



**HEALTH**  
UNIVERSITY OF UTAH

# SALT LAKE CITY MARATHON

PRESENTED BY  
**BANK OF AMERICA**

## 2022 Athlete Guide

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**SCHEDULE OF EVENTS**

**FRIDAY, APRIL 22**

- 11:00am | Quality of Life Expo Opens (Bib, Shirt and Packet Pick-up)
- 06:59pm | Last Chance to Withdraw and Defer until 2023
- 07:00pm | Quality of Life Expo Closes

**SATURDAY, APRIL 23**

- 04:07am | Early UTA/TRAX service begins  
 All athletes can display their bib for free transport to the start line.
- 06:00am | Bike Tour Start (**Olympic Legacy Bridge**)
- 06:20am | Wheelchair and Hand Cycle Start (**Olympic Legacy Bridge**)
- 06:50am | Full & Half Marathon Pre-Start Ceremony (**Olympic Legacy Bridge**)
- 06:55am | 5K Pre-Start Ceremony (**451 S 200 E**)
- 07:00am | Marathon and Half Marathon Start (**Olympic Legacy Bridge**)
- 07:05am | 10K Skate Start (**451 S 200 E**)
- 07:10am | 10K Run Start (**451 S 200 E**)
- 07:15am | 5K Run Start (**451 S 200 E**)
- 08:00am | 5K Awards Ceremony (**Library Square**)
- 08:00am | Kids Activities Begin (**Library Square**)
- 09:00am | 10K Skate Awards Ceremony (**Library Square**)
- 09:00am | 10K Run Awards Ceremony (**Library Square**)
- 09:00am | Half Marathon Awards Ceremony (**Library Square**)
- 10:00am | Beer Garden Opens (**Library Square**)
- 10:30am | Marathon Awards Ceremony (**Library Square**)
- 10:45am | Kid’s K Starts (**Library Square**)
- 01:30pm | FINISH LINE CLOSED

## QUALITY OF LIFE EXPO

### Packet Pick-Up

Registered athletes can pick up their official race bibs, shirts, clear gear-check bag and and goodies for the Full Marathon, Half Marathon, 10K Run, 10K Skate, 5K Run, Bike Tour and Kids K at the Expo on April 22, 2022 from 11 AM - 7 PM. ***This will be the only place where you can pick up your registration packet.***

Salt Palace Convention Center, Hall 1  
100 S W Temple, Salt Lake City, UT 84101

Here are a few things to check after you've received your race packet:

1. On the bottom of the bib, ***please complete the label with your name, age and gender.*** You will attach this to your clear gear check bag if using gear check (MUST use provided clear bag, no others will be accepted).
2. If you changed your registration choice since you originally registered, please make sure you are provided the bib that reflects your new race choice.
3. Our volunteers are amazing, but sometimes mistakes are made. Please ensure that the shirt size provided to you matches the size you registered for. ***All athletes must get the size requested when you registered.*** Exchanges can be done after the event at the Finish Line.



**Please note: you will not be able to change to a different shirt size during the expo. You will have the option to swap to a different size after the race, depending on availability.**

## Bring Your I.D.

Remember to bring ***a valid picture I.D. and an electronic or printed copy of your registration confirmation***. Runners will receive a race packet that includes a bib with your race number, an attached timing chip, a shirt for your specific event, and a clear gear-check bag. **If you are picking up for another person, you will need to show a copy of the athlete's photo ID (screenshot on a mobile device is fine) as well as a copy of their registration confirmation.**

## Race Changes

Need to switch events? You can login to your [RunSignUp](#) account, go to your profile, find your registration in "Upcoming Events," select "Manage Registration," then click "Transfer Event." Next, complete the requested information to make the transfer. You can make changes on your own online up until noon on Thursday, April 21 (assuming the event you are switching to is not sold out). If you are certain you'd like to switch, we'd encourage you to do so at your earliest convenience as we anticipate some events selling out. Fees will apply for switching UP (ie: going from 10k to Half Marathon). There is no fee to switch DOWN (ie: going from Half Marathon to 10k) and there is no refund of the difference in price. If you would like to change races at the Expo, please pick up your assigned packet and then proceed to the Information / Solutions Desk.

