

# 3M HALF MARATHON & RELAY RACE INSTRUCTIONS

Thank you for entering the 2009 3M Half Marathon and Relay or Kids' Fun Run. Please read this document carefully. By following the instructions and recommendations included in this summary, you can have a memorable, safe and rewarding experience.

Approximately 700 members of an all-volunteer team are administering this race. Many sponsors and volunteers have contributed their valuable time and resources to make this event a success. The Austin Police Department is also assisting the volunteers in this event. Please be courteous to the volunteers and the police along the course. If you think of it, please thank them for their support. Also, please support the sponsors of our races. They have made this year's event a success. Your support and thanks are the best appreciation they can receive.

## PRE-RACE PREPARATION

Please read the medical information carefully.

**Note: Complete the Important Medical Information on the back of your race-numbered tag as soon as you receive your packet. Wear your race number on the front of your running shirt or shorts. This number must be clearly visible to race officials.**

## RACE DAY PARKING

Anticipate the chaos! Please arrive early and allow time for traffic congestion. Please arrive at 6:15 a.m.

**Half Marathon and Half Marathon Relay:** We recommend participants park in the ground parking near Dave & Busters, Sam's or the cinema, or in the parking garage closest to Microsoft. Race day return shuttle information is available near the end of this document.

Whether you use the buses or your own transportation, please observe the following:

- Do not park in reserved spots (local shops or restaurants) or areas reserved as fire zones.
- Do not park in handicap areas unless your vehicle is properly marked.
- Do not park in Gateway Shopping Center!
- Do not block any of the race lanes.
- Observe all other road signs and laws before choosing a parking spot.

Failure to comply with any one of these guidelines may result in your vehicle being towed and/or you being fined.

If you use your own transportation to transport runners to the relay exchange point, please make sure you are not in the way of oncoming runners or traffic when dropping off runners. If you will be parking near the exchange point, please comply with the guidelines listed above. Buses will be circulating on the course, but their schedules may be erratic due to traffic congestion.

**If you plan on using the bus to get to your relay exchange point, be sure to be ready to leave promptly at 6:30 a.m. from the start line. The bus will be located on York Blvd.**

Parking for the Relay Exchange Point is at Northcross Mall.

Event	Race Start Time	Start Location	Finish Location	Parking/Buses
Half Marathon	7 a.m.	Baby A's	Waterloo Park	Buses will transport runners back to the start.
Relay	7 a.m.	1st leg: Baby A's 2nd leg: U.S. Post Office on Northcross Dr.	1st leg: U.S. Post Office on Northcross Dr. 2nd leg: Waterloo Park	Buses will transport runners back to start and finish.
Kids' Fun Run	9 a.m.	Waterloo Park	Waterloo Park	13th Street and Trinity Street
Awards Ceremony	9:30 a.m.	Waterloo Park	Waterloo Park	12th Street between Red River and Trinity Street



## RACE DAY PACKET PICKUP

For the individual half marathon and the two-person relay, packet pickup runs from 5:30 a.m. to 6:30 a.m. at the Baby A's parking lot. **Packets cannot be mailed. Sorry!**

We strongly encourage you to pick up your packet before race day; it is usually less hurried and consequently more convenient for you before race day. Packet Pickup will be held at the 3M Innovation Center at 6801 River Place Blvd. on Friday, Jan. 23, from 7 a.m. - 7 p.m. and Saturday, Jan. 24, from 8 a.m. - 6 p.m. We offer race day packet pickup as a convenience to participants. Should you choose to do so, please be sure that you receive your T-shirt, your race number and safety pins.

Children can get their packets and sign up on race day at Waterloo Park for the Kids' Fun Run.

## TIMING

Timing for the 2009 3M Half Marathon & Relay is provided by RunFAR Racing Services, using a bar-coded strip attached to the race bib. Your personal ChampionChip® will not be required.

If you are participating in the Austin Distance Challenge and you have your own ChampionChip®, please provide your ChampionChip® number at registration so your participation in the 3M Half Marathon & Relay can be tracked.

Both gun time and actual time will be recorded in the race, but all category awards and prize money will be awarded based on gun time. Split timing clocks are located every other mile on the course, and course mile markers are clearly identified.

