

2018 Blood Run 5K



Running Scared Guide

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Holy Poop Racers,



The Blood Run 5K is coming together nicely. We have some great zombies willing to chase you for this weekend. If you know of more willing to dress up and chase have them register on the volunteer page.

We are planning on getting all racers on the course in the first 60 minutes from the start. There will be a 15 to 45 second delay between start times to give each racer a good run without seeing a racer except on the way back. We feel if there are racers especially scared we may delay your start even more to give you even more of an alone feel to the race. (Just kidding or am I)

The weather for this race is set to be awesome. With a start temp of around 56 degrees with clear skies. If this is cool for you dress accordingly. Be aware that any clothes you wear most likely will be stained red by the end of the race so do not wear expensive jackets. What we recommend if you need a hoodie is to buy one from the thrift store and wear your Blood Run White shirt over it.

The starting line and finish will be in a heated arena for horses.

We tried to make it clear on the website that you will get blood on your shirt from the zombies chasing you. Zombies are instructed to touch only backs and shoulders leaving a cool design on your race shirt of bloody hands. If you want more blood put on you ask your friends or other racers. We ask that only authorized zombies use the blood unless expressly requested from a friend. We do not want this to turn into a blood bath at the end of the race. ;) We do not want it in eyes either.

The course will be fairly dark and it will be right about dusk. Some racers have asked to use headlamps. Though this will help you see and help you avoid hazards it is better for full effects to not use them if you dare. However if you must they are allowed. It will also make things scarier for other racers as things pop up. We will try to mark the pot holes with cones dipped in radioactive (glow stick slime) material to help you see the hazards as they glow.

Packet pickup will be available from 5-7PM on race day at the Scotsman Center. We start putting racers on the course right at 7PM so try to be prior to 6PM.

Good Luck this weekend! We hope you make it out alive. Actually no we don't!!!

Sponsors



Layton - Roy
Ogden - Syracuse



Aid Stations

5K – Mile 1.55 (Powerade and Water)

Race Agenda

Saturday October 13, 2018

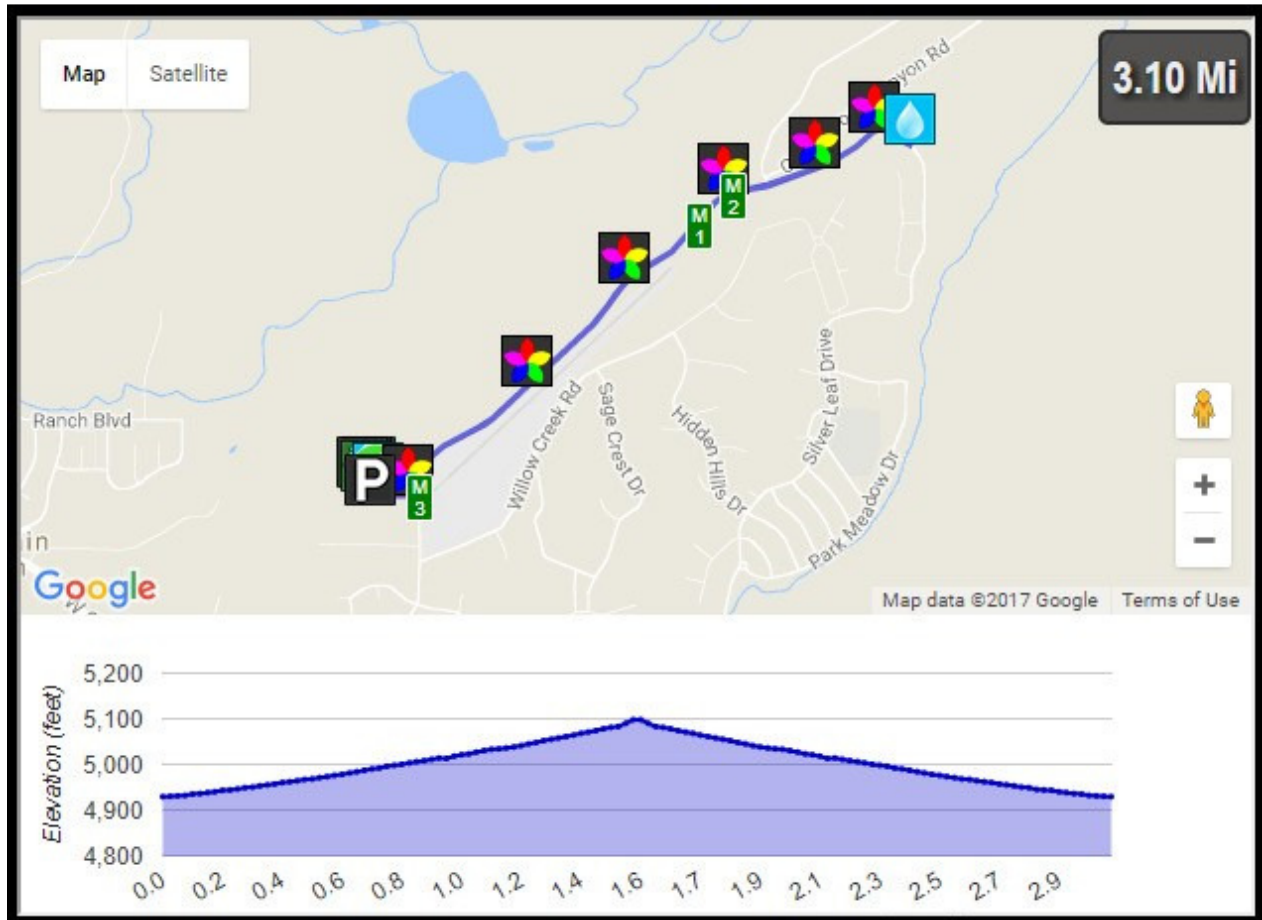
5:00PM to 7:00PM – Packet Pickup at the Scotsman Center – 5859 Cottonwood Canyon Road Mountain Green Utah (Try to be there no later than 6PM so we can start with some fun.

7:00PM – Race Starts. We will try to start it in order of the estimated fastest to slowest to help us make for less passing and more alone feel on the course.

8:00PM – Finish Party and Fun.

9:00PM (Estimated) –Silly Awards Ceremony. We will give plaques to top male and female racers however all the other awards will be for things like Bloodiest Racer, Most Scared, and more! No age group awards sorry. They will be posted online but we do not want to take away from this event with a formal award ceremony.

Course Map



Aid station on Mile 1.55 Water and Red Powerade.

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