

Butch Cassidy 10K / 5K 2009 Runners' Guide

Welcome to the 2009 Butch Cassidy 10K and 5K. We are happy you have joined us for our 24th year. Please review the important information in this runners' guide. If you have additional questions, please call 435-772-3434 or email frontdesk@infowest.com. We look forward to seeing you on race day, Saturday November 7, 2009!

Packet Pick-Up

You may pick up your race number and race packet at the following locations and times:

- *Springdale Town Hall, 118 Lion Boulevard*
Friday, November 6 from 9:00AM to 5:00 PM
- *Driftwood Lodge (10K start line), 1515 Zion Park Boulevard*
Saturday, November 7 (race day) from 8:00AM to 9:00AM.
The packet pick-up desk will close shortly after 9:00AM. Please arrive early.



Photo courtesy Jim Harlan - www.zioneventphoto.com

BUTCH CASSIDY RACE

10K RUN



5K WALK



SPRINGDALE TO GRAFTON

Parking

All race participants (10K and 5K) as well as all spectators must park at the LDS Church parking lot across the street from the Driftwood Lodge in Springdale. There is no parking at the 5K start line or at the finish line in Grafton. Also, please do not park in the Driftwood Lodge parking lot. Shuttles will be available to take you everywhere you need to go on race day.

Shuttles

Shuttles will leave the Driftwood Lodge starting at 8:00AM to take 5K participants to the 5K start line. Shuttles will also take spectators to the finish line. The last shuttle leaves the Driftwood at 9:00AM. Please arrive early to make the shuttle transport go smoothly.

All racers (10K and 5K) and spectators will be shuttled from the Grafton finish line back to the LDS Church parking lot after the race. The first shuttle back to the start line will leave Grafton after the last 10K runner finishes the course. There will be food, entertainment, and raffles in Grafton while you are waiting for the shuttles.

Start Time

The 5K will start at 9:45AM. There is no parking at the 5K start line. 5K participants must ride the free shuttle from the Driftwood Lodge to the 5K start line. The last shuttle leaves the Driftwood Lodge at 9:00AM.

The 10K will start at 10:00AM in front of the Driftwood Lodge in Springdale.



Pre-Race Stretch Routine

There will be an organized stretch and calisthenics routine at the 10K start line for all who wish to participate. The pre-race stretch routine will begin at 9:40AM on the grass in front of the Driftwood Lodge swimming pool.

Clothing Drop

There will be a clothing drop at the start line. All clothing left at the clothing drop will be transported to the finish line in Grafton. Please be aware that the clothing left at the start line will not get to Grafton until after the last racer finishes. Also, please be aware that there will NOT be personalized clothing drop bags. While we will make every effort to ensure all clothing gets back to its rightful owner, we cannot guarantee your stuff will get back to you. Please do not leave expensive or sentimentally valuable clothing at the clothing drop.



Photo courtesy Jim Harlan - www.zioneventphoto.com

Course

The 10K course starts near the Driftwood Lodge in Springdale. The course heads south on State Route 9 to Rockville. The course turns left onto Bridge Road in Rockville. From here the course follows back roads to the historic ghost town of Grafton. The course is mostly downhill, but there are a few short and steep uphill sections. Most of the course is on paved roads with the last mile on gravel road.

The 5K starts at the 3.1 mile mark on the 10K course, just past the bridge on Bridge Road. The 5K ends in Grafton. Remember the 5K is a WALK for all participants over the age of 11. If you really need to run the race, please enter the 10K.

Both courses will be closed to traffic during the race.

A course map is available at www.springdaletown.com/butch_cassidy.html.

Water / Aid Stations

Water and Gatorade will be provided at the 10K start line, at mile 3 (the 5K start line), at mile 4.5 (mile 1.5 for the 5K), and at the finish line. Limited first aid will be available at all aid stations and at the finish line.

Post Race Entertainment



Relax and enjoy the post race party in the historic Grafton ghost town after the race. Explore the restored historic structures near the finish line. Listen to live cowboy and country music performed by legendary cowboy music artist Kenny Hall. Enjoy scrumptious post race refreshments (spectators are welcome to enjoy the refreshments for a small donation). We will also have a raffle with spectacular prizes donated by Zion Canyon businesses – free meals, hotel rooms, gift bags and much, much more! The post race party will be fun for the entire family. Plan on staying a while after the race to enjoy the entertainment.

Results and Awards

Awards will be given to the overall male and female winners in both the 10K and 5K. Age division awards will be given to the top three finishers in each age group. The awards ceremony will be part of the post race party and will start around 11:15AM.

Awards may be engraved for \$5.

Online results will be available after the race at www.runnercard.com.

Lodging and Dining in Springdale

Springdale is home to many fine hotels, inns, and B&B's that can provide accommodations for racers on race weekend. Springdale also boasts a variety of fine restaurants for a healthy pre-race meal on Friday night or a hearty post-race lunch on Saturday afternoon.



Photo courtesy Jim Harlan - www.zioneventphoto.com

Check out the Zion Canyon Visitors Bureau website for more information on lodging and dining – www.zionpark.com.

Thanks for registering. We look forward to seeing you on November 7!