

# **2016 Soldier Marathon**

## **Runner's Guide**

### **Welcome**

We are very pleased you have registered to run one of our Soldier Marathon races. This is our 7<sup>th</sup> year of holding the Soldier Marathon and the tri-communities of Columbus, Fort Benning and Phenix City welcome you. We are also very pleased that our venue is the world famous National Infantry Museum, which recently was voted the Number 1 Free Public Museum in the United States by a survey conducted by U.S.A. Today! The Soldier Marathon is a charitable organization run by volunteers. All the members of our Race Committee are local runners who volunteer their time and services. We have two paid part-time administrative staff to handle the paperwork and keep the financial records.

### **Races**

Soldier Marathon (26.2 miles), Soldier Half Marathon (13.1 miles), Soldier Relay Marathon (4-person teams 26.2 miles), Soldier 5K Race (3.1 miles), Soldier Kids Marathon (accumulate 26.2 miles) and Soldier Virtual Marathon and Half Marathon (26.2 miles or 13.1 miles at a location selected by the runner, measured in good faith, and run sometime during the week of November 12<sup>th</sup>).

### **Race Date**

Saturday, November 12, 2016 at 8:00 a.m. EST.

### **Pasta Dinner**

Friday night, November 11<sup>th</sup>, 2016, at the National Infantry Museum there is a wonderful pasta dinner available to runners and their families at 6:00 p.m. to 7:30 p.m. The charge is \$15 for adults, \$25 for two, and \$10 for children.

### **Parking**

There are several places to park: the parking lot of the National Infantry Museum, the parking lot at Oxbow Meadows across the street from the Museum, the side of S. Lumpkin Road south of the National Infantry Museum, a grass parking lot on S. Lumpkin Road about ½ miles south of the Museum with bus transportation available to the Museum, and Ft. Benning Road south of the Museum. Parking along S. Lumpkin Road north of the National Infantry Museum is restricted because it's part of our race course. Ft. Benning Road and S. Lumpkin Road are the two access roads to the National Infantry Museum. On race day S. Lumpkin Road will be one-way traffic to the Infantry Museum. Ft. Benning Road to the Infantry Museum will close at 7:15 a.m., and afterwards cars will be routed to Torch Hill Road and S. Lumpkin Road. Please arrive early to park and comfortably walk to the start. Plan to arrive early and to walk up to ½ mile to the start line. There will also be a "runner drop off" area on S. Lumpkin Road.

### **Porta-Potties and Restrooms**

Porta-potties will be located in front of the National Infantry Museum, behind the Museum near the start line and at each water station on the course. Bathrooms are inside the Museum.

### **Race Bib**

You will pick up your Race Bib with assigned race number at registration. On the back of your Race Bib is a timing chip to record your race time and a place for you to fill in emergency contact information. Please fill in your emergency contact information before the start of the race. Also a gear check tag is attached to the bottom of your Race Bib. Please affix your Race Bib to the front of your shirt or shorts either with safety pins we provide you or your personal race belt. You should wear your

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Race Bib at all times while running the Soldier Marathon race you have registered for. This will allow us to track your finishing time.

#### **Timing Chip**

A timing chip will be on the back of your bib. The chip is protected by a foam casing. Your start and finish time will be electronically recorded.

#### **Finishing Results**

Finishing results for all age group runners will be based on your timing chip, known as your “chip” time. This means that age group awards will be based on your “chip” time rather than your “gun” time. Awards for the overall winner of the race (1st, 2<sup>nd</sup> and 3<sup>rd</sup> place) will, however, be based on “gun” time. “Gun” time is measured from the official start of the race whereas “chip” time is measured from the time you actually cross the start line at the beginning of the race and “chip in” and then later cross the finish line and your “chip” registers that you have completed the race.

#### **Fallen Hero Bib**

You may run in honor of a Fallen Hero who has died either while serving our country or after honorably serving our country. The Fallen Hero bib will be available at a registration table. There is no charge for the Fallen Hero bib. You may run with more than one Fallen Hero bib if you wish. Please pin the Fallen Hero bib on the front or back of your shirt or shorts.

