



The Indianapolis Marathon has been chosen by Runner's World Magazine as a Top 10 Marathon to do for 2015!

RUNNER'S
WORLD

Congratulations!

You are confirmed for the 20th Running of the Indianapolis Marathon & Half Marathon and 5K Run/Walk at historic Fort Harrison. 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 Friday Packet Pick-Up, 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.

I would also like to give a shout out to the Athletic Annex who has been a 19-year sponsor for our event, and to the Fortune Academy school which is the gracious host of our Race Site ...

The Fortune Academy is a private not for profit school serving students first through 12th grades with language learning differences such as dyslexia, dysgraphia, and ADHD. Visit their website www.thefortuneacademy.org.

We look forward to seeing you Race Weekend!



Registration is
OPEN

(Tell a friend!)

Visit
OUR SITE

for more information.



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We LOVE Our
Sponsors!

Sincerely,

Joel Sauer, Race Director
20th Annual Indianapolis Marathon & Half Marathon,
Marathon Relay, 5K, and 1-mile Kids Run

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Share our October race with
your running
buddies





Weekend Schedule of Events

Friday, October 16, 2015

FRIDAY PACKET PICKUP (New Location)

11:00 AM - 9:00 PM

Sterrett Center - Otis Avenue & Post Road

8950 Otis Avenue, Indianapolis, 46216

Park on the NORTH side of the building

- Race packets cannot be mailed.



- All packets must be picked up at Friday Packet Pick-Up at the Sterrett Center (8950 Otis Avenue, Indianapolis, IN 46216) on Friday, October 16th between 11:00 AM and 9:00 PM.
- Chips have already been activated, so there is no need to activate your chip.
- Please be sure to check your race packet for accuracy.

You may have another person pick up your race packet if you are unable to pick it up on Friday. THEY WILL NEED TO HAVE A COPY OF YOUR PHOTO ID.

Please try to pick up your race packet on Friday! If you must pick up your race packet on Saturday, late packet pickup will be held from 6:30 AM - 7:30 AM as noted above. Please do not arrive after 7:30 AM as we will be closing late packet pickup to attend to the needs of the race.

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 race bib and four safety pins
- Your IPICO Chip Timing Tag and instructions on how to attach it
- Final Instructions

FRIDAY PARKING

Travel north on Post Road from 56th Street; go straight through 4-way stop at Otis Avenue and then turn left into the parking lot on the north side of the building.

Saturday, October 17, 2015

RACE SITE (Same as Past Years)

5760 Lawton Loop East Drive at Fortune Academy School. This is one block North of 56th Street and two blocks West of Post Road on the northeast side of Indianapolis in the beautiful Fort Harrison area.

- Late Packet Pickup -

Please try to pick up your race packet on Friday! If you must pick up your race packet on Saturday, late packet pickup will be held from 6:30 AM - 7:30 AM as noted above. Please do not arrive after 7:30 AM as we will be closing late packet pickup to attend to the needs of the race.

- Start of Marathon, Half Marathon, and Marathon Relay - 8:30 AM
- Start of Lawrence 5K Run/Walk - 9:00 AM
- Start of Kids Marathon & 1 Mile Fun Run (Just west of finish line) - 12:45 PM
- Post-Race Cookout ... Party Tent at the Finish Line: 10:30 AM - 3:15 PM. FREE for all participants - use race bib as ticket. Additional tickets available for purchase.

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

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!

- 2015 Road Runners Club of America (RRCA) Indiana Marathon State Championship! Awarded to top Indiana M/F finishers - Overall, 40+, 50+, 60+
- Colorful long sleeve technical shirt
- Chip scoring and timing by The End Result Company
- FREE Gatorade Endurance during and after the race
- FREE energy gel (several flavors) and bananas on course at miles 17 and 21
- Family Fall Festival right at the Race Site with family activities such as Scarecrow Making, Apple Cider, Pumpkin Patch, Arts & Crafts, etc. (Some activities have a nominal fee to cover costs.)
- FREE post-race fruit and snacks
- FREE Post-Race Cookout at the race site for all participants
- An outstanding event with the mission to serve our participants!

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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 over 50 police and 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 thousands of 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 TO RACE SITE

Instructions for getting to the Race Site Parking area:

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 traffic 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 traffic 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.

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!

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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 2015 Indianapolis Marathon & Half Marathon and Marathon Relay start at 8:30 AM and will once again feature a Wave Start for all events. Each participant will be assigned a "Start Corral" designated by a letter on their 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.

The 5K Run/Walk starts at 9:00 AM, 30 minutes after the Marathon & Half Marathon and Marathon Relay. Once the Marathon & Half Marathon and Marathon Relay 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 horn goes off!

Special Note: The top 5 overall male and female awards (top 3 for the 5K) will be based on gun time - not chip 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. Go to Help Table at Friday packet pickup.

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 at the west end of the large food tent.

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 Road Runners Club is not responsible for any lost, stolen, or damaged

items. Do not put valuables in your gear bag! Please do not give your items to any volunteer except those at Gear Bag Check. Please do not leave a bag unattended.

IPICO TIMING SYSTEM

All events will be timed using the IPICO timing system. You must have your tag attached to your shoe 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.

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RACE GUIDELINES

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

- Please 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.
- As stated on the entry form, all Half Marathon participants must maintain a 17 minute per mile pace to remain on the course.
- These paces 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.

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 YELLOW arrows from mile three to the Full/Half Split, and then with WHITE 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.

THERE WILL BE NO EARLY STARTS

Traffic and safety rules prohibit early starts. Early

starters will be disqualified and 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

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.

For the Full Marathon, the next place to go is to drive straight west down 56th Street (3.5 miles) to Fall Creek Parkway which is the traffic light right after crossing the small bridge over Fall Creek.

NOTE: Westbound 56th Street is closed for the event and opens up at 10:15 AM so time your trip to the car to coincide with the road opening back up at 10:15 AM.

The marathoners will actually be running UNDER 56th Street on the paved running path along the Fall Creek Greenway, and they will pass this park-like area twice - outbound near mile 17 and then back again near mile 21.

This is an excellent place to cheer on your runner, and you will have plenty of time to get back to the Race Site to watch them at the Finish Line. There are also several food and drink establishments within walking distance including Starbucks, CVS, Hardees, and Burger King. Treat yourself to a quick meal, coffee, or snack while your runner is running from miles 17 to 21 (but don't tell them!).

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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. Participants in the Kids Marathon will receive a finishers medal.

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. We are famous for our bonfires and post-race cookout which along with family friendly music provides for a wonderful atmosphere and location to relax, enjoy a beautiful autumn day, and eat with friends and family as you share your race experience.

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 to eat! Extra meal tickets may be purchased for

family and friends for \$6.00 at the Race Site.

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 Friday Packet Pickup at the Sterrett Center.

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 near 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, and for 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 Marathon for the 2015 RRCA Indiana 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.

Age Group awards may be picked up at the Results Tent near the finish line.

ADDITIONAL INFORMATION

Please review all areas of our website IndianapolisMarathon.com for event information including: schedule of events, course map and elevation links, event highlights, marathon relay details, awards info, aid station/mile marker info, course certifications, and information on our benefiting charity K.I.D.S., Inc.

About Us

The MISSION of the 20th Annual Indianapolis Marathon and Half Marathon, Marathon Relay, 5K Run/Walk and Kids 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 hard to please the participants by offering a well organized and friendly event.

We look forward to your participation on Saturday, October 17, 2015 and wish you all the best in your training!