

2018 Green Eggs and Ham Run 5K



**Green Eggs
and Ham Run
5K**

Theme
Race

8/18/18

**Breakfast
Included**

Runner's Guide

August 18, 2018

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Dear Green Eggs and Ham Runner,

Saturday August 18 is the day for the Green Eggs and Ham. We are excited to have Utah Pork Producers and Utah Dairy Council and others making breakfast for all participants.

We have colors of stove top hats for this race. It will be first come first serve for color of the hat. Green, Orange, Blue, Yellow, Black, Purple. Sorry no Red(Sold Out). We ask all racers to wear these hats unless you are wearing something else fun. During the race you may see the Cat in the Hat and Thing 1 and Thing 2.

We encourage all racers to ham it up. Literally Ham it up. Dress as silly as possible if you can and eat some Ham while doing it. We will have a costume contest for this race.

Spectators – We encourage spectators for the race. Spectators can view the race from the inside of the looped course. If you know your spectator would like to volunteer we can use around 5 to 10 more to help support the race. They will earn a \$50 race credit towards a future On Hill Events race in the next 13 months that can be used by anyone including yourself.

Timing is done via timing chips and tablets. These chips are attached to the back of your bib numbers so do not remove them or fold them. Wear your bibs on the front. As you finish the race please proceed to away from the finish line for at least 10 seconds. Timing Systems mark your last read as you finish until you leave the timing zone for 10 seconds. Runners who finish then stay in the zone will be disappointed in the time because it will not register until they are clear. If you want to cheer on a finisher behind you please finish walk ahead into the food area and then come back. This should give you chip the read it needs to register without the continuous reading. We ask that you wear your bibs on the front of your chest during the entire race. 99% of timing errors occurs when a racer damages their bib or folds their timing chip. Age group awards are given to this race. Top 3 per every 5 years. We do not mail medals after a race so please stay for the awards if there is a remote chance you won a medal. This includes 4th place in your age group because the top 3 overall are pulled from age groups.

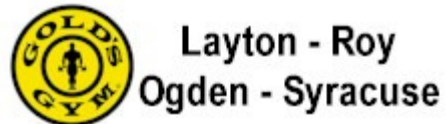
This race will have some fun at the finish with a few characters. We only recommend eating these things after you finish.

Good luck during the race!

Sponsors



Providing
Breakfast



Layton - Roy
Ogden - Syracuse



Helping Provide
Breakfast

Race Agenda

No early packet pickup in 2018

Saturday August 18, 2018 Start/Finish Location (Veterans Memorial Park 1985 W 7800 S, West Jordan, UT 8408 Pavillion on East Side.)

