minimum of two years.

// RULES OF COMPETITION

The St. George Marathon is organized and conducted under USA Track & Field rules and regulations.

1. The St. George Marathon reserves the right to remove a runner from the course if, in our judgement, it is possible that serious or fatal injury could result from continued participation (please remember the 6-hour time limit). Please exercise wisdom in your participation. See Time Standard.

2. ABSOLUTELY NO PERSONAL SUPPORT VEHICLES, BABY STROLLERS, AUTOS, BICYCLES, ROLLER BLADES/SKATES, MOTORCYCLES, ETC., WILL BE ALLOWED ON THE COURSE. Runners accepting aid from personal support may be disqualified. Bicycles are not allowed on the course.

3. Non-registered participant pacing is **PROHIBITED** and may result in disqualification.

// SEEDING

All bib numbers are preassigned and colored according to anticipated finish time. In order to ensure a safe and orderly start, all runners must line up in designated areas according to runner bib number and color. Watch for signs and volunteers who will assist you. For elite runner qualifications, visit stgeorgemarathon.com/eliteathletes.php

// SPECTATORS

There are a few areas for viewing the race between the start and the City limits. There are also bleachers at the finish line and many places to watch from Mile 23 to the finish line. For details visit stgeorgemarathon.com/spectators.php

// START TIME

Runners will start at 6:45 A.M.; wheelchairs and hand-cranks will start at 6:40 A.M. Please remember that Utah is on Mountain Daylight Savings Time — Mesquite and Las Vegas are not.



photos by Richard Isem for Vive Studio, Inc.



Photo by Spencer Sullivan, Vive Studio, Inc.

// TIMING

The first ten places, male and female, will be determined by gun time (regular timing). All other awards will be determined by using B-Tag time. Gun time records elapsed time from the sound of the gun to the race finish line. Chrono Track timing records real time from starting line to finish line. The major advantage is that each runner is clocked on their actual time to run the distance, minus the time spent getting to the starting line. Those running to qualify for the Boston Marathon will use the B-Tag time. Timing will be done by Chrono Track. www.chronotrack.com

// TIME STANDARD / CUT OFF TIME

The official St. George Marathon Time Standard and cut off time is as follows: All runners must have reached the corner of Snow Canyon Parkway and S.R. 18 (Bluff Street), a distance of 23.1 miles, by 1:00 P.M., this is 6 hours 15 minutes race time, and can be accomplished by a 16:13:00/mile pace. Runners who do not meet this time standard will be required to leave the course, will not be allowed to finish the marathon (DNF), and will be transported to the finish by bus.

This is a non-negotiable rule that will be strictly enforced by race officials and Public Safety personnel who have your safety in mind.

Additionally, the St. George Marathon reserves the right to remove a runner from the course if, in our judgment, it is possible that serious or fatal injury could result from continued participation.

// TRAVEL

Fly directly into St. George from anywhere in the world with convenient, well-timed connections in Salt Lake City on Delta Air Lines and Denver on United Airlines. Just take your pick of one of several comfortable all-jet roundtrip flights available at the St. George Airport. Find the best fares at Delta.com or United.com.

// FREQUENTLY ASKED QUESTIONS

Can I have someone else pick up my bib number?

Sorry — no. You must pick up your bib number with a picture ID. Bib numbers will not be given to anyone other than the registered runner.

Can I sell/give my bib number to someone else?

No. Bib numbers are NON-transferable. **The selling and/or giving away of a St George Marathon bib number is not allowed and will result in disqualification of both the original bib owner and the runner using the bib number.** Both runners will be prohibited from participation in the St George Marathon for a minimum of two years.

Can I get a refund if I decide not to run?

Sorry. No. Consistent with the marathon running industry standard all entry fees are NON-refundable and cannot be deferred toward a future event.

When can I expect to receive my finisher's certificate and official results booklet?

A link to the Finisher's Results PDF will be e-mailed to you within two to three months following the marathon.

Where can spectators watch the race?

There are a few locations along the course before the race enters the City limits. For details visit stgeorgemarathon.com/spectators.php

Can I run with the help of a pacer?

If the pacer is a registered participant then YES, if not then NO and may result in disqualification. The ClifBar Pace Team will be providing pacing for this event. They will be available at the EXPO and Clinic session to answer any questions. The times they will be pacing are as follows: 3:05, 3:15, 3:25, 3:35, 3:45, 4:00, 4:15, 4:30, 5:00, and 5:30. The St. George Marathon will provide a pacer who will make sure all runners meet the cut off time (see Time Standard).

How do I qualify for the Boston Marathon?