## Race Deferment

Things come up, and you may not be able to participate. To defer your event to 2023, login to your [RunSignUp](#) account (created when you registered) and select "Manage Registration" then select the "Defer Registration" link (under profile picture in upper right-hand corner). You can only defer from one year to the next. You must complete your deferral by 7pm on Friday, April 22, 2022. There are no refunds. If you deferred your entry from 2021, you are unable to defer an additional year as deferrals are only good for one year.

### **Parking at Salt Palace Convention Center**

There are two underground parking garages connected to the Salt Palace Convention Center. The first is located at [185 West 200 South](#) the second one is located at [50 South 300 West](#). Bicycle racks can also be found in various places around the Salt Palace if you choose to ride your bike.

### **Parking Meters and Surrounding Parking Lots**

There are other paid parking lots as well as limited, metered street parking nearby. You can check out [parkopedia.com](#) for parking options and [ParkingSLC.com](#) for meter information.

### **FrontRunner and Trax**

Don't want to drive downtown? You can take FrontRunner from many stations both north and south of downtown. Ride the train to "Salt Lake Central Station" then transfer to Trax. Take Trax to the "Temple Square" stop, which is right in front of Abravanel Hall. The convention center is just a half a block south of that stop. Then to get back to FrontRunner, get on a blue line Trax, and make sure its destination is Central Station, not Sandy.

Your participant bib includes free rides on FrontRunner and TRAX transportation the entire race day, April 23, 2022. There are TRAX stations within a few hundred feet of both the Start and Finish lines. Take this opportunity to avoid the hassle of parking and be green!

**Expo Exhibitors**

<ul style="list-style-type: none"> <li>• Bank of America</li> </ul>	<ul style="list-style-type: none"> <li>• Medsense Massagers</li> </ul>
<ul style="list-style-type: none"> <li>• BBH Retail / C RELIEF</li> </ul>	<ul style="list-style-type: none"> <li>• Natural Grocers</li> </ul>
<ul style="list-style-type: none"> <li>• Bondi Band</li> </ul>	<ul style="list-style-type: none"> <li>• RMD Global</li> </ul>
<ul style="list-style-type: none"> <li>• Exo Sports</li> </ul>	<ul style="list-style-type: none"> <li>• Runners Feat</li> </ul>
<ul style="list-style-type: none"> <li>• FIKA Infusion + Wellness</li> </ul>	<ul style="list-style-type: none"> <li>• Salt Lake Running Company</li> </ul>
<ul style="list-style-type: none"> <li>• Handcrafted Coasters</li> </ul>	<ul style="list-style-type: none"> <li>• Salt Lake Running Series</li> </ul>
<ul style="list-style-type: none"> <li>• Henkel</li> </ul>	<ul style="list-style-type: none"> <li>• St. George Marathon</li> </ul>
<ul style="list-style-type: none"> <li>• Highland Ridge Hospital</li> </ul>	<ul style="list-style-type: none"> <li>• State Farm Insurance</li> </ul>
<ul style="list-style-type: none"> <li>• Honeybucket</li> </ul>	<ul style="list-style-type: none"> <li>• The Psyching Team</li> </ul>
<ul style="list-style-type: none"> <li>• Huntsman Heroes</li> </ul>	<ul style="list-style-type: none"> <li>• University of Utah Health</li> </ul>
<ul style="list-style-type: none"> <li>• Kodiak</li> </ul>	<ul style="list-style-type: none"> <li>• Utah Transit Authority</li> </ul>
<ul style="list-style-type: none"> <li>• LeafFilter</li> </ul>	<ul style="list-style-type: none"> <li>• Utah Valley Marathon</li> </ul>

## RACE DAY

**Start Line | Full Marathon, Half Marathon, Bike Tour | [40 S Wasatch Drive](#)**

- Bike Tour Start Time: 6:00am
- Wheelchair & Hand Cycle Marathon Start Time: 6:20am
- Full and Half Marathon Start Time: 7:00am

**Start Line | 10K Run, 10K Skate | [451 S 200 E](#)**

- 10K Skate Start: 7:05am
- 10K Run Start: 7:10am

**Start Line | 5K Run | [451 S 200 E](#)**

- 5K Run Start: 7:15am

**Finish Line | Full Marathon, Half Marathon, 10K Run, 5K Run**

All runners will finish at the main finish line structure located at [451 S 200 E](#)

### **Gear Check**

Gear should be dropped-off prior to entering the start corral at the Gear Check tent located southwest of the Start Line for the Bike Tour, Full Marathon and Half Marathon. For the 10K Skate, 10K Run, and 5K Run, go to the Gear Check tent on the east side of Library Square. Please arrive early to check bag. Gear Check will close 5 minutes before the race starts.

