

2016 Beach Bum Run 5K/10K



BEACH BUM RUN

Gardner Village
Theme Race

5K

*Followed by
Beach Party*

August 13, 2016

Runners Guide

August 13, 2016

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Dear Beach Bum Runners,

The Inaugural Beach Bum Run will take place at Gardner Village in conjunction with the Gardner Village Beach Party. This race is going to be fun. We have medals with leis on them for lanyards. This race will also have fun music and beach themed technical shirts to run in. Following the race Gardner Village kicks off its Beach Party with Luau Dancers and Island food. We hope you have fun being a part of this race.

In 2016 we have some great prizes from Golds Gym like IFLY, Flowrider, and IROCK gift certificates. Remember to eat a few FAT BOY Ice Creams as you finish as well.

Volunteering is a method to get races for free. On Hill Events does an incredible volunteer program with a \$35 credit per race for those willing to help out. This credit can be used for any future race up to 13 months from the date you volunteered. This way if someone volunteers on one of our races they can race it the following year. If you have someone that wants to volunteer for you, you can get this credit transferred to you, so do not waste those that cheer you on. We can take some extra volunteers and they can register here:
<https://www.raceentry.com/races/beach-bum-run/2016/volunteers/register>

This is a summer race and starts at 5:00PM in the evening. Though it will be evening the sun will still be warm so stay hydrated on the course.

This is going to be a fun year for the race and we hope your training is going well and that you have an awesome time.

Thanks for Racing,

Joe Coles – Race Director On Hill Events

Sponsors

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Layton - Roy
Ogden - Syracuse



Race Agenda

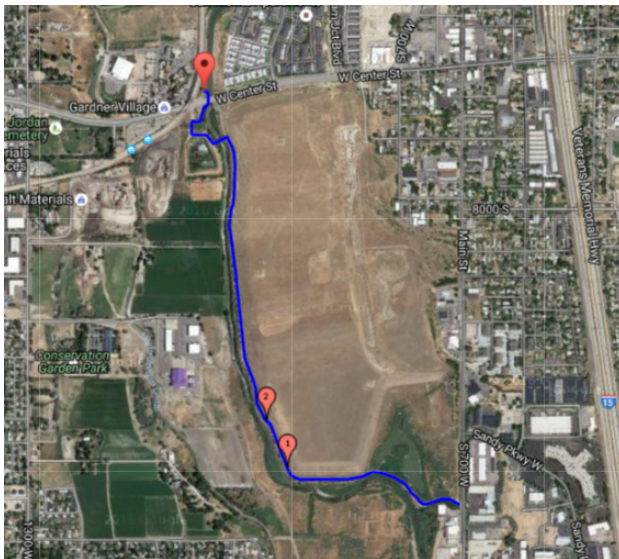
Saturday August 13, 2016

- **2:30PM to 4:30PM – Last Chance Packet Pickup at Water Tower at Gardner Village 1100 West 7800 South West Jordan, Utah**
- **4:30PM – Race Fun**
- **5:00PM – 5K/10K Race Starts at Trail Head**
- **6:00PM – Awards Ceremony at Water Tower**
- **6:00PM – Moonlight Madness Beach Party at Gardner Village**

Parking

We strongly recommend parking in the North Parking lot and entering into Gardner Village via the West Entrance.

Course Maps



5K Course – Starts and finishes at the Gardner Village. The 5K goes out 1.55 Miles and turns around for an out and back course totaling 3.1 miles. The 5K turns around at the first aid station going out. The 10K is the same course but repeated.

Here is an interactive map of the course for the :

<http://www.gmap-pedometer.com/?r=6929062>

Remember Frightmares Half Marathon in Lagoon on October 15, 2016 for an incredible race with a dress up Halloween Theme:



2016 On Hill Events:

- Eggs Legs 5K (Easter) – March 26
- Legacy Duathlon – April 9
- 50 CENT 50 Mile (4 Per Relay/Bike/Half Mar) – May 7
- Mt Green Half Marathon/10K/5K - May 28
- Drop13 Half Marathon/5K – June 11
- Provo Midnight Run – Nighttime Glow Stick Half Marathon/10K/5K – June 24
- Logan Triathlon – Spr/Oly – July 9
- Legacy Midnight Run – Nighttime Glow Stick Half Marathon/10K/5K – July 15
- Layton Triathlon – Spr/Mini/Kids - July 30
- USAT Tiger Trout Triathlon – Aug. 13
- East Canyon Marathon – 26.2/13.1/10K/5K – Aug. 27
- USAT Bear Lake Brawl Tri – Spr/Oly - Sept. 10
- USAT Bear Lake Brawl Tri – 70.3/140.6 - Sept. 19
- Layton Marathon/Half/10K/5K – Oct. 10
- USAT Powell3 Tri Challenge – Spr/Oly - Oct. 24
- Frightmares Lagoon Half Marathon – 13.1/10K/5K -TBA
- Utah Santa Run Series – Dress as Santa
- SLC Santa Run 5K – Nov. 19
- Ogden Santa Run 5K – Nov. 26
- Provo Santa Run 5K – Dec. 3

www.OnHillEvents.com