You can find information about the qualification standards for the Boston Marathon at <http://216.235.243.43/races/boston-marathon/participant-information/qualifying/qualifying-standards.aspx>

// AWARDS

The St. George Marathon is pleased to award the following:

- All expenses paid trip for two to Ibigawa Japan in November 2015 to visit the Ibigawa Marathon/ Half Marathon. This prize is awarded to the Overall Male and Female runner. The top Male and Female runner in the Master's Division will be awarded an all expenses paid trip for one to Ibigawa Japan in November 2015.
- Travel package awards to 2nd and 3rd place male and females.
- Special awards to overall top 10 men and women.
- Unique plaques to overall winners, **1–8 in each division.**
- MURDOCK CHEVROLET PROVIDES PRIZE MONEY TO UTAH RUNNERS — Murdock Chevrolet U-R the heart kind of service to Orem, Utah (Murdock University Hyundai) to Tremonton, Utah (Murdock Chevrolet, Buick) and to Logan, Utah (Murdock Chevrolet, Hyundai Suzuki) which means our Prize money has expanded also. In the past Murdock has awarded \$100.00 to the 1st place overall finishers in both men's and women's events who are from Davis and Salt Lake Counties. With this expansion Murdock will now award \$100.00 to the 1st place finishers from the following counties: Salt Lake County, Utah County, Davis County, and Cache County. They are proud to be associated with this Great Marathon and wish ALL runners the best this coming October!
- CLARK MORRIS MEMORIAL SPECIAL ACHIEVEMENT AWARD — This award celebrates the person that has achieved personal greatness in their lives. This award has been given to runners and wheelchair participants of all ages and circumstances, anyone we feel has gone the extra mile in overcoming adversity in their training and personal lives to run the marathon. If you have a personal story, or would like to recommend another runner for this award, please mail or fax your nomination by September 1, 2015 to: St. George Marathon, 220 N 200 E, St. George UT 84770 [Fax: 435-627-4509].
- SPECTRUM SILVER SHOE AWARD to top local male/female runners under 18 and top local male/female over 18. Sponsored by the Spectrum and Great Harvest Bread.

Awards Procedure — overall award winners and finishers 1 through 4 in each division will be announced from our awards stage; finishers 5 through 8 will pick up awards in a designated area beginning at Noon.

Awards must be picked up at the Awards Ceremony or at the Recreation Center: Saturday from 2:00-6:00 P.M. or Sunday 10:00-2:00 p.m. Awards may be mailed upon request for the cost of shipping.

// ALTRA ZERO DROP HEALTH & FITNESS EXPO

Join us at the Dixie Convention Center Friday, October 2, from 9:00 A.M. – 9:00 P.M. as we celebrate our largest Expo ever with over 85 vendors. Pick up your runner packet, bib number, and runner shirt, and enjoy FREE health testing by SelectHealth. Mingle with other runners, attend marathon clinics, get in the spirit of the marathon, check-out what's new in running apparel, buy your St. George Marathon souvenirs, and purchase your pasta dinner tickets. **FREE PROMOTIONAL ITEMS WILL BE GIVEN OUT EVERY HALF HOUR.**

// MARATHON MOVE IT! EVENTS

MOVE IT! KIDS FUN RUN

This is a kids ONLY event, no parents allowed! Bring your children and friends to run one of two distances, 1 Mile or 200 Meters. If your child is under 5 years old they may choose to run with one of our Move IT! Mentors.

Date: Friday, October 2, 2015

Time: 6:00 P.M.

Place: Vernon Worthen Park (300 S. 400 E.)

Fee: \$10.00. Includes t-shirt and finisher's medallion

Registration Info:

www.stgeorgemarathon.com/events.php

I AM ABLE EVENT

Open to persons with disabilities of all ages. Each participant must be able to run, walk, roll, or be pushed either 200 Meters or 1 Mile, whichever length you sign up for.

Date: Friday, October 2, 2015

Time: 6:00 P.M.

Place: Vernon Worthen Park (300 S. 400 E.)

Fee: \$10.00 for Teams of 2. Participants may register up to 2 additional supporters at \$10 per person. Includes t-shirt, and finisher's medallion.

Registration Info:

www.stgeorgemarathon.com/events.php

MOVE IT! DANCE PARTY

Participants and their families will have the chance to dance with Waddles the Penguin to music by a live D.J., win prizes, play in the bounce houses, get their face painted, and much more! The party will start after the races and will go until 8:00 P.M. The night before the Marathon is turning into a big race celebration!

Date: Friday, October 2, 2015

Time: 6:30 – 8:00 P.M.

Place: Vernon Worthen Park (300 S. 400 E.)

