



Athlete Guide – 2017

Thank you for attending the 8th Annual Morgan Hill Marathon, Half Marathon, 10k, 5k, Kids Run and Bike Tour, October 21-22, 2017 at the Morgan Hill Community Park.

Please read this guide thoroughly. Most your questions are answered here.

Activities Schedule

Friday, October 20th, 2017

- 1:00 pm - 6:00 pm - Early Packet pickup at Running Shop and Hops

Saturday, October 21, 2017 – Morgan Hill Community Park

- 7:00 am - Bike Tour Bib Pick Up
- 9:00 am - Bike Tour Start
- 10:00 am - 5:00 pm - Lifestyle Expo
- 10:00 am - 5:00 pm - Registration and Packet Pick Up
- 11:00 am - Kids Fun Run - All kids get a medal
- 4:30 pm - 9:00 pm - Carbo Load Dinner at Partner Restaurants

Sunday, October 22, 2017 - Race Day

- 5:30 am - Registration open
- 6:30 am - Full Marathon Start
- 7:00 am - Half Marathon Start
- 7:15 am - 10K Start
- 7:30 am - 5K Start
- 8:00 am - Park opens with Half Marathon Finish Line Festival / Athlete Meeting Area
- 9:00 am - 3:00 pm - Finish Line Festival
- **2:00 pm - COURSE CLOSES at noon for a 7 ½ hour cut off**

***Please check back as times are subject to change.

Packet Pickup

Each athlete is required to do one of the following:

1. Attend the Packet Pickup expo at Morgan Hill Community Park (start/finish line) to get your bib and other supplies on Saturday. See below for hours.
 2. You may have someone pick up for you. They must have a copy/photo of your ID.
 3. If you opted for VIP bib mailing, your bib was mailed to you. Your shirt will be at the tent near the start line in your VIP bag.
 4. If you opted for VIP early morning pickup, your bib and shirt will be at the same tent.
 5. The 5k can pick up race morning, but due to how busy this will be, we really prefer you come to the expo. **Supporting the sponsors supports the event.**
- There is NO free same day pickup for any reason. This has always been the policy. Please understand come race morning we are dealing with the race not packet pickup. Packet mailing or Same Day pickup is \$10.00.

Packet pickup and registration is located at the following location and times:

Friday, October 20th, 2017

- 1:00 pm - 6:00 pm - Early Packet pickup at Running Shop and Hops
- Address: 17500 Depot St, Morgan Hill, CA 95037

Saturday, October 21, 2017

- 10am – 5 pm
- **Location: Morgan Hill Community Park**
- **Address: 171 W Edmudson Ave, Morgan Hill, CA**
- Online Registration closes Thursday the 19th at midnight. You can register at the expos on Friday and Saturday or race morning, but pricing will increase.
- You can have someone pick up your packet for you if they have a copy of your photo ID (a picture on their phone is OK).

Expo Information

- Saturday and Sunday- We have over 10-15 high quality booths coming to the Lifestyles Expo. There will be great deals from companies like The Running Shop and Hops (beer too), RedBull, Kona Ice, Active Spinal and more.
- See the entire list here: <http://www.mhmarathon.com/sponsors>
- Please enjoy the expo while you are here. We have many great sponsors out, and we do need to remember that we could not do this without them either.

Shirt Information

- Shirts will be handed out with bibs. You will receive the size you ordered on your original order. If the size does not fit, you can exchange after the run is over.

Changing Distances

- You can change your distance at the expo on Friday or Saturday, or email your request to info@mhmarathon.com.

Early Walkers Start

- We offer an early walker start at 6:00am. Please notify the timing person at the start line so they can write down your numbers and adjust. This is for WALKERS. You must know the course and be aware that aid stations and course marshals may not be set up prior to 6:30am.

About the Timing

- **Your chip is on your BIB. This bib MUST be visible on the front of your body.** If it is covered it is possible you will not receive a time. Do not remove the chip from the bib! Make sure your bib is viewable.
- We have mile markers out on our certified courses. USA Track and Field measured the points, so they are correct. GPS is not an accurate form of measurement.
- We will email each of you your split times and finish time. We will also have a results kiosk at the finish to look up times.
- **We will be tracking splits points on the course. Failure to go through these points will result in a DQ.**

Kids Race (Saturday)

- The Kids run will be on Saturday morning during packet pickup. The kids get to run about a mile starting and finishing through the actual finish line arch. Sign them up online. They get a great shirt and medal. It's a fun experience. They are chip timed as well!
- For those of you that have kids entered in the Saturday kids run, be sure to check in to packet pickup for their bib and T-Shirt. **The kids run starts at 11:00 am on Saturday.** We can use help on the run watching the corners so please let us know if you can help. The Kids run starts and ends at the MHM arch.