**Gear Check Bag to Use**

At packet pickup, you will receive a clear plastic bag. Make sure to use THE CLEAR PLASTIC BAG PROVIDED TO YOU AT PACKET PICK-UP for gear check items. Simply attach the Gear Check label from your race bib to the bag for identification. You must have a race bib to use Gear Check. For security reasons, we are unable to accept items/bags that are not in the clear plastic bags provided to you at packet pick up.

**Corral Assignments | Full, Half and Bike Tour Only**

All participants in the Full Marathon, Half Marathon, and Bike Tour events are required to self-cede to corrals based on your projected finish times you provided during registration. Following is a breakdown of how corrals are assigned:

Corral	Half	Full	Bike
A	1:29 or faster	2:59 or faster	1:18 or faster
B	1:30 to 1:49	3:00 to 3:49	1:19 to 1:32
C	1:50 to 1:59	3:50 to 3:59	1:33 to 1:49
D	2:00	4:00	1:50+
E	2:01 to 2:19	4:01 to 4:29	
F	2:20 to 2:49	4:30 to 4:44	
G	2:50 to 4:29	4:45 to 5:29	
H	4:30+	5:30+	

\*No corral assignments for 5K, 10K Skate, or Kids

### Getting to the Start Line

Your race bib is valid as UTA fare on [TRAX](#), FrontRunner and regular UTA buses for the full day on Saturday, April 23, 2022. TRAX and UTA, our invaluable partners in providing exceptional service to our race participants, will add extra train cars on race day increase capacity. Trains will begin running every 5 to 10 minutes starting at 4:07am. Check the [UTA Marathon Race Day Schedule](#) for exact times and please plan for extra time in the case of delays.

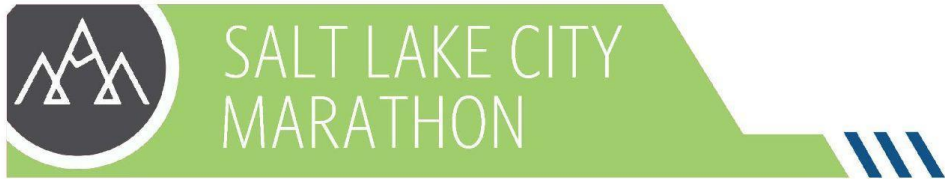
Free parking is available at all TRAX stations south of Ballpark Station (including Ballpark Station). You can also park in one of the 9,000+ paid parking places that are closer to downtown (\$3-10 for the morning on average) and travel up to the University of Utah to start via the RED or BLUE line on TRAX. Note: All parking at the SLC Library Building on 400 South is paid. The two hour free parking advertised at the lot is for library patrons only.



to

The start line for the Full Marathon, Half Marathon, and Bike Tour is approximately 800 feet from the [U. Medical Center TRAX station](#).

TRAX Schedule on Race Day



Your Salt Lake City Marathon race bib/participant number is valid as your UTA Fare all day on Saturday, April 23, 2022

Special Early TRAX Trains to marathon start line:

DAYBREAK to UNIVERSITY																								
Daybreak Parkway	South Jordan Parkway	5600 West	4800 West	Jordan Valley	2700 West	West Jordan City Center	Historic Gardner	Bingham Junction	Fashion Place	Murray Central	Murray North	Meadowbrook	Millcreek	Central Pointe	Ballpark	900 South	Courthouse	Library	Trolley	900 East	Stadium	South Campus	Fort Douglas	Medical Center
4:07a	4:09	4:11	4:14	4:17	4:19	4:21	4:22	4:24	4:28	4:31	4:33	4:35	4:37	4:40	4:42	4:44	4:49	4:52	4:55	4:57	5:00	5:02	5:04	5:06
4:21	4:23	4:25	4:28	4:31	4:33	4:35	4:36	4:38	4:42	4:45	4:47	4:49	4:51	4:54	4:56	4:58	5:03	5:06	5:09	5:11	5:14	5:16	5:18	5:20
4:47	4:49	4:51	4:54	4:57	4:59	5:01	5:02	5:04	5:08	5:11	5:13	5:15	5:17	5:20	5:22	5:24	5:29	5:32	5:35	5:37	5:40	5:42	5:54	5:56
5:02	5:04	5:06	5:09	5:12	5:14	5:16	5:17	5:19	5:23	5:26	5:28	5:30	5:32	5:35	5:37	5:39	5:44	5:47	5:50	5:52	5:55	5:57	5:59	6:01
5:17	5:19	5:21	5:21	5:27	5:29	5:31	5:32	5:34	5:38	5:41	5:43	5:45	5:47	5:50	5:52	5:55	6:02	6:05	6:07	6:10	6:12	6:16	6:16	6:16
5:32	5:34	5:36	5:36	5:42	5:44	5:46	5:47	5:49	5:53	5:56	5:58	6:00	6:02	6:05	6:07	6:09	6:14	6:17	6:20	6:22	6:25	6:27	6:31	6:31

DRAPER to UNIVERSITY																							
Draper Town Center	Kimballs Lane	Crescent View	Sandy Civic Center	Sandy Expo	Historic Sandy	Midvale Center	Midvale Ft Union	Fashion Place	Murray Central	Murray North	Meadowbrook	Millcreek	Central Pointe	Ballpark	900 South	Courthouse	Library	Trolley	900 East	Stadium	South Campus	Fort Douglas	Medical Center
4:18a	4:20	4:21	4:24	4:25	4:27	4:30	4:32	4:34	4:37	4:39	4:41	4:43	4:46	4:48	4:50	4:55	4:58	5:01	5:03	5:06	5:08	5:10	5:12
4:40	4:42	4:43	4:46	4:47	4:49	4:52	4:54	4:56	4:59	5:01	5:03	5:05	5:08	5:10	5:12	5:17	5:20	5:23	5:25	5:28	5:30	5:32	5:34
4:59	5:01	5:02	5:05	5:06	5:08	5:11	5:13	5:15	5:18	5:20	5:22	5:24	5:27	5:29	5:31	5:36	5:39	5:42	5:44	5:47	5:49	5:51	5:53
5:14	5:16	5:17	5:20	5:21	5:23	5:26	5:28	5:30	5:33	5:35	5:37	5:39	5:42	5:44	5:46	5:51	5:54	5:57	5:59	6:02	6:04	6:06	6:08
5:30	5:32	5:33	5:36	5:37	5:39	5:42	5:44	5:46	5:49	5:51	5:53	5:55	5:58	6:00	6:02	6:07	6:10	6:13	6:15	6:18	6:20	6:22	6:24
5:50	5:52	5:53	5:56	5:57	5:59	6:02	6:04	6:06	6:09	6:11	6:13	6:15	6:18	6:20	6:22	6:27	6:30	6:33	6:35	6:38	6:40	6:42	6:44

