

## Runner Race Instructions and FAQs

Expo Hours – Friday 5pm-8pm & Saturday 10am-6pm at 851 Celebration Ave. Be sure to attend the expo to pick up your bib, shirt, and Sherpa blanket and avoid race morning packet pickup stress. If you cannot make the expo, packet pickup will be available from 5:30am-6:30am near the start area. If you pick up race morning you must give yourself enough time to return to your car to store your blanket. The Sherpa blankets are awesome, but they are too big to check in at bag drop. If someone is picking up for you, they will need a copy of your race confirmation email or a copy of your photo ID.

Runner Courtesy – There are two critical things you can do to make this race safe and enjoyable for everyone. First, please line up at the start line near the sign that indicates the pace per mile you expect to run throughout the race, not just in the first 100 yards. Second, part of the charm of the course is running on boardwalks and pathways, however that also means limited space for runners to pass each other. If you are running your half marathon in over 2:30, or your full marathon in more than 5:00, there is a possibility that fast marathoners will catch up with you on one of the boardwalks or pathways. First, there is nothing wrong with your pace, it is perfectly fine. Second, please extend the courtesy to them of staying to the right side of the boardwalk/pathway so they may pass safely. Do not walk three abreast in these areas as you will completely block the route.

Need to switch races or transfer your entry? If you would like to switch from the full to the half or the other way around, you can do so at the expo. Pick up your packet first then visit the Timing/Registration table. If you wish to transfer an entry between runners, the runner receiving the entry needs to bring a copy of the participant's registration confirmation to the expo. Any payment for the transferred entry must occur between the participants.

Medals - You must have your bib with you when you cross the finish line to receive your medal.

First aid will be located in the finish area and will provide ice, band aids, etc.

Shirt Exchange – If you find that your race shirt does not fit, please bring it with you on race day (unworn) and you will be able to exchange after the race to whatever sizes are available.

Water, Gatorade, and Clif Shots will be available on course. All water stops will also have first aid kits if you need minor assistance. Please refer to the route map for more details.

Time Limit – There is a seven hour time limit for either race. There is no sweeper, so you may continue on the route even if you do not make this time limit. You will get a finisher medal, but may not get an official time if we have had to breakdown the finish line.

Portable toilets will be on the course approximately every 2.5 to 3 miles.

Post-Race Party – Pick up your “Food Card” after you exit the runner finish line area. Please keep this with you in order to receive food and beverage samples from our sponsor restaurants. The samples will all be distributed in the tent area down by the lake, so please do not go into the restaurants looking for samples.

Post-race massage from licensed massage therapists will be available free of charge, but tips are appreciated.

Bag check will be in front of the theater near the start area. You can utilize your goodie bag for bag check. Please do not put anything of significant value in your checked bag. We will do our best to secure the bags but cannot be responsible for lost items.

Jogging strollers are not allowed on the course. Headphone use is strongly discouraged as some roads are open to traffic.

Course distance – Both races are USATF certified which means they have been measured for the shortest possible route. Unless you are able to run every tangent on the race course, your Garmin will likely register something more than 13.1 or 26.2.