

Come Run Where The Fun Is!



**SOUTHERN UTAH
RACE EVENT GUIDE**

2019

SGCITY.ORG/RACES

St. George Races would like to say

“THANK YOU!”

to our yearly sponsors.



**Altra Running Footwear • Brad Harr & Associates
Corner Clinic Urgent Care • Einstein Bros. Bagels
IHC Intermountain Acceleration**

ST. GEORGE AREA HOTELS

**For discounts, go to:
sgcity.org/hotels**

Best Western Abbey Inn

1129 S. Bluff St. • 435-652-1234

Best Western Coral Hills

125 E St. George Blvd. • 435-673-4844

Clarion Suites

1239 S. Main St. • 435-673-7000

Coral Springs Resort

98 N. 6680 W. • 435-879-5839

Courtyard by Marriott

185 S. 1470 E. • 435-986-0555

Desert Garden Inn

1450 Hilton Dr. • 435-688-7477

Hampton Inn

53 N. River Rd. • 435-652-1200

Holiday Inn Express & Suites

2450 N. Town Center Dr. • 435-986-1313

Holiday Inn St. George Convention Center

1808 S. Crosby Way • 435-669-6586

La Quinta Inn & Suites

91 E. 2680 S. • 435-674-2664

Ramada Inn

1440 E. St. George Blvd. • 435-628-2828

Red Rock Vacation Rentals

301 N. 200 E. #1A • 435-703-9944

St. George Inn & Suites

1221 S. Main St. • 435-673-6661

TownePlace Suites by Marriott

251 S. 1470 E. • 435-986-9955

Utah's Best Vacation Rentals

635 W. 5300 S. Suite 303

Murray, UT 84123

Toll Free: 800-410-2251

WWW.SGCITY.ORG/RACES • 435.627.4500

***Highlighted events represent SGR Events**

January	19	St. George Half Marathon, 5K and Kids Events
February	2	Bikestock (Family Fun Bike Ride and Move It! Kids Criterium Bike Race)
February	2	Washington City Half Marathon
February	2	Sun Marathon
February	9	Road Rage Duathlon
February	9	Dam2Dam Trail Run
March	2	Lake to Lake Team Relay/Ultra
March	2	Red Mountain 55K/30K/Dirty Hurty Half Marathon
March	9	Sand Hollow Marathon and Half
March	16	ShamROCK Your Socks Off 10K
March	30	DoNut Dash
April	6	SHAC Triathlon and Move It! Kids Triathlon
April	13	Southern Utah Half Marathon
April	20	Hog and Jog Family Fun Run 5K
April	27	Cotton Days 5K
May	3	Ironman 70.3 St. George Move It! Kids Fun Run
May	4	Ironman 70.3 St. George US Pro Championship
May	10/11	Utah Youth Track and Field District Championship
May	11	Kanab Mother's Day 10K
May	11	Hurricane Mud Run
June	1	Hurricane Triathlon
June	7	Moonlight Firehose Frenzy 5K
July	4	Uncle Sam 4K
July	13	Bryce Canyon Half Marathon and 5K
August	3	Parowan City Half Marathon – Yankee Meadow Run
August	24	Fish Lake Relay
September	6/7	Last One Standing Ultra Marathon
September	14	Hurricane Half Marathon
September	20	Top of Zion Full, Sleep and Marathon Relay
September	28	Santa Clara Swiss Days 5K
October	4	St. George Marathon Move It! Kids Race
October	4	St. George Marathon Move It! I Am Able Event
October	5	43rd Annual St. George Marathon
October	5	St. George Marathon Mayor's Walk
October	7	Huntsman World Senior Games 10K
October	10	Huntsman World Senior Games 5K and Half Marathon
October	12	Huntsman World Senior Games Triathlon
October	14/15/16	Huntsman World Senior Games Track and Field Meet
October	16	Huntsman World Senior Games 10K Trail Run
October	19	St. George Fit Games
October	25	Hurricane Neon Night Run
October	26	The Boo Dash 5K
October	26	Southern Utah Triathlon
October	28	Thunder Junction Spook-track-ula and St. George Races Zombie Walk
November	2	Snow Canyon Half Marathon, 5K and Kids Events
November	16	Seegmiller Farm Harvest Festival and Turkey Trot
November	25	Santa Dash
November	28	The Gobbler
December	7	Baker's Dozen Half Marathon
December	21	Run Run Reindeer



RACE LISTINGS & INFORMATION

JANUARY



ST. GEORGE ½ MARATHON, 5K & MOVE IT! KIDS RUN AND I AM ABLE

Date of Race: January 19, 2019

Time: 9:00 am- ½ Marathon/Race Walking; 9:15 AM 5K;
11:00 am Move It! Kids and I Am Able

Fee: \$60 ½ Marathon; \$30 5K; \$10 Move It! Kids Races

Location: Dixie Center, 1835 S. Convention Center Dr

Contact: St. George Races; 435.627.4500; races@sgcity.org

Website: www.sgcity.org/races

This is southern Utah's longest running half marathon attracting nearly 2000 runners yearly. This spectacular race is on paved city trails that wind along the Virgin River and take you through the beautiful landscape of St. George. Race entry fee includes a shirt, finisher medal for all ½ Marathon, 5K and Move It! Kids finishers, chip timing, and post-race refreshments. Registration details can be found on our website.

FEBRUARY

BIKESTOCK FAMILY FUN BIKE RIDE AND MOVE IT! KIDS CRITERIUM BIKE RACE

Date: February 2, 2019

Time: 8:30 am Family Fun Bike Ride;
10:00 am Move It Kids Criterium

Fee: Kids Criterium: \$10 pre-registration; \$20 day of registration

Family Fun Bike Ride: Free

Location: Red Cliffs Mall, 1770 Red Cliffs Drive, St. George

Contact: St. George Races; 435.627.4500; races@sgcity.org

Website: www.sgcity.org/races

The Family Fun Bike Ride will take families on the paved trail system and have the option to ride 2.8 or 5.5 miles. The Move It! Kids Criterium features races for kids ages 12 and under. Races will be run in heats and children will be grouped by age and bike type. All kids will receive a finisher award, shirt, and refreshments. Children must wear a helmet.



Washington City Half Marathon

Date: February 2, 2019 Time: Double Dare- 6:00 am;
9:00 am- Half Marathon; 9:15 am - 5K; 10:30 am - Kids Fun Run
Distance: Double Dare- 26.2 miles; Half Marathon; 5K/
Fees: Early Bird, Regular Registration and Late Registration
prices. Please see website for more details.

Location: 3400 S. Washington Fields Rd., Washington
Contact: Katy Hancock; 435.656.6322; khancock@washingtontcity.org
Website: www.washingtontcity.org/recreation/runwashington

Washington City Half Marathon has a race for everyone- the scenic Half Marathon, go light with the 5K, or take the ultimate challenge and do the Double Dog Dare. The kids can participate in the kids run. You don't want to miss 2019! The Half Marathon Start Line starts on Old Hwy 91 and 6300 W in Hurricane, will run down Old Hwy 91 and take a right onto Foothill Canyon Drive will descend down the hill through Coral Canyon across Telegraph to Landfill Road and onto our beautiful trail system from there, will come off trail at Sullivan Soccer Park onto Washington Fields Road, up Majestic around the neighborhood and finish at Staheli Family Farm. If you choose to do the double dare challenge, then you would run this course in reverse.

Sun Marathon

Date: February 2, 2019 Time: 6:00 am - Marathon;
8:30 am - Half Marathon; 10:00 am - 10K; 10:15 am - 5K
Distance: Marathon, Half Marathon, 10K, 5K Fees: See Website
Location: Gunlock Road - Veyo to Ivins
Contact: Joe Coles; 866.789.7223; info@onhillevents.com
Website: www.sunmarathon.com

Great downhill race from Veyo to Ivins on the Gunlock Road. This race is a perfect race to break up the winter blues and get out and run in the sun.



ROAD RAGE DUATHLON

Date: February 9, 2019 Time: 9:00 am Fee: \$40
Location: Bloomington Park, 650 W. Man O War Rd., St. George
Contact: St. George Races; 435.627.4500; races@sgcity.org
Website: www.sgcity.org/races

Put your running and biking skills to the test with this fun Duathlon! The course has found a new home in the Bloomington neighborhood of St. George. There will be Sprint and Olympic Distances. Registration details can be found on our website.

FEBRUARY CONTINUED >

Southern Utah Triathlon October 27, 2018



Held at Quail Creek Reservoir



www.southernutahtriathlon.com



Sun Marathon

Veyo to Ivins

on the Gunlock Road

www.sunmarathon.com

February 2, 2019



#1 resource for runners!



We Fuel Runners Passion!

Most comprehensive Race Calendar,
Running Club Hubs across the state,
Racing Teams, Blog Articles, and
motivation to keep you running.

www.utahrunning.com

Dam2Dam Trail Run

Date: February 9, 2019 Time: 9:00 am Distance: TBD

Fees: Until 2/1/19 - \$35; After 2/1/19 - \$45

Location: Hurricane, Utah

Contact: Elizabeth Dansie; 435.773.3774

Elizabeth@hurricanerecreation.com

Website: www.hurricanerecreation.com/races

The Dam2Dam Trail Run is the perfect winter trail race in pleasant Southern Utah with our clean, crisp air and perfect winter temps. This year's race will feature a brand new trail course that highlights the beautiful trails and scenery of the Hurricane Valley. Full details are being finalized, but be sure to save the date for this fun, challenging trail race. Finisher's medals and t-shirts included in registration.

MARCH



LAKE TO LAKE TEAM RELAY & ULTRA

Date: March 2, 2019 Time: 7:00 am

Fee: \$250/Team (up to 5 people); \$145/2-person team; \$75/Ultra (Solo Runner); \$250/Kids Team (up to 10 children)

Location: Gunlock Reservoir/Sand Hollow Reservoir

Contact: St. George Races; 435.627.4500; races@sgcity.org

Website: www.sgcity.org/races

A 50-mile team relay from Gunlock Reservoir to Sand Hollow Reservoir. Teams will consist of up to 5 people (Open Men, Open Women and Co-Ed) with each runner completing a minimum of two legs (roughly 5 miles each). Children Teams can have up to 10 children ages 16 and under and only have to run one leg each. Ultra teams consist of either 2 people or 1 solo runner. The course will take athletes through the dramatic landscapes of southern Utah, running along city trail systems and back roads. Registration details can be found on our website.

