



Everything You Need to Know about the RACE

October 9, 2013

Congratulations!

You are confirmed for the 18th Running of the Indianapolis Marathon & Half Marathon and 5K Run/Walk at Lawrence. We are very excited about this year's event, and excited for your participation in it. You have done the hard work, now it is time to enjoy the fruits of your labor with a wonderful experience and performance!

This email contains all of the information you will need to know prior, during, and after your race. This includes information on the Indianapolis Marathon Expo & Packet Pick-Up, the Pasta Dinner, what to expect on race day, and more. **Please have the information from this email with you as it will be your guide for the entire weekend.**

We look forward to seeing you Race Weekend!

Sincerely,
Joel Sauer
Race Director and President
Indianapolis Marathon Road Runners Club

P. S. Do you have a friend that needs to know about our event? You can easily [Forward this Email](#), or forward it on your own terms, from your inbox.

[Back to top](#)

In This Issue

[Registration is OPEN](#)



[Register Online](#)
through October 16th!

Visit [OUR SITE](#)

to Register,
and for more information about the
Marathon and Half Marathon,
Marathon Relay, 5K Run/Walk, Kids
Marathon and 1 Mile Fun Run.



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Weekend Schedule of Events

Friday, October 18, 2013

- Indianapolis Marathon Expo & Packet Pickup - **NEW LOCATION !!** Hilton Indianapolis North (8181 N. Shadeland Ave., 46250) 11:00 am - 9:00 pm
- Pasta Dinner - Hilton Indianapolis North (8181 N. Shadeland Ave., 46250) 5:00 pm - 7:00 pm Tickets are required. [Click to purchase](#), while supplies last.

Saturday, October 19, 2013

- Shuttles leave from Hilton Indianapolis North (8181 N. Shadeland Ave., 46250) at 6:40 am and 7:25 am. Tickets are required. 7:25 am shuttle tickets are sold out. [Click to purchase 6:40 am shuttle tickets](#), while supplies last.
- Late Packet Pickup - Sterrett Center (8950 Otis Avenue, 46216); 6:30 am - 7:30 am
- 18th Annual Indianapolis Marathon, Half Marathon, and Marathon Relay Start - Ft. Harrison (Otis Avenue & Lawton Loop East Drive); 8:30 am
- Lawrence 5K Run/Walk Start - Ft. Harrison (Otis Avenue & Lawton Loop East Drive); 9:00 am
- Kids Marathon & 1 Mile Fun Run Start - Ft. Harrison (Otis Avenue & Lawton Loop West Drive); 12:45 pm
- Post-Race Cookout - Ft. Harrison (Party Tent near the Finish Line); 10:30 am - 3:15 pm FREE

View Course on YouTube!

[Click to View](#)



The Beautiful Fall Course



for all participants - use race bib as ticket. Additional tickets available for purchase. [Click here to purchase](#). Your tickets will be with your race packet. Or purchase at the Merchandise Store on site, while supplies last.

NOTE: Indianapolis is in the Eastern Daylight Savings time zone.

[Back to top](#)

Participant Premiums

- Commemorative medal for every finisher in the Indianapolis Marathon, Half Marathon, Marathon Relay, and 5K, and finisher ribbons for the Kids Run. Children participating in the Kids Marathon will receive a Kids Marathon finishers medal! (not the ribbon).
- RRCA 2013 Indiana Half Marathon State Championship
- Commemorative long sleeve technical shirt
- Chip scoring and timing by The End Result Company
- FREE Gatorade Endurance during and after the race
- FREE GU Brand energy gel (several flavors, all non-caffeine) and bananas on course at miles 17 and 21
- Hour long celebration with Radio Disney 98.3 from 11:30 am to 12:45 pm at the race site, near the Kids Run start line
- FREE post-race fruit and snacks
- FREE Post-Race Cookout at the race site
- An outstanding event with the mission to serve our participants!



Put Your Hands Up!.



Marathon Relay!

Packet Pickup - **NEW LOCATION!**

Race packets cannot be mailed. All packets must be picked up at the Indianapolis Marathon Expo & Packet Pick-Up at the Hilton Indianapolis North (8181 N. Shadeland Ave., 46250) on Friday, October 18th between 11:00 am and 9:00 pm. After you pick up your bib number, please verify that your name corresponds with that on the bib number. 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 Late Packet Pickup on race day from 6:30 am - 7:30 am at the Sterrett Center, 8950 Otis Avenue, 46216.

PRE-REGISTERED PARTICIPANTS ARRIVING AFTER 7:30 am ON SATURDAY, OCTOBER 19TH TO PICK UP THEIR PACKETS CANNOT BE GUARANTEED THEY WILL BE PROCESSED BY THE START. PLEASE COME FRIDAY!

NO REFUND REQUESTS PLEASE. All of our costs are now realized through purchases and rentals.

YOUR RACE PACKET WILL CONTAIN:

- Race participant technical shirt
- Your bib number and four safety pins
- Your IPICO Chip Timing Tag and instructions on how to attach it
- Flyers for merchandise and services

If you are picking up a packet for another person, you need to have a copy of their photo ID.

If you want someone to pick up your race packet, they must have a copy of your photo ID.



Kids Marathon & 1 Mile Run

PARKING for Indianapolis Marathon Expo & Packet Pick-up

(Friday Only)

Parking will be at Hilton Indianapolis North (8181 N. Shadeland Ave., 46250)

Friday Pasta Dinner

The Pasta Dinner will take place from 5 - 7 pm at the Hilton Indianapolis North (8181 N. Shadeland Ave., 46250) Limited Pasta Dinner tickets will be available at the door for \$12 for adults and \$6 for children 10 & Under. [Click here to purchase Pasta Dinner tickets](#) in advance - ticket(s) will be with your race packet at packet pickup.

[Back to top](#)

Race Day Parking

PLEASE ARRIVE EARLY! All participants should plan to arrive and be parked at the race site by 7:30 am. Please plan your arrival accordingly and allow extra time as there will be thousands of people coming to the race site. Roads will begin closing after 7:30 am as we prepare for the start of the race at 8:30 am.

Once parked by 7:30 am, you will then have plenty of time to relax and focus on your race. You can listen to tunes in your vehicle or head over to the race site to enjoy the pre-race buzz and excitement.

Parking for race day 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. There will be 25 police and 35 volunteers helping you arrive to the site and park as efficiently as possible. Please follow their directions as they know the most efficient way to get 4,000 cars arriving from multiple directions parked in the Bean Center.

Parking has run very smoothly as everyone arriving has done a wonderful job of following instructions and being directed to the open locations of the parking lot! Please follow instructions and it will run smoothly again this year!

DIRECTIONS

Below are general instructions for getting to the Race Site area -

PLEASE NOTE ... I-70 and I-65 are CLOSED for construction in downtown Indianapolis. This will not affect traffic at the race site, but if you are arriving from the West or South sides of Indianapolis, plan to use I-465 instead of traveling through downtown Indianapolis.

If arriving from the North:

- From I-465, take exit 40 and head east on 56th Street approximately 1.5 miles.

- Turn right at the traffic light at Herbert Lord Road into the Bean Center parking lot. This is 0.5 miles east of the traffic light at Franklin Road.
- Follow Police and Parking Director guidance.

If arriving from the South:

- From I-465, take exit 42 and head east on Pendleton Pike 1.5 miles to the light at Post Road.
- Turn left (north) on Post Road, go over the railroad tracks.
- Turn left (west) on Hess Road into the Bean Center parking lot.
- Follow Police and Parking Director guidance.

If arriving from the East or West via I-70:

- From I-70, take exit 91 and head north on Post Road for approximately 3.5 miles to the light at Pendleton Pike.
- Continue north on Post Road, go over the railroad tracks
- Turn left (west) on Hess Road into the Bean Center parking lot.
- Follow Police and Parking Director guidance.

If arriving from the Hilton Indianapolis North or Drury Inn:

- Take Shadeland Avenue South until it merges onto the I-465 collector, move to your right and immediately take the 56th Street exit.
- Turn left and head east on 56th Street approximately 1.5 miles.
- Turn right at the traffic light at Herbert Lord Road into the Bean Center parking lot. This is 0.5 miles east of the traffic light at Franklin Road.
- Follow Police and Parking Director guidance.

It is generally a 3 to 8 block walk from the parking areas to the Start/Finish area, yes - this is an enormous parking lot! Don't get stressed out - plan to ARRIVE EARLY! You can then relax in your parked car listening to music, or come over to the Race Site to enjoy the pre-race excitement and activity.

You will need to be parked by 7:30 am as roads will start closing shortly thereafter. There will be a lot of people driving to the race site at once, so please plan accordingly!

[Back to top](#)

Start Line Information

The start line for all events is located along the beautiful, former Army Parade Grounds of the historic Fort Benjamin Harrison Military Base on Otis Avenue just east of Lawton Loop West Drive. This beautiful setting will make your experience start off on the right foot.

The 2013 Indianapolis Marathon & Half Marathon and Marathon Relay will once again feature Starting Corrals for all events. Each participant will be assigned a "Start Corral" designated by a letter on the race bib. This letter will indicate which corral to line up in at the start of the race. The first corral will be for seeded runners. Then there will be additional corrals for participants based on their estimated finish times. This will make for an orderly start of the event, spread the participants out more on the course, and help participants start with people of similar speeds. You may start in your assigned corral or a corral further back, only.

The 5K Run/Walk starts at 9:00 am, 30 minutes after the Marathon & Half Marathon and Marathon Relay. The 5K participants should go to the Staging Area in the parking lot just south of the starting line corrals during the start of the Marathon & Half Marathon and Relay. Once the participants clear the starting area, the 5K participants will then be able to enter their 5K designated starting corrals.

On race morning, look for the tall signs in the starting area with your corral letter, and enter the corral. Reminder: the event is chip timed so your starting times are recorded when you actually cross the start line and NOT WHEN THE STARTING GUN GOES OFF!

Special Note: The top 5 overall male and female awards (top 3 for the 5K) will be based on gun time - if you believe you have a chance at being top 5 overall,

you should make sure you have a seeded number to be placed in the first corral.

Be sure to arrive early to find your corral.

Gear Check

Gear Check will be available on Saturday morning before the race just South of the Start/Finish line. Look for the signs pointing to the Gear Check at the race site. Checked gear bags will be available for pickup after the race at the same location. Bags and markers will be provided for your use. You need to write your race number on the outside of your gear bag. You must have your Race Bib to pick up your bag. Gear Check will be available from 7:30 am to 3:15 pm and any unclaimed items will be brought back to the Indianapolis Marathon Road Runner Club 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. AT NO TIME, LEAVE A BAG UNATTENDED!

IPICO Timing System

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. If you show up on race day and don't have your Timing Tag you will need to go to the Help Table at Saturday's Late Packet Pickup to get a new one and pay for the replacement. **PLEASE DOUBLE CHECK THAT YOU HAVE YOUR TIMING 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.
- For Safety & Emergency purposes, participants will not be allowed to participate with another person's race bib. You can transfer an entry by going to the Help Table at Friday Packet Pickup. You will need a note (i.e. email) from the person who is giving you their entry and a copy of their photo ID. There is a \$5 transfer fee and that is the only cost of the transfer. You will get a new bib and a new chip, and you will be entered into the race as yourself.
- Anyone participating without a race bib is trespassing and will be required to leave the course immediately. Anyone participating with another person's bib is creating a very serious safety violation and will be required to leave the course immediately.

All bib numbers MUST be visible and worn on the front and outside of clothing at all times during the race. Those without visible bib numbers may be asked to produce the bib. Those who cannot produce a bib will be escorted off of the course.

[Back to top](#)

Race Guidelines

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

- You must start in your designated corral - by doing so you will be starting with others with the same pace as yourself. (If you want to start with someone else, you are allowed to move back to the slower starting corral, but not forward.)
- 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. The 5K event is also

timed using the IPICO Timing system, and like the Marathon, Half Marathon and Marathon Relay, your time does not start until you cross the starting line.

- Do not attempt to move up to a faster corral as this will lead to disqualification. If you have a concern with your corral, please go to the Help Table at Friday Packet Pickup to discuss.
- As stated on the entry form, all Marathon and Marathon Relay participants must maintain a 15 minute per mile pace to remain on the course. All Half Marathon participants must maintain a 17 minute per mile pace to remain on the course. This pace will not start until the last person has crossed the starting mats. If you are unable to keep up with this pace you will be asked to withdraw from the event. A tail vehicle will be on course to assist you back to the Race Site area.
- Please do NOT run/walk more than two abreast and remember to keep to the right side of the road throughout the course.

For Safety Reasons - ear phones are not allowed at the start of the race and should not be used until after making the turn into Fort Harrison State Park at 0.75 miles. Ear phones must also be removed at Mile Marker #12 until after you have proceeded through the Marathon / Half Marathon course split which takes place at 12.5 miles.

Course Information

ROUTE

The Marathon 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 at the 12.5 mile point, the Marathon continues straight into Fort Harrison State Park while the Half Marathon turns LEFT onto Post Road and heads toward the finish line. There will be a group of volunteers helping direct runners at this intersection and the roads are marked accordingly.

Please understand this part of the course! At 12.5 miles you must turn LEFT if you are running the Half Marathon, and you must run straight into Fort Harrison State Park if you are running the Marathon or the

Marathon Relay. 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. Much of the second half of the Marathon is this format. Runners should stay to the right when facing oncoming runners at all times. The course is marked on the road with GREEN arrows for the first three miles, with White arrows from mile three to the Full/Half Split, and then with YELLOW arrows for miles 13 through 26 of the Full Marathon. The 5K is marked on the road with RED arrows. All MILES are marked on the road and with a standup sign.

The Marathon course will be open and supported from 8:30 am until 3:11 pm (15min/mile pace plus 8 minutes for clearing the start line). The Half Marathon course will be open and supported from 8:30 am until 12:21 pm (17min/mile pace plus 8 minutes for clearing the start line). Again, if you are unable to maintain this pace you will be asked to retire from the event and board the tail vehicle.

MEDICAL

Medical personnel will be stationed 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. 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 20 water and 19 Gatorade (Gatorade Endurance Formula) stations along the course and at the start/finish. Aid Stations will be located at the following locations

Mile 2.5 (Water only)

Mile 4.0

Mile 5.6

Mile 7.1

Mile 8.4

Mile 10.1

Mile 11.2

Mile 12.0

Mile 13.2

Mile 14.2
Mile 15.0
Mile 16.4
Mile 17.4 (Gel and Bananas Too!)
Mile 18.7
Mile 19.7
Mile 20.8 (Gel and Bananas Too!)
Mile 22.0
Mile 23.1
Mile 24.1
Mile 25.1
Finish Line

GEL ON COURSE

GU Brand Energy Gel (several flavors, all non-caffeine) will be on course at the aid station near miles 17 and 21.

RESTROOM FACILITIES

Portable toilets will be located throughout the course, at intervals of approximately every three miles. Participants will also pass Fort Harrison State Park restroom facilities several times while inside the state park.

COURSE CLOSINGS

For your safety and for the timely reopening 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.

DROPPING OUT

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

Race Regulations

- For Safety reasons and for compliance with our multiple permits, participants will not be allowed on the course before the official gun start (no early starts).
- All bib numbers **MUST** be visible and worn on

- the front and outside of clothing at all times during the race.
- For Safety & Emergency purposes, participants will not be allowed to participate with another person's race bib. You can transfer an entry by going to the Help Table at Friday Packet Pickup. You will need a note (i.e. email) from the person who is giving you their entry and a copy of their photo ID. There is a \$5 transfer fee and that is the only cost of the transfer. You will get a new bib and a new chip, and you will be entered into the race as yourself.
 - Those without visible bib numbers may be asked to produce the bib. Those who cannot produce a bib will be escorted off of the course. Anyone participating without a race bib is trespassing and may be ticketed by event police.
 - Anyone participating with another person's bib is creating a very serious safety violation and will be required to leave the course immediately.
 - Please 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.

Spectator Information

The Race Site is an excellent place to view the race! Besides the exciting start and finish, the participants will come back by the race site along 56th Street at 4.5 miles! If you are watching the Full Marathon, you can walk 4 blocks north on Post Road to 59th Street and watch your runner go into the state park

at 12.5 miles. The next place to go is straight west down 56th Street (3.5 miles) to Fall Creek Parkway in the Windridge area. (Right before you get to Emerson Avenue on the south side of 56th Street.) The participants run under 56th Street on the bike path and pass this park-like area twice - outbound near mile 17 and then back again near mile 21! We offer a FREE SHUTTLE to this location! (see below.)

MARATHON CHEER ZONE - BACK AGAIN in 2013
We will be running free shuttle buses from the Race Site to the Windridge Area to take you out to cheer on your runner / walker! The shuttle will make continuous round trips from 10:15 am to 1:30 pm to the Marathon Cheer Zone. This is the part of the race where the going gets tough, so cheer them on twice - near miles 17 and 21, and then we'll get you back to the Race Site in time to see them cross the finish line! Treat yourself as well ... there are several food and drink establishments including Starbucks, CVS, Walgreens, Hardees, and Burger King within walking distance of the Marathon Cheer Zone!

[Back to top](#)

Runner Services

As you cross the finish line, be sure to smile as STAR PHOTO IMAGING will be taking finisher photos. After crossing the finish line, please keep moving forward to get your finisher's medal. A commemorative medal will be presented to every finisher in the Marathon, Half Marathon, Marathon Relay, and 5K. Finisher ribbons will be presented to finishers in the Kids 1 Mile Fun Run. Children participating in the Kids Marathon will receive a commemorative finisher medal instead of a finisher ribbon.

Once you have received your finisher's medal, you will receive your water bottle. Cups of Gatorade, fruit and snacks will be available to participants before entering the Rest & Recovery Area. Please make sure to get your snacks at that time, and please be considerate of your fellow runners and take only one of each item per person.

Your friends and family will not be able to enter in the Runner Services area after the finish line (also known as the Finisher's Chute), please plan to meet them in

the Rest & Recovery Area.

Post-Race Festivities

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

POST-RACE COOKOUT

All participants and volunteers are welcome to eat a free meal at the Post Race Cookout prepared by our benefiting charity K.I.D.S., Inc. This will be held at the Party Tent near the finish line. Volunteers - your Volunteer T-shirt is your meal pass. Participants - your Race Bib Number is your meal pass. You must have your race bib number to eat! Extra meal tickets may be purchased for family and friends for \$5.00 each. [Click here to purchase extra Saturday Cookout tickets](#) in advance - they will be with your race packet at Packet Pickup.

MERCHANDISE

Get your official Indianapolis Marathon & Half Marathon and 5K merchandise at the Merchandise Store located at the Race Site near the finish line. There will also be a merchandise booth at the Indianapolis Marathon Expo during Friday Packet Pickup at the Hilton Indianapolis North.

RESULTS

Instant individualized results will be available to you upon finishing your event! Please go to the Results Tent and your individualized results will be processed for you on the spot! If you won an Age Group Award, or if you qualified for the Boston Marathon, that will also be indicated on your results print-out! If you won an Age Group Award, you will be able to pick it up right then and there at the Results Tent! For your convenience, race results will also be posted online and updated throughout Race Day - available from our website IndianapolisMarathon.com.

POST RACE SHOWERS

Post-race showers are available at the Benjamin Harrison YMCA on Lee Road, just north of 56th Street, about 0.75 miles east of the Race Site. Showers and towel service are available for \$5. You must show your

race bib number to get this arrangement. This does not allow access to other areas of the YMCA. This is a very nice service offered by the YMCA, and it beats trying to argue a late hotel checkout time or driving home 4 hours without a shower!

LOST & FOUND

Lost & Found items will be kept at the Information Tent at the race site.

AWARDS

Award presentations will be made at the finish line for the top five overall male and female finishers for the Marathon and Half Marathon, the top female, top male and top coed Marathon Relay Teams, along with the top three overall male and female finishers of the 5K. We will also present awards to the top male and female Indiana finishers of the Half Marathon for the 2013 RRCA Indiana Half Marathon State Championship Race. If you are an "overall" award winner, but miss the presentation, your award may be picked up at the Results Tent near the finish line.

All other age group awards may be picked up at the Results Tent.

Award winners will also be posted on our website. Unclaimed Overall Awards will be mailed. Unclaimed age group awards will be taken to the Athletic Annex Running Center at 86th Street and Ditch Road (317-872-0000) where they may be picked up through November 16th. 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.

Additional Information

Please review all areas of our website IndianapolisMarathon.com for event information including: [hotel information](#), [schedule of events](#), course [map and elevation links](#), 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.](#)

[Back to Top](#)



From the Race Director

The MISSION of the Indianapolis Marathon and Half Marathon is to serve runners, walkers, and our community through a fun, safe, and scenic event that is a good value to participants and a positive event for our community. We strive to please participants by offering a well-organized and friendly event.

Our race committee, volunteers, sponsors, and community are very excited about putting on this race for you, and we look forward to seeing you on Race Weekend. Best of luck in your final preparations and wishing you a wonderful race experience!

Sincerely,
Joel Sauer
Race Director and President
Indianapolis Marathon Road Runners Club

Click here to [REGISTER NOW!](#)

[Back to top](#)