#### **Dry Clothing Bags**

A clear plastic bag will be provided to you at registration. On race day Saturday morning please bring the clear plastic bag with you to the race to store your morning clothes in the plastic bag in a secured area located behind the National Infantry Museum for your pick up after the race. A volunteer will tear the gear check bag off your Race Bib and tie the tag to the plastic bag to identify the bag as yours. We will only accept the clear plastic bag given to you at packet pick up. Please do not attempt to use any other bag, to include backpacks or duffel bags.

#### **Clothing to Run In**

Layer your clothing to your comfort. In the cool of the morning you may need to wear a long sleeve shirt, gloves and hat. After running a while you may wish to drop some of your clothing at a water station on the course, but we do not assure you the return of any clothing after the race.

#### **Start Line/Finish Line**

The start line and the finish line for all races (full marathon, half marathon, relay marathon, 5k race and kids one mile fun run) are on Heritage Walk (Avenue of Flags) alongside the National Infantry Museum.

#### **Hand-Cycle Participants**

Hand-cycle participants will start a few minutes ahead of the other runners.

#### **“Drill Hill”**

Be sure to smile at the Drill Sergeants “encouraging” you up the one major hill on our course at the beginning of mile 3.

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### Relay Marathon Race

Relay teams start at the same start line as the other runners. A Relay Team may have a minimum of two runners and a maximum of four runners. The relay exchange points are mile 7.1, mile 13.1 and mile 20.2. The first and third legs of the relay are longer while the second and fourth legs of the relay are shorter. Leg 1 is 7.2 miles. Leg 2 is 6.0 miles. Leg 3 is 7.1 miles. Leg 4 is 6.0 miles. The lead runner on the Relay Team will wear a slap bracelet on his/her wrist. At each exchange point the runner removes the slap bracelet and hands it to the next runner. The last runner receives the slap bracelet and a race bib with a timing chip to get a finishing time. Each runner wears a Race Bib with the same Relay Team number (e.g. 5001A, 1B, 1C and 1D). The relay exchange points are accessible by car. Transportation for relay team members will not be provided by the Soldier Marathon. Relay exchange point #1 is on the RiverWalk near S. Lumpkin Road behind the National Infantry Museum at the crossing to Oxbow Meadows. Relay exchange points #2 and #3 are on the RiverWalk behind the VFW on Victory Drive. To access Relay exchange points #2 and #3 park at the Victory Drive Overlook on Victory Drive across the street from the Dolly Madison plant near the VFW and walk down the stairs from the parking lot to the RiverWalk. Please note that the relay team members must provide their own transportation to the relay exchange points. At registration, a representative of the relay team may pick up the registration packet with a bib for each member of the relay team. Each member of the relay team will receive a finisher's t-shirt and a finisher's medal.

### Water Stations

1. Mile 2.5 on Vibbert Avenue on Fort Benning
2. Mile 4.7 on Lumpkin Road median on Fort Benning
3. Mile 7.1 on Riverwalk crossing at S. Lumpkin Road near Oxbow Meadows
4. Mile 8.8 on Water Works Road near the intersection of the Golf Course and the RiverWalk
5. Mile 10.0 on Water Works Road near Water Works Facility
6. Mile 11.4 on RiverWalk at Rigdon Park
7. Mile 13.0 on RiverWalk near VFW
8. Mile 15.5 on RiverWalk near Trade Center
9. Mile 16.5 14<sup>th</sup> Street Pedestrian Bridge
10. Mile 17.5 14<sup>th</sup> Street Pedestrian Bridge
11. Mile 18.5 on RiverWalk near Trade Center
12. Mile 20.7 on RiverWalk near VFW
13. Mile 22.3 on RiverWalk at Rigdon Park
14. Mile 23.5 on Water Works Road near Water Works Facility
15. Mile 24.8 on RiverWalk near the intersection of the RiverWalk

### GU Supplement nutrition

Gu energy packets will be available on the course at the water stations at mile 7.1 (on Riverwalk at S. Lumpkin Road near Oxbow Meadows), mile 10 (on Water Works Road near Water Works), mile 13 (on RiverWalk near VFW just before Rotary Park), mile 15.5 (on RiverWalk near Trade Center), mile 18.2 (on RiverWalk near Trade Center), mile 20.7 (on RiverWalk just past Rotary Park near VFW) and 23.5 (on Water Works Road near Water Works).