## EQUIPMENT TRANSPORTATION

This service is provided by ASAP Moving for half marathoners and half marathon relay runners. The equipment transportation truck will be located near Baby A's parking lot. Please bag any items you would like transported to the finish line. You must include your equipment claim stub from your race bib. You will be able to claim your checked equipment bag at the finish line parking lot. While we will take the best possible care of your items, 3M and the event's associated sponsors assume no liability for your belongings. You use this service at your own risk.

## COURSE SAFETY & ETIQUETTE

The course has been reviewed and approved by the Austin Police Department, the University of Texas, and the Texas Department of Transportation and will be marked by cones. Stay to the right of these cones at all times (except where directed by race officials or Austin Police). Major intersections (with stoplights) will have police to direct the traffic. Be aware of the traffic when crossing streets. Take caution when running on Duval as there are speed bumps in the road. Approach all intersections with caution; not all drivers may be aware of this event. Do not wear headphones or earphones so you can hear traffic and instructions throughout the course. This is for your safety. Protect yourself: Run with your eyes and ears open.

**For everyone's safety, no pets, headphones or rollerblading are allowed. This is for all events. There are no exceptions!** Runners with baby joggers must line up in the back of the pack for your safety, your baby's safety and the safety of the other participants.

Please be considerate of other runners. Slower runners should position themselves at the back of the pack. Do not have any car pace you or follow you along the course. Any vehicles found to be pacing or following runners may be subject to a fine. Supporters should plan to meet you at key points along the course.

**Please Note:** The course closes progressively based on a four hour finish time (roughly a 15 minute/mile pace). This means that course support (traffic barricades, police protection and water stations) become unavailable. The official clock runs four hours total. The finish line area officially closes at 11 a.m.



## **START TIMES**

**Half Marathon Wheelchair Participants: 6:55 a.m.**

**Half Marathoners: approximately 7 a.m.**

**Relay Teams: approximately 7 a.m.**

**Kids' Fun Run: approximately 9 a.m.**

**All adults should be ready to begin the race at 7 a.m. regardless of event or classification.**

## **RELAY RUNNERS**

All relay runners need to be present at the start line before the race. Before the race is started, second leg relay runners will be transported to the relay point.

**At the exchange point:** As you approach the exchange point area, it will be your responsibility to recognize your relay runner. The second leg runner enters the exchange zone to be ready to leave the mat when the first leg runner finishes. Please stay out of the exchange zone area until you see your relay runner.

**At the finish line:** Only the second leg runner should cross the finish line. This is required to ensure the clocks are synchronized to each official finisher. **Note: If more than one member of your relay team enters the finish line chute, your team will be disqualified.**

## **PARKING AT THE RELAY EXCHANGE POINT**

Please park in public parking areas. Respect the rights and property of others. Please do not block private drives in the nearby apartment complex parking lots. There is plenty of parking in the Northcross Mall parking lot.

## **WATER AND TOILET FACILITIES**

Water is available at the start and finish lines and miles 2, 4, 6, 8, 10 and 12. Toilet facilities are available at the start and finish lines, and at miles 6 (Relay Exchange), 8 and 10.

## **MEDICAL FACILITIES**

Medical facilities are located at the start and finish lines. In addition, medical volunteers are accessible along the racecourse from 6:30 a.m. to 11 a.m. A fully staffed medical tent is located at the finish line area and is equipped to handle medical problems that may arise.

If you cannot complete the course, get to a water stop/aid station and find a race volunteer in an orange vest or wait for the sag wagon.

## **FINISH LINE CHUTE**

Please keep your bib visible, as the announcer will identify runners by their bib numbers. Move quickly through the finish line area. The first 50 finishers will have their bib tags pulled. Volunteers will award finisher medals to all half marathon finishers.

Individual half marathon runners will receive race numbers that are white with a red 3M logo. Please do not remove the pull-tag from your race number. Relay runners will receive bibs that are red with a white 3M logo. Both team members will have the same number. If more than one relay member of a team enters any chute at the finish line, your team will be disqualified.



## **PHOTOGRAPHER**

Sport Photo Photography will be at the finish line to record runners as they finish. The photography service is a convenience provided by the Race Committee, which takes no responsibility for this separate service. Further, there is no guarantee that every runner will receive proofs. The photographer will notify you about how you can purchase a copy of your finish line picture.

## **FINISH LINE AMENITIES**

Water, sport drinks and food are available at the finish line. Your race number is your food ticket. Your race tag will be marked off as you pick up your refreshments. Please take only what you will eat and drink; your fellow runners are behind you.