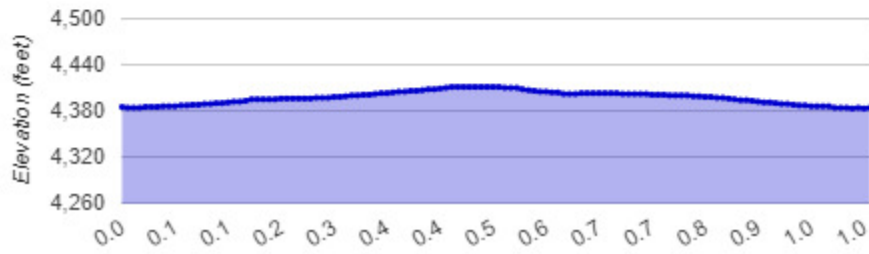
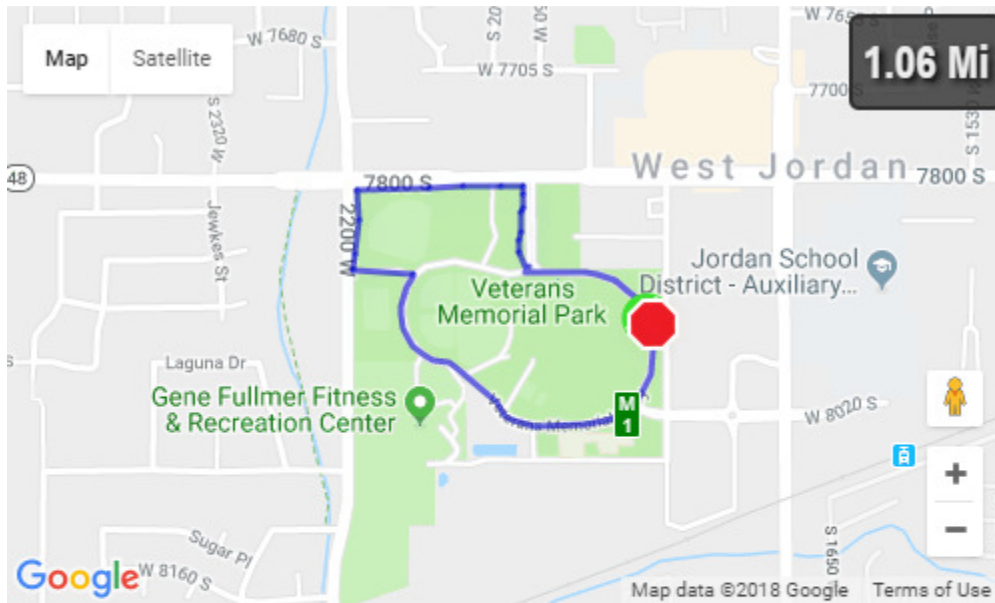
- **7:30AM to 8:30AM – Race Day Packet Pickup – Remember Packet Pickup is over at 8:30AM. If you show up at 8:45AM you may miss your packet and the race. Be no later than 8:00AM to get your packet!!!**
- **9:00AM – 5K Race Starts at East Pavilion**
- **9:15AM – 1 Mile Starts at East Pavilion**
- **10:00AM – Breakfast starts**
- **10:30AM – Sweep Course**
- **11:00AM – Breakfast is over!**

Aid Stations

5K – Mile 1

Powerade Water. The 5K will be a repeating course with 3 laps. You can get this aid each lap.

Course Map



Runners start at East Pavilion near the stop sign in the image above. They will do 3 laps for the 5K or 1 lap for the 1 Mile course.

Check out www.OnHillEvents.com for our 2018 Schedule of races.

On Hill Events 2018 Calendar

Sun Marathon, 13.1, 10K, 5K - 2/3/2018
Candy Heart Run 5K - 2/10/2018
Lucky 13 Half Marathon, 10K 5K - 3/17/2018
Eggs Legs 5K - 3/31/2018
Legacy Duathlon Spr/Oly - 4/14/2018
Fantasy Run 5K/10K - 5/5/2018
West Jordan Half Marathon - 5/5/2018
Drop13 Half Marathon 5K - 6/9/2018
Provo Midnight Run 13.1, 10K, 5K – 7/29/2018
Logan Triathlon Spr/Oly - 7/7/2018
Legacy Midnight Run 13.1, 10K, 5K - 7/27/2018
Green Eggs and Ham 5K - 8/18/2018
East Canyon Marathon 13.1, 10K, 5K - 9/1/2018
Bear Lake Brawl Triathlon Spr/Oly/Half/Full - 9/15/2018
Witch Run 5K - 9/29/2018
Antelope Island Marathon 13.1, 10K, 5K - 10/13/2018
Blood Run 5K - 10/13/2018
Southern Utah Triathlon Spr/Oly - 10/27/2018
Ogden Santa Run 5K - 11/24/2018
Gardner Village Santa Run 5K - 12/1/2018
Provo Santa Run 5K - 12/2018

Check out www.OnHillEvents.com for more details

Powell3 Triathlon Challenge is now the Southern Utah Triathlon in St. George/Hurricane Utah. New course and new name!

www.southernutahtriathlon.com

Check out March 2, 2019 for our newest addition the SOCAL Marathon in Anaheim, California. A great time of the year for a Warm Race!!!

www.socalmarathon.com