



# RACE GUIDE

## EVENT SCHEDULE

### FRIDAY

Race Expo & Packet Pickup Starts	11:00 am
<small>*we cannot accomodate runners before 11:00am</small>	
Spaghetti dinner hosted by <i>Zion Ponderosa Ranch</i>	5:00 pm
Race Expo Ends	6:00 pm
Packet Pickup closes	7:00 pm

### SATURDAY

Parking lot opens	4:00 am
Race-day bib pickup opens	4:30 am
First Shuttle leaves/First prize raffle <small>(every five minutes)</small>	4:35 am
Parking lot closes	6:00 am
Last shuttle leaves for start line	6:15 am
Runners line up & last call for gear check	6:45 am
National anthem	6:55 am
<b>RACE STARTS - ALL DIVISIONS</b>	<b>7:00 AM</b>
Shuttles begin taking spectators to finish line from air strip parking lot	7:15 am
Awards ceremony	9:45 am
Dutch-oven dinner hosted by <i>Zion Ponderosa Ranch</i>	5:00 pm

## WELCOME TO ZION!

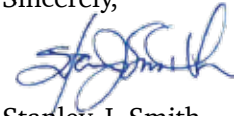
On behalf of the Town of Springdale and Zion National Park, we would like to welcome the 2017 Zion Half Marathon runners and spectators to the area.

Zion Canyon encompasses one of the most stunning and geologically unique landscapes in the world. This unmatched beauty attracts millions of people each year. Although it may appear timeless and enduring, Zion Canyon is fragile and constantly changing. Every visitor is a steward and has a responsibility to protect and respect the area for future generations. As a race participant we trust in your support to promote the ecology and sustainability of this unparalleled location.

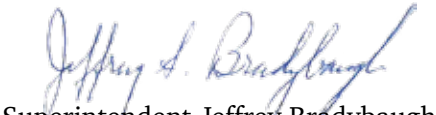
Springdale is a very walkable town and encourages visitors to park their cars and enjoy the area by foot. There are a number of quality lodging and restaurant options as well

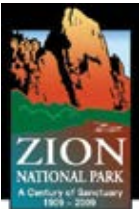
as numerous arts and outdoor activities. A visit to Zion National Park and Springdale is a memorable experience. The National Park offers shuttle service from their Visitor Center into Zion Canyon and in Springdale. Parking is available in Springdale or in designated lots within Zion National Park. Do not park along road shoulders when in the Park.

We wish the runners great success and hope all participants take advantage of what the area has to offer.

Sincerely,  
  
Stanley J. Smith  
Mayor of Springdale



  
Superintendent Jeffrey Bradybaugh  
Zion National Park



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EVENT SCHEDULE  
FRIDAY, MARCH 31

11:00 AM

RACE EXPO & PACKET PICKUP -

The expo will be held outside at the Zion Ponderosa Ranch Resort (Twin Knolls Road, Mt Carmel, UT 84755). The expo will be open from 11am – 6pm, but you’ll be able to pick up your bib until 7pm.  
BYOB: Our expo is bag-free so don’t forget to Bring Your Own Bag!

5:00 pm

Dinner hosted by Zion Ponderosa Ranch (Until 8 pm)

6:00 pm

Race Expo Ends

7:00 pm

Packet pickup ends

SATURDAY, APRIL 1

4:00 am

Parking lot opens\*

4:30 am

Race-day bib pickup opens

4:35 am

Begin loading start line shuttles/First prize raffle (every 5 min. until 6:30 am)

6:00 am

Parking lot closes

6:15 am

Last shuttle leaves for start line

6:45 am

Runners line up/ Last call for gear check

6:55 am

National anthem



7:16 am  
Sunrise

7:00 AM

RACE STARTS - ALL DIVISIONS

9:45 am

Awards ceremony

5:00 pm

Dinner hosted by Zion Ponderosa Ranch (Until 8 pm)

7:15 am

Spectator/runner shuttles running from air strip parking to finish line

\*Parking lot: Traffic coming from Zion/Springdale will enter the parking area from “north entrance” and traffic coming from Mt. Carmel Junction will enter from “south entrance”. See page 6



Dinners hosted by Zion Ponderosa Ranch Resort are pre-sold through the Zion Half Registration webpage. Meals can also be purchased day-of, but are subject to availability.  
Friday: Spaghetti Dinner \$13/person served from 5-8 pm  
Saturday: Dutch-oven Dinner \$14/person served from 5-8 pm

KEY

- Parking
- Expo Vendors
- Camping Area

VR CAMPGROUND/ EXPO

- 1 Bib pickup
- 2 Race shirt pickup
- 3 Hydrapouch area
- 4 Information Center
- 5 Race Merchandise
- 6 Campground/S'mores station

EXPO PARKING

There will be plenty of parking at the expo, but please park in the designated areas on the map. Get there early to avoid any rush. \*See page 6 for race-day staging and parking. There is NO PARKING at the start line on Saturday morning, unless you are a guest at the Zion Ponderosa Ranch Resort.







OFFICIAL RACE MERCHANDISE

We'll have our official Zion Half Marathon and Vacation Races merchandise for sale at the Race Expo and at the finish line! We have a wide variety of options to commemorate your

accomplishment of running this race! Beach hoodies, t-shirts, sweatshirts, tank tops, water bottles, stickers, hats, bags, and posters will all be available for you to browse and buy!

Additionally, we'll have merchandise for sale from Meridian Line. Check them out for some of the greatest National Parks and wanderlust-themed designs you've ever seen!

DESIGN	DESCRIPTION	WOMEN'S T-SHIRT (\$20)	MEN'S T-SHIRT (\$20)	BEACH HOODIE (\$30)	SWEATSHIRT (\$40)	BASEBALL TEE (\$25)	WOMEN'S TANKTOP (\$22)
	The Zion Half Marathon design featuring Angels Landing with a classic wild west feel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	The Three Patriarchs silhouette in a retro style linear design.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
	As elusive as a fox- this new design speaks to your instincts to run away into the mountains!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	A new design with a wanderlust twist. Light the way and wander with us.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



THE MERIDIAN LINE

Vacation Races is excited to partner with the Meridian Line brand to bring a selection of their clothing line to our merchandise store at the expo and the finish line.

In the words of the artist and captain of The Meridian Line Jeremy Collins, "I wanted to build something with SOUL. Meridian Line was born to share the journey with others... I wanted to celebrate those of us who choose challenge rather than convenience, and a weekend in the dirt rather than the condo... my soul is always on the move. Join me."

EXPO DETAILS

The expo will be held at the Zion Ponderosa Ranch Resort (Twin Knolls Road, Mt Carmel, UT 84755). At the expo you can pick up your bib, race shirt, and other gear. Plan to stay for awhile and relax at the Vacation Races Campground, and shop our other vendors and sponsors!

Bib pickup will be available until 7:00 PM (you can also get your bib race morning at the start line).

When you pick up your packet at the expo this year, we're encouraging you to **Bring Your Own Bag!** To keep in line with our tradition of waste elimination and conservation of the land, all Vacation Races expos are completely bagless! If you would like to purchase a reusable, foldable bag, we'll have them available at our merchandise store.



VACATION RACES CAMPGROUND



The expo will be held outdoors and in keeping a tradition of celebrating our National Parks, we'll have a campground theme throughout. Come pick up your race packet, shop at our merchandise store, check out our vendors, and treat yourself to a s'more around the campfire! Our outdoor vendors will be demoing gear and providing all the information you need to start your adventure. It's going to be a party!





## COURSE

This race is an open course. Portions of this course will have cars on the road as well as runners. The course will be well marked, but DO NOT step off the course into traffic, you will be disqualified. We want you to stay safe, and ask that you be courteous.



## ELEVATION

You can see the elevation map on next page. There's a good mix of inclines and declines, and there's a notable hill near mile 9. Overall, this course will be beautiful, and for the most part, downhill.



## TIMING

All masters and overall awards will be based on GUN TIME. If you plan to compete for these top spots you will need to line up at the front of the line. All age divisions and team awards will be based on CHIP TIME.

If you are standing towards the back, it may be a few minutes before you cross the start line. Your time does not officially start until you cross the starting line (unless you are competing for an overall top finisher spot), so please be courteous to others as we start the race.



## PACERS

Pacers will line up at the start line around 6:45 am. There will be a pacer pacing the race in 10 minute intervals starting at a 1h40m pace up to 2h30m. We will also have a 2h45m, 3h, and 3h30m pacer. Please seed yourself near the time you expect to finish.



## GEAR CHECK

You will be given a Gear Check bag at the starting line if you wish. It will be a white garbage bag that you can fill with anything you want transported to the finish line. There will be permanent markers you can use to write your

name and bib number. Avoid putting valuables in your bag. Gear check bags will be available at the finish line as soon as the first person finishes. Additionally, there will be a warming tent at the start, as well as hot chocolate and coffee.



## CLOTHING ON COURSE

There will be a clothing bin to dump items in at the first aid station. Anything else found along the course will be treated as trash. Clothing dropped off won't be picked up until the last runner has passed the drop - so you may have to wait for your clothing.



## NO LITTERING



## AID STATIONS

We will have aid stations near miles 3, 5, 7, 9, 11, and 12. All aid stations will have bathrooms, water + Gnarly, and Honey Stinger energy gels. Mile 7 and 11 will also have oranges and bananas. There will be basic first aid needs at each aid station, but the EMT will be at Mile 7.



## TIME LIMIT

All runners will have 4 hours to finish the race. That is an 18 minute mile—plenty of time for walkers! If at anytime we deem it unsafe and need to pull a runner off the course we would hope for understanding and immediate cooperation. Failure to comply will result in being banned from future events. We will do our best to leave the finish line open to accommodate everyone.



## WAVE START

A wave start will help us organize the race and prevent overcrowding on the course. When you line up to start the race, use the colored shield on your bib and signs at the start to determine where to stand (grouping based on expected finish time runner indicated when registering for the race).