Bike Tour and Mushroom Challenge

- It is strongly advised to pick up your packet on Friday.
- First and foremost, this is not a race. The roads are open to vehicles and you must abide by the rules and laws of the road. If you abuse this event, we will not be able to hold again. **THE START IS CHIP STARTED. SO WE WILL HAVE A SLOW ROLLOUT STARTING AT 8:30 until 9:00 am. DO NOT BUNCH TOGETHER.** Review the course maps and quesheets online: <http://www.mapmyride.com/routes/fullscreen/1312717096/>
- Course markings are limited to corners. So you should know the route. We will have 1 water refill station located at approx. mile 12.
- We will have a few bike racks to rack your bike. The general area is enclosed so you should feel safe leaving your bike while you enjoy some food and beer.

Sunday Morning Parking Information

The main entrance to the CRC will be closed the morning of the event, DO NOT PARK AT THE CRC. We suggest the following parking locations:

- Bank parking lots across the street. If you use a retailer spot, make sure you visit them.

- Safeway allows parking but please do not fill all their spots, there are more towards the west side of the lot.
- Shopping center across the street near McDonalds.
- Side streets behind Community Park – Olympic Dr.
- Remember that Del Monte Ave. is part of the course so you could get stuck.
- Church Street and side streets near it.
- There is also parking off of Monterey Rd.
- If you know the area you can also park off La Crosse Dr. and walk the bike path over. It's about 600ft.
- Try to commute together.

Do NOT park at Auto Zone. They will tow.

Do NOT park at CRC. It will be closed off.

Do NOT park at the church on Edmondson behind Community Park. It's Sunday-they need their lot!

Race Start Time and Process

- This is self-seeded event, with faster runners at the front. The **Running Addicts Pace Team** will be present with signs to help you pace your run. Be sure to thank them!
- Do not seed yourself at the front if you are not a fast runner. All waves will start through the arch.
- We are using chip time, so your time does not start until you cross the start line (unless you are wearing your bib incorrectly). There is no need to rush through the line.

Race Start Line & Location

- Morgan Hill Community Park, 171 West Edmondson Ave, Morgan Hill, CA
- Porta- potties are located near the start/finish!!

Bag Check

- There will be a bag check booth next to the registration & food tents

About the Course

- It is a great, very pretty course. Take it in while you are out there.
- The map below shows the aid station locations and supplies. Please review them!
- The course will be marked with cones, police, volunteers, and chalk. If you have a question, ask.
- Porta-potties will be evenly spaced on the course at each aid station.
- Cones line the right lane of most the course.
- Course maps are located at <http://www.mhmarathon.com/events/course-maps>
- Please help keep our city and county clean. Do not toss garbage on the road.

Timing Splits

- A “split” is a time check out on the course. The half will have one split this year, mile 3 approx.
- **Failure to go through these points will result in a DQ.**

Aid Stations

- There are aid stations roughly every 2 miles.
- Nuun and water.
- Some will have cookies, pretzels and bananas.
- **We will have SiS Gel(Isotonic Gel) and Gu Gel spread out on the course.**

Porta-Potties

- We have 20 porta-potties near the start line. Give yourself enough time to use them. There will be one at each aid station.

Pacers

- There will be pacers in the start area holding up pace signs. These pace signs are times they are shooting for. Get near the one you want to run with and they will help you make your time. Remember, anyone could have a bad day, even a pacer. Remember to thank them. Pacers are provided by Running Addicts.

Finish Line Festival & Party

- As you finish we will have a bag with your finish food in it. We have Running Shop and Hops serving beer.
- Drink responsibly & enjoy!
- Great food and beverage will be served post race
- Coffee Method will be serving complimentary coffee to all participants in the morning

Medal Engraving

- A medal engraving service will be available near the results tent. This is a paid for service provided by an outside company.
- Medal engraving is \$15.00.
- If you pre- purchased this we will have your name at the tent.

Volunteers

- We have done our best to put volunteers out on this course. Please thank them.

Our Sponsors & Partners:

