

Medical Mutual Glass City Marathon, Owens Corning Half Marathon, 5K, and Kids Marathon

Sunday, April 28, 2013

Runner Instructions

Weather Policy

The race will be held rain or shine. Runners are advised to check www.weather.com for forecasts and be prepared. Extra layers of clothing worn at the start may be discarded at the bag drops at the starting line. Bag drop pickup areas are located in Parking Lot 10 near the West Tennis Courts. The Medical Mutual Glass City Marathon reserves the right to cancel, delay or change the race to a non-scored run in case of extreme weather or other conditions affecting the safety of the participants. A flag system will be used along the course (at aid stations) to alert you to weather conditions.

BLACK FLAG (Extremely High Risk): All runners should slow their pace, drink extra fluids and those with previous heat stress problems or heat stress problems or heat disease should consider not running.

RED FLAG (High Risk): All runners should slow their pace and those with previous heat stress problems or heart disease should consider not running.

YELLOW FLAG (Moderate Risk): Heat stress is less, but one must be cautious as the level of stress will most likely increase during a morning race.

GREEN FLAG (Low Risk): Risk is low, but once again you should be careful of symptoms of heat stress. You also need to be cautious of changing weather conditions.

WHITE FLAG (Risk of Hypothermia): The risk of hypothermia is very low, but still exists especially in slow runners or in wet and windy conditions.

Fluid Stations

19 Fluid stations are available approximately every 2 miles along the marathon and half marathon course supplied with both water and Gatorade. After mile 17 of the marathon course, each station will also offer fruit, petroleum jelly, and Gu Gel. If you need to discard extra clothing or other items (gel packets, etc.), please do so at an aid station. Please do not drop garbage bags or discarded clothing on the street, and remember that clothing collected at aid stations cannot be returned.

The 5K course will have 2 water stops offering water.

Port-a-Johns

Over 70 portable bathrooms will be available at the start line and throughout the course at designated water stops:

Mile 3.5 -- 11

Mile 5.25 -- 4

Mile 8 -- 5

Mile 9.8 -- 1

Mile 11.1 -- 2

Mile 12.4 -- 1

Mile 16 -- 2

Mile 17.5 -- 1

Mile 19 -- 1

Mile 21.25 -- 5

Mile 23 (10 of the half marathon course) -- 1

Medical

Medical volunteers, provided by The University of Toledo Medical Center, will be at the aid stations at mile 8, 16, 21, and at the finish line. They can be identified by red volunteer shirts.

- a. The med team can provide hands on examination of runners
- b. Provide basic first aid and emergency treatment
- c. Visiting a medical tent does not automatically disqualify a racer, BUT the physician at the tent may disqualify a runner if it is felt that continuation of the event is detrimental to the runner's health.

Drink up to 1 ½ - 2 quarts of water and/or sports drink during the race. Drink slightly more if experiencing heavy sweating. Many experts suggest that you drink 3-4 oz. at 12-16 different water stations along the race course. There are 19 water stations along the marathon course.

If you **drop out** of the race or are **unable to finish**, please report to any fluid station where you will find an amateur radio operator. They can contact the Central Command of your location so that family/friends can find you if needed. They can also contact the SAG vehicle to come and pick you up.

If you experience the following **symptoms while running**, please STOP RUNNING and go to the nearest aid station or approach an officer or amateur radio operator:

- a. Muscle cramps in the abdomen or legs
- b. Nausea or vomiting
- c. Generalized weakness
- d. Profuse sweating
- e. Feeling lightheaded or dizzy
- f. Fever or chills
- g. Chest pain with shortness of breath

The University of Toledo Medical Center will be staffing a full "triage" tent at the finish line. Should you be admitted to the medical tent for heat related causes, a rectal temperature test will be conducted to assess your body's core temperature. Water baths and ice will also be used to lower your temperature. Should you require additional medical attention, transport to an area hospital will be available.

Switching races

The half marathon event is closed to registration or switching. You may choose to switch to any other alternate event during the race expo at the Registration Table until 6pm on Saturday, 4/27/13. However, in the event that a registered runner switches out of the half marathon resulting in an open spot, that spot may be given to the first request at the expo. No waiting lists will be held. You are responsible for any price increase in the result of switching.

There is no switching of races available on race day. Running a race other than the one for which you are officially registered will result in disqualification.

Course

Please be aware that the course is NOT closed to traffic. Runners' lanes are on the right-hand side of the road and are marked by traffic cones and painted arrows; runners are advised to stay to the right of the cones at all times. No pets or wheeled conveyances, including bikes, strollers, baby joggers, and roller or in-line skates are permitted on the course. As it's not a closed course, and so you can hear directions given by race officials, use of headphones during the race is strongly discouraged.

Each event is color coded so make sure to follow your color so as to not run the incorrect distance. Your BIB will match the mile marker signs. All directional road markings will be marked in ORANGE.

- Marathon – Blue
- Half Marathon – Blue while sharing the marathon course, White when independent
- 5K – Green

Unable to finish

If you feel that you need to drop out, move to the right side of the road and look for a course volunteer or water stop for assistance. Five "sag wagons" and 4 Ranger bikes will sweep the course and will be in communication of each water stop.

Timing

All events will be using the ChronoTrack “B” Race Timing Tag. This lightweight, disposable timing device tag comes attached to your race number. Simply attach your BIB number high your chest on the outermost layer of clothing. Further instructions are provided in the registration area of the expo or online at www.glasscitymarathon.org. As you cross the electronic mats at the start, verification, and finish lines, the timing tag emits a unique signal that allows the system to identify you and calculate your finish time.

Official results and overall awards are based on Gun Time elapsed from the official start. Age Group awards are based on net (chip) time. Finisher certificates with official and net times will be mailed to you approximately 6 - 8 weeks after the race. To be included in the official results, the timing tag must be attached to your BIB — do not carry it or put it in a pocket. If you're not running or don't wish to be timed, simply discard your BIB number containing the “B” Race Timing Tag. There is no need to return it.

Race Photos

PBC Sports Photography will take pictures along the course and near the finish line. Photos can be viewed and ordered shortly after the race at www.glasscitymarathon.org; you'll need your bib number and last name to view the photo proofs. Be sure that you wear your bib number high on your chest on your top layer of clothing so that you can be identified and scored.

Awards

All Age Group awards for the half, full, and relay marathon as well as the 5K, will be available for immediate pickup at the awards tent in Parking Lot 10. The Overall Awards for the 5K, half marathon, and full marathon will be presented on the stage in Parking Lot 10.

Unofficial results are posted at www.glasscitymarathon.org as soon as possible on race day.

Family Meeting Area

For those family members and friends wishing to meet up with runners at the end of their race, plan to meet outside the runner refreshment area in Parking Lot 10. There is no designated “family area”.

Runner Instructions – 5K run/walk (3.1 miles) 7:15 a.m. Start

COURSE TIME LIMIT

The 5K course will officially close at 8:45 a.m.

After this time, anyone still on the course will be responsible for his/her safety and will be asked to move to the sidewalk.

Getting to the start

Please note: The 5K will start at 7:15 a.m. There will be parking and spectator congestion following the start of the full and half marathon. The course starts on Stadium Drive between Parking Lots 10 and 5 on the campus of The University of Toledo. There is ample parking on campus, but please arrive early as roads around campus will be closing as race the start nears.

ROAD CLOSURES

Be aware of road closures due to the earlier marathon start time.

- Secor between Central and Bancroft -- 7am -9am
- Neighborhood streets of Old Orchard south of Kenwood to Bancroft and East of Secor to Drummond -- 7am - 9am
- Indian between Evergreen and Talmadge -- 7am - 8am
- Talmadge between Indian and Bancroft -- 7am - 8am
- Bancroft between Talmadge and the University Parks Trail -- 7am - 8am
- Vicksburg from Sylvania Avenue north to Bog Hollow -- 7am - 1pm
- Sylvania Avenue East of McCord to Holland/Sylvania -- 7am - 1pm

Runner Instructions – Kids Marathon

Start time: 12:00p.m. on Saturday, 4/27/20013. Glass Bowl Stadium

The Kids Marathon is fun-filled event designed to introduce children to fitness and running. It is non-competitive and not scored; although we do run an official finish line and clock for the satisfaction of the kids.