Red Mountain 55K/30K/Dirty Hurty Half Marathon

Date: March 2, 2019 Time: 6:30 am

Distance: 55K / 30K / Half Marathon

Location: Unity Park; 400 W. 400 S., Ivins

Contact: 435.628.7766

Website: www.redmountain50k.com or ivins.com

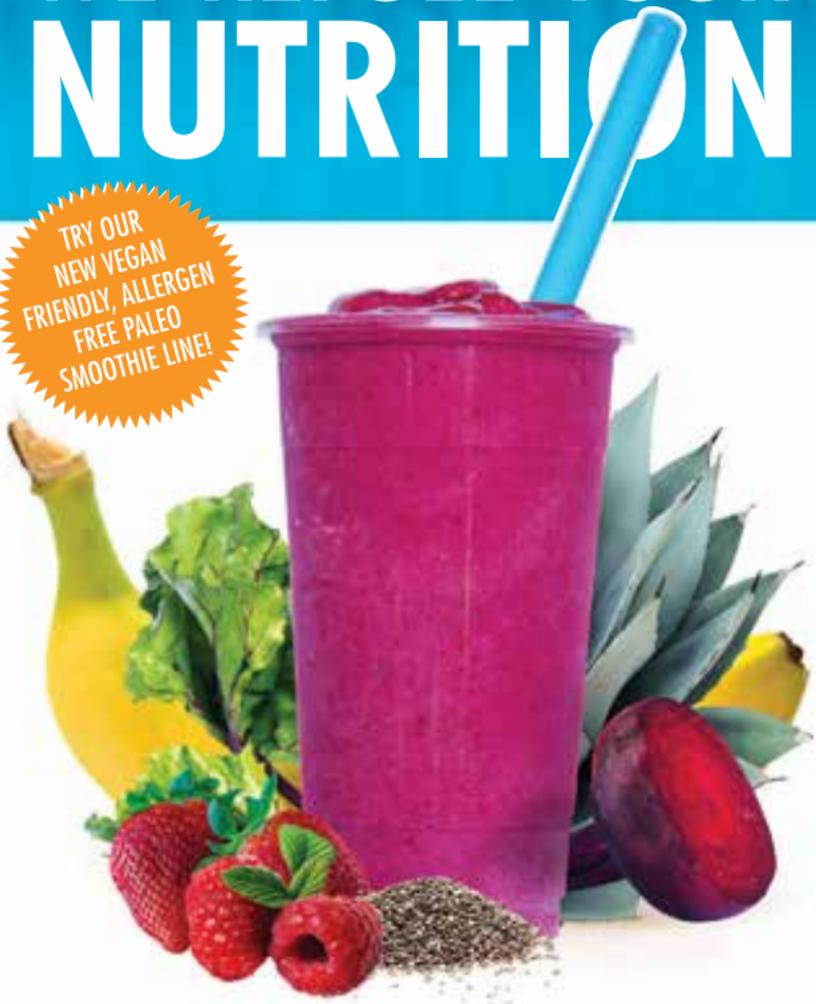
This is it! Join us on the dirt trail course for 2019, come see what the excitement is all about. Test your stamina, determination and fortitude as you challenge yourself for the time of your life! If the 55k/30k aren't for you, or its too close to another big race, give the all trail 1/2 marathon distance a shot! (1/2 marathon will be the old and much talked about Dirty Hurty course.) Great shirt, medal and thrilling views included!

MARCH CONTINUED >



WE REFUEL YOUR NUTRITION

TRY OUR
NEW VEGAN
FRIENDLY, ALLERGEN
FREE PALEO
SMOOTHIE LINE!



Healthy smoothies, boosters, power shots and protein options. Cold-Pressed juices and Wheatgrass shots. Organic, Paleo-friendly Açaí and Green smoothie bowls.



42 S River Rd #13
St. George, UT 84790
(435) 628-2232

2134 East Riverside Drive #B4
Saint George, Utah 84790
(435) 680-8870

theorangepeel.biz



Sand Hollow Marathon and Half

Date: March 8, 2019 Time: 7:00 am Location: Hurricane

Contact: chrismathisenr@gmail.com

Website: www.sandhollowmarathon.net

We will run the 9th Annual Sandhollow 26.2 and 13.1 on March 8th 2019. The marathon course is out and back starting in Hurricane City Center, 100 W. and State Street- out around the reservoir and back. We will have two half courses to choose from- our Hill Challenge and our Flat and Fast. Sandhollow 26.2 and 13.1 is beautiful and challenging. Runners have come from Europe, Canada, Southern American and Africa. To sign up, go to: www.sandhollowmarathon.net. Special thanks to Jones Paint and Glass.



SHAMROCK YOUR SOCKS OFF 10K

Date: March 16, 2019 Time: 9:00 am

Fee: \$30 Location: Ivins City Park, 55 N. Main Street, Ivins

Contact: St. George Races; 435.627.4500; races@sgcity.org

Website: www.sgcity.org/races

Wear your green and join St. George Races on St. Patrick's Day for the ShamROCK Your Socks Off 10K! This scenic 10k will take runners through Snow Canyon State Park and the neighborhoods of Ivins before finishing at Ivins City Park. All participants must meet at Ivins City Park and transportation will be provided to the start line in Snow Canyon State Park. Runners MUST ride the buses provided! Registration details can be found on our website.

DoNut Dash

Date: March 30, 2019 Time: 10:00 am Distance: 5K

Fees: \$20 / \$5 for children 16 and under

Location: Crosby Confluence Park;

2099 S. Convention Center Dr., St. George

Contact: Allison Muir; 435.673.7501; allison@rrci.org

Website: <http://rrci.org>

Teams! Families! Individuals! Run for DoNuts!! Join community members of all ages and abilities as RRCI welcomes you to participate in its 3rd annual Fun Run and DoNut Dash 5K! Enjoy the camaraderie and acceptance of people of all abilities, with the bonus of enjoying delicious donuts at the finish. Team registration is strongly encouraged as you run, walk, or roll on the beautiful trail of the Crosby Confluence Park.

APRIL



SHAC TRIATHLON & MOVE IT! KIDS TRIATHLON

Date of Race: April 6, 2019

Time: 9:00 am Sprint/Relay; 11:00 am Beginner; Noon Kids

Fee: \$40 Beginner/Sprint; \$65 Relay; \$15 Move It! Kids

Location: Sand Hollow Aquatic Center,
1144 N. Lava Flow Dr., St. George

Contact: St. George Races; 435.627.4500; races@sgcity.org

Website: www.sgcity.org/races

Beginner: 200 yard swim, 6 mile bike, 1.5 mile run.

Sprint/Relay: 400 yard swim, 12 mile bike, 3 mile run.

Kids Beginner: 50 yard swim, 1 mile bike, ½ mile run.

Kids Sprint: 100 yard swim, 2 mile bike, ¾ mile run.

Triathlon starts and ends at the SHAC. Registration details can be found on our website.

Southern Utah Half Marathon

Date: April 13, 2019 Time: 7:00 am

Location: Highland Park, 1250 Highland Pkwy, Washington

Contact: 435.628.7766

Website: www.southernutahhalfmarathon.com

The Southern Utah Half Marathon is a beautiful route starting at Highland Park in Washington, Utah offering amazing views of the sun rising over Zion National Park in the distance. The race will proceed quickly downhill through the City of Washington to the scenic Virgin River Trail. This paved trail offers a gradual decline grade for the remaining 9 miles of the race. Awards go to the top 3 in each age division in the half marathon. Top 5 men and women receive prize money.

Hog and Jog Family Fun Run 5K

Date: April 20, 2019 Time: 9:00 am

Location: Ivins, Utah Contact: 435.628.7766

Website: www.hogandjog5k.com

Bacon, Bacon, Bacon!!! Come out to the 4th Annual Hog and Jog Family Fun Run 5k and join the Spring Festivities. With Music on the course and Hog and Jog selfie stations, you'll be able to celebrate the run at the same time! Every participant will receive a Hog and Jog T-Shirt, Tons of Bacon, AMAZING 4" Hog and Jog Finisher medal and more. The event is not timed. The Hog and Jog is your family Spring Celebration!