- Wave 1: 1:00-1:55
- Wave 2: 1:55-2:05
- Wave 3: 2:05-2:15
- Wave 4: 2:15-2:25
- Wave 5: 2:25-2:35
- Wave 6: 2:35-2:45
- Wave 7: 2:45-3:00
- Wave 8: 3:00-3:30
- Wave 9: 3:30-4:00



## RECOVERY FOOD BOX

At the finish line we will have a recovery box (full of recovery snacks), bananas, and Evolve Protein Shakes, as well as water and Gnarly hydration. Please help yourself

to one box, protein shake, and banana per runner. In an attempt to reduce waste, we will provide a place to trade/leave any unwanted snack items.



## NO STROLLERS

This course has multiple sections of rough terrain. Therefore, strollers are not allowed for the 2017 Zion Half Marathon.



## NO DOGS

They are a liability that our insurance does not cover. However they are welcome to greet you at the finish line with the rest of your loved ones!



## PARKING

There is NO PARKING or runner drop-off at the starting line or finish line. Unless you are staying at the Zion Ponderosa Ranch Property or within walking distance of the starting line, runners and spectators need to park at the old Clear Creek Ranch Airstrip (Mt. Carmel, UT). The parking lot opens at 4:00 am. See page 6 for more details.



## SHUTTLES

Runners (pre-race): On race morning, shuttles will take runners to the start line from the old air strip parking area (see page 6) from 4:35-6:15 am. We cannot stress enough the importance of arriving early to the parking area. There **will** be a line of cars. Thousands of runners are converging on Highway (SR-9) in order to park before getting on the shuttle. The last shuttles will leave for the start line at 6:15 am. DO NOT BE LATE.

After race start: Shuttles will begin running from the air strip to the finish line around 7:15 am. They will run non-stop to bus spectators to the finish and both runners and spectators back to the parking from the finish line. See page 6 for more details.

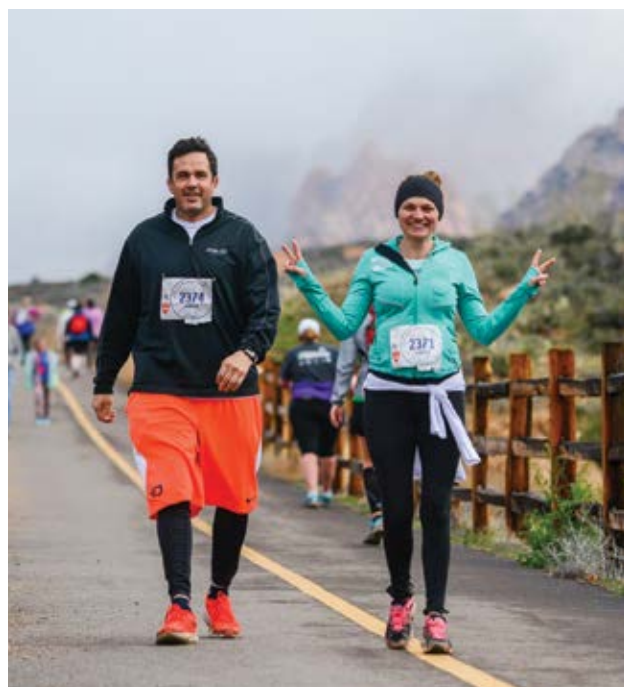
There will be a few shuttle buses immediately after the race starts, to take spectators staying at Ponderosa down to the finish line. This is optional for spectators who are guests at Ponderosa, but will only be available in the minutes after the race starts. If guests do not ride this shuttle they can drive down to the air strip and be shuttled to the finish line.

There will be separate shuttles running runners/spectators back to the Ponderosa from the finish line starting at 8:00 am.



## SPECTATOR INFO

This isn't a very spectator-friendly course but spectators are encouraged to be at the finish line to cheer on all our runners. Please note: There will be NO PARKING AT THE FINISH LINE.





We want you to be at the finish line to cheer on your runner, but please recognize that the runner area is for runners only! Please do not enter the runner area or partake of runner's food and recovery supplies.



COURSE RECORDS

Our course record holders receive a FREE RACE ENTRY every year that their time remains the course record! Since this course on the East side of Zion is new, we do not yet have a course record. It is anyone's game!



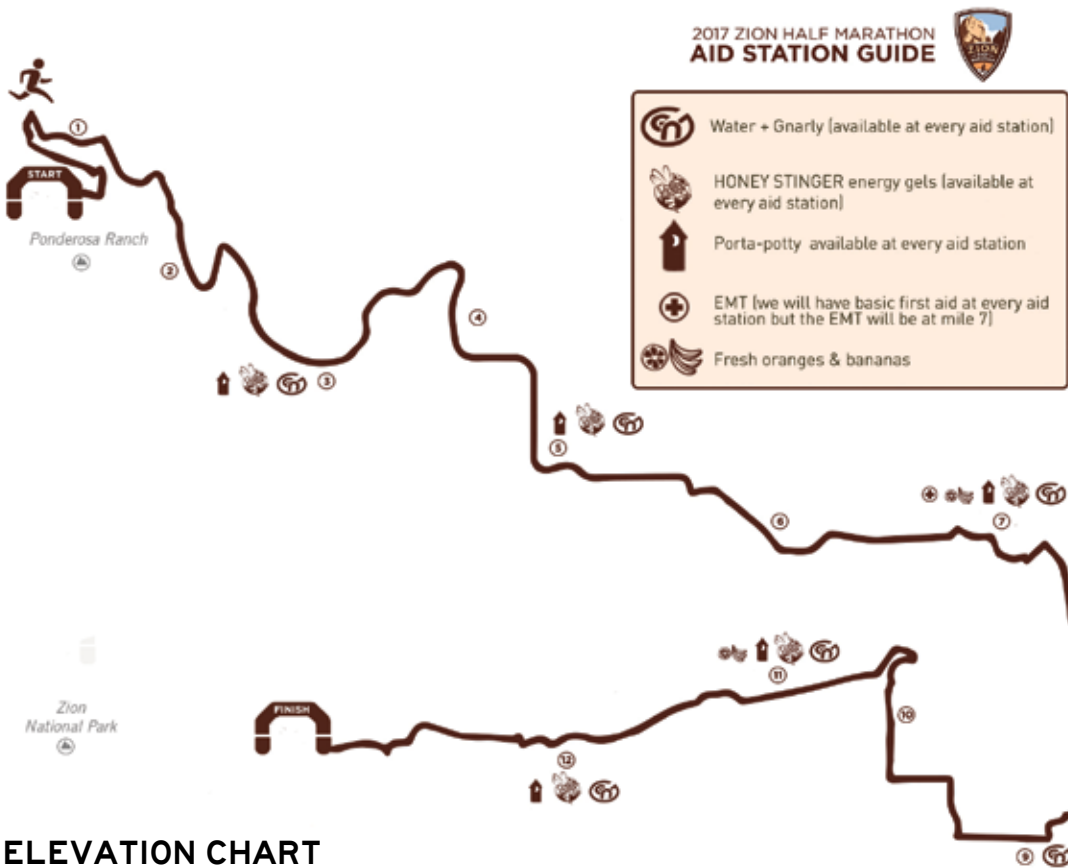
MEDALS & AGE DIVISIONS

Place medals will be given to the top 5 male and female runners overall as well as the Masters 40+ group. Additionally, the top 5 in each of the following age groups will also receive a place medal: 11 and younger, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and older. \*\*There will be finisher medals for everyone who finishes the race.



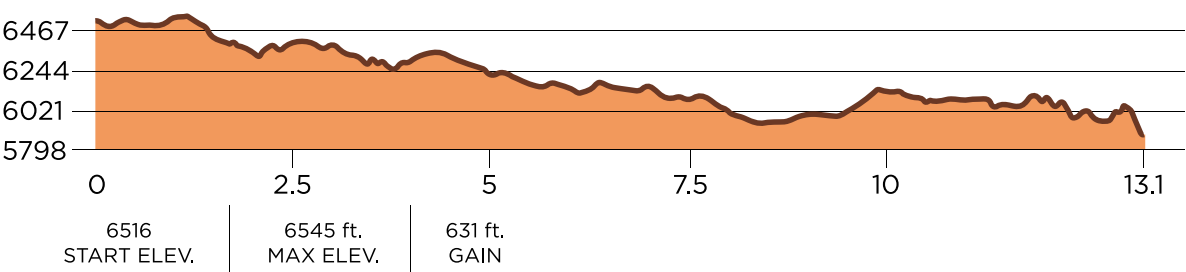
CUP-FREE RACING

Although we don't have cups on the course, we have plenty of aid stations with water and Gnarly! At all aid stations we will have BLUE COOLERS WITH WATER and RED COOLERS WITH GNARLY (electrolyte drink). Both will have the same speed valves attached. So at each aid station you will have your choice of water or Gnarly.



AID STATION	WATER	GNARLY	HONEY STINGER	BATHROOM	EMT	BANANAS/ORANGES
MILE 3	■	■	■	■		
MILE 5	■	■	■	■		
MILE 7	■	■	■	■	■	■
MILE 9	■	■	■	■		
MILE 11	■	■	■	■		■
MILE 12	■	■	■	■		

ELEVATION CHART



#dontfeedthelandfills

We care deeply about keeping the places that we run beautiful which is why we at Vacation Races are committed to sending as little waste to the landfill as we possibly can. We do this by setting up "Zero Waste" stations at our events,

where you can help us by sorting your trash into the appropriate container. You'll notice three bins where you'd normally see a trash can- one labeled "Compostables", "Recyclables", and one labeled "Everything Else".

We actually sort through the items in the "Everything Else" bin and find a use for anything we can. For example, we make belts out of the used gel packets and compact all of the non recyclable plastics and styrofoam into blocks that we use as a building material.