Lauterstein-Conway Massage School provides massages to race participants for a nominal fee. We are grateful for the massage therapists who are providing this service. If you use this service, please be sure to thank the people who have donated their time to help.

## **EVENT RESULTS**

Preliminary results will be posted at Waterloo Park. You have 30 minutes to protest results to the USA Track & Field Official. If results stand for 30 minutes without protest, they are official.

## **AWARDS CEREMONY**

Cash prize awards are based on gun time (not chip time). Beginning at 9:30 a.m., top cash prizes will be presented. Other awards may be picked up at the awards table after the ceremony, or at RunTex, 422 W. Riverside Drive, until Feb. 9. After Feb. 9, awards will be mailed only upon written request and with pre-payment of a \$10 shipping and handling fee. Include your name, address, bib # and category award you are requesting.

### **Send written requests to:**

3M Half Marathon  
A130-5N-07  
6801 River Place Blvd.  
Austin, TX 78726

**Make checks payable to:** 3M Half Marathon.

**Age Groups:** Awards to the top three winners in each age group.

**Clydesdale/Filly:** Awards to the top three winners in the male and female categories.

**Relay Teams:** Awards to both members of the top three teams in each category.

**Kids' Fun Run:** All finishers receive a medal at the kids' race loop.

## **RETURN SHUTTLE TRANSPORT FROM FINISH LINE**

Free bus transportation is available for all runners from the finish line area to the start line from 8 a.m. to 11 a.m. In general, buses filled to capacity will depart approximately every 30 minutes. The last bus leaves the finish line area at 11 a.m.

**NOTE:** There is no transportation from the finish line area to the start line prior to the race!



## **ADDITIONAL SHUTTLE INFORMATION FOR RELAY RUNNERS**

Free shuttle service has been provided for your convenience. The relay schedule is as follows:

### **Time and Route**

**6:30 a.m.** Bus departs from start line for Relay Exchange Point (U.S. Post Office on Northcross Drive).

**7 a.m.** RACES BEGIN.

**8 a.m.** Buses begin traveling from finish line to start.

**11 a.m.** The last bus leaves the finish line area.

We encourage all race participants to use the buses. In general, buses are available for race participants only. Family and friends are discouraged from using this free service.

### **PICKUP BY PRIVATE CAR**

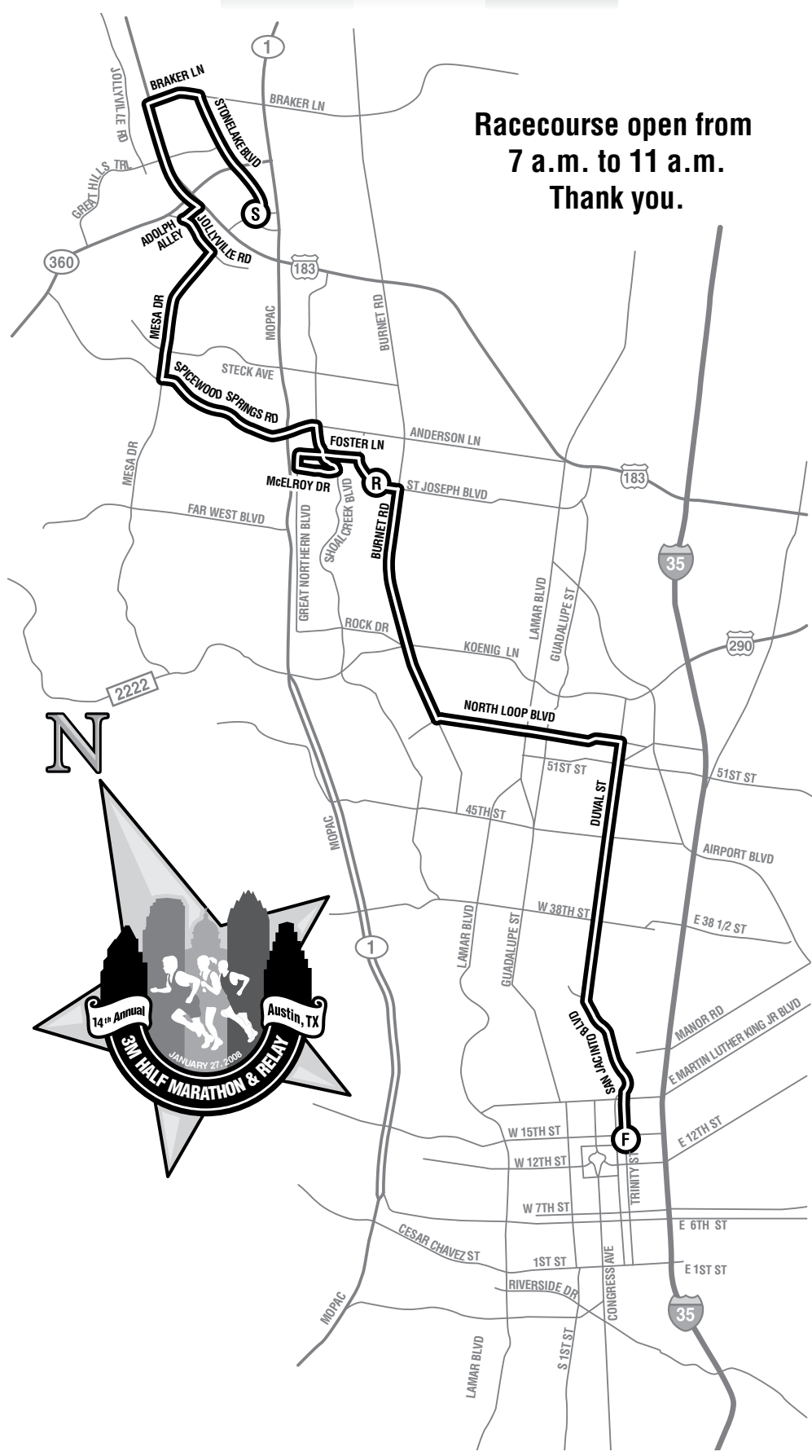
We recommend that everyone take the bus back to the starting line to avoid traffic congestion and to help make the finish line safer for runners and pedestrians. However, if you intend to be picked up after the race at Waterloo Park, please arrange for a meeting spot away from Waterloo Park, such as Red River Street.