Cotton Days 5K

Date: April 27, 2019 Time: 7:00 am Fees: \$25 – must register by April 13, 2019 to guarantee shirt/medal
Location: 965 S. Washington Fields Rd., Washington
Contact: Katy Hancock; 435.656.6322;
khancock@washingtoncity.org
Website: washingtoncity.org/recreation/runwashington

Celebrate the founding of Washington City with this fun family friendly event! We start & finish at Sullivan Soccer Park, run along the gorgeous Virgin River Trail and Boardwalk. Race is part of annual city celebration of Cotton Days. Each runner will receive a race shirt and finisher medal.

MAY

IRONMAN 70.3 ST. GEORGE MOVE IT! KIDS FUN RUN

Date: May 3, 2019 Time: 6:30 pm
Distances: 200 Meters and 1 Mile

Fee: \$15 Location: Town Square 50 S. Main Street, St. George
Contact: St. George Races; 435-627-4500; races@sgcity.org
Website: www.sgcity.org/races

In association with the Ironman 70.3 U.S. Pro Championship-St. George, the City of St. George and the Exchange Club will be partnering to host this Kids Fun Run for children 12 and under. This untimed fun run will feature distances of approximately 1 mile and 200 meters. All kids will finish through the same finish line as the Ironman 70.3 athletes! All registrants will receive a T-Shirt, finisher medal and finish line snacks. Pre-Registration is strongly encouraged but day of race registration is available.



IRONMAN 70.3 ST. GEORGE US PRO CHAMPIONSHIP

Date: May 4, 2019 Time: See Website Fee: See Website
Location: Town Square, 50 S. Main Street, St. George
Contact: www.ironmanstgeorge.com

The St. George Area Tourism Office, Utah Sports Commission and the City of St. George are proud to sponsor the 2019 Ironman 70.3 U.S. Pro Championship. This challenging race is one of the most scenic venues on the IRONMAN 70.3 circuit. The race includes a 1.2 mile swim in Sand Hollow Reservoir, a 56 mile bike ride with a brilliant 4-mile climb through Snow Canyon State Park and a 13.1 mile run with a spectacular finish in downtown St. George. The race is open to age-group and professional athletes and features a \$75,000 pro prize purpose and 75 age-group qualifier spots for the Ironman 70.3 World Championship.

MAY CONTINUED >

FILR

FISH LAKE RELAY



SATURDAY, AUGUST 24 - 2019



The Beautiful
Fishlake Forest



Up to Six Runners
Per Team



Over 65 Miles
on the Course



Twelve Challenging
Stages



Starts at
9,000 feet

**Starting at Fish Lake Utah and
Finishing at the Richfield City Park**

For information, call (435) 896-4241
or visit

www.traildaysutah.com



REGISTER AT

www.TRAILDAYSUTAH.COM



JOIN US FOR TRAIL DAYS!

AUGUST 24-25, 2019

ATV/UTV - Road Bike - Car Show
Golf Tournament - Motorcycle Poker Run
and Equestrian Rides

Vendors, Food and Entertainment at the City Park

Utah Youth TRACK & FIELD

UTAH YOUTH TRACK AND FIELD DISTRICT CHAMPIONSHIP

Date: May 10 & 11, 2019

Time: Friday: 4:00 pm - 10:00 pm; Saturday 8:00 am - 12:00 pm

Fee: Free Events: Will be posted online

Location: Snow Canyon H.S., 1385 Lava Flow Drive, St. George

Contact: St. George Races; 435.627.4500; races@sgcity.org

Website: www.sgcity.org/races

Formerly known as the Hershey Track and Field meet, this free youth track and field meet will allow youth between the ages of 6-14 yrs. old to qualify for the Utah State Track and Field Meet. Participants will be eligible to compete in up to 3 events. Entries for the meet will be accepted at www.runnercard.com. Top 2 in each event will move on to the State Track meet held in June in northern Utah.

Kanab Mother's Day 10K

Date: May 11, 2019 Time: 7:00 am Distance: 10K

Fees: Until 4/15/2019: Adults \$20, Kids \$15, Mother/Child \$40. 4/16 to 5/10: Additional \$5 fee for each category

Location: Jacob Hamblin Park; 500 N. 100 E., Kanab

Contact: Kanab Outdoor Rec Director; 949.701.1934;
10kanab@gmail.com

Website: www.visitsouthernutah.com/Kanab-10k

The Kanab Mother's Day 10k has been a family tradition for over 30 years! Run through the scenic beauty of Kanab Utah! Grab a friend, family member, your crazy neighbor or even mom and join the community for this awesome 10K! Taking place mother's day weekend, this 10K starts at historic Moqui Cave and ends at Jacob Hamblin Park.

Hurricane Mud Run

Date: May 11, 2019 Time: First Heat at 8am, following heats every 15 minutes Fee: See Website for Pricing Information

Location: SandHollow Road in Hurricane

Contact: chrismathisenr@gmail.com

Website: www.hurricanemudrun.com

The 7th annual HURRICANE MUD RUN set for May 11th. We have the finest mud hole in the known Universe right here in Southern Utah. Our fabulous build crew has one goal: CREATE THE BEST MUD RUN EVER. Every year we add new obstacles. We feature competitive family, friends, company heats and our FREE KIDDIE RUN. It's a 5K with over 25 challenges and muddy obstacles. Sign up as a team of 4 or more SAVE 20% Special thanks to Jones Paint and Glass. Go to www.hurricanemudrun.com to sign up. Bring a towel. We will have showers.

JUNE



Hurricane Triathlon

Date: June 1, 2019

Time: Sprint Tri - 7:00 am; Beginner Tri - 8:00 am;

Kids Sprint - 9:30 am; Kids Beginner - 10:00 am

Fees: Until May 13, 2019: Sprint/Beginner - \$40;

Kids Sprint/Kids Beginner- \$15; Family Entry (up to 6 with 4 shirts)-
\$95. After May 13: Sprint/Beginner - \$50;

Kids Sprint/Kids Beginner- \$20; Family Entry - \$110

Location: Hurricane City Pool; 750 N. 200 W., Hurricane

Contact: Katie Demille; 435.635.2609; kgdemille@gmail.com

Website: www.hurricanerecreation.com/races

Come swim, bike and run with us to kick off your summer at this early pool triathlon. Perfect for the beginner as well as the seasoned triathlete. The triathlon will include sprint and beginner distances. Individual and family packages available. Enjoy the free popsicles and post-race party. T-shirts and finisher's medals included.

MOONLIGHT FIREHOSE FRENZY 5K

Date: June 7, 2019 Time: 6:00 pm - 12:00 am; Race: 9:30 pm

Fee: \$30, Family Discount Available

Location: GeorgeFest, Corner of Main/Tabernacle

Contact: St. George Races; 435.627.4500; races@sgcity.org

Website: www.sgcity.org/races

This fun event takes place with St. George Streetfest in Historic Downtown. The Moonlight Firehose Frenzy 5K will take runners through Downtown St. George before finishing near the fun at the St. George Streetfest! Runners can wear their glow in the dark gear and have the option to be cooled off by the St. George Fire Department along the race route! At the finish line enjoy an epic foam dance party! Family pricing is available: \$30 for an individual (adult) and \$10 for each additional child age, 18 and under.

JULY

UNCLE SAM 4K

Date: July 4, 2019 Time: 6:30 am Fee: \$30 (Family Discount Available)

Location: Town Square Parking Lot (Tabernacle and 200 W)

Contact: St. George Races; 435.627.4500; races@sgcity.org

Website: www.sgcity.org/races

Start your 4th of July Celebration with the Uncle Sam 4k! This fun 4k will take runners through the streets of Historic Downtown St. George, starting and ending in the Town Square Parking Lot. Then stick around for the rest of the day for the City of St. George's 4th of July Celebration! Registration details can be found on our website.

Bryce Canyon Half Marathon and 5K

Date: July 13, 2019 Time: 6:00 am Half; 6:30 am 5K;
6:30 pm Color Run Friday

Fee: Half Marathon- \$40-\$60; 5K- \$30; Color Run- \$10

Location: Bryce Canyon City to Cannonville, Utah

Contact: Katie Beesley; 435.679.8104 or 801.656.9936;
frednkatieb@gmail.com

Website: www.brycecanyonhalfmarathon.com

Come enjoy a fast, downhill half marathon in one of the most scenic destinations on the planet! The Bryce Canyon Half Marathon/5K is held the 2nd Saturday in July. The 'Half' begins near the entrance of Bryce Canyon National Park and ends in the charming town of Cannonville, Utah. Over \$3,000 is awarded to top finishers! Bring the whole family and enjoy a pasta dinner during registration in Cannonville, plus a live band and 1-mile Color Run.

AUGUST

Parowan City Half Marathon – Yankee Meadow Run

Date: August 3, 2019 Time: Half – 7:00 am; 5K- 7:00am;
Yankee Doodle Dash- 10:00 am

Fees: Half- \$45; Rebel 5K- \$20; Dash- \$15

Location: Iron County Fair Grounds, Parowan

Contact: Jet Smith; 435.477.8190; parowancityvc@infowest.com

Website: Parowan.org or parowanhalf.com

Yankee Meadow Run is one of the most beautiful runs in all of Utah. The race starts on the south side of Yankee Meadow Reservoir in the Yankee Meadow Reservoir Recreation Area. The distance and time of this half marathon is a perfect high altitude trainer for those preparing for full marathons. There is something for everyone in the family- the Rebel 5K also starts at 7:00 am at the Iron County Fairgrounds. The Yankee Doodle Dash, approximately one mile, is for children 10 and under begins at 10:00 am. All receive swag bags and finisher medals.

Fish Lake Relay

Date: August 24, 2019 Time: 6:30 am

Fee: \$250 before August 3; \$275 after August 3

Location: Sevier County, Utah

Contact: Lorraine Gregerson 435.896.4241;

Lorraine@richfieldareachamber.com

Website: www.traildaysutah.com

The Fish Lake Relay begins at beautiful Fish Lake and from there, teams of six runners wind their way through Gooseberry, Salina Canyon, and Salina until arriving at the Richfield City Park. Runners “pass the baton” at twelve exchange sites from the high talus slopes of the Fish Lake National Forest to the beautiful red rock Pahvant mountain range.

Sevier Valley

ROOSTER RIDE

SEVIER COUNTY UTAH



SATURDAY, AUGUST 24TH, 2019

RICHFIELD, UTAH

100 Mile Ride



4,055 ft. Elevation Gain

55 Mile Ride



1,158 ft. Elevation Gain

33 Mile Ride



790 ft. Elevation Gain



Register to Ride at



WWW.TRAILDAYSUTAH.COM



Like us on facebook.

Sevier Valley Rooster Ride

For more info, call (435) 893-0457



LAST ONE STANDING ULTRA MARATHON

Date: September 6-7, 2019

Time: Starts 7:00 pm Friday, Sept. 6 Fee: \$40

Location: Crosby Family Confluence Park,
2099 S. Convention Center Dr., St. George

Contact: St. George Races; 435.627.4500; races@sgcity.org

Website: www.sgcity.org/races

Join SGR for this awesome Ultra event held on a modified version of the Mayor's Loop. Participants have 90 minutes to run 6 miles in order to move on to the last stage. All those who complete all 17 laps (102 miles) in the Competitive Group will be crowned 'Last One Standing' and receive a Championship Belt! Go as far as you can go - awards given for every lap completed. Multiple categories will be available. More details can be found on our website.