At the end of an event, our goal is to send less than one bag of actual "trash" to the landfill. We have managed to meet this goal at events with over 3,000 participants!



COMPOSTABLES (GREEN LID)

Place your banana and orange peels on the course, and any uneaten food or drink items at the expo or start/finish lines.



RECYCLABLES (BLUE LID)

Place any plastics with a #1-7 and recycling symbol somewhere on it, aluminum cans, steel cans, paper, cardboard, and any glass items. Please empty any liquids/ food out of the containers into the "compostables", then place the lids back on before recycling.



EVERYTHING ELSE (BLACK LID)

Place everything else that is non-recyclable and non-compostable waste, such as the wrappers from the items in your post race food box, used gel packets, or styrofoam.



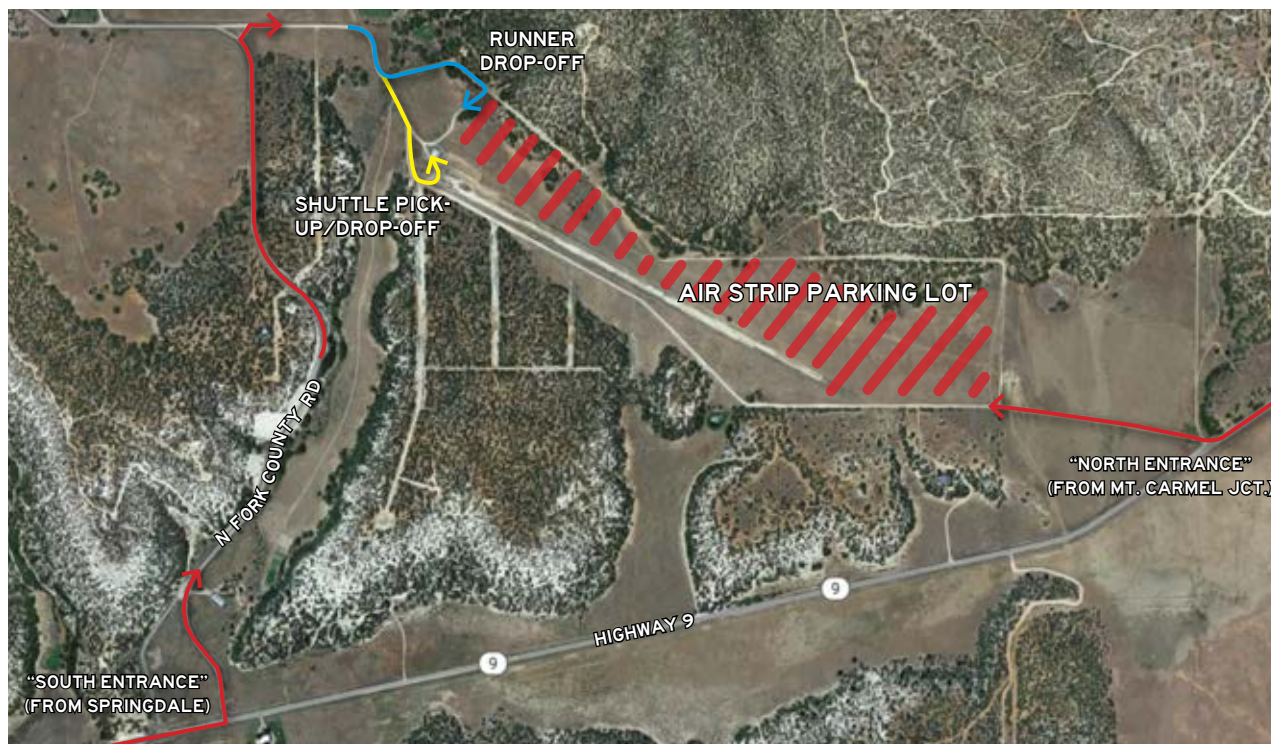
## PARKING, DROP-OFF, AND SHUTTLES

We will have shuttles taking runners from the old air strip parking area to the start line at Zion Ponderosa Ranch before the race. We will also shuttle runners and spectators to this parking area from the finish line. The parking lot has two roads leading to it from Utah Highway 9 in Mt. Carmel, UT. Remember that if you are driving from Springdale or Kanab, etc. you will be one of thousands of runners trying to arrive race morning. **Plan on an additional 20-30 minutes travel time on race morning, and expect traffic.**

**DRIVING FROM SPRINGDALE:** on Highway 9, you will turn left onto N Fork County Rd. at the “south entrance” toward the air strip parking lot. This turn is 2.4 miles after passing the East Zion gate.

**DRIVING FROM MT. CARMEL JUNCTION:** on Highway 9, you will turn right at the “north entrance” toward the air strip parking lot. This turn is 9.2 miles from Mt. Carmel Junction.

**DROP-OFF:** Runner drop-off is located at the air strip parking lot. Do not drop off runners at the Zion Ponderosa Ranch as this will cause congestion at the start and could delay the race.



### SHUTTLES

**START LINE SHUTTLE:** Shuttles will take runners to the start line from the old air strip parking area from 4:35-6:15 am. The parking lot opens at 4:00 am. We cannot stress enough the importance of arriving early to the parking lot. The last shuttles will leave for the start line at 6:15 am. **DO NOT BE LATE.**

**GUESTS AT ZION PONDEROSA RANCH:** A few shuttles will take spectators staying at Ponderosa down to the finish line. This is optional for spectators who are guests at Ponderosa, but will only be available in the minutes after the race starts. If guests do not ride this shuttle they can drive down to the air strip and be shuttled to the finish line. There will be separate shuttles running runners/spectators back to the Ponderosa from the finish line starting at 8:00 am.

**FINISH LINE SHUTTLE:** Shuttles will begin running from the air strip to the finish line around 7:15 am. They will run non-stop to bus spectators to the finish and both runners and spectators back to the parking from the finish line until the race is over.

## STARTING LINE STAGING

THERE IS NO EVENT PARKING AT THE START LINE.

In addition to race-day bib pickup, which opens at 4:30 am, we'll have a warming tent, and the staging area will have hot chocolate, coffee, gear check and the raffle going on. The first raffle will be drawn at 4:35 am.



## FINISH LINE STAGING

THERE IS NO EVENT PARKING AT THE FINISH LINE.

- Spectators are welcome around the finish line to cheer on runners, but please do not enter the runner area or eat the runner recovery food.
- Lucid Images (our event photographers) will have a designated spot just outside of the finish line staging area to take photos of runners. This photo is separate from race photos and will be made available **FOR FREE!**
- The awards ceremony will take place near the finish line at 9:45 am.
- If you aren't able to make it to the expo, we will have our official Vacation Races merchandise from the Zion Half Marathon near the finish line!





RACE DAY CHECKLIST

PRE-RACE RACE DAY

- ☐ TRAIN
- ☐ Directions to hotel/campsite
- ☐ Directions to race expo
- ☐ Directions to race start/finish
- ☐ Photo ID
- ☐ Valid Military ID (if you registered with a Military Discount)
- ☐ Study the race course

RACE DAY

- ☐ Bib and timing chip
- ☐ Cup Free Hydration (Hydrapouch, hand held, water bottle, pack, etc.)
- ☐ Running Shoes
- ☐ Socks
- ☐ Sunglasses
- ☐ Hat/Visor
- ☐ Recovery plan
- ☐ Enjoy the park!

TIMING SPECIFICS

BEFORE THE RACE

- Your timing chip is found on the back of your bib.
- You don't have to do anything. The bib chip looks like a sticker on the back of your bib. Do not fold your bib.
- NO CHIP = NO TIME!

AFTER THE RACE

- The bib chip is disposable and can be thrown away or left on your bib for you to cherish always.
- All masters and overall awards will be based on gun time. If you plan to compete for these top spots you will need to line up at the front of the line. All age divisions and team awards will be based on chip time. If you are standing towards the back, it may be a few minutes before you cross the start line. Your time does not officially start until you cross the starting line (unless you are competing for an overall top finisher spot), so please be courteous to others as we start the race.
- Stick around until 9:45am for our awards ceremony!

CUP-FREE RACING

Having our races so close to the National Parks, unnecessary waste and trash is something we are strongly against. We are dedicated to maintaining a clean race and preserving the beauty of the area we run in. There is nothing that will ruin a view more than seeing a piece a trash in plain view from a breathtaking landscape.

One of the most important things in a half marathon is ensuring that aid stations are plentiful and efficient. Hydration will make or break a race. What we do is offer a Hydrapouch for every runner that indicated they wanted one as part of their registration. Other options include running with a water bottle, running belt, Camelbak or other hydration backpack, etc. Every runner prefers something different. Just make sure you have some way to stay hydrated! Although we don't have cups on the course, we have plenty of aid stations with water and Gnarly! At all aid stations we will have **BLUE COOLERS WITH WATER**



and **RED COOLERS WITH GNARLY (electrolyte drink)**. Both will have the same speed valves attached. So at each aid station you will have your choice of water or Gnarly. At some places, the water will be hooked up to a system like the one pictured on the left. Each of these pipes will provide water from the several speed valves we have attached. Feel free to practice at the expo!

The aid station will have a few cups in case of an emergency, do not plan on using them. Also, under no circumstances should you put your head under the valve to get a drink. Not only does this waste water, it is pretty inconsiderate of other runners.

There will be water at the finish line, but no cups. Please use your Hydrapouch or water bottle to fill up at the finish line.

POST-RACE INFO

The awards ceremony will take place at the stage at the finish line and will begin at 9:45 am. If you checked gear at the start of the race, you will be able to pick it up just past the finish line in the runner area.

RACE RESULTS

Results are available right away, scan the QR code on your bib and your results will come up. They will also be available later the day of the race online. We will post them on Facebook and also send them in a post-race email a day or two after the race. They will also be available on our website.

MEDALS

All runners will receive a finisher medal. Place medals will be given to the top 5 male and female runners overall as well as the Masters 40+ group. Additionally, the top 5 in each age group and the top 3 teams will also receive a place medal.