Access marathon START LINE from Medical Center Station

Accessibility route to START LINE from Fort Douglas Station

*Thank You for Riding*



801-RIDE-UTA

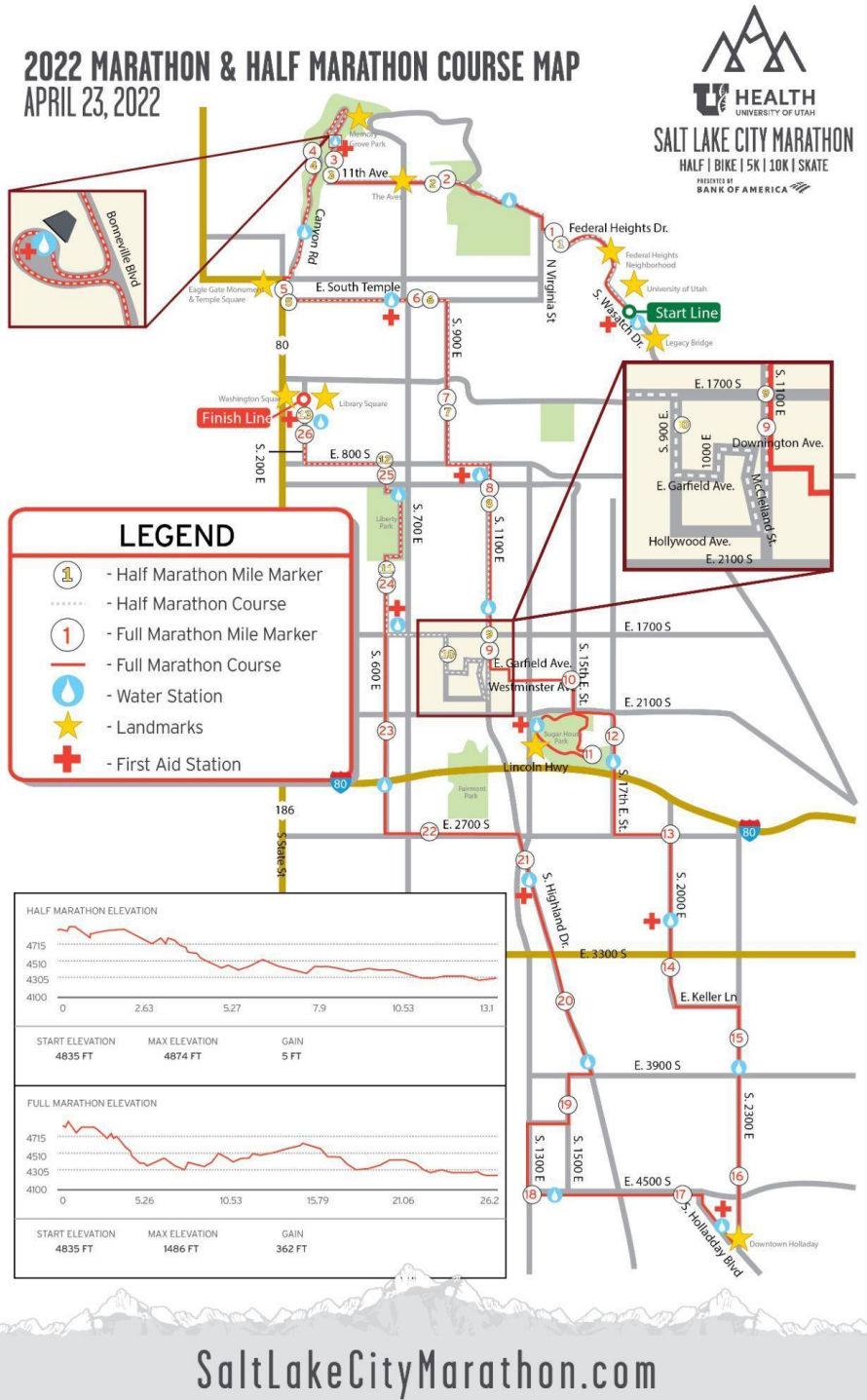
rideuta.com



UTA Rail Map



Full Marathon & Half Marathon Course Map



# 10K Run & Skate Course Map

2022 10K RUN / SKATE COURSE MAP  
APRIL 23, 2022



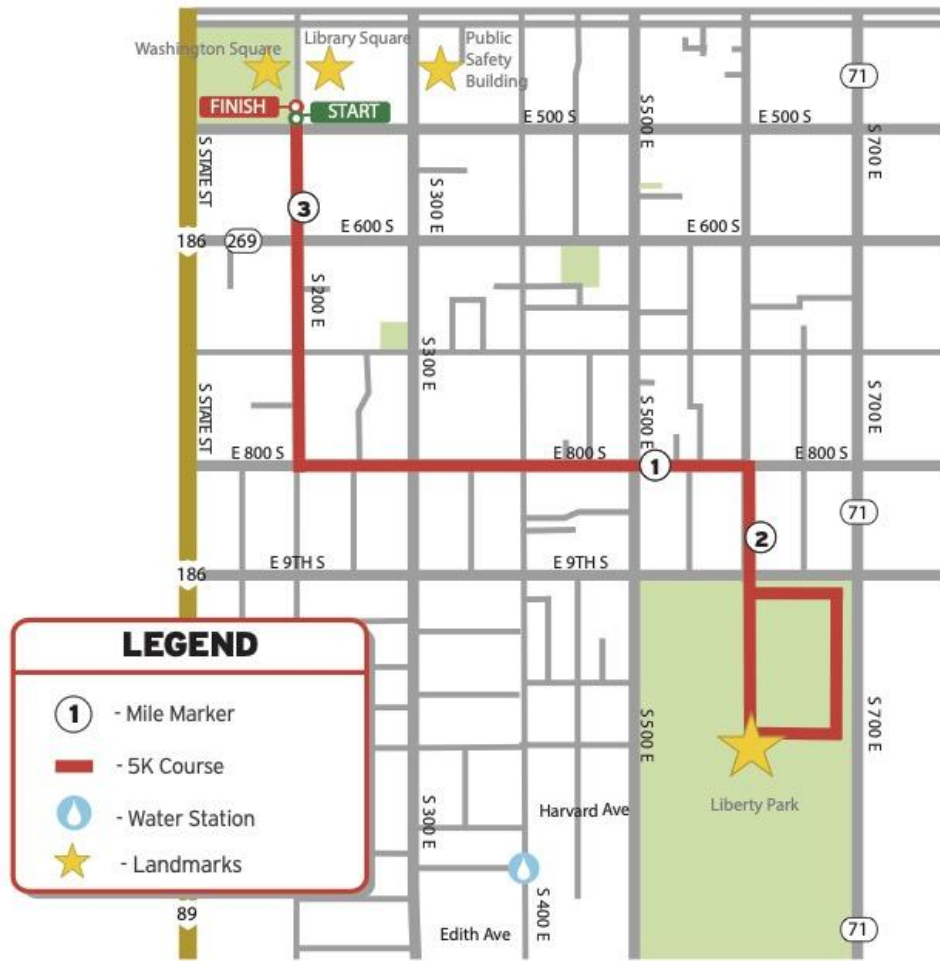
**LEGEND**

- ① - Mile Marker
- - 10K Run Course
- 💧 - Water Station



### 5K Run Course Map

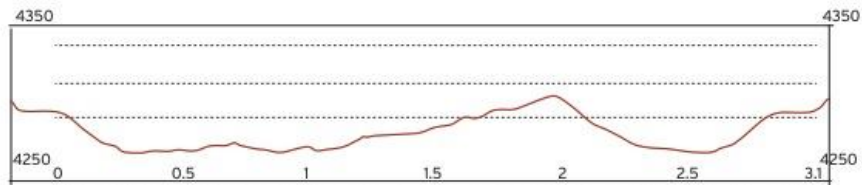
2022 5K COURSE MAP  
APRIL 23, 2022



**LEGEND**

- ① - Mile Marker
- - 5K Course
- 💧 - Water Station
- ★ - Landmarks

ELEVATION (ft)



SaltLakeCityMarathon.com



**Timing Splits**

Following are the milestones which generate notifications once you’ve passed the timing point:

Marathon	Half Marathon	10K Run, 10K Skate, 5K Run
<ul style="list-style-type: none"> <li>● Mile 5</li> <li>● Mile 13.1</li> <li>● Finish</li> </ul>	<ul style="list-style-type: none"> <li>● Mile 5</li> <li>● Mile 10</li> <li>● Finish</li> </ul>	<ul style="list-style-type: none"> <li>● Finish</li> </ul>