MAYOR'S WALK

Join 1,200 participants in the exciting St. George Marathon experience as we walk to the St. George Marathon finish line with Mayor Jon Pike, business associates, school mates, friends and your entire family! You may register online or at our EXPO booth on Friday October 2nd from 9:00 A.M. to Noon.

Date: Saturday, October 3, 2015

Time: 6:45 – 8:00 A.M.

Place: Starts at Sand Town Park (700 N. Bluff St.)

Fee: \$10.00. Includes T-shirt, door prize drawings and post-walk refreshments.

Registration Info:

www.stgeorgemarathon.com/events.php

// MASSAGE

A complimentary 15-minute post-race sports massage will be available from 9:00 A.M. – 1:30 P.M. at Worthen Park (massage site indicated on Finish Area Map). These massages are provided by trained volunteers.

// PASTA DINNER

The annual pasta dinner is located next door to the Expo. Bring your family and friends, and enjoy great food and great company! Tickets will be on sale at the Expo or at the door.

Date: Friday, October 2, 2015

Time: 4:00 - 8:00 P.M.

Place: Dixie Center — 1835 S. Convention Center Dr.

// PHOTOS

Marathon Foto will be taking photos of all participants throughout the course of St. George Marathon. Smile when you see the photographers in bright yellow vests! Make sure to see all your images after the event at www.MarathonFoto.com.

// RESULTS

Complete results will be posted in the Sunday online edition of the Spectrum Newspaper. A link to the "Official Results" PDF will be emailed to every finisher within two to three months following the event. Results will also be posted on our web site the day of the race at www.stgeorgemarathon.com

// SOUVENIRS-TRAINING GEAR

Brought to you by **Power Image**. Official Marathon clothing/souvenirs are available for purchase at the Expo on Friday. Online availability coming soon.

// TEN-YEAR CLUB

Our St. George Marathon Ten-Year Club, now in its 29th year, boasts 1,378 enthusiastic, loyal and supportive members. We expect a large number of inductees this year. New members receive a shirt, photo, and an excellent dinner.

Qualification For Induction — Complete 10 St. George Marathons (not necessarily consecutive races). If this will be your 10th and you complete the race, you qualify! If you do and your name is not on the list (located on the following page) please contact us.

Attention Ten-Year Club Members — The annual post-race dinner for Club members will be held at 4:45 p.m. on Saturday, October 3rd at the Dixie Center (Expo site) - 1835 S. Convention Center Dr. Club members receive complimentary tickets for themselves and one guest with additional tickets subject to a fee. **Please RSVP** by September 14th. Call 435-627-4500, fax 435-627-4509, or email us at marathon@sgcity.org.

// WEIGHT DIVISIONS

All Weight Division entrants are required to weigh in at packet pickup. Runners not making weight will be placed in their age group divisions. Men 200+ lbs, Women 145+ lbs. Entering in Weight Division is optional.

// WHEELCHAIR RACERS & HANDCRANK RACERS

All wheelchair and Handcrank racers must contact Race Headquarters and speak to Aaron Metler by Monday, September 14 to confirm transportation needs and unloading procedures at race start: 435-627-4500.

OUR THIRD DECADE

Setting the // STANDARD

Runners receive:

- Quality start and finish areas
- FREE promotional items at our Expo and Start Line
- Runpix Finisher results on our website
- Variety of Souvenir Options
- Unique medallions and 2015 marathon memorabilia
- Incentive Rewards
- Unique Finishers Performance T-shirt
- Poster
- Outstanding Expo

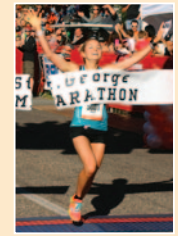
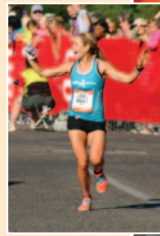
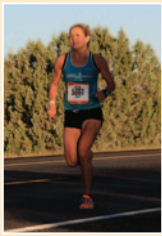


Photo Series by Vive Studio, Inc.

// RACE SECURITY

As with all areas of the St. George Marathon, our staff review and adjust our policies and procedures each year to ensure the highest levels of safety and security. The St. George Marathon Staff has four (4) major security responsibilities. They are to protect our participating runners, to ensure the safety of our volunteers, to protect each spectator/friends and family members of our participants and to protect and inform the members of our community. We will continue to review and improve all areas of security to everyone impacted by this event.

