



**Saturday, October 15, 2011**

*Final Race Information*

*Congratulations!*

You are confirmed for the 16th Running of the Community Health Network Indianapolis Marathon & Half Marathon 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 labors with a wonderful experience and performance! 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 have the information from this email with you as it will be your guide for the entire weekend.

*Weekend Schedule of Events*

Friday, October 14, 2011

Quick Links

[Register Now](#)

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[Course Video](#)

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Sponsors



- Expo & Packet Pickup - Fort Harrison YMCA (5786 Lee Road); 11:00am - 9:00pm
- Pasta Dinner - Sterrett Center (8950 Otis Avenue); 5:00pm - 7:00pm

### Saturday, October 15, 2011

- Late Packet Pickup - Sterrett Center (8950 Otis Avenue); 6:30am - 7:30am
- Indianapolis Marathon, Half Marathon, and Marathon Relay Start - Ft. Harrison (Otis Avenue & Lawton Loop E. Drive); 8:30am
- Lawrence 5K Run & Walk Start - Ft. Harrison (Otis Avenue & Lawton Loop E. Drive); 9:00am
- Kids Marathon & Fun Run Start - Ft. Harrison (Otis Avenue & Lawton Loop W. Drive); 12:45pm

**NOTE: 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 by The End Result Company
- Free Gatorade Endurance during and after the race
- Gel and Bananas on Course at miles 17 and 21
- Free post-race fruit and snacks
- Free post-race cookout at the Race Site
- 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 14th between 11:00am and 9:00pm. 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 limited packet pickup on race day from 6:30am - 7:30am at the Sterrett Center, 8950 Otis Avenue.

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

**NO TRANSFERS OR REFUNDS PLEASE.** Costs are now realized through purchases and rentals.

## 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
- 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.

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### ***Expo & Packet Pick-up Parking - Friday Only***

Parking will be at the YMCA parking lot on Lee Road (5786 Lee Road), 0.25 miles north of 56th Street. Lee Road is 0.50 miles east of Post Road.

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### ***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 that the Pasta Dinner is once again being catered by Fazolli's Restaurant in 2011!

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### ***Start Line Information***

The start line for all events is located along the beautiful Parade Grounds of the former Fort 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. This is the former Army Parade grounds of the Historic Fort Benjamin Harrison property.

The 2011 Indianapolis Marathon & Half Marathon will feature Starting Corrals 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 where participants will be assigned 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.

The 5K starts 30 minutes after the Full and Half Marathon. The 5K participants should go to the Staging Area in the Christians United Church parking lot (just south of the start line) during the start of the Full and Half Marathon. Once the Full and Half Marathon 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 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.

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### *Raceday Parking*

**PLEASE ARRIVE EARLY!** All participants should plan to arrive and be parked at the race site by 7:30am. 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 shortly thereafter as we prepare for the start of the race at 8:30am.

Once parked by 7:30am, 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 raceday activities will be mainly 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 50 volunteers helping you park as efficiently as possible. Please follow their directions as they know which parking lots will be open and which parking lots are getting filled up.

Parking ran fantastic last year! Please follow instructions and it will run smoothly again this year!

Below are general instructions for getting to the Race Site 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 light at 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.
- 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 or west on Hess Road into the Bean Center parking lot.
- Follow Police and Parking Director guidance.

There are additional parking lots that will also be used by Police and Parking Directors so please follow their directions as you approach the site. It is generally a 2 to 7 block walk from the parking areas to the Start/Finish area. 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 7:30am as roads will start closing shortly after. There will be a lot of people driving to the race site at once, so please plan accordingly!

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### ***Gear Check***

Gear Check will be available on Saturday morning before the race just South of the finish line in front of 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. You must have your Race Bib to pick up your bag. Gear Check will be available from 7:00am to 3:15pm 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.**

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### ***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. 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 Help Table at Saturday packet pickup to get a new one and pay for the replacement.

**PLEASE DOUBLE CHECK THAT YOU HAVE YOUR TIMING TAG BEFORE COMING!**

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### ***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.
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### ***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.)
  - 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 Full and Half Marathon, your time does not start until you cross the starting line.
  - **Do not attempt to move up to a faster corral as this could 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 Full Marathon 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 fall behind 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 Full / Half Marathon course split which takes place at 12.5 miles.
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### ***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 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 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. 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 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 3:13pm (15min/mile pace plus 10 minutes for clearing the start line). The half-marathon course will be open and supported from 8:30am until 12:23pm (17min/mile pace plus 10 minutes for clearing the start line). Again, if you fall behind 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. 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 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

Start Line (Water only)  
Mile 2.5 (Water only)  
Mile 4.0  
Mile 5.6  
Mile 7.1  
Mile 8.4  
Mile 10.1  
Mile 11.1  
Mile 12.0  
Mile 13.2  
Mile 14.2  
Mile 15.2  
Mile 16.2  
Mile 17.2 (Gel and Bananas Too!)  
Mile 18.5  
Mile 19.5  
Mile 20.8 (Gel and Bananas Too!)  
Mile 21.8  
Mile 22.8  
Mile 24.0  
Mile 25.0  
Finish Line

### **GEL ON COURSE**

Carb-BOOM energy gel will be on course at the aid station near miles 17 and 21.

### **RESTROOM**

Portable toilets will be added in locations throughout the course. The portable toilets will be located approximately every three miles. Participants will also pass State Park restroom facilities several times while inside the State Park.

### **FACILITIES**

### **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 at mile 23.5 on a green light after 1:00pm. This road must be re-opened up to traffic at this time. Cross on a GREEN LIGHT after 1:00pm, police will remain at the intersection after 1:00pm to assist walkers in crossing Shadeland Avenue.

### **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 back to the Race Site.

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## ***Race Regulations***

### **Participants will:**

- not be allowed on the course before the official gun start (no early starts will be allowed).
- not be allowed to 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.

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## ***Runner Services***

Once 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 finisher's medal. Once you have received your finisher's medal, you will receive your Water bottle and there will be cups of Gatorade. 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. Bananas 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.

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## ***Post-Race Area***

Invite your friends and family to join you in the Post-Race 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 at the free 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 will use their volunteer shirts as their 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 near the finish line.

### **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 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 the raceday - available from our website at [www.IndianapolisMarathon.com](http://www.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. This is the same facility as Friday packet pickup. Showers and towel service 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. 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 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 Results Tent near the finish line. Award winners will also be posted on our Web Site. Unclaimed 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.

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## ***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!

### **NEW in 2011 - Marathon Cheer Zone**

We will be running a free shuttle bus 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 10:00am to 1:30pm to the Marathon Cheer Zone. This is the part of the race where the going gets tough so cheer them on twice - at 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 ... we will have music playing and there is a Starbucks, CVS, Walgreens, Hardees, Burger King, and other food places all within walking distance of the Cheer Zone!

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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.

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### ***Message From the Race Director***

Our race committee, volunteers, and community are very excited about putting on this race for you, and we look forward to seeing you on October 14th and 15th. Best of luck in your final preparations and wishing you a wonderful race experience!

Sincerely,  
Joel Sauer  
Race Director

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### ***Become a Fan!***

Be sure to become a fan of the Indianapolis Marathon & Half Marathon on Facebook. You'll receive important race updates and see interesting factoids from the Race Director himself. [Click here to become a fan.](#)

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### **For More Information**

For more race details please visit our website at [www.IndianapolisMarathon.com](http://www.IndianapolisMarathon.com)  
Questions please email [rd@IndianapolisMarathon.com](mailto:rd@IndianapolisMarathon.com).

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

