



## *Race Around the Reservoir Confirmation Information*

### **Congratulations!**

Thank you for helping sell out the Inaugural Geist Half Marathon & 5K! You are confirmed for the Inaugural Geist Half Marathon or Geist 5K. This email contains all the information you will need to know prior, during and after your race including Packet Pick-Up, the Pasta Dinner, what to expect on race day, and more. Please print this email as it will be your guide to the weekend. If you know someone who didn't receive this that is registered, please forward it to them or have them contact Vision Event Management at [chad@visioneventmanagement.com](mailto:chad@visioneventmanagement.com).

### **Weekend Event Schedule**

Friday May 16, 2008

Packet Pickup – Hamilton Southeastern High School Auxiliary Gym – 5:00 – 8:00 p.m.

Pasta Dinner – Hamilton Southeastern High School Cafeteria – 5:00 – 7:00 p.m.

Saturday, May 17, 2008

Half Marathon Packet Pickup – Hamilton Southeastern High School Auxiliary Gym – 5:30 – 7:00 a.m.

5K Packet Pickup – Hamilton Southeastern High School Auxiliary Gym – 5:30 – 7:30 a.m.

Geist Half Marathon Start – Olio Road & 113<sup>th</sup> Street – 7:30 a.m.

Geist 5K Start – Olio Road & 113<sup>th</sup> Street – 8:00 a.m.

Rest & Recovery – Geist Marina & Bella Vita – 9:00 a.m. – 1:00 p.m.

### **Participant Premiums**

- Commemorative medal, courtesy of Geist Jewelers, to every finisher
- Commemorative long-sleeve T-shirt
- IPICO scoring and timing
- Post-race refreshments
- Post-race entertainment
- On your bib, two free drink tickets to be used in the Rest & Recovery Area (not for school program participants)

### **Packet Pickup**

Race packets will not be mailed. All packets must be picked up at the Packet Pick-Up at the Hamilton Southeastern High School Auxiliary Gym, 13910 East 126<sup>th</sup> Street, Fishers, on Friday, May 16 and Saturday, May 17. After you pick up your race packet, please make sure you verify that the enclosed IPICO Timing Tag is properly assigned to you by running your packet through the Chip Check area.

REMEMBER!

THERE WILL BE NO EXPO OR RACE DAY REGISTRATION AND THERE ARE NO TRANSFERS OR REFUNDS.

YOUR RACE PACKET WILL CONTAIN:

- Race participant T-shirt
- Your bib number and four safety pins

- Your rental IPICO Timing Tag, instructions and chip strap
- Coupons for discounted merchandise and services

### **Start Information**

Pace signs will be lining the starting area. Participants are asked to line up according to their projected pace for the event. Please see the start line map for locations of Gear Check, portable toilets and pre-race medical. The 16-minutes per mile pace- the maximum pace allowed in the race-will begin when the last participant crosses the start line.

### **Parking**

There is NO parking at the start or finish areas! Arrive early to avoid congestion! Participants may take the shuttle buses to the start area, but parking and packet pickup are located approximately ONE mile from the start line and we encourage participants to walk or jog to the start for a warm up. If you do plan to take the shuttles, please allow plenty of extra time for parking and transportation to the starting area. Parking is available in the following locations: Hamilton Southeastern High School Student and Athletic Lots. Remember where you park, to ensure you get off the return shuttle at the correct location.

### **Transportation**

This is a point-to-point course and there is NO parking at the start or finish areas! The primary transportation area is at the Hamilton Southeastern High School at 126th Street and Olio Road. Parking and transportation is available from each of the following locations: Hamilton Southeastern High School Student and Athletic Lots. Buses will leave every 5 minutes from 5:15 a.m. - 7:35 a.m. to the starting area. Parking and packet pickup are located approximately ONE mile from the start line and we encourage participants to walk or jog to the start for a warm up.

\*\* If you are participating in the Half Marathon, you will need to be on a shuttle by 7:05 a.m. or you will not make the start!

\*\* If you are participating in the 5K, you will need to be on a shuttle by 7:35 a.m. or you will not make the start!

\*\* A shuttle will transport participants back to the school from the finish line from 8:30 a.m. - 2:00 p.m.