There are three events for your children to choose from based on their ability, not necessarily their age. All participants must be pre-registered and have a parent/guardian liability waiver completed. You can register at the expo until 11:30 a.m. All participants will receive a finisher medal and a GCM teddy bear.

The event kicks off in the Glass Bowl at 11:30 with a small dog show by the Agility Angels, a non-profit group that works with autistic children.

¼ Mile

Age Recommendation: 2-3

Parents are encouraged to run with their child.

The course will remain inside the Glass Bowl

½ Mile

Age recommendation is 3-6

The course will remain inside the Glass Bowl

Parents are encouraged to run with their child

1 Mile

Age recommendation is 5-12

The course will be run around the field, exit the Glass Bowl and return to a 50 yard line finish.

Parents can run this, but at this age the kids usually run on their own.

Runner Instructions – Marathon (26.2 miles) 7:00 Start Time

COURSE TIME LIMIT

The course will officially close at 1:00 p.m. The six-hour pace translates into averaging 13:44 per mile and passing the 5-mile mark in under 1:08:39 minutes, the 10-mile mark in under 2:17:18, the half marathon point in 3:00:00, and the 20-mile mark in under 4:34:36. After these times, anyone still on the course will be responsible for his/her safety and will be asked to move to the sidewalk or encouraged to get on the “sag wagon.”

Getting to the start

Please note: The full marathon will start at 7:00 a.m. so be sure to arrive at the start in plenty of time. The course starts on Stadium Drive between Parking Lots 10 and 5 on the campus of The University of Toledo. There is ample parking on campus, but please arrive early as roads around campus will be closing as the race start nears.

Goodwill Bag Drop

If you plan to use the bag drop, write your race number on a tag provided at packet pickup. Attach it securely to your bag where it's easily visible. Please do not leave valuable or irreplaceable items in your bag. The Toledo Roadrunners Club is not responsible for lost or missing bags. Prior to the start, you may drop off and retrieve your bags in the Goodwill Bag Drop Area located at the start/finish of the race.

COURSE MARKING

BLUE paint and signs will designate each mile of the marathon course. ORANGE directional paint will be used at all turns. Clocks will be located at several points along the course.

USATF Certified # OH11002PR

Runner Instructions – Owens Corning 1/2 Marathon (13.1)

7:00 a.m. Start Time

COURSE TIME LIMIT

The course will officially close at 1:00 p.m. however runners must be through Mile 7 by 9am.

After this time, anyone still on the course will be responsible for his/her safety and will be asked to move to the sidewalk.

Getting to the start

Please note: The half marathon will start at 7:00 a.m. so be sure to arrive at the start in plenty of time. The course starts on Stadium Drive between Parking Lots 10 and 5 on the campus of The University of Toledo. There is ample parking on campus, but please arrive early as roads around campus will be closing as race the start nears.

Goodwill Bag Drop

If you plan to use the Goodwill bag drop, write your race number on a tag provided at packet pickup. Attach it securely to your bag where it's easily visible. Please do not leave valuable or irreplaceable items in your bag. The Toledo Roadrunners Club is not responsible for lost or missing bags. Prior to the start, you may drop off and retrieve your bags in the Goodwill Bag Drop Area located at the start/finish of the race.

COURSE MARKING

The course is marked in two colors. BLUE and WHITE paint and signs will designate each mile of the half marathon course. ORANGE directional paint will be used at all turns. While the course shares the course with the marathon, the color of markings will be blue (first 8 miles). White markings will first be used after mile 8 when the ½ marathon turns LEFT out of Wildwood while the marathon runners turn RIGHT. Course marshals and signs will be used to help you along the way.

ROAD CLOSURES

Be aware of road closures due to the earlier marathon start time.

- Secor between Central and Bancroft -- 7am -9am
- Neighborhood streets of Old Orchard south of Kenwood to Bancroft and East of Secor to Drummond -- 7am - 9am
- Indian between Evergreen and Talmadge -- 7am - 8am
- Talmadge between Indian and Bancroft -- 7am - 8am
- Bancroft between Talmadge and the University Parks Trail -- 7am - 8am
- Vicksburg from Sylvania Avenue north to Bog Hollow -- 7am - 1pm

Sylvania Avenue East of McCord to Holland/Sylvania -- 7am - 1pm