Hurricane Half Marathon

Date: September 14, 2019 Time: Half Marathon - 7:00 am;

5K- 7:15 am Distance: Half Marathon and 5K

Fees: See Website

Location: Sand Hollow Resort;

5662 W. Clubhouse Dr., Hurricane

Contact: Elizabeth Dansie; 435.773.3774;

Elizabeth@hurricanerecreation.com

Website: www.hurricanerecreation.com/races

Beautiful and challenging fall half-marathon. Sweeping 360 degree views of the splendors of Southern Utah can be viewed as runners run through the beautiful red rocks of the Sand Hollow Resort golf course and around the stunning Sand Hollow Reservoir. The majestic Pine Valley mountains and the towering cliffs of Zion National Park provide the perfect back drop. You will definitely earn your giant finisher's medal and well-designed tank or shirt. A perfect tune up race for the St. George Marathon.

TOP OF ZION RELAYS

Pick your Relay: Full, Sleep or Marathon (NEW!!)

FULL: 12 OR 6 RUNNERS ~ 195 MILES ~ 2 DAYS

SLEEP: 6 RUNNERS ~ 100 MILES ~ 2 DAYS (SLEEP @ NIGHT)

MARATHON: 6, 3, 2, OR 1 RUNNER(S) ~ 26.2 MILES ~ 2ND DAY



Lighthouse
Sanctuary

RUN FOR FREE

Fundraise a set amount for our charity Lighthouse Sanctuary to get a free team! Limited teams available. For more information go to topofzion.com.

Register TODAY at TOPOFZION.COM for best price!



Use code **SGR2019** and get
20% OFF your choice of relay!

Top of Zion Full, Sleep and Marathon Relay

Date: September 20, 2019 Time: 5:00 am

Distances: See Website Fees: \$80 to \$135 per person
(\$5 increase per person per month)

Location: Full & Sleep Relay - Capital Reef to Top of Zion, Torrey, Utah to Cedar City; Marathon Relay - Cedar Mountain to Cedar City

Contact: Warren Mueller; warren@topofzion.com; 801.809.3250
Website: topofzion.com

Top of Zion has a relay for everyone with 3 options to choose from with plenty of tough climbs and downhill sprints! The FULL RELAY (Teams of 12 or 6) covers a 195 miles of spectacular scenery featuring 3 National Parks - Capitol Reef, Bryce Canyon and Zion, Dixie National Forest, 3 scenic byways and Grand Staircase Escalante National Monument. The SLEEP RELAY (Teams of 6) captures the beginning and the end of the Full Relay covering 100 miles of the same beauty while stopping to sleep at night. The MARATHON RELAY (Teams of 6, 3, 2 or 1) capitalizes on the last 26.2 miles of the Full and Sleep relay joining in the fun and ending in Cedar City at our postrace party!!

Santa Clara Swiss Days 5k

Date: September 28, 2019 Time: 6:30 am Warm Up; 7:00 am Start
Fee: Until 9/14/2019 - \$15; 9/14-9/24 - \$25; In person at Santa Clara City Office 9/25-27 - \$25

Location: Santa Clara City Office, 2603 Santa Clara Drive
Contact: Ditzie Whitehead; 435.673.6712; swissdays5k@gmail.com
Website: www.sccity.org/swiss-days

Swiss Days 5k is a fun race for all ages and families! Come walk or run in the beautiful historic Santa Clara valley. Prizes will be awarded to the overall male and female winners in the open and masters divisions, and to the top 3 winners in each age division. All contestants are eligible for prize drawings at the conclusion of the race.

OCTOBER

MARATHON MOVE IT! KIDS RACE

Date: October 4, 2019 Time: 6:00 pm

Distances: 200 Meters, 1 mile

Fee: \$10 Location: Vernon Worthen Park, 300 S. 400 E.

Contact: St. George Races; 435.627.4500

Website: stgeorgemarathon.com

The "Move It!" Kids FUN RUN. Give your children a chance to participate in this marathon weekend event. Bring your children and their friends and come run one of two distances; 1 Mile or 200 Meters. Runners will finish at the actual St. George Marathon Finish Line AND receive a t-shirt and finisher's medallion! This is a "parent free" event! If your child is under 5 years old and you would like them to run with someone, we will have "Move It!" mentors there for you to buddy your child with. Make sure and stay after the race for our "Move It!" Dance Party with our penguin for a chance to win prizes!

OCTOBER CONTINUED >

HELPING YOU GO THE DISTANCE

WITHOUT LEAVING HOME

ONLINE BANKING | 4 NEIGHBORHOOD BRANCHES
Hurricane | Santa Clara | St. George Blvd | River Rd



State Bank
OF SOUTHERN UTAH

SBSU.com | 435-652-7070 | Member FDIC

MARATHON MOVE IT! I AM ABLE RACE

Date: October 4, 2019 Time: 6:00 pm

Distances: 200 Meters, 1 mile

Fee: \$10/Team Location: Vernon Worthen Park, 300 S. 400 E.

Contact: St. George Races; 435.627.4500

Website: www.stgeorgemarathon.com

Open to persons with disabilities of all ages. Each participant must be able to run, walk, roll, or be pushed the length of the event they sign up for. Each participant is required to have one person without disabilities to accompany them from the start of their event to the finish line. They will be allowed to sign up additional supporters, up to three people, for an additional \$10 per person. Runners will finish at the actual St. George Marathon Finish Line AND receive a t-shirt and finisher's medallion! Make sure and stay after the race for our "Move It!" Dance Party with our penguin for a chance to win prizes!



43RD ANNUAL ST. GEORGE MARATHON

Date: Oct 5, 2019 Time: 6:40 am Wheelchair; 6:45 am Runners

Fee: See website Location: St. George, UT

Contact: St. George Marathon; 435.627.4500

Website: www.stgeorgemarathon.com

This is an internationally renowned, 26.2 mile, point-to-point course beginning near Central Junction and traveling down State Route 18 to St. George, finishing at Vernon Worthen Park. Registration for the Marathon is required. Register online at www.stgeorgemarathon.com beginning April 1, 2019. For more information, please visit our website or email marathon@sgcity.org.

MAYOR'S WALK

Date: October 5, 2019 Time: 7:00 am

Fee: \$10 Location: Sandtown Park, 600 N. Bluff St., St. George

Contact: St. George Marathon; 435.627.4500

Website: www.stgeorgemarathon.com

The 33rd Annual Mayor's Walk, in association with the St. George Marathon and presented by the Exchange Club of St. George, will allow individuals all ages and abilities the opportunity to cross the marathon finish line. The walk, jog, run or roll will be 2.1 miles starting at Sandtown Park and finishing at the Marathon Finish Line. The Mayor of St. George will be at the event. Proceeds will go towards the Exchange Club which will be used towards donations for the Vernon Worthen Project.