If you qualify for a place medal but are not present at the awards ceremony to receive it we will happily ship it to you. Go to our website and request your medal and pay the cost of shipping (about \$10).

LOST & FOUND

- There is no official lost & found. If we find lost items we will hold onto them and you can contact us at [info@vacationraces.com](mailto:info@vacationraces.com)
- There will be gear check at the start line.
- There will be a bin to dump extra clothing at mile 3. Anything found littered on the course elsewhere will be considered trash and either thrown away or donated.

MEDICAL TENT

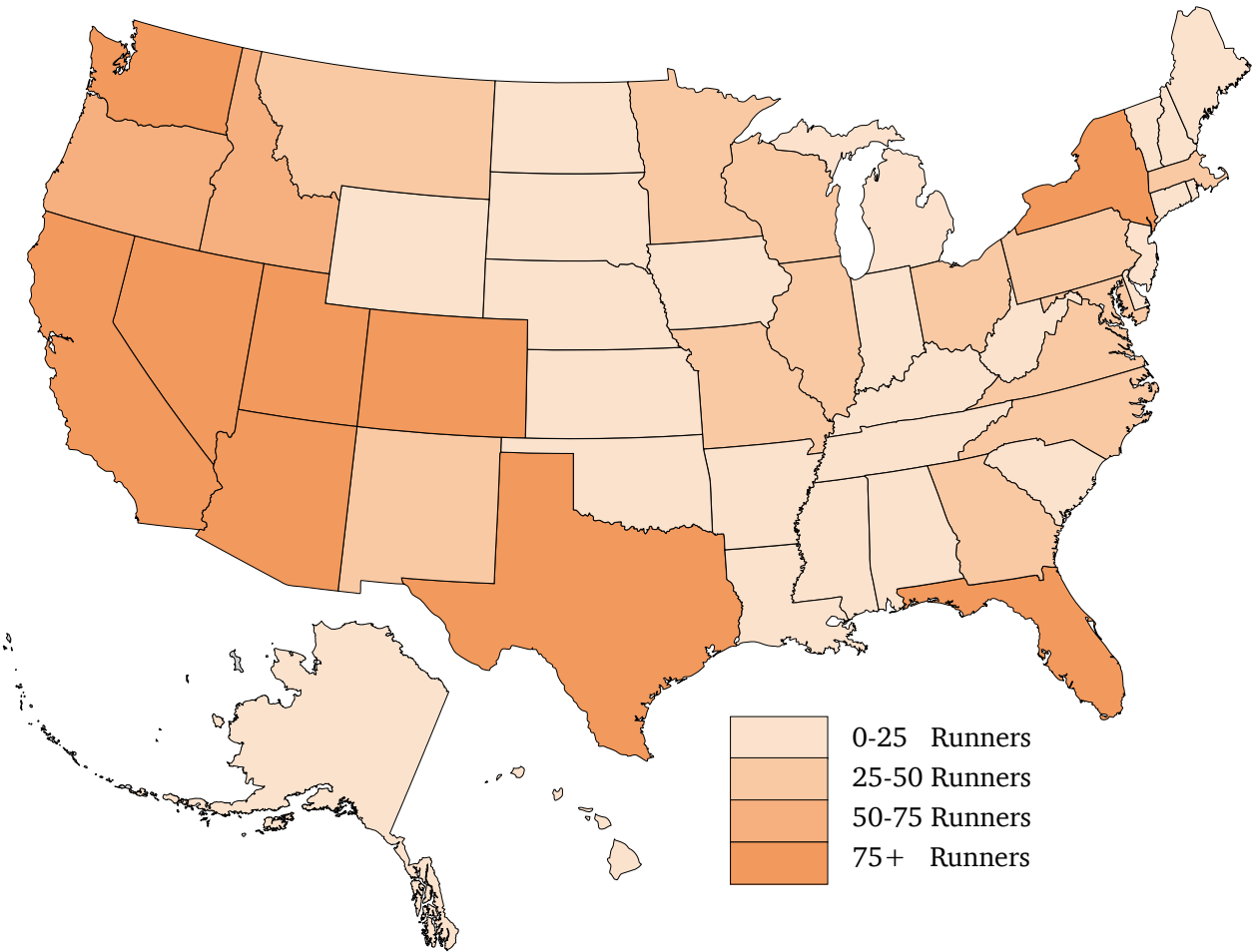
The medical tent at the finish line is for athletes only; family members are not allowed. Overcrowding in the medical tent prevents medical staff from doing their job. For information on an athlete receiving medical attention please wait outside the tent for updates.

POST-RACE SURVEY

Within a week of race day we will be sending out a post-race survey. We would really appreciate it if you took the 8-10 minutes to complete the survey for us. The survey provides us with information that allows us to better work with the local community and gain more support for future races, but more importantly it provides us with valuable insight into what we are doing well and what we need to improve. We love our runners and couldn't improve our race series without your feedback. Please watch for the email.



RUNNER DEMOGRAPHIC



50 STATES

6 COUNTRIES  
USA | CANADA | COSTA RICA | MEXICO | GREAT BRITAIN | PHILIPPINES

63 TEAMS  
5run8 Travelers | Alanya's Angels | Apple Smashers | Barry and the Jets | BattleBorn | BattleBorn2 | Big Dogs | Brea Runners | Brocrew | Course Heroes | Dig Dig Dig | Dutch Blitz | Early Morning Running Group | Fanatics | Fleet Feet Davis | Girls just wanna have FUNds | Glory Daze | Greensole Running | Guardians of the Galaxy | Half Twisted Runners | Half Twisted Runners II | Half Twisted Runners III | Half Twisted Runners IIII | House of Pain | I Thought This Was A 5K | IDAHOMIES | Langton | Lub Dub Club | Lulu Summerlin | Montana Badasses | Mostly Colorado Natives | NP\_LAX | Outsiders | Pacers DC | Payvision | Phoenix Hash House Harriers | Pittsford MIM III | Pittsford NY MIM I | Pittsford NY MIM II | Pryor | Road Warriors | Run A Muck | Saddleback Tri Team | SB Dabbin' | SB Pacers | SFracecation | Sloth love Chunk | So Cal Pacers | Team Conglomerate | Team Cookie Monster | Team Leak | Team RWB | Team Village | Texas Two Steppers | Thirteen Point Rum | Triple F's | Wackey | We Can Do This | We Dem Boyz | We're Here For The Pokemon | Where the Wild Things Run | Will Run For Breakfast | Zion y Lennox |

22% FIRST HALF MARATHON

52% FIRST TIME VISITING ZION NATIONAL PARK

AGE DIVISIONS

MALE														
<11	12-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75>
6	-	12	26	116	202	179	164	134	99	68	38	23	3	-
FEMALE														
<11	12-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75>
-	1	20	102	342	493	463	391	313	236	168	71	24	6	1

BIB DETAILS

Special indication\*\*

Color coded to indicate wave start \*see pg. 4

Scan QR code for race results

Your race shirt size

Indicates if you requested a Hydrapouch when registering.

Timing chip on back! DO NOT FOLD BIB

Your bib number

Runner's name

Team name (if applicable)

Reminder of free photo at finish!

\*\* Charity Bib raised \$1K for the NPF!

Military Bib thank you for your service!

Double Arch Club we salute you.

Eagles Club we salute you.

Observation Club we salute you.





LODGING & RACE PARTNERS



**ZION PONDEROSA RANCH RESORT HAS  
BLOCKED OFF ALL LODGING FOR RACE  
WEEKEND TO MAKE BOOKING EASIER FOR  
OUR RUNNERS!**

Zion Ponderosa Ranch Resort is a great place to stay during the race, as the race will be starting on site. They have a wide variety of lodging options including Vacation Homes, Cabins, RVs, and camping. Book online or call 1-800 293-5444. Just mention that you are with the Half Marathon, and their reservation team will take care of you and book the stay, based on availability.

**FRIDAY & SATURDAY NIGHT DINNERS**

Located at the Lodge, Zion Ponderosa Ranch Resort will be hosting a dinner Friday evening before the race, as well as Saturday evening after the Zion Half Marathon. These meals are pre-sold through the Zion Half Registration webpage through March, 30th. Log into the race page at: [runsignup.com/Race/UT/MountCarmelJunction/theZionHalf](http://runsignup.com/Race/UT/MountCarmelJunction/theZionHalf) Navigate to “Edit Registration” > “Add-Ons” > and “Friday Night-Spaghetti Dinner” and/or “Saturday Night- Dutch oven Dinner” to purchase your desired dinner(s). Meals can also be purchased day-of, but are subject to availability.

**Friday Evening:**

Spaghetti Dinner  
\$13/person  
Served from 5-8 pm

**Saturday Evening:**

Dutch-oven Dinner  
\$14/person  
Served from 5-8 pm



**CAMPGROUND**

**THE MOST CONVENIENT (AND FUN)  
PLACE TO STAY AT THE RACE!**

The Vacation Races Campground, which we’ll set up by the start line at Zion Ponderosa! This camping area is on Zion Ponderosa Ranch property, but is separate from the campsites they offer. The campground will be available Thursday through Sunday (Mar 30-April 2). The cost is \$50 to reserve a spot. If you don’t have a tent, then you can also rent one from us. A 4-person tent rental will be a \$50 add-on, and a 6-person tent rental will be an \$80 add-on. If you want to reserve a spot, please log into the race page at: [runsignup.com/Race/UT/MountCarmelJunction/theZionHalf](http://runsignup.com/Race/UT/MountCarmelJunction/theZionHalf) Navigate to “Edit Registration” > “Add-ons” > “Campsite Reservations” and add in all your desired options.

**AMENITIES**

All of Zion Ponderosa’s amenities will be available to campers including bathrooms and showers. However, these are dispersed camping sites and wont have picnic benches and fire pits at each site.

