



# **FRIGID**

**& PENGUIN PLUNGE**

**5K**

## **RUNNER'S GUIDE**

Lindon Marina  
January 27, 2018



Welcome to the 9th annual Frigid 5K & Penguin Plunge happening at the Lindon Marina in Vineyard. Please take the time to thoroughly read the Runner's Guide.

If there is any needed clarifications or added questions please contact us at [info@runtasticevents.com](mailto:info@runtasticevents.com).

**❄️ PRERACE EXPO**

**Runner's Corner**  
835 S 700 E  
Orem, UT 84097



**WHEN:** Friday, January 26th, 1-7pm

*The Expo is the only place you can pick up your Bib Number/Timing Chip and other Packet Materials which are required for running the race. If you cannot make it, you can send someone to pick it up for you as long as they have a copy of your photo id.*

**❄️ SWAG**

What comes with your 5K registration ...

- Gender specific race shirt
- Drawstring Bag
- Sponsor SWAG

What comes with your Penguin Plunge registration ...

- Penguin Key Chain.
- Sponsor SWAG.



**❄️ BIB NUMBERS/TIMING CHIPS**

Timing for the Frigid 5K will be done by The Race Time Company. For further details visit them at [www.theracetime.com](http://www.theracetime.com).

The 5K is a chip timed event.

Your timing chip is located on the back of your bib number. Please do not remove the chip or bend your bib number. The chip is a UHF RFID tag. For the chip to be read accurately the bib should be attached to the front of the runner and be visible when crossing the starting and finish timing mats. Space Blankets dampen the signal so please do not cross the starting line wrapped in a space blanket.

The chip is disposable and does not need to be returned.

Bib Numbers are NON-Transferable. The unauthorized selling and/or giving away of a bib number is not allowed and will result in disqualification of both the original bib owner and the runner using the bib number. Both runners will be prohibited from participation in a Runtastic Event for a minimum of one year.

However, we understand unforeseen circumstances arise. If this is the case, please use the transfer/deferral process provided through our registration site to sell/transfer your bib.

## REGISTRATION

A friendly reminder that online registration closes on Friday, January 26th at 7pm. Do not panic, there is day of registration.

Day of registration is open between 7-8am on Saturday, January 21st at the Lindon Marina.

## TRANSFERS/DEFERALS

Due to extensive logistical planning and commitments made in the race production process we have a strict no refund policy. We do however have options to change categories, transfer to another Runtastic Race or defer your entry to next year's race.

The Transfer/Deferral Fee is: \$20 until January 26th (Not allowed after January 20th)

Use the following website to update your information, change race categories or defer to another Runtastic Event.

[www.raceentry.com/races/frigid-5k/2018/runner](http://www.raceentry.com/races/frigid-5k/2018/runner)

## PARKING

Parking at the Lindon Marina is included in the registration price.

Please follow all state parking laws including all state park directions. Please do not park in handicap parking spots unless permitted by law.

### **Lindon Marina**

4400 W Vineyard Rd, Vineyard, UT 84058



## RULES OF COMPETITION

Runtastic Events reserves the right to remove a runner from the course. If, in our judgement, it is possible that serious or fatal injury could result from continued participation.

See Road Closures and Time Limits.

Non-registered participant pacing is prohibited and may result in disqualification.

Bandits/non registered runners are prohibited and will be pulled off the course.

The following are not allowed:

- Personal Support Vehicles
- Rollerblades, bicycles, skateboards
- Pets
- Weapons and sharp objects.

**Strollers are allowed on course**, but we ask that all athletes pushing a stroller or assisted athlete to please start at the back of the group at the starting line.

## TIMING & RESULTS

The first 3 places, male or female, will be determined by gun time (regular timing). Gun Time is the time elapsed from the sound of the gun to the finish line.