### **Gear Check**

All participants may check their gear before the start of the race at the Gear Check Area, provided free of charge. Participants can prepackage their gear with the bag you were given at Packet Pickup and seal it with the label available at Gear Check, or a bag may be provided to you on raceday. The Gear Check truck will be located on Olio Road, just north of Lakeridge Drive (see Start Line map for more details). Your gear check bag will be waiting for you in the truck at the finish line in the Rest & Recovery Area. Gear/Clothing Check will be available from 5:30 a.m.-1 p.m. and any unclaimed items will be brought back to the Geist Half Marathon offices. If items are not claimed within 30 days of the event, they will be donated to a charity.

THE GEIST HALF MARATHON IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS. DO NOT GIVE YOUR ITEMS TO ANY VOLUNTEER EXCEPT THOSE AT THE GEAR CHECK TRUCKS!

### **Pre-Race Medical Supplies**

Participants may pick-up last-minute race supplies at the Fishers Fire Department Ambulance located near 113<sup>th</sup> Street on Olio Road.

### **IPICO Timing System**

IPICO technology will record your official Geist Half Marathon or 5K time. At packet pick-up, you will receive a small, plastic timing tag strap that adheres to your shoelace. Your time starts when you cross the start line and stops when you cross the finish line. As a result, the tag tabulates your "net time," the actual time it takes YOU to complete the course.

- DO NOT forget your tag on race day; NO TAG, NO TIME.
- Please make sure you verify the IPICO tag is properly assigned to you by running your packet through the Chip Check area at Packet Pickup.
- The "net time" will be used to determine all age category winners.
- All tags must be returned after you cross the finish line. You will receive your finisher's medal in exchange for the tag. Participants will be charged \$30 for lost or unreturned tags.
- DO NOT run with the IPICO tag in your hand or any place other than on your shoe.

### **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.
- Complete the form on the back of your bib, requesting important medical information

### **Walking Guidelines**

If you are WALKING in the Geist Half Marathon or 5K please follow these simple guidelines in order to make your experience more enjoyable.

- Please start in near your projected pace – by doing so you will be walking with others with the same pace as yourself.
- Remember, the IPICO Timing device 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 the start line once the gun goes off.
- Do not attempt to move up to a faster pace as this will cause problems.
- There is a 16 minute per mile cut-off pace that you will need to maintain during the event. This pace will not start until the last person has crossed the starting mats.
- Please do NOT walk more than two abreast and remember to keep to the right side of the road throughout the course.

### **Geist Half Marathon Course Information**

#### **ROUTE**

You will begin the 13.1-mile race near the intersection of Olio Road & 113<sup>th</sup> Street. You will then Race Around the Reservoir and end at the Geist Lake Marina off of Fall Creek Parkway.

#### **MEDICAL**

Medical support during the Geist Half Marathon and 5K will be provided by health care professionals from Community Health Network, Fishers Fire Department, Lawrence Township Fire Department and City of Lawrence Fire Department. Medical assistance will be available at each water station along the route providing medical assistance as needed. A fully-equipped medical facility will be located near the finish line. Participants requiring medical assistance may be transported to one of the nearby hospitals, and will be billed by the hospital and ambulance provider. Participants must give on-scene medical personnel the freedom to determine which facility will be utilized.

**IMPORTANT:** Each participant must complete the medical information form on the back of your bib number. Please take time to fill out your medical information and provide emergency contact information. This will make your important health care information available to health care professionals in the event you are unable to communicate with them.

#### **MILE MARKERS & SPLIT TIMES**

Each mile marker will have a large display clock that will indicate the running time of the event. These display clocks will show the time from the official start of the race, not your personal "tag time". A system has been developed to display the mile marker sign, clock and colored warning flag (see flag warning system information later in the email). As you go by each mile, you will see an information station providing you with the status of the race. As you look at this station, you will know where you are on the course, the official race time and race conditions.

#### **COURSE ENTERTAINMENT**

The Geist Half Marathon course features more than 15 entertainment groups ranging from spirit squads, school bands, and local bands.

#### **WATER AND GATORADE AID STATIONS**

There will be 10 water and 6 Gatorade (Gatorade Endurance Formula) stations along the course and at the start/finish. Water stations will be located at the following locations

- Start Line (Water & Gatorade)
- Mile 1.5 (Water)
- Mile 3 (Water & Gatorade)
- Mile 4 (Water)
- Mile 5.75 (Water & Gatorade)
- Mile 7.5 (Water)
- Mile 9 (Water & Gatorade)
- Mile 10.5 (Water)
- Mile 11.5 (Water & Gatorade)
- Finish Line (Water & Gatorade)

All water stations on the course are single sided (with the exception of the first station at mile 1.5), will have a medical personnel and portable toilets located near each water station location

#### RESTROOM FACILITIES

Portable toilets will be added in locations throughout the course. The portable toilets will be located at each water station.