We hope this gives you a fun and convenient option for lodging during race-weekend.



The Zion Outfitter is an outdoor rental and retail shop conveniently located right next to the main entrance to the national park. Bring your race bib to receive 10% off rentals and retail. Don’t miss out on the Zion Narrows while you are here; we rent out all the equipment you’ll need for this amazing hike! Stop by and let our friendly staff get you the information and gear you need to make the most of your time here in Zion! Enjoy 10% off a new pack, outdoor apparel, shoe, t-shirts, and much more in your favorite outdoor brands! Visit us at [www.zionoutfitters.com](http://www.zionoutfitters.com).

**A FEW OTHER STAFF RECOMMENDED RESTAURANTS AND SHOPS:**

Although these restaurants aren’t official partners of the race this year, here are a few staff favorites that have partnered with us in previous years when the race was in Springdale. If you find yourself in that neighborhood, be sure to stop by these places.



Oscars Cafe  
948 Zion Park Blvd  
Springdale, UT 84767  
Phone 435-772-3232  
[cafeoscars.com](http://cafeoscars.com)



River Rock Roasting Company  
394 S State St.  
La Verkin, UT  
Phone: 435-635-7625  
[riverrockroasters.com](http://riverrockroasters.com)



Wildcat Willies  
897 Zion Park Blvd  
Springdale, UT 84767  
Phone: 435-772-0115  
[wildcatwillies.com](http://wildcatwillies.com)



Zion Canyon Brew Pub  
95 Zion Park Blvd #2  
Springdale, UT 84767  
Phone: 435-772-0336  
[brewpubspringdale.com](http://brewpubspringdale.com)





## CLUBS & TRIFECTA

Presented by:



To encourage our runners to get out and enjoy the park, we have 3 club hikes and a trifecta challenge. Our club hikes are a salute to the hardcore among us. All runners who complete a club hike within 72

hours of the end of the race will receive club hike medallion, and completing the Trifecta earns you an official Trifecta pin! Any runner who sends us a picture of him or herself at these destinations will officially join the club! The photo must be sent within 72 hours of the race and must include:

- A clear view of your happy face
- Your bib with bib number clearly visible
- Your shiny new finisher medal in view
- A clear background that shows you actually completed the hike

Following the 2017 Zion Half Marathon, we will post a link to the website where runners can send us their photos and names. Good luck!



### EXAMPLE PHOTO

After the race there will be a submission form online where you can upload your photo(s) and send them to us. We have a hard cutoff of 72 hours! If you don't get it to us before Tuesday at 11 AM (MST) then we will only give you a virtual hi-five.

*This picture is from Observation Point and is an example of what your Club and/or Trifecta submission photos should look like.*

[WWW.THEZIONHALF.COM/CLUBS-TRIFECTA/](http://WWW.THEZIONHALF.COM/CLUBS-TRIFECTA/)

OBSERVATION POINT



## OBSERVATION CLUB

Difficulty: Strenuous

Total Mileage: 6.8 (via Weeping Rock Trail)

Type of Hike: Out and Back

Elevation Gain: 2,100 ft

Time Required: 4-6 hrs

Starting from the Weeping Rock Trailhead take Weeping Rock Trail heading south, then make a right to join East Rim Trail. From here, East Rim heads straight up a slot in Zion Canyon, directly across from Angel's Landing, so the views are spectacular. Once at the intersection with East Mesa Trail, turn left. Starting from

East Rim Trail, East Mesa climbs very steeply, switchbacking multiple times until it eventually contours south of a small mesa. After contouring along this smaller mesa, head left onto Observation Point Trail. The trail works its way out to the edge of the canyon rim and offers absolutely astounding panoramic views.

DOUBLE ARCH ALCOVE



## DOUBLE ARCH CLUB

Difficulty: Easy

Total Mileage: 5 (via Taylor Creek Trailhead)

Type of Hike: Out and Back

Elevation Gain: 500 ft

Time Required: 3-5 hrs

The hike along the Taylor Creek Trail to Double Arch Alcove is gorgeous and historic. Located about two miles past the Kolob Canyon entrance of Zion National Park, the trail head will take you into a narrow box canyon to the extremely photogenic alcove. As you criss cross along Taylor Creek, you will also pass Larson Cabin and

Fife Cabin, two homesteads from the 1930's. This hike will be most convenient for those who have to head north after the race, or who just want to spend time in Kolob Canyon after the race (which you should!). The trailhead is about two miles in from the Kolob Canyon park entrance!





## EAGLE CLUB

Difficulty: Moderate  
Total Mileage: 5.7 (via Eagle Crag Trail)  
Type of Hike: Out and Back  
Elevation Gain: 1,000 ft  
Time Required: 3-5 hrs

The Eagle Crag Trail, while technically outside the park, is a beautiful and rewarding hike with amazing views of Zion Canyon. It's a 3-5 hour hike (5.7 miles round trip) up the very scenic Vermillion Cliffs and is located just south of

Rockville. To get to the trailhead, take highway 9 out of Springdale towards Rockville. Once in Rockville, take Bridge Rd south until you get to the Trailhead (about 2 miles).

**\*\*Please note that the Angels Club has been RETIRED. Due to safety concerns expressed by the park and in order to minimize traffic on the trail we have discontinued the Angels Club hike. While you are welcome to hike Angels Landing, you will not get any reward from us.**

**\*Hikers can get injured or (in rare cases) even die on these hikes, largely due to not fully appreciating their dangers. Please take these hikes seriously, and do not act irresponsibly if you decide to attempt the hike. Make sure you are in condition to complete the hikes and take necessary precautions (bring lots of water, bring food, don't attempt hike in bad weather, don't travel alone, etc.). Please consult the NPS site to plan your hike.**

## THE ZION TRIFECTA

is comprised of 3 different activities. You must complete all 3 in order to complete the Trifecta. Same rules as the Club Hikes apply: take your picture at each of the 3 with your bib and finisher medal and send them to us 72

hours after finishing the race. The Trifecta is meant to be challenging, but less strenuous. These are iconic activities inside the park that should be experienced, but are doable with children. The 3 activities that makeup the Trifecta are: **RIVERSIDE WALK (THE NARROWS), CANYON OVERLOOK, AND KOLOB CANYON (TIMBER CREEK OVERLOOK)**



### 1) RIVERSIDE WALK (THE NARROWS)

The trail was historically called "Gateway to the Narrows" but is now commonly referred to as Riverside Walk. A nice, paved, 3 mile round trip hike. At the end of the trail you can walk as far down into the Narrows as you dare, taking in the beauty of the area.



### 2) CANYON OVERLOOK

Canyon Overlook is only a mile round trip hike! This is perfect for families and offers a wonderful view of the Zion canyon with a look at the famous peaks like Bridge Mountain, West Temple, and The Sentinel. As an added bonus, when you drive up to the parking lot to make the short hike to the lookout, you get to pass through the Zion-Mount Carmel Tunnel!



### 3) KOLOB CANYON (TIMBERCREEK OVERLOOK)

Kolob Canyon is Zion's best kept secret. About an hour north on I-15 from the main park entrance, this part of the park is less often visited by travelers, but it's amazingly beautiful. The Timber Creek Trail is another short hike (1.2 miles round trip) that offers amazing views of Kolob Canyon. After about a 5 mile drive up the canyon you can park in a parking lot at the trail head.



## PARK INFORMATION

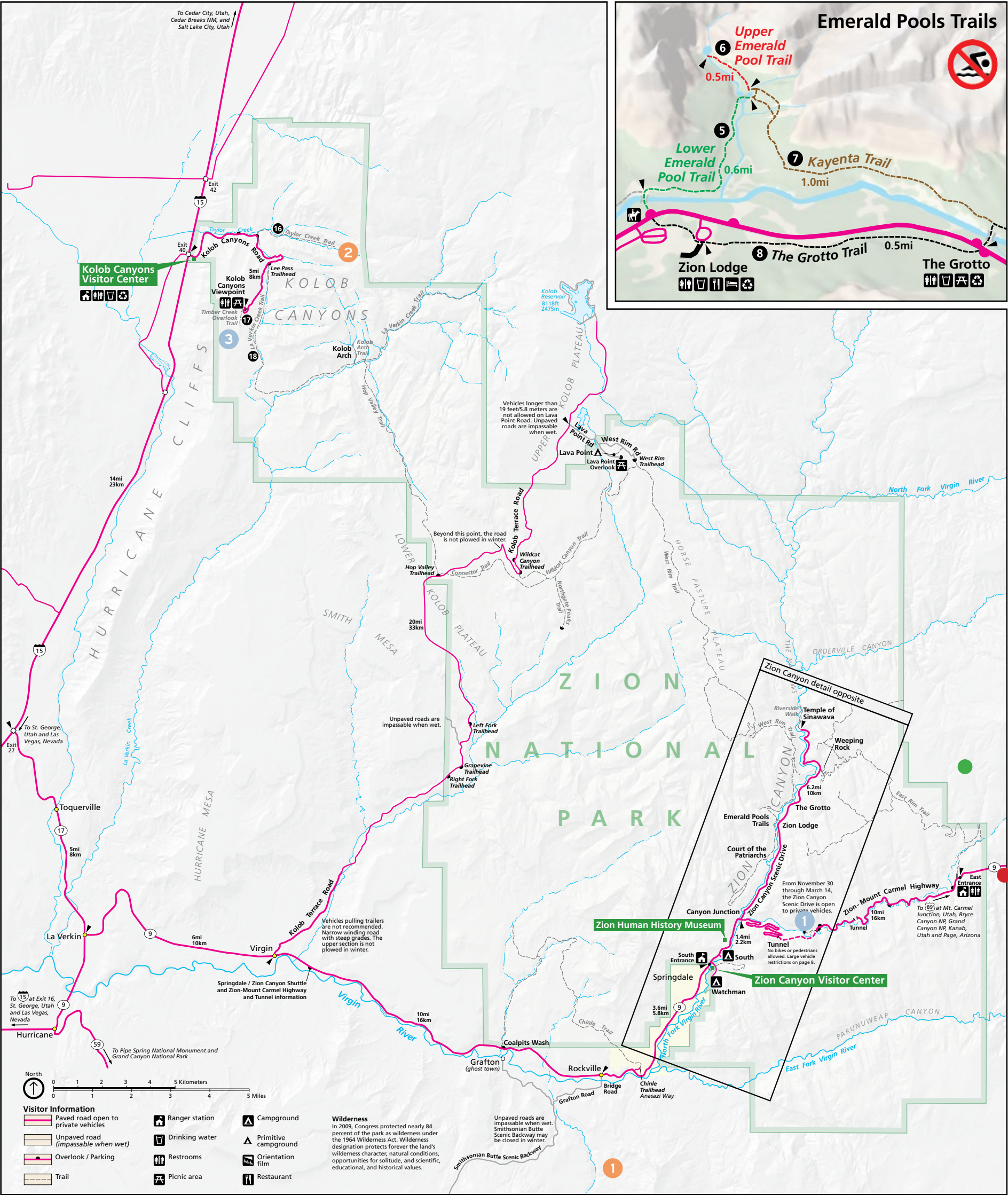
*Please avoid entering the park between the hours of 10AM and 2PM on race day.* The park entrance will already be congested at that point and the park has requested we try to avoid these hours on race day to give the staff some relief.