Huntsman World Senior Games 10k Race

Date: October 7, 2019 Time: 8:30 am
Fee: \$10 Plus Senior Games Registration
Location: Snow Canyon State Park/Ivins
Contact: hws@seniorgames.net; 435.674.0550
Website: www.seniorgames.net

Enjoy the exhilarating experience of running in some of the country's most picturesque landscape! Imagine yourself gliding along winding paths that cut through red rock hills and along meandering rivers - all surrounded by lofty mountains. Transportation times are from 7:15 am - 8:00 am from Ivins City Park to race start in Snow Canyon State Park.

Huntsman World Senior Games 5k / Half-Marathon

Date: October 10, 2019 Time: 7:30 am Half-Marathon / 8:30 am 5K
Fee: See website Location Crosby Family Confluence Park,
2099 S. Convention Center Dr., St. George
Contact: hws@seniorgames.net; 435.674.0550
Website: www.seniorgames.net

Enjoy the exhilarating experience of running in some of the country's most picturesque landscape! Imagine yourself gliding along winding paths that cut through red rocks hills and along meandering rivers- all surrounded by lofty mountains. Join us for the 2019 Senior Games. Race starts and ends at the Crosby Family Confluence Park.

Huntsman World Senior Games Triathlon

Date: October 12, 2019 Time: 7:45 am
Fee: \$18 Plus Senior Games Registration
Distance: 1500m, 3000m, 5000m / See Website for T&F Events
Location: Summit Athletic Club, 1532 E 1450 S, St. George
Distance: 450 meter swim, 20k Bike and 5k Run
Contact: hws@seniorgames.net; 435.674.0550
Website: www.seniorgames.net

Enjoy the exhilarating experience of running, riding and swimming in some of the country's most picturesque landscapes. Imagine yourself gliding along winding paths that cut through red rocks hills and along meandering rivers- all surrounded by lofty mountains. Join us for the 2019 Senior Games. Check in at 7:15 am and Race begins at 8:30am.

Huntsman World Senior Games Race-walk and Power-Walk / Track and Field

Date: October 14-16, 2019 Time: 8:00 am
Fee: \$10 Plus Senior Games Registration
Distance: 1500m, 3000m, 5000m / See Website for T&F Events
Location: Snow Canyon High School;
1385 N. 2400 W., St. George
Contact: hws@seniorgames.net; 435.674.0550
Website: www.seniorgames.net

Come and set a world record with athletes from all over the world. Events include 50m, 100m, 200m, 400m, 800m, *1500m, *3000m, **5000m, High Jump, Long Jump, Standing Long Jump, Triple Jump, Shot Put and Javelin. Event is sanctioned by the USATF. (*Denotes events in Run, Race Walk and Power Walk. **Denotes events in Race Walk and Power Walk.)

Huntsman World Senior Games 10K Trail Run

Date: October 16, 2019 Time: 8:00 am

Fee: \$10 Plus Senior Games Registration

Location: Green Valley BLM Trail;
end of Canyon View Dr., St. George

Contact: hwsg@seniorgames.net; 435.674.0550

Website: www.seniorgames.net

Enjoy the exhilarating experience of running in some of the country's most picturesque landscape! Imagine yourself gliding along winding paths that cut through red rock hills and native scenery. Join us for the 2019 Senior Games. Race starts at 8 am.

ST. GEORGE FITGAMES

Date: October 19, 2019 Time: 10:00 am

Location: Dixie Sun Bowl; 150 S. 400 E., St. George

Contact: St. George Races; 435.627.4500; races@sgcity.org

Website: www.sgcity.org/races

This event will feature competitions in CrossFit, Ninja Warrior, MMA and Strongman. You can watch the amazing spectacle of the pro's and phenomenal athletes competing or you can get in on the action by signing up for our events on the X-Fit, Ninja Warrior, and Strongman courses. With vendors, food trucks and incredible athletes, this is a can't miss event!

Hurricane Neon Night Run

Date: October 25, 2019 Time: 7:00 pm Distance: 5K / 1 Mile

Fees: See Website Location: Sky Mountain Golf Course;
1030 N. 2600 W., Hurricane

Contact: Elizabeth Dansie; 435.773.3774;

Elizabeth@hurricanerecreation.com

Website: www.hurricanerecreation.com/races

The Neon Night Run will include a night full of family activities. 5K and 1-Mile glow-in-the-dark night races through the neon golf course. Trunk or Treating, costume contest and more. Refreshments from Muddy Bees Bakery. Race registration includes T-shirt, glow-in-the-dark accessories, post race donut holes and hot chocolate. Refreshments and activities are free for the whole family.

The Boo Dash 5K

Date: October 26, 2019 Time: 5:30 pm Location: Ivins

Contact: 435.628.7766 Website: www.TheBooDash.com

Come out to the 2nd Annual Boo Dash Family Fun Run and join in the Festivities with Halloween music, trick or treating on the course and the Boo Dash selfie stations, you'll be able to scare everyone and run at the same time! Prizes for the first 3 Male and Female Finishers from the St. George Running Center. Also, make sure to visit all the sponsor trick or treat stations along the 5k course! This is the Halloween Fun Jackpot! PRIZES & GIVEAWAYS: Stick around after the fun run for a ton of prizes, giveaways, apple juice, donuts, Rice Crispy Treats, bananas & oranges!

Ride With Us!

Festival Del Sol

Mid January, 2019

MTB

Mesquite Madness

March 2, 2019

Road

Red Rock Rampage

March 30, 2019

MTB

Spring Tour of St. George

April 6, 2019

Road

Cactus Hugger

April 27, 2019

MTB

Three Peaks Classic

May 18, 2019

MTB

Ride the Gap

June 1, 2019

Road

Desperado Duel

July 27, 2019

Road

Fall Tour of St. George

October 26, 2019

Road

RIDE

SOUTHERN UTAH



RideSouthernUtah.com

435.229.6251

Southern Utah Triathlon

Date: October 27, 2019 Time: 8:00 am

Distance: Sprint and Olympic Waves Fees: See Website

Location: Quail Creek Reservoir; Hurricane

Contact: Joe Coles; 866.789.7223; info@onhillevents.com

Website: www.southernutahtriathlon.com

Sprint and Olympic Triathlon at Quail Creek Reservoir near Sand Hollow. Great beauty and views for racers with an experienced race director.

