



SGR March Newsletter

This month's St. George Races Newsletter features an event recap on the Lake to Lake; an event highlight on the ShamROCK Your Socks Off 10k, and the Town's Treasure piece on the Dixie Rock.

For details about our schedule of races and other events, please visit our website: www.sgcity.org/races. If you have questions and can't find the answers on our site, email us at races@sgcity.org.

Event Recap- Lake to Lake Relay



Lake to Lake Relay, from Gunlock State Park to Sand Hollow State Park, took place on Saturday, March 4th.

The day before the race was cold, windy and rainy, but race day itself was sunny and beautiful. Nearly 400 people competed in teams up to 5, with a few brave souls doing the 52-mile race individually. Support vehicles lined the road to cheer on their teammates and friends. The night ended with a banquet at Dixie State University where a slideshow presentation showcased the runners and crowd at the event, awards were given away to top teams and good food was eaten.

Congratulations to Team Free Condo, the 5 person men's team who won the event and set a course record with the time of 4 hours, 45 minutes and 12 seconds-averaging a 5:29.9 mile. An impressive feat! Congratulations to all of our participants on a job well done!

Upcoming Events Highlight - ShamROCK Your Socks Off 10k



ShamROCK Your Socks Off 10k is a scenic 10k race through Snow Canyon State Park and the streets of Ivins before finishing at Ivins City Park on St. Patrick's Day- this weekend, March 17th.

Registration closes on Wednesday, March 14, 2018 at 5 pm MDT so be sure to register soon.

The current late registration price is \$40, but to bring it back to the \$30 regular registration price we are offering a 25% off discount. Use discount code "MARCHNEWS" for 25% off your registration price.

For more information, please click [here](#).

To register, please click [here](#).

Regular Registration Price was \$30 until Friday, March 9th at 5 pm MST. As for all of our events, late registration started the Saturday before the event and goes until registration closes the Wednesday before the event. Late registration includes a \$10 fee. This discount "MARCHNEWS" is exclusively for our newsletter recipients and to allow them to register at the regular registration price. Other discounts/offers can not be combined with this offer. Individual must register on GetMeRegistered.com. Registration closes at 5 pm MDT on Wednesday, March 14th, 2018. After that, the discount is no longer valid. There are no refunds on registration nor retroactive refunds or discounts on registrations.

Town's Treasure - Dixie Rock

Each year for his birthday, a local man would climb to the top of the Dixie Rock. As he enjoyed the views, he would call his wife who worked in the city below to tell her he was waving at her. She, in turn, would leave the office and wave up to him. This past January, for the first time as a widow, she made the trip up to the rock with friends to remember her late husband.

The Dixie Rock, distinguished from its surroundings with 'Dixie' painted in white capital letters on the red sandstone rock face, is one of the most known treasures in St. George. From the rock are spectator views of the entire area. The Dixie Rock is part of Pioneer Park which we will cover in next month's Town's Treasure.

The Dixie Rock wasn't always called the 'Dixie Rock'; it was known as the 'Sugarloaf' since the 1800's. The rock resembled a sugarloaf which was, quite frankly, a loaf of hard sugar known to the early settlers of the area. Following the founding of Dixie College, now Dixie State University, students would climb to the top of the rock to paint their graduation year. Year after year, the graduating students would climb to the rock and replace the year. Eventually, Dixie High School took over the tradition and instead of years, painted 'Dixie' on the rock. Thus, the nickname for the rock was born. ([Sugarloaf Information Source.](#))

One might ask how St. George, Utah, a city in the southwestern United States, got the nickname 'Dixie'. We asked ourselves that question as well and that fun bit of history goes back to the American Civil War. With

the outbreak of the war, the Church of Jesus Christ of Latter-day Saints President Brigham Young wanted to grow cotton in the area if possible. The 'Cotton Mission,' as it was called, comprised individuals from the American South who wanted to pay homage to their roots in their new settlement; thus, they called the area 'Dixie'. A cotton factory was built in the area but the cotton production itself was ultimately unsuccessful. To read more about the history of St. George and the nickname 'Utah's Dixie', please click [here](#).

Upcoming Events



ShamROCK Your Socks Off 10k - March 17, 2018

Kick off your St. Patrick's Day Celebration with the ShamROCK 10K. This awesome 10k takes runners through Snow Canyon State Park before finishing at Ivins City Park.

For more information, please click [here](#). To register, please click [here](#).



SHAC Triathlon - April 7, 2018

Ever want to do a triathlon? Well if so, this is the one for you. Put your running, biking and swimming skills to the test with this fun event.

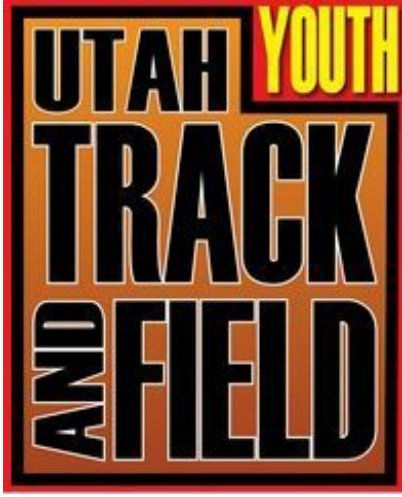
For more information, please click [here](#).
To register, please click [here](#).



Ironman Kids - May 4, 2018

In conjunction with the Ironman 70.3 St. George, Ironman Kids Run offers kids the chance to finish at the same spot as the Ironman Finishers. There are 800 meter and 1-mile options.

For more information and/or to register, please click [here](#). Please note, registration is done on the Ironman Website and discounts can not be applied.



Utah Youth Track and Field Meet

Friday, May 11 and Saturday, May 12

Formally the Hershey Track and Field Meeting, this **FREE** grade school track meet is for the children ages 6 to 14.

For more information, please click [here](#).
To register, please click [here](#).



Moonlight Firehose Frenzy 5k - June 1, 2018

One of the funniest 5ks in town, the Moonlight Firehose Frenzy 5k takes runners through the streets of Downtown St. George.

For more information, please click [here](#).
To register, please click [here](#).



Uncle Sam 4k - July 4, 2018

Join St. George Races and the City of St. George for the Independence Day Celebration. Start your day of independence celebration off with the Uncle Sam 4k.

For more information, please click [here](#). To register, please click [here](#).

For a full list of our events, visit our website by clicking [here](#).

SAVE THE DATE!

The 42nd St. George Marathon will be on Saturday, October 6th, 2018.

For more information on the marathon, please click [here](#).