All visitors are required to purchase/show a pass in order to enter Zion National Park.

Seniors, 62 and over can purchase a lifetime pass for just \$10. Active members of the U.S. Military are eligible for a free pass as well as U.S. citizens with permanent disabilities.

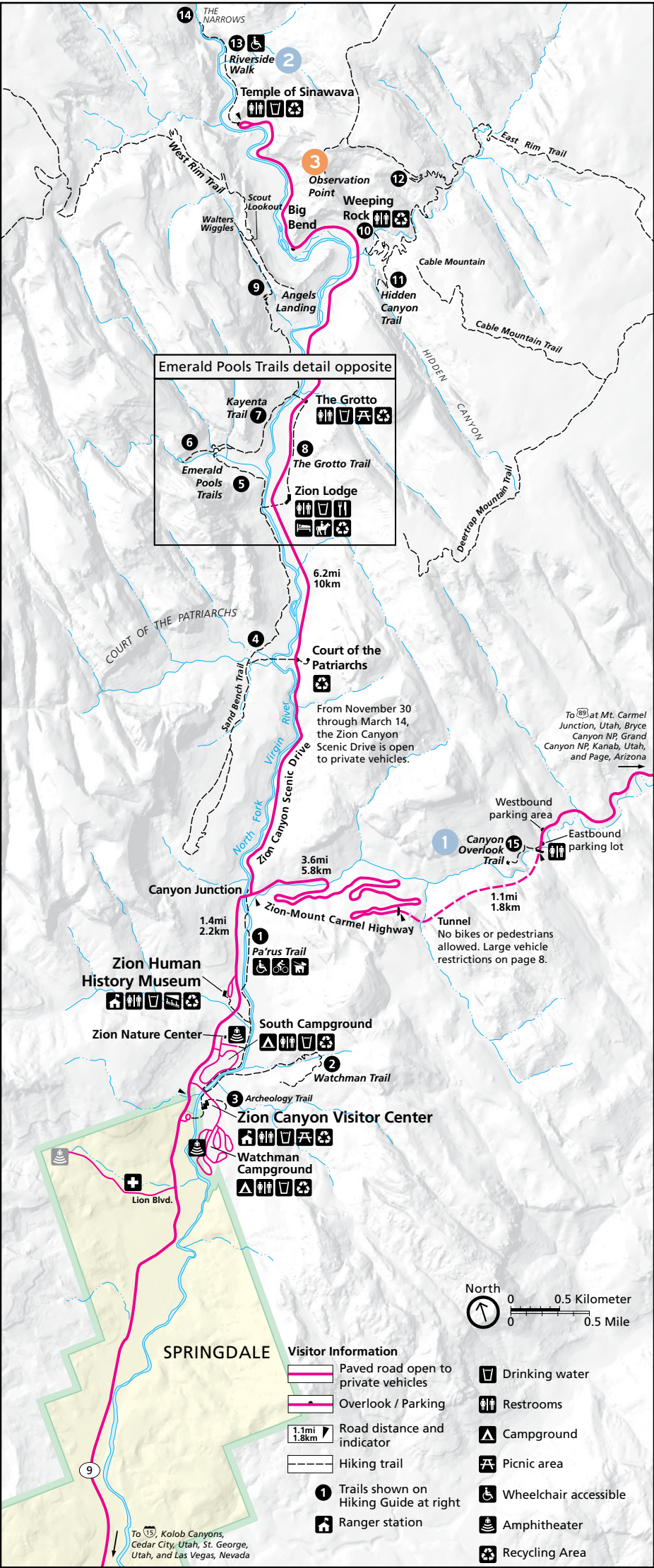


# Zion National Park





Zion Canyon



Hiking Guide

Hike Location	Round Trip Average time mi / km	Elevation Change ft / m	Description
Easy			
1 Pa'rus Trail Zion Canyon Visitor Center	2 hours 3.5 / 5.6	50 / 15	Paved trail follows the Virgin River from the South Campground to Canyon Junction. Wheelchairs may need assistance.
3 Archeology Trail Zion Canyon Visitor Center	0.5 hour 0.4 / 0.6	80 / 24	Short, but steep. Starts across from the entrance to the visitor center parking lot. Climbs to the outlines of several prehistoric buildings. Trailside exhibits.
5 Lower Emerald Pool Trail Zion Lodge	1 hour 1.2 / 1.9	80 / 24	Minor drop-offs. Paved trail leads to the Lower Emerald Pool and waterfalls. Connects to the Kayenta Trail. Sections may be closed due to ice.
8 The Grotto Trail Zion Lodge The Grotto	0.5 hour 1.0 / 1.6	35 / 11	The trail connects the Zion Lodge to The Grotto. Can be combined with the Lower Emerald Pool and Kayenta Trails to create a 2.5-mile loop.
10 Weeping Rock Trail Weeping Rock	0.5 hour 0.4 / 0.6	98 / 30	Short, but steep. Minor drop-offs. Paved trail ends at a rock alcove with dripping springs. Trailside exhibits. Sections may be icy or closed in winter.
13 Riverside Walk Temple of Sinawava	1.5 hours 2.2 / 3.5	57 / 17	Minor drop-offs. Paved trail follows the Virgin River along the bottom of a narrow canyon. Trailside exhibits. Wheelchairs may need assistance. May be icy.
Moderate			
2 Watchman Trail Zion Canyon Visitor Center	2 hours 2.7 / 4.3	368 / 112	Minor drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and Springdale. May be muddy and icy.
4 Sand Bench Trail Zion Lodge	5 hours 7.6 / 12.2	466 / 142	Commercial horse trail from March to October. Hike atop a massive landslide under The Sentinel. May be icy.
6 Upper Emerald Pool Trail Zion Lodge	1 hour 1.0 / 1.6	360 / 110	Minor drop-offs. A sandy and rocky trail that climbs to the Upper Emerald Pool at the base of a cliff. May be icy.
7 Kayenta Trail The Grotto	2 hours 2.0 / 3.2	150 / 46	Long drop-offs. An unpaved climb to the Emerald Pools. Connects The Grotto to the Emerald Pools Trails. May be icy.
15 Canyon Overlook Trail Zion-Mt. Carmel Hwy	1 hour 1.0 / 1.6	163 / 50	Long drop-offs, mostly fenced. Rocky and uneven trail ends at viewpoint of Pine Creek Canyon and lower Zion Canyon. May be snow covered and icy.
16 Taylor Creek Trail Kolob Canyons Road	4 hours 5.0 / 8.0	450 / 137	Limited to 12 people per group. Follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove. Often snow covered.
17 Timber Creek Overlook Trail Kolob Canyons Road	0.5 hour 1.0 / 1.6	100 / 30	Follows a ridge to a small peak with views of Timber Creek, Kolob Terrace, and Pine Valley Mountains. Often snow covered.
Strenuous			
9 Angels Landing via West Rim Trail The Grotto	4 hours 5.4 / 8.7	1488 / 453	Long drop-offs. Not for young children or anyone fearful of heights. Last section is a route along a steep, narrow ridge to the summit. Often snow covered and icy.
11 Hidden Canyon Trail Weeping Rock	2.5 hours 2.4 / 3.9	850 / 259	Long drop-offs. Not for anyone fearful of heights. Follows along a cliff face to the mouth of a narrow canyon. May be snow covered and icy.
12 Observation Point via East Rim Trail Weeping Rock	6 hours 8.0 / 12.9	2148 / 655	Long drop-offs. Climbs through Echo Canyon to viewpoint of Zion Canyon. Access to Cable Mountain, Deertrap Mountain, and East Mesa Trails. Often snow covered.
14 The Narrows via Riverside Walk Temple of Sinawava	8 hours 9.4 / 15.1	334 / 102	Read page 3 and check conditions at the visitor center before attempting. Top down hike is not advised in winter. Dry suits are needed for day hike in winter. High water levels can prevent access.
18 Kolob Arch via La Verkin Creek Trail Kolob Canyons Road	8 hours 14.0 / 22.5	1037 / 316	Limited to 12 people per group. Follows Timber and La Verkin Creeks. A side trail leads to Kolob Arch, one of the world's largest freestanding arches. Often snow covered.
Stay on established trails and watch your footing, especially at overlooks and near drop-offs. Avoid cliff edges. Watch children closely. People uncertain about heights should stop if they become uncomfortable. Never throw or roll rocks because there may be hikers below.			