Runners, please be aware that there will be a north and south bound lane from the Ledges (approximately mile 17) to Snow Canyon Parkway (mile 23). The lanes will be open on the west side of the marathon course. We have taken extra measures to barricade the marathon route and will have extra law enforcement staff to ensure the safety of our participants. (see course map)

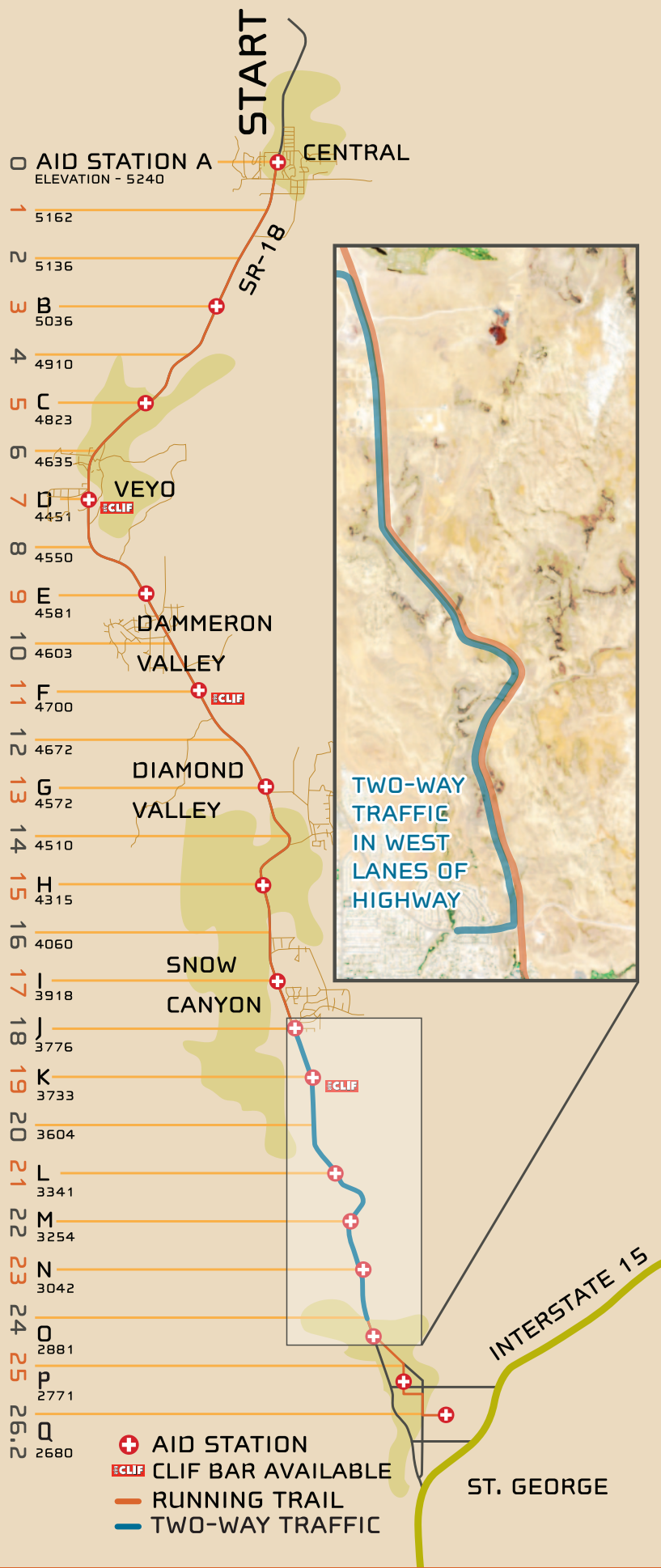


photo by LaDawn DeWitt for Vive Studio, Inc.



photo by LaDawn DeWitt, Vive Studio, Inc.

Congrats // 190 PROSPECTIVE TEN-YEAR CLUB INDUCTEES!