**Official Rules**

- The official bib that is assigned to you by the Salt Lake City Marathon for the 2022 series of events must be visible at all times on race day while on/in UTA or Trax facilities; entering, and in, post-race areas; in the start area corrals and start area; on the race course; and in the finish area. Anyone without a visible bib will be removed from the course. Your bib number may not be altered or copied in any way and may not be transferred to another participant. If you want to be identified in photos, your bib must be clearly visible to photographers.
- Runners going backwards, animals, bicycles, and roller skates are all prohibited in the Salt Lake City Marathon, Half Marathon, 10K Run and 5K Run.
- No wheeled vehicles are allowed other than wheelchairs and hand cycles participating in the race.
- Walkers will be allowed in the marathon as long as a 15 minute/mile pace can be upheld.
- Participants who cannot finish the marathon in 6 hours and 30 minutes will be asked to move to the sidewalks if they wish to complete the race.
- MP3 players are permitted during the race (except for Bike Tour participants). For the safety of all on the course, we ask that runners keep their music low or consider using just one headphone.
- Runners and 10K Skaters with strollers are allowed, but you must start in the back of the pack as a courtesy to runners without strollers.
- Our marathon course is wheelchair friendly, and we gladly welcome para-athletes to participate. **In accordance with USATF guidelines, wheelchair and hand cycle athletes must wear helmets.**
- Helmets are required for all 10K Skaters.

- Bike Tour
  - Helmets are required for participation in the Bike Tour for safety reasons. Riders not wearing helmets will be asked to leave the course and will not be allowed to participate in the tour.
  - Arrive at the ride on time and ready to ride. The start time means rolling out time, not arrival time.
  - Show up prepared with any spares, tools or other items that you will need.
  - There will be no late starts.
  - Radios, iPods and headphones are prohibited on the course.
  - No drafting.
  - Use caution on descending hills. Be sure to brake lightly and hold onto your handle bars securely.
  - Pass on the left side of a cyclist after verbally signaling, “on your left.”
  - Maintain an average speed of 15 mph in order to finish within the 1 hour and 45-minute time limit.
  - Riders will be expected to obey the laws of the road and use courtesy, caution and common sense.
  - Bike Tour course marshals will enforce the minimum speed and will disqualify participants who cannot finish the course in the allotted time.
  - A maximum speed of 30 mph has been established by the Salt Lake City Police Department.
  - No electric bikes allowed.

**Athlete Safety**

All events will be fully supported with water stations, police officers from Salt Lake City PD, University of Utah PD, and Unified PD at intersections, course marshals to direct runners at turns, and a network of EMS resources and radio operators on the course and at the start and finish lines.

### Event Status System

An Event Status System will be displayed at each water station indicating the status of the race based on the current weather conditions. There will be a simple color-based warning system.

- **GREEN FLAG** Proceed as normal.
- **YELLOW FLAG** CAUTION - Slow down, use caution and drink plenty of water.
- **RED FLAG** EXTREME CAUTION - Slow down, use extreme caution and drink plenty of water due to dangerous weather conditions. Timing of the event has stopped, and no awards will be issued.
- **BLACK FLAG** STOP - Seek shelter immediately in the event of a weather emergency. The race has been canceled due to extreme conditions or course emergencies such as lightning, tornadoes, or human disasters. Instructions will be announced via bullhorn at water stations from the station captain.

### On-Course Refreshments

Aid stations will have water, Gatorade, portable restrooms, and dozens of enthusiastic volunteers. GU energy gel (caffeinated and non-caffeinated) is available at mile 7.5 on the combined Full and Half Marathon routes + miles 13.5 and 19.5 on the Full Marathon route.

### Dogs on the Course

ONLY certified Service dogs are allowed on all course routes. Family pets that do not have service designation and training should stay home and wait to celebrate after you're done! Dogs that have been 'certified' on the internet are strictly prohibited.

## POST-RACE

### Participant Medals

Each participant will receive a finisher medal.



### Overall and Age Group Awards

The top three overall women and top three overall men will be awarded for the Full Marathon, Half Marathon, 10K Run, 10K Skate and 5K Run.

Using the age group categories in the table below, the top three males and top three females will be awarded for the Full Marathon, Half Marathon, 10K Run, and 5K Run. **The 10K Skate Awards will go only to the first place male and female** in the same age groups below:

- 0 to 14
- 15 to 19
- 20 to 24
- 25 to 29
- 30 to 34
- 35 to 39
- 40 to 44
- 45 to 49
- 50 to 54
- 55 to 59
- 60 to 64
- 65 to 69
- 70 to 74
- 75 to 79
- 80+

### Awards Ceremony Schedule | [Library Square](#)

- 5K Run | 8:00am
- 10K Skate | 9:00am
- 10K Run | 9:00am
- Half Marathon | 9:00am
- Full Marathon | 10:30am

