



Saturday, October 17, 2009

Important Race Information

Congratulations!

You are confirmed for the 14th Running of the Community Health Network Indianapolis Marathon & Half Marathon at Lawrence. This email contains all the information you will need to know prior, during and after your race including the Expo & Packet Pick-Up, what to expect on race day, and more. Please print this email as it will be your guide to the weekend.

We are very excited about this year's event. Participation numbers have increased once again and the race committee, volunteers, and local community are looking forward to putting on a terrific event, that will be a great experience for everyone involved. The race course is beautiful during the fall and will take participants through many scenic areas such as Historical Fort Harrison and the Parade Grounds of Lawton Loop, Fort Harrison State Park and the Fall Creek Corridor Greenway. We will have over 700 volunteers to help you get to the finish line.

Weekend Schedule of Events

Friday, October 16, 2009

- Expo & Packet Pickup -Fort Harrison YMCA (5786 Lee Road) - 11:00 a.m. - 9:00 p.m.
- Pasta Dinner - Sterrett Center (8950 Otis Avenue) - 5:00 - 7:00 p.m.

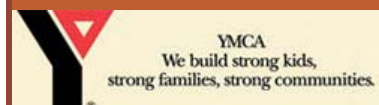
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Sponsors



Saturday, October 17, 2009

- Packet Pickup -Sterrett Center (8950 Otis Avenue) - 6:30 a.m. - 7:30 a.m.
- Indianapolis Marathon & Half Marathon/Relay Start - Ft. Harrison (Otis Avenue & Lawton Loop E. Drive) - 8:30 a.m.
- Lawrence 5K Run & Walk - Ft. Harrison (Otis Avenue & Lawton Loop E. Drive) - 8:55 a.m. - **Please note the new start time!**
- Kids Marathon/Fun Run - Ft. Harrison (Otis Avenue & Lawton Loop W. Drive) - 12:30 p.m.

***Indianapolis is on Eastern Daylight Savings**

Participant Premiums

- Commemorative medal and ribbon to every Marathon, Half Marathon, Relay, and 5K finisher
- Commemorative long-sleeve T-shirt
- IPICO scoring and timing
- Free Gatorade Endurance during and after the race
- Gel on course (marathon only)
- Free post-race food at finish line
- Free post-race cookout
- An event with the mission to serve our participants!

Packet Pickup

Race packets cannot be mailed. All packets must be picked up at the Expo & Packet Pick-Up at the Fort Harrison YMCA, 5786 Lee Road, on Friday, October 16th between 11:00 a.m. and 9:00 p.m. After you pick up your bib number, please verify that your name corresponds with that on the bib number. There is no chip verification at the expo. Chips have already been activated, so there is no need to activate your chip at the expo. Please be sure to check your race packet for accuracy. If you are unable to pick up your packet on Friday, there will be limited packet pickup on race day from 6:30 - 7:30 a.m. at the Sterrett Center, 8950 Otis Avenue. **PRE-REGISTERED PARTICIPANTS ARRIVING AFTER 7:30 A.M. TO PICK UP THEIR PACKETS CANNOT BE GUARANTEED THEY WILL BE PROCESSED BY THE START. PLEASE COME FRIDAY!**

THERE WILL BE NO EXPO OR RACE DAY REGISTRATION IF THE MAXIMUM OF 6,500 PARTICIPANT LIMIT IS REACHED FOR THE FULL & HALF MARATHON. THERE ARE NO TRANSFERS OR REFUNDS. Continue to check the web site if the race has filled.

YOUR RACE PACKET WILL CONTAIN:



- Race participant T-shirt
- Your bib number and four safety pins
- Your IPICO Timing Tag and instructions on how to attach it.
- Coupons for discounted merchandise and services

If you are needing another person to pick up your packet, they need to bring your confirmation postcard or a note (i.e. email) stating they can pick up your packet.

Expo & Packet Pickup Parking - Friday Only

Parking will be at the YMCA parking lot on Lee Road, ¼ mile north of 56th Street. Lee Road is ½ mile East of Post Road.

Friday Pasta Dinner

The Pasta Dinner will take place at the Sterrett Center, located at 8950 Otis Avenue. Limited Pasta Dinner tickets will be available at the door for \$12 for adults and \$6 for children 10 & Under. We are excited to announce that the Pasta Dinner is being catered once again by Fazolli's in 2009!