THUNDER JUNCTION SPOOK-TRACK-ULA AND ST. GEORGE RACES ZOMBIE WALK

Date: October 28, 2019 Time: 5:00 am - 8:00 pm; Zombification from 6:00 am - 7:30 pm / Zombie Walk: 7:30 pm

Location: Thunder Junction; 1851 S. Dixie Drive, St. George

Contact: St. George Races; 435.627.4500; races@sgcity.org

Website: www.sgcity.org/races

Make a trip to Thunder Junction and celebrate Halloween early. Park activities includes trunk or treat scavenger hunt from 5:00-6:30pm, train ride and a family Zombie Walk through the park. The Zombie Walk fee includes a treat or trick bag and 1 train ride. The Walk begins at 7:30 pm. The last train ride leaves at 8:30 pm.

NOVEMBER



SNOW CANYON 1/2 MARATHON, 5K, & TUFF KIDS' RUN AND I AM ABLE

Date: November 2, 2019

Time: 8:30 am Half and Race Walking; 9:00 am 5K; 11:00 am Move It! Kids Run and I Am Able

Fee: \$60 1/2 marathon; \$30 5K; \$10 Kids Run

Location: Snow Canyon High School, 1385 N. Lava Flow Drive

Contact: St. George Races; 435.627.4500; races@sgcity.org

Website: www.sgcity.org/races

Rated one of North America's best half marathons by Runner's World Magazine, this half marathon is a beautiful route through the scenic landscape of Snow Canyon State Park. This USATF certified course is primarily downhill, super-fast and challenging. It is one of the most breathtaking courses St. George has to offer! 5K runners will start at Snow Canyon High School and run on the surrounding trails, finishing on the High School track. Registration details can be found on our website.



**SEEGMILLER FARM
HARVEST FESTIVAL AND TURKEY TROT**

Date: November 16, 2019

Time: 9:30 am Runs/10:00 am Harvest Festival

Distances: 5K, 1 Mile Fee: \$5 and 3 canned goods

Location: Seegmiller Historical Farm, 2450 S. 3000 E.

Contact: St. George Races; 435-627-4500; races@sgcity.org

Website: www.sgcity.org/races

Join us for an awesome family fun run to kick off the Thanksgiving Celebration! This walk/fun run helps to raise much needed food for the Switchpoint Food Bank in St. George. At the end of the event, frozen turkeys and other prizes will be raffled off. On-site registration begins at 8:15 am. Make sure you stick around for the Harvest Festival Celebration after the race!

The Gobbler

Date: November 28, 2019 Time: 1K & 5K- 8:00 am; 10K - 8:10 am; Distances: 1K, 10K, 5K Fee: 1K- \$13; 5K- \$24; 10K- \$28

Location: 2099 S. Convention Center Dr., St. George

Contact: Collins; 435.467.9601; bullheadbros@gmail.com

Website: stgeorgegobbler.com

Thanksgiving Morning, be ready for THE GOBBLER! Designed for the entire family from the oldest to the youngest, we are serious; about having FUN! Accurate distances and chip timing for the serious 'fat burner' and fun and games for the leisure runner too. 10k, 5k, and 1k kids run all come with a shirt and our signature item: the 80's headband! Don't miss out! Visit us at stgeorgegobbler.com

KICK-OFF TO CHRISTMAS SANTA DASH

Date: November 25, 2019 Time: TBD Distances: 1 Mile

Fee: \$5- No Santa Costume / \$15 Santa Costume

Location: Town Square; 86 S. Main Street, St. George

Contact: St. George Races; 435-627-4500; races@sgcity.org

Website: www.sgcity.org/races

Kick off the Christmas season by joining St. George Races, the City of St. George, and Cherry Creek Media for the SANTA DASH! This untimed fun run will take runners around Town Square offering great views of the newly lit Christmas Lights. This event is being held in conjunction with the other Christmas Events on Monday, November 25 at Town Square with the City of St. George, St. George Children's Museum, Green Gate Village, and Cherry Creek Media including the tree lighting ceremony, Christmas Carols, Gingerbread Tour, hot cocoa and carousel rides.

DECEMBER

Baker's Dozen Half Marathon

Date: December 7, 2019 Time: 8:00 am

Location: Hurricane, Utah Contact: 435.628.7766

Website: www.bakersdozenhalfmarathon.com

The Baker's Dozen Half Marathon is your opportunity to combine some of the best things in life: 1) Friends, 2) Running, and 3) Sugar! This year's race will be December 7, 2019 in Hurricane Utah. The Baker's Dozen is a social, fun event where runners race a 3.25 mile loop course allowing them to interact with other runners during the whole race. Half marathoners will run the loop four times and have the incredible fortune of passing the aid station (affectionately known as the "Sugar Shack") at the end of every loop. Each member of a marathon relay team will run one 5k loop. (You can do your loops together or separately.) All half marathon and relay runners will receive an AMAZING finisher's medal!

Run Run Reindeer

Date: December 21, 2019 Location: Ivins City Park; Ivins

Contact: 435.628.7766

Website: www.runrunreindeer.com

Even Santa needs to get out for a little run now and then!! Come join us under the "Big Red Mountain" and race against "Jolly Old Saint Nick" himself in the Run Run Reindeer Family Fun Run 5k, fun for the whole family! Stick around for raffle prizes, giveaways, hot chocolate, donuts and more than a little holiday cheer. Bring an unopened, new toy to benefit Toys for Tots! Last year your toys benefitted hundreds of kids in need of Christmas cheer.



St. George City Leisure Services

← **Get Me Registered**

sgcity.org/races



St. George



City of St. George

Leisure Services Department

220 North 200 East

St. George, UT 84770

www.sgcity.org/races



Find us on:
facebook®