- | | | |
|-------------------------|---------------------|----------------------|
| ALBERT ALLEN | MARY HAYS | DENNIS K PINEDA |
| JOSEPH R ALLEN | MICHAEL S HELM | RICHARD P PUGH |
| DEREK ALLRED | CLINT C HEPNER | TAMMY N REYNOLDS |
| KURT J APOSTOL | KERRI HIGLEY | ANGELA L RICHARDS |
| TOM ARNETT | SUZI S HINTZE | JENNIFER A RICHARDS |
| GENO ATENCIO | SCOTT HIRSCHI | WENDI RIDDLE |
| COLLEEN BAKER | DARREN HOBBS | JENNIFER RIESKE |
| LAURA D BARTLETT | JAMES M HOBBS | GREG D RINDLISBACHER |
| BRYNN BECK | JAMES D HOLT | CHARLES ROGEL |
| BRENT J BELL | STEPHANIE D HOOVER | JEFF ROUNDY |
| TAMMY R BELLISTON | COROM E HUGHES | ASH ROWLAND |
| ADAM BELNAP | TYSON HUGIE | JEFF L ROWLAND |
| TYRONE BLACK | DUANE A HUNT | ANNALISA C RUECKERT |
| JENNIFER BLACKLEY | TAMARA E HUNT | NEISHA RYGG |
| MARCO BLACKMORE | NICOLE HURST | GARON D SALWAY |
| MONICA L BLUME | HATTIE A HUTCHINGS | AMBER SANDBERG |
| PAUL BOWRON | DANNY IPSON | TRENT K SANDOVAL |
| MICCI BRACKEN | JOSEPH JACOB | TERESA SCHANZE |
| CATHERINE E BRAMBLE | RESH T JEFFERIES | DANNETTE SCHOLZEN |
| KIT BRAZIER | JUSTIN JENSEN | PATTI SCHULZ |
| LORI BRINKERHOFF | AMBER JENSON | JOYCE L SCOTT |
| JESSICA BUCHI-ATKIN | SHARON G JOHNSON | GAVIN SEAL |
| STERLING D CABANA | LISA M JONES | LINDA SIMMONS |
| KATHY K CAHOON | MIKE JUDD | JOSHUA M SMALL |
| KEN R CARLSON | KRISTIN K KARRAS | CONRAD SMITH |
| MICHAEL D CARR | CAMERON P KASTELER | JEREMY G SMITH |
| ESTHER CARTER | DAN R KERNS | MATTHEW D SMITH |
| JUSTIN CASSELL | MICHELLE L KOMAREK | TONY SPANOS |
| JEFFREY CHATTERTON | DAN L KUREK | CHERI A STEVENSON |
| JOHN R CLARK | THOMAS J LARSEN | JEFF L STEWART |
| MICHAEL G CLAYTON | SUSANNA LEW | GARY L STOSICH |
| RALPH R CLINGAN | MONICA J LINDSAY | LINDA S STOSICH |
| VICTORIA COMES OUT BIRD | MARJORIE F LINDSEY | M JOHN STRALEY |
| JULI A CONDER | WARREN D LLOYD | CINDY L STRATTON |
| RICHARD P COREY | LISA LOOSLE | ROBERT SUAREZ |
| CHAD V COTTAM | TARA LOW | JENNA T SUMMERHAYS |
| GEORGE A DAVIS | TRAVIS LYBBERT | MICHELLE J TANNER |
| JENNIFER S DEARMAN | GREG P MACKAY | DONALD S TAYLOR |
| GREG DENNING | KYLE R MARCHANT | JOHN M TAYLOR |
| JON DOCS | JOLENE MARSHALL | HARRY P TERRILL |
| JULIE G DRAKE | L. CLARKE MCFARLANE | ANGIE THIROUS |
| RYAN C DUNKLEY | ALYSON MCKEAN-BOWN | CARL TIPPETS |
| BRAD EAGAR | J TURD'L MILLER | CAMILLE M TORGERSON |
| WILLARD P EMERY | KODY K MITCHELL | LARRY TRAGER |
| DUSTIN C ENCE | ULRIKE MITCHELL | DICK TRUMAN |
| LYNN ENGLAND | WILLIAM MOON | TYLER K TUCKER |
| MICHAEL ERICKSON | CARLOS MORAN | TERESA S TURNER |
| JULIE C ESPLIN | MELONEE ODORIZZI | BRIAN K WADE |
| SHANE G EVANS | DWIGHT OSBORN | BARRY D WALLMAN |
| WAYNE A FREESTONE | GINA OVARD | JENNIFER R WATSON |
| MAX S GINES | TONY OVERBAY | JENNIFER S WATSON |
| STEPHEN GOFF | KRISTY K PAPPAS | KARRICK WAWRZYNIAK |
| JULIE A GOMEZ | RODNEY M PARKER | MARIA D WELLER |
| GINA C GOTTFREDSON | SCOTT PARKINSON | CAROLYN A WHITEHEAD |
| NELDON GROO | KELLY PATTERSON | MONICA WHITESIDES |
| KENNETH GUSTAFSSON | ASHLEY M PAULSON | BEN L WILLITS |
| BRIAN HANCEY | HEATHER J PAXMAN | PATTY WISE |
| THOMAS M HANKS | JOY A PEARSON | CYNTHIA WODYGA |
| PHILLIP L HANSEN | JUSTIN B PERRY | KURT R WOOD |
| SUZANNE J HANSEN | ERIC D PETERSEN | JIM WOODARD |
| TRACI L HANSEN | BRETT M PETERSON | TAYLOR G WRIGHT |
| MARTA P HARR | VONDA J PHILLIPS | ANDREW S YERGENSEN |
| JANAE HARRISON | GREG M PICKETT | |
| STEVE D HASLAM | SAM N PICKLESIMER | |