### **GOOD LUCK!**

We hope that this event exceeds your expectations. If you have any comments, suggestions or complaints, visit us at our website at <http://www.3mhalfmarathon.com> or call us at 512/984-RACE (7223).

**Thank you for participating in the 2009 3M Half Marathon and Relay!**

Racecourse open from  
7 a.m. to 11 a.m.  
Thank you.





## 2009 3M HALF MARATHON LIST OF MEASURED POINTS

- Start**      **On Stonelake Blvd., even with south edge of 1st sewer drain in median, north of Tudor Blvd.**
- Mile 1**      **On Braker Lane, 16' south of 1st wood telephone pole south of Stonelake Blvd.**
- Mile 2**      **On US Hwy 183 access road, at end of Loop 360 exit ramp off of US Hwy 183**
- Mile 3**      **On Mesa Drive, 12' north of 2nd driveway north of Hyridge Drive**
- 5K**          **On Mesa Drive, even with 1st sewer drain, north of 8610 Mesa driveway**
- Mile 4**      **On Spicewood Springs Road, 5' west of 4107 Spicewood Springs Road driveway entrance**
- Mile 5**      **On Anderson Lane, 49' west of 3rd light pole west of Shoal Creek**
- Mile 6**      **On Foster Lane, 35' east of 1st 30 MPH speed sign east of Shoal Creek**
- 10K**        **On Foster Lane, 18' west of 2nd black light pole west of Northcross Drive**
- Mile 7**      **On Burnet Rd., 12' south of 1st light pole south of 7112 Burnet Rd.**
- Mile 8**      **On Burnet Rd., 32' south of 3rd light pole south of Koenig**
- Mile 9**      **On North Loop Blvd., 26' east of Aurora Drive**
- 15K**        **On 53rd St., 9' west of 615 53rd St. driveway**
- Mile 10**     **On Duval St., 4' north of 5208 Duval St. driveway**
- Mile 11**     **On Duval St., 61' south of 42nd St.**
- Mile 12**     **On San Jacinto Blvd., in intersection of private UT drive across from 2803 San Jacinto Blvd.**
- 20K**        **On San Jacinto Blvd., 10' north of 2nd handicap parking sign south of 23rd St.**
- Mile 13**     **On Trinity St., 5' 7" south of 2nd sewer drain north of 15th St.**
- Finish**      **On Trinity St., even with south edge of entrance to parking garage south of 15th St.**