Results will display the following:

- Gun Time
- Chip Time
- Average Pace
- Overall Place
- Overall Gender Place

Results will be available online at

<http://frigid5k.com/results/>

## AWARDS

*The top three finishers, male and female, of the Frigid 5K will receive the following:*

- Trophy
- Free Entry into 2018 Frigid 5K & Penguin Plunge

*Age group winners, male and female, of the Frigid 5K will receive the following:*

- Achievement certificate

*Participant, male and female, with the most plunges during the Penguin Plunge will receive the following:*

- Trophy
- Free Entry into 2018 Frigid 5K & Penguin Plunge

### **Awards Ceremony**

5K: 10:00am

Penguin Plunge: 11am

## START TIMES

Frigid 5K: 9am

Penguin Plunge: 10am

## ❄️ LEAVE NO TRACE

Be aware there are over 300+ humans habitating on this charming state park route. It is detrimental to our cause to not leave waste along the course.

We sincerely implore you not to litter on the course. Garbage cans are located at the aid station and start/finish line. If you have a GU packet or other trash, please hold onto it and dispose of it at one of the garbages.

Please do not throw clothing into trees or onto the side of the road. It's not an appealing decoration.

## ❄️ AID STATIONS

We have one aid station at Mile 1.5 of the race. Water and Powerade will be available at the aid station. Look for Powerade on the first table and water on the second table.

There will be water, Powerade and hot chocolate along with donuts and other goodies at the start/finish line.

## ❄️ TRAFFIC

Please stay to the right of the paved trail. Utah Lake State Park is allowing us to use the trail and it will remain open to other runners and citizens. So please be safe and courteous and stay in the right lane.

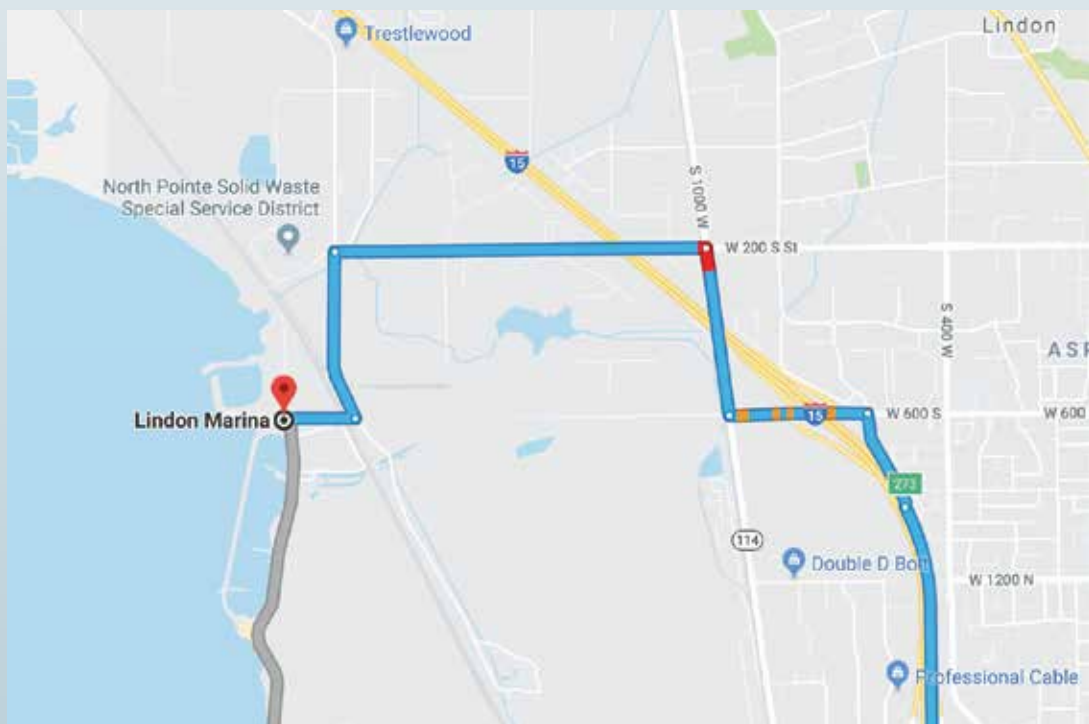
## ❄️ SPECTATORS

To watch your runners without interference but still close enough to feel their power join us at the start/finish line of the race.