CLUB HIKES

- 2 Double Arch Alcove
- 3 Observation Point

\*\*park maps courtesy of Zion National Park and the National Park Service



Zion National Park

## Find Your PARK

America's national parks are as unique and varied as the people who visit them. So much more than just vast landscapes—there are urban, cultural, and historical treasures—all within the National Park System. Places where you can find your serenity, your history, or your adventure.

With more than 400 national parks and thousands of historic and recreational lands across the country, there are endless ways for you to find your unique connection.

Get out there and find *your* park.

Join the National Park Foundation in not only discovering, and enjoying these amazing places, but also taking an active role in preserving them for future generations. Find your park and donate today.

**FIND YOUR  
PARK**



**National  
Park Foundation**

[nationalparks.org](http://nationalparks.org)



**JOIN US AT THE BROADCAST BOOTH  
AT THE EXPO TO SHARE YOUR STORY!**

The Broadcast Booth is something new you will find at the expo! We will have a tent where runners can come share their story. Whether it's a major milestone, your first half marathon, or simply want to give a shout-out, you can step into the booth and share it via Facebook Live.

# THANK YOU!

*Through generous donations from registrants of the 2017 Zion Half Marathon, more than \$31,000 has been donated to the National Park Foundation! We continue to be amazed by our runners, and hope to instill the value of preserving our National Parks for generations to follow. We honor and thank each of you who donated funds, and are responsible stewards of these beautiful parks.*

### NATIONAL PARK FOUNDATION PARTNERSHIP

**FIND YOUR  
PARK**

Vacation Races is partnered with the National Park Foundation to support

our mission of park promotion and preservation! When you register for any of our races, you will have the opportunity to join the #FindYourPark movement by donating to the National Park Foundation. 100% of your donation goes to their organization!

We have committed to donate at least \$150,000 and with your help it can be even more! Come run

with us and help ensure our national parks are protected now and forever.

Additionally, the National Park Foundation will attend several of our races throughout the year.

**Their Mission** – The National Park Foundation, in partnership with the National Park Service, enriches America's national parks and programs through private support, safeguarding our heritage and inspiring generations of national park enthusiasts.





## MEET THE TEAM



### **SALEM STANLEY**

Founder

**Favorite Course:** Grand Canyon  
**Zion Activity:** Driving the Zion-Mount Carmel Tunnel  
**Food at Zion:** Breakfast at Oscar's Cafe



### **DEHN CRAIG**

Customer Experience - Marketing

**Favorite Course:** Lake Powell  
**Zion Activity:** Angels Landing  
**Food at Zion:** Anything at Zion Canyon Brew Pub



### **LYLE ANDERSON**

Director of Race Operations

**Favorite Course:** Grand Canyon  
**Zion Activity:** The Narrows  
**Food at Zion:** Anything at Oscar's Cafe



### **DUSTIN ROBERTS**

Director of Race Operations

**Favorite Course:** Yellowstone  
**Zion Activity:** The Narrows  
**Food at Zion:** Oscars shrimp tacos



### **CHERIE SANTIAGO**

Registration Manager

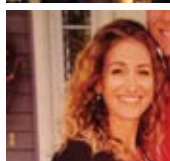
**Favorite Course:** Yellowstone  
**Zion Activity:** Biking up and down the canyon  
**Food at Zion:** Chicken Parm from Zion Pizza & Noodle Co.



### **KATHERINE BRUCE**

Event Director & Partnerships

**Favorite Course:** Great Smoky Mountains  
**Zion Activity:** Observation Point  
**Food at Zion:** Meme's Cafe big salads



### **KAELEE CLIFFORD**

Customer Service

**Favorite Course:** Great Smoky Mountains  
**Zion Activity:** Riverside Walk, and driving the park with my kids  
**Food at Zion:** Burger & sweet potato fries from Oscar's



### **MEGAN STANLEY**

Merchandise

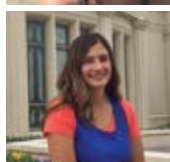
**Favorite Course:** Rocky Mountain  
**Zion Activity:** Angels Landing  
**Food at Zion:** Pulled Pork at Wildcat Willies



### **ROBIN RODGERS**

Communications

**Favorite Course:** Lake Powell  
**Zion Activity:** Observation Point  
**Food at Zion:** Burgers at Zion Canyon Brew Pub



### **ANNA BASSO**

Marketing & Design

**Favorite Course:** Grand Teton  
**Zion Activity:** Pine Creek Slot Canyon  
**Food at Zion:** Burgers at the Flying Monkey



## RACE PHOTOGRAPHY FROM LUCID IMAGES

Lucid Images will be taking photos at the start line, on the course, and at the finish line. They will be at the expo so be sure to stop by and say hello! To be sure you can find your picture later, wear your bib with the numbers clearly visible at all times. If the photographers cannot identify you by your bib then your photo will end up in an "unidentified runner" folder on their website.

Photos will be available on Lucid Images website the Friday following the race. We will send out an email to notify all runners and post it on Facebook.

### **FREE PHOTO**

In addition to photos of runners on the course and crossing the finish line, Lucid Images will have a designated area near the awards ceremony stage where runners can pose for a finisher photo. This photo will be made available FOR FREE to runners!

### **PHOTOS ON COURSE**

As a heads up to runners, there will be signs on the course to let runners know they are coming up on photographers. Ya know, just in case you wanted to freshen up, wipe away any snot, pick up the pace or otherwise pose for the photo :)

## SOCIAL MEDIA



We will be making a slideshow video using all the pictures YOU post! Be sure to follow us and use the official race hash tag #ZionHalf. We will be giving out prizes from our store (t-shirts and other merchandise) to the best photos featuring:

- Pictures Of The Course
- Race Prep
- Race Recovery
- Enjoying The Park

# #ZIONHALF

# @VACATIONRACES

# THEZIONHALF.COM



## ULTRA ADVENTURES



Vacation Races is proud to host our ultra race series, Ultra Adventures! Whether you want the challenge of a longer distance, or just want to go off road, Getting off the beaten path and being able to see the parks from a whole new perspective is very rewarding. We hope you will join us at one of the trail and ultra events with distances ranging from a half marathon up to a 100 miler! Use the discount code **VR2017** to save \$10 when registering for any distance!



[WWW.GRANDCIRCLETRAILS.COM](http://WWW.GRANDCIRCLETRAILS.COM)

## VIRTUAL RUNNING CLUB



We are excited to present the Virtual Running Club! We have been hosting virtual races since 2013 and now have 24 different races throughout the year. From Martin Luther King, Jr Day to Earth Day to Summer Solstice, virtual races are a great way to establish goals throughout the year and celebrate days that are important to you without the logistical hassles of race day! Plus, it's a cost effective way to fill out your medal rack.

Vacation Races is the sponsor for the virtual races held on the National Park Fee Free Days (National Park Week, Earth Day, NPS Birthday, etc). We are also proud to be hosting the annual Surgeon Generals Virtual 5K Run, Walk, Roll in May. As we develop the Virtual Running Club over the next year you will be able to earn discounts to virtual and traditional races as well as some swag from our sponsors. Look for our booth at the expo to learn more!

What is a virtual race? - A virtual race is a low cost running event where the location of the race is chosen by the individual participant rather than the event company. You still get a shirt and finisher medal shipped to you, but on race day you track your own time and you select where you run. Through pictures on Instagram, Facebook & Twitter we run together virtually.



[WWW.VIRTUALRUNNINGCLUB.COM](http://WWW.VIRTUALRUNNINGCLUB.COM)

## TRAILFEST



### 3 PARKS, 3 TRAILS, 1 PARTY!

We are proud to report that our newest series: Grand Circle Trailfest was a success in its inaugural year, and 2017 is going to be even better. The Trailfest is a 3 day trail-running

festival which takes place in the heart of North America's most scenic national parks: **Bryce Canyon, Zion, & Grand Canyon** on October 5-7, 2017. The festival will be centralized in Kanab, UT. We are busy planning for this year's event so stay tuned for more announcements such as bands, film festivals, and vendors who will be a part of Trailfest 2017. Registration opened on January 20th. This is an amazing experience you don't want to miss out on. Activities include trail running (of course), food, live entertainment, and trail running film festival screenings.

[WWW.THETRAILFEST.COM](http://WWW.THETRAILFEST.COM)



## TRAINING



Meet Terry Chiplin, the official training partner of the Vacation Races series and creator of Active at Altitude. Terry offers free race specific training programs for beginner and intermediate runners, as well as a training app for the same programs for a small cost! He also organizes Training Camps, Running Vacations, Endurance Coaching & Positive Race Workshops before each race in the Vacation Races series. He has years of experience and just happens to be one of the nicest guys around.

### TRAINING

Terry's camps consistently receive high marks from participants, with reviews like these:

*"Among the top ten adult running camps in the USA"*  
-CNN, March 2015

*"A once-in-a-lifetime fitness retreat for women!"*  
-Shape Magazine, March 2015

Active at Altitude hosts running camps all year long including Women's Running Camps (June, July, and August / September), Trail Running Camps (May and September), and Running Vacations!

As a Vacation Races runner you can save \$100 on any 2017 women's camp, use code **2017VR100**, and save \$50 on one of their trail camps in 2017, use code **2017VR50!**

You can also earn a referral commission for introducing a friend who registers for any of the 2017 camps. We couldn't be happier to have Active at Altitude as a part of our race series. Contact camp director Terry Chiplin with any questions regarding camps, coaching, and training.

terry@activeataltitude.com  
www.activeataltitude.com  
(303) 304-9159







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Educating people is the key to land protection. When people know how to take care of their lands, they will forge the path to protect them.

Because when it comes to healthy lands, we're all in this together.