### Hydration

Coca Cola will provide PowerAde at each water station on the course and at the finish line. Callaway Blue will provide water at each water station on the course and at the finish line. B&B Beverage will also provide an energy drink at the finish line.

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### **Clocks**

Timing clocks will be at the start and finish as well as mile 6.2, mile 10, mile 13.1, mile 17 and mile 20.

### **Weather**

Weather is usually clear and in the 40's at the start and rises to the 60's during the day.

### **Two-Way Traffic**

Our course has some sections on the RiverWalk that are an out and back. Faster runners will be returning on the RiverWalk at the same time as slower runners are outbound on their race. Please "Stay Right" on the RiverWalk to avoid oncoming runners.

### **Certification**

Both the Soldier Marathon course and the Soldier Half Marathon course are certified. The marathon race is a Boston qualifier. The Full and Half Marathon are also sanctioned by USA Track and Field.

### **Cut Off Times**

There is a time limit of 7 hours to finish the Soldier Marathon and Half Marathon. You should plan to reach mile 18.0 by 12:45 p.m. to reach the finish line at the National Infantry Museum by 3:00 p.m. and finish within the 7 hour time limit. We will be as flexible as we can to accommodate all finishers.

### **Finishing Medals**

Each finisher of the Full Marathon, the Half Marathon, the Relay Marathon, the 5K Race and the Kids Marathon will receive a finishing medal that commemorates your completion of your race.

### **Awards**

Awards will be presented to the top three overall finisher, male and female, the top three finishers in each age group, male and female, and the top master's finisher (40 and above), male and female. Awards will be presented at the finish line near the Heritage Walk (Avenue of Flags) at the following times:

9:30 a.m. 5K awards ceremony

11:00 a.m. Half-marathon awards ceremony

12:00 p.m. Full marathon awards ceremony

### **Food at Finish Line**

At the finish line runners may enjoy Callaway Blue bottled water, PowerAde, Coca Cola soda, as well as a McDonald's breakfast burrito or a hamburger, fresh fruit, bagels, energy bars and cookies. Finishers will also be treated to a Michelob Ultra beer (over age 21 only). Buck Ice will keep our drinks cool. We also will offer gluten free food to our finishers. Artisan popsicles made by local business Planet Pops will also be provided to each finisher.

### **Race Blankets**

Runners will receive a mylar blanket to keep warm at the finish line.

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### **Volunteers**

Volunteers wearing distinctive brightly colored shirts and soldiers in uniform or camouflage shirts will serve runners at registration, aid stations, and along the course. Please be sure to thank them.

### **Medical**

Medical Aid Stations are at the Start/Finish area and at the Trade Center. Ambulances will be available to attend to your medical needs. All medical staff along the course will be identifiable in red medical shirts.

### **Massages**

Post-race massages will be available at the finish line to runners without any charge to runners.

### **Track your Runner**

A link on our SoldierMarathon.com website will allow you to key in the bib number or last name of the runner you wish to follow. This site is designed to work on smart phones and computers.

### **Expo**

Please enjoy our Expo at the National Infantry Museum. Our Soldier Marathon shirts and gear with logo will be available. Running gear and other outdoor gear will be available by Big Dog Running Company and other national clothing and shoe brands.

### **Pets**

Please do not bring your pets to the Soldier Marathon races or to the National Infantry Museum on race day or to the expo. Even on leashes having numerous pets on the grounds can be a hazard to runners, spectators and other pets.

### **Things to Do in Columbus Before or After the Race**

The National Infantry Museum is wonderful and was recently voted The Best Free Museum In The Country by USA Today Reader's Choice Awards. The Vietnam Wall Memorial is a wonderful testament to the sacrifices made by so many of our finest men and women. Across the street from the Infantry Museum, Oxbow Meadows provides you with an environmental learning experience with live animals. Along the RiverWalk is the Civil War Naval Museum and Coca-Cola Space Science Center that you will find very interesting. The Chattahoochee River offers Whitewater rafting, kayaking, a zip-line and a ropes course. There will be a Food Festival in Uptown Columbus during the afternoon of Race Day, November 12<sup>th</sup>.

**We wish you the very best running and a wonderful time in Columbus and Fort Benning, Georgia as well as the surrounding community including Phenix City, Alabama and Callaway Gardens, Georgia.**

**The Soldier Marathon Race Committee**