

Indianapolis Marathon, Half Marathon, and 5K

October 20, 2007

Final Race Instructions – Please read all information carefully!

Starting Times: Full/Half Marathon/Relay -- 8:30 AM ** Indianapolis is on Eastern Daylight Savings Time (New York Time).
Lawrence 5K Run & Walk -- 9:10 AM
Kids Marathon / Fun Run -- 11:30 AM

Please note the **5K DOES NOT START with the Full/Half/Relay at 8:30am.** It starts at 9:10am. Every year we have a few people who start the 5K at 8:30am. *Don't let this be you!!*

Packet Pickup: Packet Pickup for both Friday and Saturday will take place at the Sterrett Senior Center located on Otis Avenue just north of the intersection of 56th Street and Post Road in Lawrence. The Sterrett Center is located 250 yards East of the Start/Finish line area. Address: 8950 Otis Avenue, Indianapolis, IN 46216.

Start/Finish Site: The Start/Finish line area is located on Otis Avenue in the Lawton Loop area. The race site is located on the South side of Otis Avenue in front of Christians United Church, which sits between Lawton Loop East Drive and Lawton Loop West Drive. This is the former Army Parade grounds for Fort Benjamin Harrison Army base. The race site is due North of the Major General Emmett J. Bean Center which is the enormous building on the south side of 56th Street between Herbert Lord Road and Post Road in Lawrence.

Friday Parking: Parking for Friday Packet Pickup and the Friday Pasta Dinner will be in the parking lot just North of the Sterrett Senior Center. The Sterrett Center is located on Otis Avenue which is one block North of 56th Street on Post Road. From 56th and Post Road, travel one block North to the 4-way stop at Otis Avenue. Continue North on Post Road, then turn left into the parking lot on the North side of the Sterrett Center building.

Packet Pickup: Packets should be picked up on FRIDAY, October 19th from 11am-8pm. Our numbers are up significantly in 2007 so everyone should make every effort to get their packet on Friday. If you are unable to get your packet on Friday you may have someone pick up your packet for you. They should have your confirmation post card (or a fax copy of it) to ensure a smooth packet pickup in your absence.

If you are unable to pick up your packet on Friday, you must pick it up between 6:30am-7:30am on Race Morning. If you are not in line by 7:30am, there is no guarantee that you will be able to make it to the starting line! We could have up to 4,000 participants which would be 50% more than 2006 so normal race day packet pickup is no longer possible. PLEASE – pick up your packet on Friday or arrive early on Saturday.

Friday Pasta Dinner: The Pasta Dinner will take place in the Huge Party Tent on the race site by the start/finish line on the grounds of Christians United Church. This is a change from the Sterrett Center location from the past. The start/finish line is located two blocks West on Otis Avenue. You can walk or drive down to the Pasta Dinner after picking up your tickets at packet pickup. The tent is lighted and heated. We are excited to announce that the Pasta Dinner is being catered by Fazolli's in 2007!

Saturday Parking: Parking for Saturday Race Day activities will be in the Major General Emmett J. Bean Center parking lot South of 56th Street. While traveling East on 56th Street from I-465, turn right at the traffic light at Herbert Lord Road. This is ½ mile East of the light at Franklin Road. 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!

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Portable Toilets: Portable toilets will be available near the start/finish area. Portable toilets will also be available on the race course approximately every three miles.

Gear Bag Check: A gear bag 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. Please do not put valuables in your gear bag! **Note: this is a new location for gear bag dropoff, but the same place for pickup.**

The Start/Scoring and Timing: Tuxedo Brothers will be doing the Scoring and Timing for the 2007 event! We are excited to have them working with us in this aspect of the event! All events will be timed using the ChampionChip timing system. **You must wear your chip to be timed.** Please check your chip at packet pickup. Chips must be turned in to avoid a \$25 replacement fee.

If you do not wear your chip, 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 Chip 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 CHIP BEFORE COMING!!**

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.

Lost and Found: Lost and Found items will be kept at the Awards Tent.

Medical: Medical personnel will be stationed at various locations throughout the course to provide medical assistance. Participants requiring medical treatment may be transported to an area or downtown 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.

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.

Course Information: Amateur radio personnel will be stationed at various positions throughout the course. Aid stations will be located at approximately 1 ½ mile intervals. Every aid station will serve Water and Gatorade.

*All courses are USATF Certified Courses – the Full Marathon is a **Boston Marathon Qualifier!***

SUPPORT CHANGE: Carb-BOOM energy gel did not renew as a sponsor in 2007. (We hope to get a gel sponsor for 2008.) There **WILL** be Carb-BOOM gel on course at the aid stations near miles 17, and 21. **There will only be limited gel available at mile 9 so plan to carry your own to be safe.** Gel should be available the expo.

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.

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Please understand this part of the course! At 12.5 miles you must turn if you are running the half, you must run straight into the State Park if you are running the full. 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. The entire 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 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 2:37pm (14min/mile pace). The half-marathon course will be open and supported from 8:30am until 11:47am (15min/mile pace). If you fall behind this pace you will be given the choice to withdraw or to continue along the side of the road obeying all pedestrian laws.

Important Course Rule: All participants on a 5-hour+ marathon pace must cross Shadeland Ave. (mile 23.5) on a green light after 1:00pm. This road must be opened up to traffic at this time. **Cross on the GREEN LIGHT after 1:00pm – NO EXCEPTIONS!!**

The Finish/Post Race Meal: All Marathon, Half Marathon, and Marathon Relay finishers will receive a finisher's medal. Food, water and Gatorade will be available at the finish.

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.

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!

Post Race Massages: Post race massages will be available at the massage tent located just South of the finish line in the race site area. Cost is \$5 for 10 minutes – CASH ONLY!

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 miles 1.5, 2.5, and then at 5.0 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!

Awards: Award Ceremonies will be held by 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.

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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.

Thanks to all of our sponsors. We appreciate your support!

Presenting Sponsor – Cardinal Fitness

***Finisher Sponsors – Duke Energy, City of
Lawrence***

***Supporting Sponsors – Athletic Annex, Wolf Printing,
Grant Communications***

Media Partner – WIBC “Newsradio” 1070am

Product Sponsor - Gatorade

We hope you have a great race and an enjoyable day!!