Thanks to Our Wonderful // SPONSORS

Pine Mountain Level



Lava Flow Level

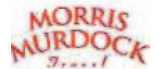


Bradley C. Harr & Associates
Attorneys & Counselors at Law
"Injured & Need Help? Don't Go Far... Call Brad Harr"

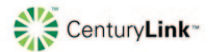
Snow Canyon Level



Red Rock Level



Desert Valley Level



Volunteer Benefit Level

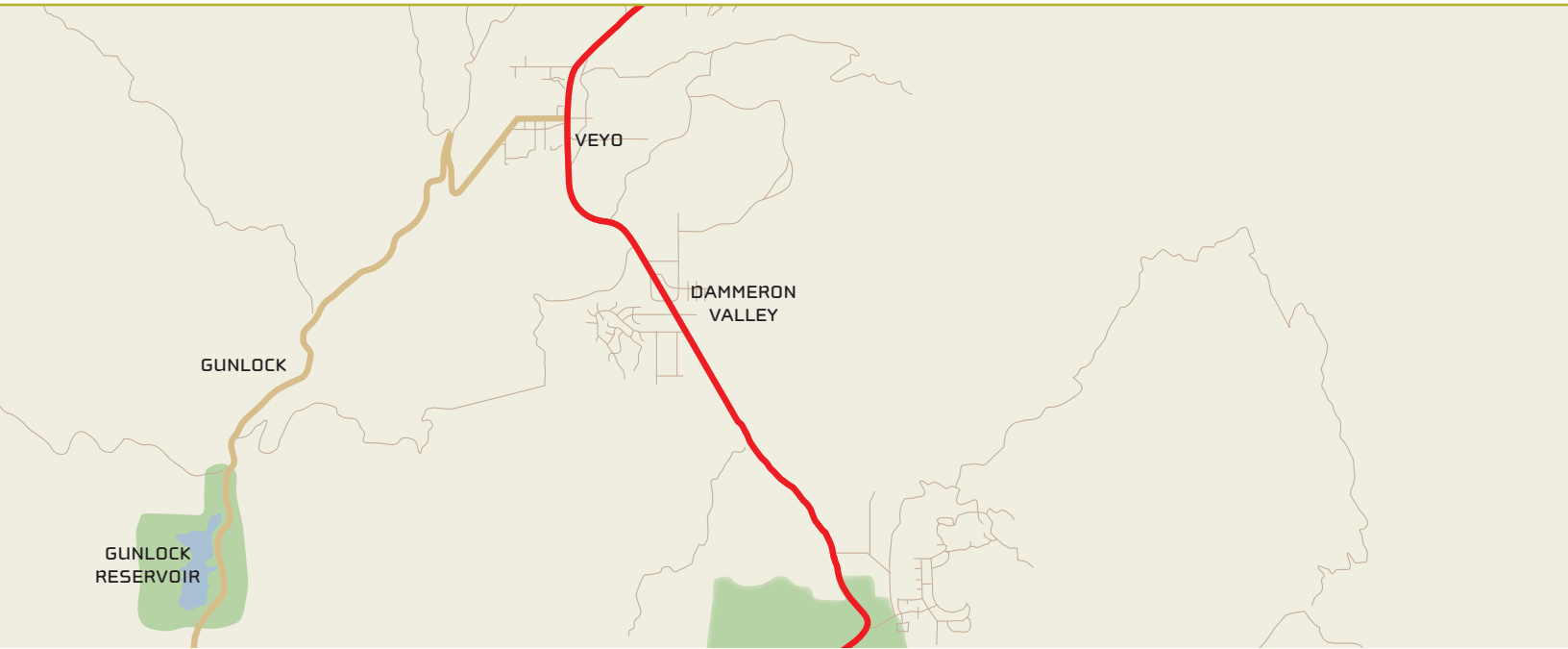


Marathon Contributors

- ALSCO • Central Fire Department • DSU Community Education
- Central Water Department • Dixie Amateur Radio Club Inc.
- ELKS Club • Kiwanis Club • Landmark Testing
- Qwest • Zion International Programs



// SPECTATOR LOCATIONS



// ATTENTION

Our spectator locations will be slightly different than last year due to recent street improvements. Please visit our website for details stgeorgemarathon.com/spectators.php