Start Information

The start line for the Community Health Network Indianapolis Marathon & Half Marathon is located in Historic Fort Harrison at the intersection of Otis Avenue & Lawton Loop East Drive. This beautiful setting will make your experience start off on the right foot. This is the former Army Parade grounds for the Fort Benjamin Harrison Army base. There will be a seeded runner area at the front of the starting field. Seeded runners will be identified by their race bibs. All non-seeded runners must self-seed their starting position based on their abilities. Pace signs will be set up to assist in this self-seeding process. Please be considerate of those around you and start in the appropriate position based on the seeding signs. There is a special walkers area marked by a sign. Please see the start line map which is in your packet for locations of Gear Check, portable toilets, and water. The per mile pace (the maximum pace allowed in the race) will begin when the last participant crosses the start line.

Raceday Parking

PLEASE ARRIVE EARLY! Parking for raceday activities will be in the Major General Emmett J. Bean Center parking lot, south of 56th Street, located on the southwest corner of 56th Street & Post Road

If arriving from the North:

- From I-465, take exit 40 and head east on 56th Street approximately 1.5 miles
- Turn right or south at the traffic light at Herbert Lord Road.

This is ½ mile east of the light at Franklin Road

If arriving from the South:

- From I-465, take exit 42 and head east at the Pendleton Pike exit and travel approximately 1.5 miles to Post Road.
- Turn left or north on Post Road, go over the railroad tracks.
- Turn left or west on Hess Road into the Bean Center parking lot.

If arriving from the East via I-70:

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From I-70, take exit 91 and head north on Post Road and travel approximately 3.5 miles to Pendleton Pike.

- Continue north on Post Road go over the railroad tracks.
 - Turn left or west on Hess Road into the Bean Center parking lot.
- Please do not try to park North of 56th Street - there is more than enough parking available at the Bean Center, and you will not get blocked in by the road closures that occur after the event begins. It is a 2 or 3 block walk to the start/finish area. Plan to **ARRIVE EARLY**. There will be a lot of people driving to the race site at once, plan accordingly!

Gear Check

Gear Check will be available on Saturday morning before the race just South of the finish line at the North entrance to Christians United Church. Checked gear bags will be available for pickup after the race at the same location. Bags will be provided for your use. You need to write your race number on the outside of your gear bag, and you will need to have your race number to pick up your bag. Gear Check will be available from 7:00 a.m.-3:15 p.m. and any unclaimed items will be brought back to the Indianapolis Marathon & Half Marathon offices. If items are not claimed within 30 days of the event, they will be donated to a charity.

THE INDIANAPOLIS MARATHON & HALF MARATHON IS NOT RESPONSIBLE FOR ANY LOST, STOLEN, OR DAMAGED ITEMS. DO NOT GIVE YOUR ITEMS TO ANY VOLUNTEER EXCEPT THOSE AT GEAR CHECK! DO NOT PUT VALUABLES IN YOUR GEAR CHECK BAG.

IPICO Timing System

Rock Solid Results will be doing the Scoring and Timing for the 2009 event! We are excited to have them working with us in this aspect of the event! All events will be timed using the IPICO timing system. You must wear your tag to be timed. Tags must be turned in to avoid a \$25 replacement fee.

If you do not wear your tag, you will not show up in the finish results. Every year this is an issue. If you show up on race day and don't have your Timing Tag you will need to go to the trouble table to get a new one and pay for the replacement. PLEASE DOUBLE CHECK THAT YOU HAVE YOUR TAG BEFORE COMING!

Bib Number Requirements

- DO NOT alter the bib number in any way.
- Securely fasten the bib number to the FRONT of your running outfit with the safety pins enclosed in your packet.
- All bib numbers MUST be visible and worn on the front and outside of clothing at all times during the race.

Guidelines

Please follow these simple guidelines in order to make your experience more enjoyable.

- Please start near your projected pace - by doing so you will be starting with others with the same pace as yourself.
- Remember, the IPICO Timing tag does NOT start until you go over the starting mats at the start line - therefore you don't have to worry about how long it takes for you to get to the start line once the gun goes off.
- Do not attempt to move up to a faster pace as this will cause problems.
- Per the information in the event waiver, there is a per minute per mile cut-off pace that you will need to maintain during the event. For the Full Marathon it is 15 minutes per mile and for the Half Marathon it is 17 minutes per mile. This pace will not start until the last person has crossed the starting mats. If you are unable to maintain this pace you will be asked to withdraw from the event. A SAG Wagon will provide transportation back to race site.
- Please do NOT run/walk more than two abreast and remember to keep to the right side of the road throughout the course.

Course Information

ROUTE

The full and half marathon are run together for the first 12.5 miles. When you reach the intersection of 59th Street and Post Road at the entrance to Fort Harrison State Park, the marathon continues straight into the Park while the half marathon turns left onto Post Road and heads toward the finish line. The roads are marked accordingly.

Please understand this part of the course! At 12.5 miles you must turn left at Post Road if you are running the Half Marathon, you must run straight into the State Park if you are running the Full Marathon. Despite a team of volunteers, signs, and marks on the road, every year someone either misses the turn or takes the turn by mistake!! Don't let it be you.

Several parts of the course are an "out and back" format. Runners should stay to the right when facing oncoming runners at all times. The course is marked with white "double lined" arrows. All miles are marked on the road and with a standup sign.

The Marathon course will be open and supported from 8:30am until 3:10 p.m. (15min/mile pace). The Half Marathon course will be open and supported from 8:30am until 12:30 p.m.(17min/mile pace). If you fall behind this pace you will be asked to withdraw from the event, a SAG Wagon will provide transportation to race site..

MEDICAL

Medical personnel will be stationed at each aid station throughout the course to provide medical assistance.

Participants requiring medical treatment may be transported to an area hospital for treatment in an emergency room facility. It will be the discretion of the on-scene medical personnel to determine which facility will be used. Anyone transported to a facility and treated will be billed by the hospital and ambulance provider for services rendered.

WATER AND GATORADE AID STATIONS

There will be 21 Water and 20 Gatorade (Gatorade Endurance Formula) stations along the course and at the start/finish. Aid Stations will be located at the following locations

Start Line

Mile 2.2 (Water only)

Mile 3.7

Mile 4.7

Mile 5.6

Mile 7

Mile 8.5

Mile 10.1

Mile 11.1

Mile 12

Mile 13.2

Mile 14

Mile 15.2

Mile 16.1

Mile 17.2 (Gel Too!)

Mile 18.5

Mile 19.5

Mile 20.8 (Gel Too!)

Mile 21.8

Mile 22.8

Mile 24
Mile 24.8
Finish Line

GEL ON COURSE

Carb-BOOM energy gel will be on course at the aid station near miles 17 and 21. Gel should be available at the expo also.

RESTROOM FACILITIES

Portable toilets will be added in locations throughout the course. The portable toilets will be located approximately every three miles.

COURSE CLOSINGS

For your safety and for the timely reopen of the streets to vehicular traffic, you must reach key locations by specified times.

- **PLEASE DO NOT START EARLY!** Traffic and safety rules prohibit early starts. Early starters will be eliminated from the Official Results.
- All participants on a 5 hour + marathon pace must cross Shadeland Avenue (mile 23.5) on a green light after 1:00 p.m. This road must be re-opened up to traffic at this time. Cross on GREEN LIGHT after 1:00 p.m., police will remain at the intersection after 1:00 p.m. to assist walkers in crossing Shadeland.
- If you cannot maintain the per-minute per mile pace, you will be asked to withdraw from the event. A SAG Wagon will provide transportation back to race site.

DROPPING OUT

If you must drop out of the race, it is very important that you report to the nearest aid station or amateur radio operator so your name and number can be recorded. A race vehicle will take you to the finish area.

Race Regulations

Participants will:

- not be allowed on the course before the official gun start (no early starts will be allowed)
- not participate with another participant's number.
- not exchange (by selling or giving away) their bib number
- obey all directions by course monitors, police and safety personnel.

Unregistered participants, unauthorized vehicles, bicycles, skateboards, roller skates, in-line skates, strollers, baby joggers, walking poles and animals are prohibited along the course. All race regulations comply with liability insurance requirements and ensure your safety and the fairness of the race. For your safety and the safety of others, please allow room for faster individuals to pass you. If you are running or walking with friends, please do not line-up

more than two abreast.

Race officials may cancel, delay or change the race to a non-scored event in case of extreme weather or other conditions that may affect the safety and health of the participants. In the event of cancellation, no refunds will be issued.

Runner Services

As you cross the finish line, be sure to smile as Brightroom will be taking finisher photos. After crossing the finish line, please keep moving forward to get your cups of water and Gatorade. Once you have received your finisher's medal, you will receive your water. Please keep moving through the Runner Services area to prevent back-ups at the finish line. Also, you will not be allowed to meet your friends and family in the Runner Services area after the finish line, please do so in the Rest & Recovery Area. Bottled Water, Bananas, Chips and Cookies will be available to participants before entering the Rest & Recovery Area. Please make sure to get your food at that time, and please be considerate of your fellow runners and take one item per person. All Marathon, Half Marathon, Relay, and 5K finishers will receive a finisher's medal.

Rest & Recovery Area

Invite your friends and family to join you in the Rest & Recovery Area to celebrate your accomplishment as well as cheer on other participants as they cross the finish line.

POST RACE COOKOUT

All volunteers and participants are welcome at the free Post Race Cookout prepared by our benefiting charity K.I.D.S. Inc. which will be held at the Party Tent near the finish line. Volunteers will receive a meal pass while participants should use their race number for their meal pass. You must have your race number to eat! Extra meal tickets may be purchased for family and friends for \$5.00 each.

MERCHANDISE

Get your official Indianapolis Marathon & Half Marathon merchandise in the large vendor tent at the finish line.

RACE RESULTS

Race results will be posted during the event and can be checked in the Rest & Recovery Area by visiting the Awards/Results Tent located near the finish line. For your convenience, results will also be posted online on raceday.

POST RACE SHOWERS

Post-race showers are available at the YMCA which is located on Lee Road, just north of 56th Street, about ¾ miles east of the Race Site. Showers are available for \$5. You must show your race number to get this arrangement. This does not allow access to other areas of the YMCA. It is a great option to trying to argue a

late checkout or driving home 4-hours without a shower!

LOST & FOUND

Lost & Found items will be kept at the Awards Tent.

AWARDS

Award Ceremonies will be held at the finish line for top five overall male and female finishers for the Full Marathon and Half Marathon, along with the top three overall male and female finishers of the 5K. All age group awards can be picked up at the Awards Pick-up Tent near the finish line. Times will also be posted at the Awards Tent. Award winners will also be posted on our Web Site. If you win an award, please proceed to the Awards Tent near the finish line to claim your award. Unclaimed awards will be taken to the Athletic Annex Running Store at 86th Street and Ditch Road (317-872-0000) where they may be picked up at a later date. If you want your award mailed to you, please mail your name, address, division, and \$10 (to cover shipping/packaging) to the Indianapolis Marathon Road Runners Club, P.O. Box 361074, Indianapolis, IN 46236.

Spectator Information

The race site is an excellent place to view the race! Besides the exciting start, the participants will come back by the race site at 4.5 miles! If you are watching the Full Marathon, you can walk 5 blocks North to watch your runner go into the State Park at 12.5 miles. Another great place to go next is straight West down 56th Street 4 miles to the Windridge area. (Right before you get to Emerson Avenue on the South side of 56th Street.) There is parking in this area. Runners actually will be running Under 56th Street and Under Emerson Avenue on the bike path. There is an aid station here, there is the Joe O'Malias grocery store across the street where you can buy snacks/drinks, and you can watch your runners going out at mile 17, then coming back at mile 21. This will allow you plenty of time to get back to the finish line to watch your runner finish!

Additional Information

Please review all areas of our web site for event information including: Map & directions to race site, hotel information, Friday and Saturday packet pickup, schedule of events, course map & elevation chart, event highlights, marathon relay details, awards info, aid station/mile marker info, course certifications, group volunteer fundraising program, and information on our benefiting charity K.I.D.S. Inc.

We look forward to seeing you on October 16th & 17th and best wishes on your final preparation!

For More Information

For more race details please visit our website at www.IndianapolisMarathon.com
Questions please email rd@IndianapolisMarathon.com.

**Don't forget to tell your friends about
The Community Health Network Indianapolis Marathon
and Half Marathon**

*Please forward this email on to others who might be interested
in participating in this great race.*