

Huff to Bluff Marathon
Saturday, May 21, 2016
Marathon start: 6:00 a.m.
Half-Marathon start: 7:00 a.m.
Racer Guide

Welcome to the 6th Annual Huff to Bluff Marathon and Half-Marathon. We are very excited to have you join us and hope you have a great race. The following information will help you know what to expect on race day.

AID STATIONS -- Marathon:

We will have 15 aid stations along the marathon course at the following locations: start, at or near mile markers 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 24, 25 and finish. Some aid stations will be just short of or beyond the mile marker so we can use paved areas off the shoulder of the course. See the attached map for details. Water, Gatorade, Vaseline, toilet paper and portable toilets will be available at each station. GU will be available at miles 7, 11, 19 and 23. Oranges at 21, 23, 24. Wet sponges at mile 23. Small bags of ice at 24. Finisher medal at 26.21!

One more thing. At Huff to Bluff, we want to treat you like an **elite runner at aid stations 9 & 17!** As you may know, most large marathons and half-marathons give elite runners the opportunity to place their own fluid and fuel at aid stations. We want to give everyone this benefit. So give us two fluid/fuel bottles that you have marked uniquely (including your bib number) and a race volunteer will hand it off to you when you need it most! Feel free to attach items to the bottles (such as fuel packets), if desired. Drop off your bottles at packet pick-up where we will have boxes marked for both aid stations. Bottles will be organized numerically according to bib number so that if our volunteers have not already located it, you'll know where to look for your aid.

AID STATIONS – Half Marathon:

The half marathon will have 9 aid stations, including the start and finish areas. All aid stations on the course will be shared with the marathon and thus will have the same supplies as listed above. Aid stations are located at staggered distances – some are a mile apart with the furthest distance being 2.75 miles between stations. See map on website for exact locations. Half-marathon runners will be able to place their “elite aid” at one aid station (see above paragraph) at what will be mile 4.5 of the half-marathon.

AWARDS / PRIZES / SWAG:

Awards will be given for both races to the overall male and female winners, masters male and female winners, as well as the top two placers in each age group according to the following ranges:

18-29; 30-39; 40-49; 50-59; 60-70; 70+

The awards ceremony will begin at 11:00 a.m. in the finish area at the Bluff Fort.

Prizes: We are fortunate to have great sponsors who have donated excellent prizes to be given away on race day immediately following the awards ceremony. You must be present to win. In past races we have given away the following prizes and anticipate a similar "prize purse" this year:

- 1 day 4-wheeler tour for 2 (Blackhawk Tours, Blanding)
- 1 day San Juan River trip for 2 (Four Corners Adventures, Bluff)
- Hot air balloon ride for 2 during the Bluff Balloon Festival, January 2016

Each of the trips will include one night of lodging at an area hotel or inn. Hotel sponsors include: Abajo Haven Guest Cabins, Four Corners Inn and the Desert Rose Cabins and Inn.

All runners will receive the following:

Technical race shirt (Half Marathon)

Hooded Sweat shirt (Marathon)

Chip timing with results posted on-line

Post race food

USATF certified marathon course and Boston Qualifier

Finisher's medal

Well-supplied aid stations

A chance at great prizes

BUS / SHUTTLE RIDE -- Marathon

Busses will transport marathon runners from the finish line at Bluff Elementary School (Corner 6th Street and Black Locust Lane, Bluff, UT) starting at 4:15 a.m. on race day; the last bus will depart at 4:45 a.m. If you are staying in Blanding and have someone to meet you in Bluff after the race, you can avoid the early morning bus ride all together! If you are planning to travel to the race alone, you might consider staying in Bluff since there will be **no post race shuttles** back to Blanding at the end of the race. Of course, runners staying outside of Bluff are welcome to travel to Bluff on race morning to drop off a car at the finish and then catch the bus to the start.

BUS / SHUTTLE RIDE – Half-Marathon

Busses will transport half-marathon runners from the finish line at Bluff Elementary School (Corner 6th Street and Black Locust Lane, Bluff, UT) starting at 5:30 a.m. on race day; the last bus will depart at 6:00 a.m. **THERE WILL BE NO PARKING AT THE STARTING LINE OF THE HALF-MARATHON** but runners can be dropped off. Please remember also, there will be **no post race shuttles** back to the starting line at the end of the race.

CANCELLATIONS:

Please let us know if you must cancel your registration. Although entry fees will not be refunded, I will defer your entry to the next year. If for whatever reason the race is cancelled in subsequent years, refunds for deferred entries will not be granted.

CLOTHING:

A plastic bag with your bib number will be provided for your warm up clothing. A well marked truck will be located at the starting line to transport your belongs to the finish area. The truck will leave after the start of the race so there is no hurry to stash the bags long before the starting gun sounds (an advantage to an open course). Clothing discarded at aid stations will be taken to the finish area for claiming. Please cast off clothing at aid stations only. All unclaimed clothing will be donated to a charitable organization.