Bus Loading // BEGINNING AT 4:00 AM



PARKING ALLOWED ON ALL SIDE STREETS

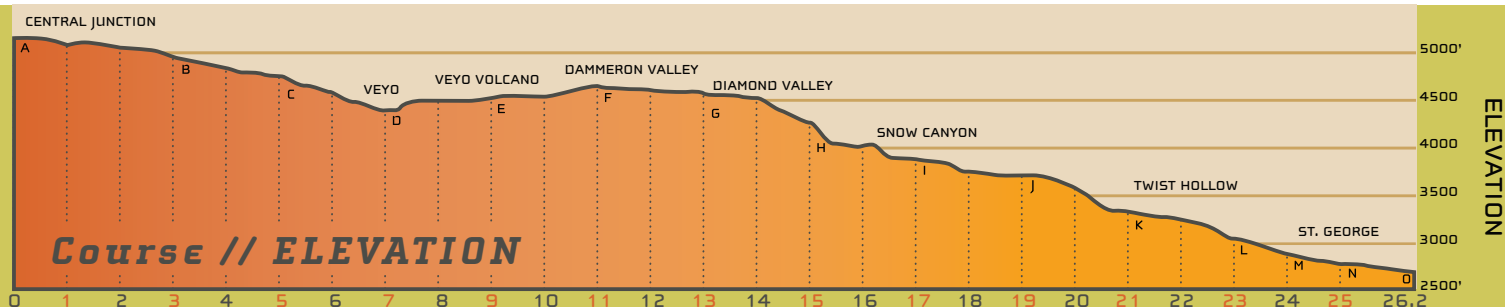
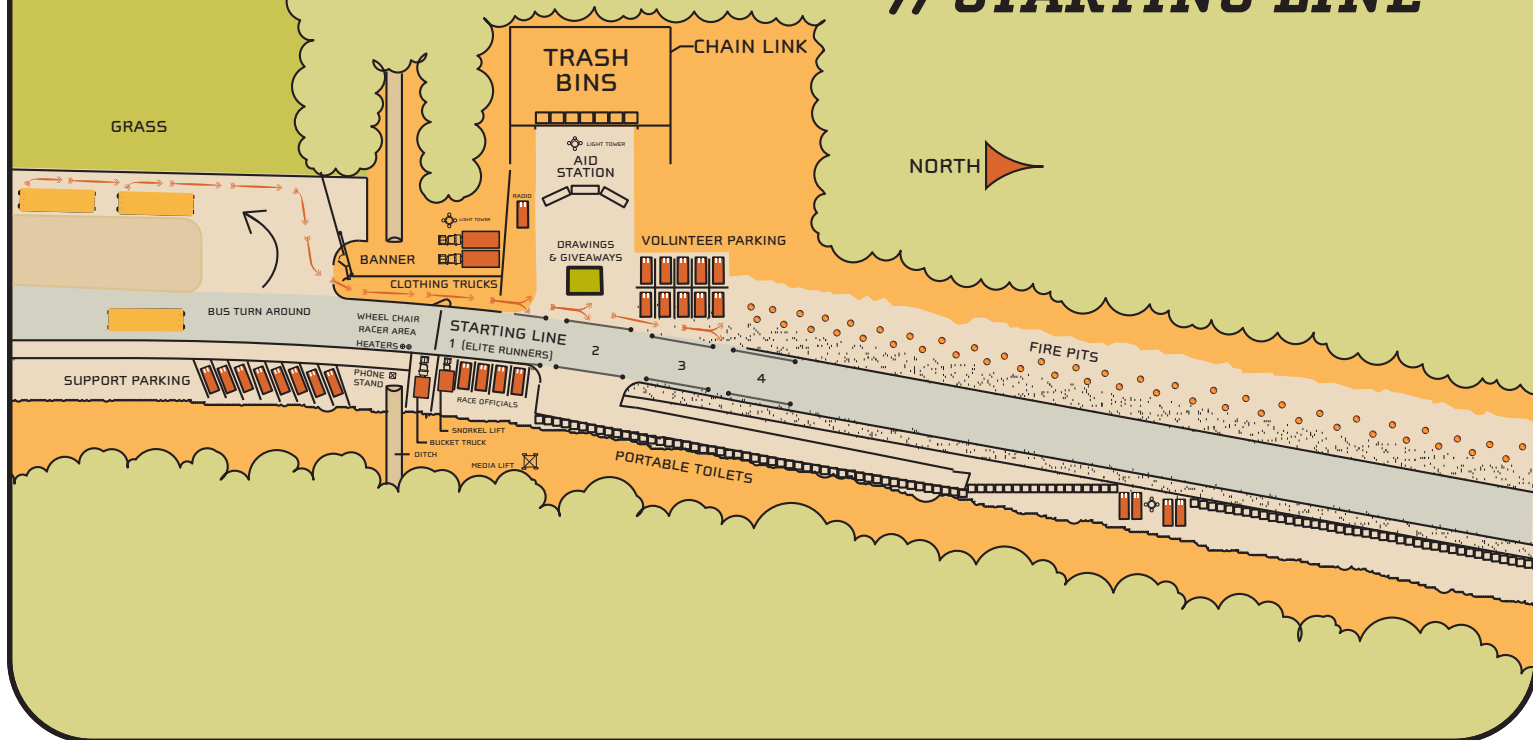
H
R
C

Loading order is East to West from the front (south). See arrow above.