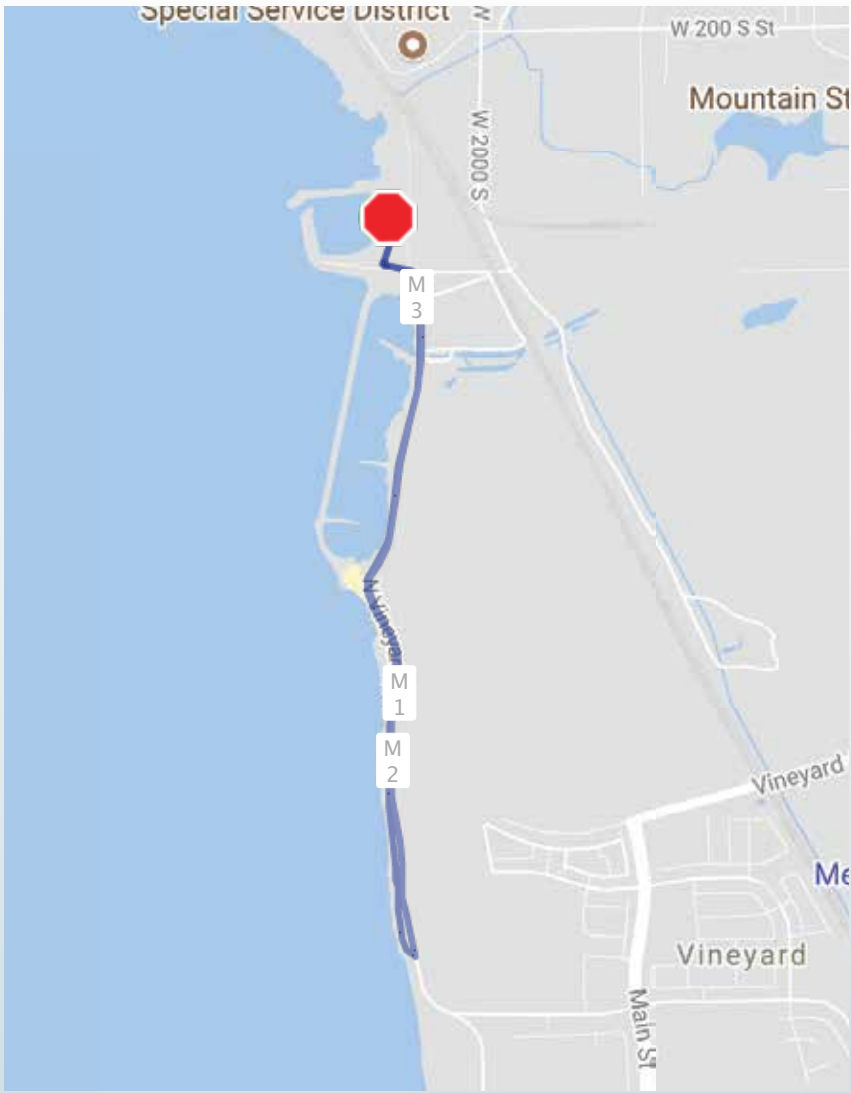
## ❄️ TRAVEL

The easiest way to get to Lindon Marina is to

- Take exit 273 on I-15
- Go West to Genva Road
- Turn Right onto Geneva
- Turn Left onto 200 South
- Turn Left onto 2000 West
- Turn Right onto Vineyard Road



FRIGID<sup>5K</sup> COURSE



FRIGID<sup>5K</sup>  
& PENGUIN PLUNGE