COURSE - Marathon

The bulk of the marathon is run on the paved shoulder of Highway 191 between Blanding and Bluff, Utah. Local runners have long enjoyed this route for it's distant bluffs and beautiful desert landscape. ***Please keep in mind that the course will be open to traffic as required by UDOT.*** Runners will have the first three miles of the course to "spread out" within the city of Blanding before reaching the 8 foot wide shoulder of the highway. Given the rural setting of the course, traffic will be light and well managed by local, county and state law enforcement. Electronic message boards and road signs will be used to alert motorists of the event with race officials stopping north bound traffic in Bluff and southbound traffic in Blanding to encourage every courtesy be given to runners (e.g. no honking, discourage passing when runners are present, proceed at cautious speed, etc.)

COURSE – Half-Marathon

The half-marathon course begins at the junction of highways 191 and 262 just south of White Mesa, Utah. Runners will travel ½ mile east on Highway 262 which will be closed to traffic. This will allow half-marathon runners room to spread out before arriving at the 8 foot wide shoulder of Highway 191. A second out-and-back is found at mile 3.5 where runners will again travel ½ mile east, this time on CR 247, a gravel county road. Upon rejoining Highway 191, the half-marathon course matches the marathon course all the way to finish line in Bluff. ***Please keep in mind that Highway 191 will be open to traffic as required by UDOT.*** Highway 191 will be well marked and patrolled by law enforcement to alert motorists of the race.

FREQUENTLY ASKED QUESTIONS:

Q. What is the weather like that time of year?

A. The average high in May is in the low 70's; average low is in the low 40's. Precipitation this time of year is typically minimal. We anticipate excellent racing conditions.

Q. Can my kids run with me across the finish line?

A. Absolutely!

Q. Can someone pick-up my race packet for me?

A. Yes. Just e-mail me at rheck@sanjuancc.org to let me know who will be picking up your bib.

Q. Will there be photographers on the course?

A. No. We will not have professional photographers on the course. We've tried having pictures in the past and we just aren't big enough yet to make it worth the photographers time / expense.

HOTEL ACCOMMODATIONS:

Blanding, Bluff and Monticello, Utah combine to provide over 400 hotel rooms. See a complete listing of accommodations, including RV parking and camping sites, at www.utahscanyoncountry.com/en/menu/2/category/1/

PACKET PICK-UP:

Packet pick-up and registration will be held Friday, May 20, 2016 from 4:00 p.m. until 9:00 p.m. at the Utah State University / CEU Arts and Events Center at 200 South 700 West, Blanding, Utah. Runners can also pick up their packets at the start of the race on race day. Runners who are traveling to the area and must arrive late Friday night can also arrange for late packet pick-up by calling Ryan at 435-979-0534.

Please have your picture I.D. ready to show when picking up your number.

Runner bibs must:

- be pinned to the front of the runner, preferably on the singlet;
- be displayed to board the bus in Bluff

PARKING:

Marathon- Starting area in Blanding, Utah (see map): No parking will be allowed on 100 West between 200 and 500 North on race day. Ample parking can be found in the high school parking lot near the starting line and in the parking lot and field just east of the starting area. Parking is also allowed in residential areas.

Half-marathon – Starting area at the junction of Highways 191 & 262 (see map): – No parking is available at the starting line of half-marathon although there is room for runners to be safely dropped off by family or friends.

At Finish Area of both races in Bluff, Utah (see map): No parking will be allowed on 7th East or Black Locust Lane up to the finish line. Parking in residential areas is allowed as well as in the Twin Rocks Restaurant and Trading Post parking lots off 7th East. We ask motorists to please be courteous by not blocking driveways or parking illegally.

PASTA DINNER:

A pasta dinner will be available Friday, May 20th from 5:00 - 8:30 p.m. at the USU-CEU Arts and Events Center, 200 South 700 West, Blanding, Utah (same location as packet pick-up.) The cost is \$10 per person. Pasta with marinara sauce, salad, bread, desert and drink will be included. Pay at the door. Although you are not required to RSVP, **we ask that you e-mail us at rheck@sanjuancc.org if you plan to attend so that we can get an idea of how many to plan for.**

RULES OF COMPETITION:

The Huff to Bluff Marathon is organized and conducted under USA Track & Field rules and regulations.

1. The Huff to Bluff 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.
2. Absolutely no personal support vehicles, baby strollers, bicycles, roller blades / skates, etc., will be allowed on the course.
3. Non-registered participant pacing is prohibited.
4. Runners must remain on the shoulder of Highway 191 at all times with no more than two runners side by side.

SEEDING:

There will be no formal seeding or official pace groups for the race given our limited number. However, runners should place themselves relative to projected finish times. Remember that the average marathoner completes the race in approximately 4 hours, 30 minutes. Faster runners should start closer to the front at the start; slower runners should begin in the back half of the starting group.

SPECTATORS:

Three areas are designated for spectators to view the race. These are: The first 2.5 miles of the course with Blanding City limits; at the bottom of White Mesa hill just short of mile marker 15, and the last .3 miles of the course in Bluff (see maps). We realize that spectators will likely be very tempted to stop along the course to cheer on their runners or deliver fuel and fluids. We ask there be no stopping, standing or prominent slowing along Highway 191 as this could easily lead to accidents. Law enforcement will be patrolling the course throughout the race to enforce traffic laws and safety.

START TIME:

Marathon: 6:00 a.m.

Half-marathon: 7:00 a.m.

TIMING:

All runners will be provided a chip or bib that will track their time for the race.