St. George MARATHON

// STARTING LINE

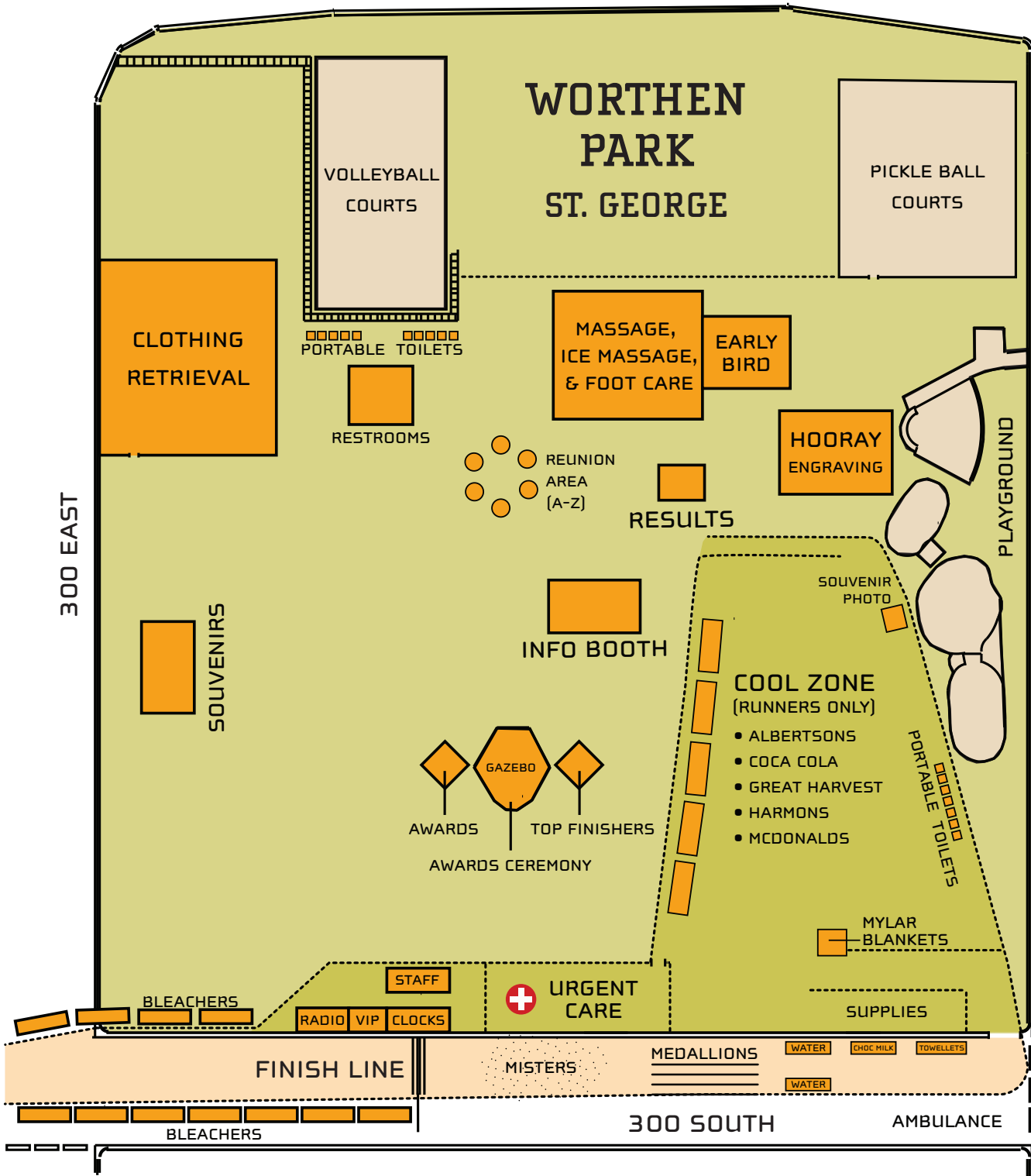


START ELEVATION
5240 FT.

FINISH ELEVATION
2680 FT.

MAYOR'S WALK POST-EVENT
 BUS LOADING: 8:30 – 10:30 AM

200 SOUTH



MARATHON BUS LOADING: STARTS AT 4:00 AM



St. George // MARATHON

[//www.stgeorgemarathon.com](http://www.stgeorgemarathon.com)