### Race Results

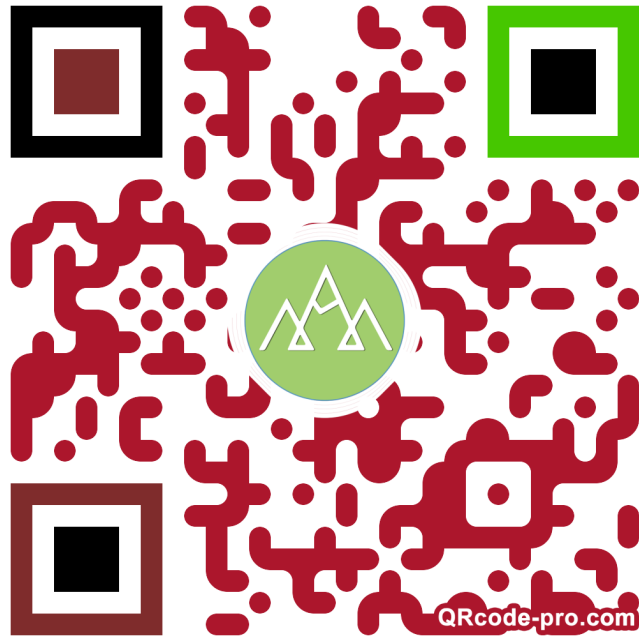
You can view your race time results [here](#). Each athlete will notice a QR code printed directly onto his or her official race bib. Simply scan your QR code with your smart phone and you will be taken directly to this year's results page. You can also scan the QR code to the right.

Please note: while you can generally see your time fairly immediately after crossing the finish line (within a few minutes), your age group rankings and award placements may change as data is compiled. Awards are not final until certified by the race timer.

### Race Photos Presented by University of Utah Health

High Altitude Race Timing will have several professional photographers on the course. Runners will be photographed multiple times throughout the race course as well as before and after the race. Smile when you see their photographers, and ***make sure your bib number is clearly centered and visible***. Be sure to visit the official [2022 Salt Lake City Marathon photos link](#).

We begin uploading photos soon after the race. Typically, there are between 20,000 and 25,000 images. Photos are tagged manually by actual human beings. Please allow up to a week following the race for photos to be available.

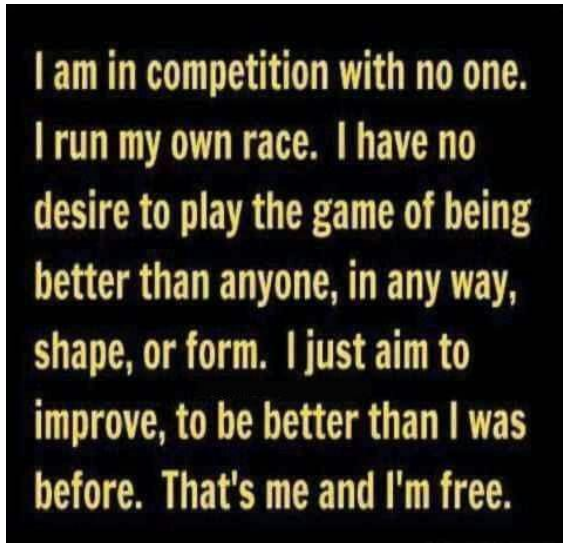


### Reclaiming Your Checked Bag

All items checked at each of the start lines can be reclaimed with your runner bib at the Gear Check tent on the east side of Library Square.

### Unclaimed Items

All unclaimed items at Gear Check will be transported to the [Salt Lake Running Company](#) at [2454 S 700 E, Salt Lake City](#) starting on Monday, April 25 for two weeks. Unclaimed items will then be donated to a local charity. Do not give your items to any volunteer except those at Gear Check. **Nothing left on the course will be available to reclaim.** High Altitude Special Events Management is not responsible for any lost or stolen items.



We sincerely wish the best of luck for each of you on race day. Enjoy our beautiful challenge.

Warmest Regards,  
Steve Bingham-Hawk, Race Director  
Salt Lake City Marathon

## OUR VALUED SPONSORS

### Our Title Sponsor



### Our Presenting Sponsor



### Official Sponsors



### Supporting Sponsors