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Center for Outdoor Ethics | LNT.org

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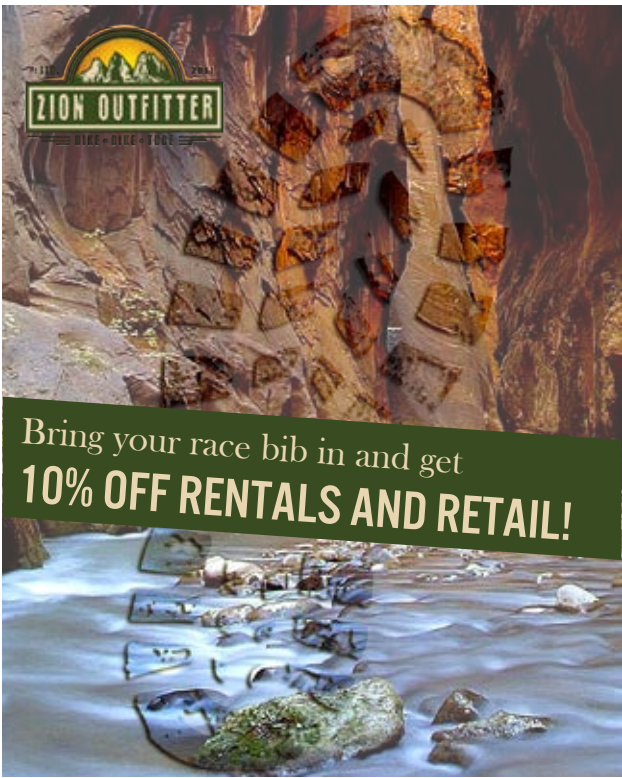
~ Performance ~ Altitude  
~ Recovery ~ Mental Clarity

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EXPO VENDORS

THANKS TO OUR EXPO VENDORS WHO SUPPORT OUR RUNNERS:

- Altra
- Goodr
- Gnarly
- Aetna
- Zion Canyon Massage
- Monnica Skinner Jewelry
- Roo Sports
- St. George Running Center
- Leave No Trace





# NATIONAL PARK HALF MARATHON SERIES

Don't stop at Zion! We have 10 more National Park Half Marathons on the calendar for 2017! This year includes several 5Ks, Double Races, and even Triples (Caldera Triple, and Appalachian Triple)!

Vacation Races was founded in 2012 when we launched registration for the Inaugural Zion Half Marathon. Since then, we've added ten more races to our calendar, each centered around a different National Park. Our goal is to put on beautiful half




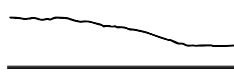





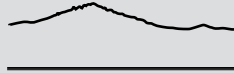











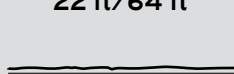
marathons and get people to visit and enjoy our amazing national parks.

Vacation Races also puts on other race series: Ultra Adventures- a trail and ultramarathon series, Trailfest- a 3-day festival with trails, food, music, speakers, and more, and Virtual Running Club- where you can run your race whenever and wherever you want. In addition to saving a little on the expense of traveling, portions of registration fees are donated to charities.



## VACATIONRACES.COM

#ZIONHALF | #YOSEMITEHALF | #TETONHALF | #YSHALF  
#GLACIERHALF | #RMHALF | #SHENANDOAHHALF  
#GSMHALF | #GCHALF | #LPHALF | #EVERGLADESHALF  
#FINDYOURPARK | #VACATIONRACES

DESCRIPTION	ELEVATION MAX/GAIN	CLUB HIKE	AVG TEMP	YEARS RUNNING	ROAD	TRAIL	STROLLER HAND CYCLE	5K
 <b>ZION</b> <b>APRIL 1ST 2017</b> Springdale, UT Runner Cap: 2,500	6545 ft/631 ft 	OBSERVATION POINT DOUBLE ARCH ALCOVE EAGLE CRAGS	62° 36°	5TH YEAR	<input type="checkbox"/>	<input type="checkbox"/>		
 <b>YOSEMITE</b> <b>MAY 13TH 2017</b> Bass Lake, CA Runner Cap: 2,500	5448 ft/486 ft 	HALF DOME NEVADA FALLS	77° 44°	3RD YEAR	<input type="checkbox"/>	<input type="checkbox"/>		
 <b>GRAND TETON</b> <b>JUNE 3RD 2017</b> Jackson Hole, WY Runner Cap: 2,500	6169 ft/580 ft 	BRADLEY LAKE TABLE MOUNTAIN AMPHITHEATER LAKE	67° 35°	3RD YEAR	<input type="checkbox"/>		<input type="checkbox"/>	
 <b>YELLOWSTONE</b> <b>JUNE 10TH 2017</b> West Yellowstone, MT Runner Cap: 3,000	6665 ft/361 ft 	MT WASHBURN OSPREY FALLS	67° 35°	4TH YEAR		<input type="checkbox"/>		<input type="checkbox"/>
 <b>GLACIER</b> <b>JUNE 24TH 2017</b> East Glacier Park Village, MT Runner Cap: 2,500	5980 ft/1230 ft 	TBD	73° 46°	1ST YEAR	<input type="checkbox"/>		<input type="checkbox"/>	
 <b>ROCKY MOUNTAIN</b> <b>AUGUST 12TH 2017</b> Estes Park, CO Runner Cap: 2,500	7505 ft/844 ft 	HALLETT PEAK CHASM LAKE	79° 47°	5TH YEAR	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
 <b>SHENANDOAH</b> <b>SEPTEMBER 2ND 2017</b> Luray, VA Runner Cap: 2,500	1377 ft/985 ft 	TBD	81° 58°	1ST YEAR	<input type="checkbox"/>		<input type="checkbox"/>	
 <b>GREAT SMOKY MOUNTAINS</b> <b>SEPTEMBER 9TH 2017</b> Townsend, TN Runner Cap: 2,500	893 ft/727 ft 	CHIMNEY TOPS CHARLIE'S BUNION MT LECONTE (VIA ALUM CAVE)	80° 56°	4TH YEAR	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
 <b>GRAND CANYON</b> <b>OCTOBER 14TH, 2017</b> Tusayan, AZ Runner Cap: 2,000	6651 ft/279 ft 	SKELETON POINT	58° 31°	4TH YEAR		<input type="checkbox"/>		
 <b>LAKE POWELL</b> <b>OCTOBER 21ST, 2017</b> Page, AZ Runner Cap: 2,500	4361 ft/151 ft 	RAINBOW BRIDGE ANTELOPE CANYON	70° 47°	5TH YEAR	<input type="checkbox"/>	<input type="checkbox"/>		
 <b>EVERGLADES</b> <b>2017-TBA</b> Everglades NP, FL Runner Cap: 1,000	22 ft/64 ft 	SLOUGH SLOG TEN THOUSAND ISLANDS AIRBOAT RIDE	82° 64°	2ND YEAR	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>



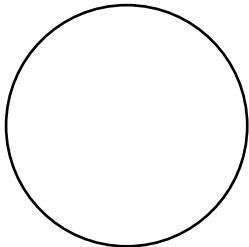
COLLECT ALL THE STAMPS AT THE EXPO



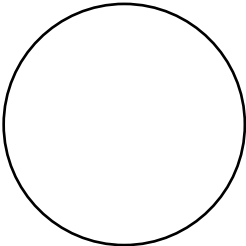
From merchandise, s'mores over a campfire, learning more about our Zero Waste program, shopping our vendors, and getting more information about the local area/National Park(s) nearby; the expo has something for everybody. *You can earn a stamp at certain expo booths. Once you earn all the stamps, come to the info desk for a prize!*



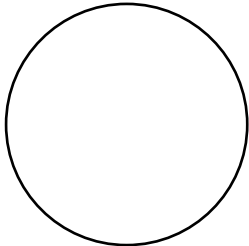
Get your bib and a race guide  
(This one's on the house!)



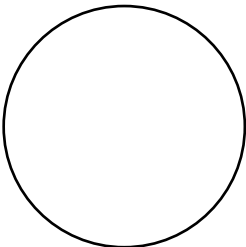
Make a S'more at the  
Vacation Races Campground



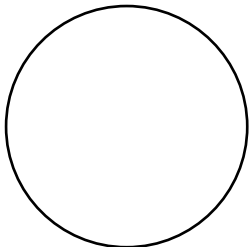
Learn how to re-use a shirt  
and make a bag out of it



Visit the Zero Waste booth and  
learn how trash and recycling is  
handled at our events



Chat with a park ranger and  
ask them about the area



Visit the Broadcast Booth to share  
your story 'live' or post a photo from  
the event using the tag #ZionHalf

SUDOKU

3					7	1		
		4		9	3			2
6		2					3	5
	6		3		9	5		
	3			2			6	
2						3		4
	2			3		4	1	
			1		8		7	
1		6						

WORD SEARCH

S Q O J Z B X X C B D L I S E  
A E J B I N Q A I D O T U A J  
P N D E O A P K R E M N F P W  
L V X I N L L N O P R V I H E  
A P U X M P E Z T I A D M R N  
T T N S S E N K S B Q E E N D  
E R S T A F N E I S S V F A O  
A D E A R R U T H A I P E Z M  
U M Q S N P T S E R T H Z J G  
V E Y F E D Z S R C L A R C H  
K R C V W D O W P I U T C C W  
G I F G E X W H A F J C F A N  
V L G L Q S T R G N D G O J P  
F X D F O O T P R I N T K U L  
N O Y N A C T C I D Y T U X P

ARCH  
CANYON  
DESERT  
FOOTPRINT  
MESA  
PLATEAU  
PREHISTORIC  
RIVER  
SAND  
SEDIMENT  
SUNRISE  
TRAILHEAD  
TUNNEL  
ZION

EXPO SCAVENGER HUNT!

Find the scrambled letters placed inside the tents throughout the Zion Half Expo and enter to win prizes including gift cards from Mountain Khakis and Sierra Trading Post!

- 1. Solve the mystery puzzle
- 2. Fill out the entry form
- 3. Turn it in at the Information Booth

First & Last Name



Phone #

Puzzle Answer

We'll announce prize winners throughout the day!



VACATIONRACES.COM  
THANKS FOR RUNNING WITH US!