#### COURSE CLOSINGS

For your safety and for the timely reopen of the streets to vehicular traffic, you must reach key locations by specified times or you will be required to take transportation provided.

- Partial lane closures will be utilized. Please stay inside the cones and obey all public safety officers and course marshals.
- PLEASE DO NOT START EARLY! Traffic and safety rules prohibit early starts. Early starters will be eliminated from the Official Results.
- If you cannot maintain an 18-minute per mile pace, you will be required to board the support buses.

#### SAG (SUPPORT) WAGON AND BACK OF THE PACK CREW

The Back of the Pack Crew and SAG Wagon will signify the end of the field and the maximum 16-minutes per mile pace. They will not start timing until the last person crosses the start line and will be with you throughout the race. If you cannot keep pace, the Crew will help you as you board the SAG Wagon.

#### Geist 5K Start & Course Information

The 5K staging area (where to go while the Half Marathon is started) is located on Olio Road, north of Lakeridge Drive. You will start entering the 5K area after it has been cleared from the half marathon at approximately 7:50 a.m. Participants will cross the Fall Creek Parkway bridge before finishing at the Geist Lake Marina.

#### Geist Half Marathon & 5K Race Information

##### RACE REGULATIONS

Participants will:

- not be allowed on the course before the official gun start.
- be disqualified for starting early.
- not participate with another participant's number.
- not exchange (by selling or giving away) their bib number
- not be allowed to move to the Half Marathon if registered for 5K.
- not be allowed to wear headphones.
- 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.

##### FLAG WARNING SYSTEM

There will be a simple flag warning system all along the course to communicate to participants the status of weather-related or course-related conditions. Flags are located at each mile marker along the course.

GREEN FLAG—Go! Everything is fine, proceed normally.

YELLOW FLAG—Caution! The heat index is at a point that runners/ walkers should slow down and drink plenty of water.

RED FLAG—Danger! Weather is impeding the race. Runners/walkers should slow down further and drink plenty of water. Official timing of the event has stopped and no awards will be given out at this time.

BLACK FLAG—Stop and Seek Shelter! Race has been cancelled due to extreme weather or course emergency. An event such as lightning, tornado or human disaster has or is occurring and all participants need to seek shelter immediately.

#### Runner Services

Once you cross the finish line, be sure to smile as Brightroom Photography will be taking finisher photos. After crossing the finish line, please keep moving forward to have your rental IPICO timing tag removed in the Runner Services area just after the

finish line. Please make sure you have your rental chip removed here or you will have to return it to the Geist Half Marathon to avoid a \$30 charge. Once your chip is removed, you will receive your finisher's medal. 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. Post-race food 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.

### **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. There will be food, beer, merchandise and great activities for all ages.

#### **FOOD AND BEVERAGE**

There will be plenty of food options for after the race. Bella Vita will be serving lunch along with Eddy's and Puccinis. Bring along some extra cash and your photo ID so you can enjoy a beer, courtesy of Coors. All participants will receive 2 free drink tickets, good for water, pop or beer.

#### **COORS LIGHT & MUSIC**

The Rest & Recovery Area will be a great place for participants and spectators to celebrate their accomplishment. Enjoy a Coors Light and great music with Ribs-n-Bone from 9:00 a.m. – 12:00 p.m. Those 21 years and older will receive 2 free drinks, courtesy of Coors Light.

#### **MERCHANDISE**

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

#### **FREE MESSAGES**

Participants can enjoy a free massage in the Rest & Recovery Area at the large vendor tent following their race.

#### **RACE RESULTS**

Race results will be posted during the event and can be checked in the Rest & Recovery Area by visiting the Results Tent located near the finish line.

#### **MONTH OF MAY MARATHON CLUB**

Participants who registered for the Club when they signed up for the Geist Half Marathon and complete a certified 13.1 mile half marathon in the month of May along with completing the Geist Half Marathon, are eligible for the Month of May Marathon Club. Club members will receive a free technical running shirt along with VIP access to Bella Vita.