



Soldier Marathon and Half Marathon
November 12, 2011
7:00 a.m. Eastern Time
National Infantry Museum, 1775 Legacy Way, Columbus, Georgia

PRE-RACE, FRIDAY, NOVEMBER 11th

Registration and Packet Pickup

Registration and packet pickup will be Friday, November 11th from 11:00 a.m. to 7:30 p.m. inside the Infantry Museum in Columbus, Georgia, and also on Race Day, Saturday, November 12th, from 5:30 a.m. to 6:45 a.m. At registration you will pick up your registration bag (a camouflage draw-string bag), your bib number with a timing chip on the back of it (by My-Laps) which will record your race time, your race t-shirt (a technical short sleeve shirt by Brooks with our distinctive Soldier Marathon and Half Marathon logo, and a plastic bag to hold your morning warm-up clothes for you to use for race day clothing you wish to leave in a secured area while you run. There will be some other gifts in your registration bag. You will be required to sign a release form to register for the race.

Bibs and Timing Chip

You will pick up your bib number at registration and packet pickup. On the back of your bib will be a timing chip be provided by the MyLaps sports timing chip. This chip placed on the back of your race bib is protected by a foam casing. The MyLaps system has reliability rates higher than 99.7%. You must pin this bib number to the front of your race shirt and wear it during the race on Saturday so your start and finish time will be electronically recorded. The back of every bib number has a form for medical information and emergency contact. Please complete this with ball point pen so we can take care of you quickly and appropriately in case of medical emergency

Fallen Hero

At registration you will also be offered the opportunity to run in honor of a Fallen Hero. A Fallen Hero is someone who has died either while serving our country or after serving our country honorably. You will be offered a Fallen Hero bib in addition to your Race bib. You may choose to run in honor of a Fallen Hero you know, either a family member or friend. Or if you do not know a Fallen Hero we will provide you a name of a Fallen Hero. One of our volunteers will handwrite or print the name of the Fallen Hero on your bib. You may pin the Fallen Hero bib on the front or back of your race shirt or shorts. You will also have a Race bib to pin on the front of your shirt so you will run with two bibs. The Fallen Hero bib is 3 inches by 7 ½ inches. Your Race bib is 5 ½ inches by 7 ½ inches.

Expo

Please enjoy our Expo at the National Infantry Museum on Friday, November 11th from 11:00 a.m. to 7:30 p.m. Our Soldier Marathon shirts and gear with logo will be available. And running gear and other outdoor gear will be available by Ranger Joe's, Big Dog Running Company, Asics, Newton, New Balance, Skirts Sports, Inov8, Super Feet, Below The Knee Running Store,



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Ride On Bikes and Oxbow Meadows. Also the Soldier Store will be open inside the National Infantry Museum.

Pasta Dinner

Friday night, November 11th, from 6:00 p.m. to 7:30 p.m. there will be a pasta dinner at the National Infantry Museum. Cost is \$15 per adult and \$7.50 per child. You may prepay at the registration table and receive a ticket, or pay at the door. The pasta dinner buffet includes garden salad, spaghetti with meatballs and tomato sauce, chicken penne alfredo, apple cobbler, and tea or water. Our guest speaker will be Jim Crist who is the director of the Pace Team for the Soldier Marathon. Jim will present **“Six Secret Tips Guaranteed To Improve Your Marathon Performance”**. Jim developed these tips through observation and analysis of thousands of marathoners during all stages of their quest which will prove to be very helpful for new runners and experienced marathoners alike. Jim has directed Pace Teams in over sixty marathons around the country and paced thousands of runners to successful finishes along with helping hundreds of runners achieve a Boston Qualifying time.

Things to Do or See Before/After the Race

The National Infantry Museum is worth a tour. The IMAX theatre inside the Infantry Museum provides an incredible experience with its screen that is 5 stories tall and 70 feet wide offering the adventurous story of Lewis and Clark. The Infantry Museum also offers Combat Simulators with a Humvee or Blackhawk that are exciting to experience. And there is a Rifle Range Simulator so you can try your hand at firing real military weapons. The Soldier Store will also be open inside the National Infantry Museum. Across the street from the National Infantry Museum is Oxbow Meadows which provides you with a wonder environmental learning experience including live animals. And along the RiverWalk portion of our race course is both the Civil War Naval Museum and Coca-Cola Space Science Center that you will find very interesting.

RACE DAY, SATURDAY, NOVEMBER 12TH

Registration and Packet Pickup

Registration and packet pickup will be available on Race Day, Saturday, November 12th, from 5:30 a.m. to 6:45 a.m. inside the Infantry Museum.

Weather

The expected weather on race day, Saturday, November 12, is sunny with a low of 43 degrees and a high 69 degrees and no rain forecast. Sunrise is to be at 7:07 a.m. but there will be plenty of ambient light for our 7:00 a.m. start. Wind is to be from the west at 7 mph.



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Arrival at National Infantry Museum

Plan on arriving by car early enough (5:30 a.m. to 6:00 a.m.) to park your car and comfortably get to the starting line. Allow time for going to the bathroom. There will be plenty of porta-potties in the parking lot of the Infantry Museum, at the grandstand bleachers near the start line, and at the Oxbow parking lots. Plenty of restrooms are also inside the Infantry Museum and inside the grandstand bleachers near the start line. Warm up or morning clothing may be placed in a bag provided to you and placed in a secure area in the rear of the Infantry Museum near the start line.

Parking

For registration you may park in the parking lot of the National Infantry Museum. On race day you may also plan to park in the parking lot of the National Infantry Museum. The two access roads to the National Infantry Museum are Ft. Benning Road and S. Lumpkin Road. Both roads lead to the parking lot. Overflow parking is available at Oxbow Meadows on S. Lumpkin Road across the street from the National Infantry Museum. Please note that on Race Day S. Lumpkin Road will be one-way traffic to the National Infantry Museum. Also note that Ft. Benning Road to and from the Infantry Museum will close at 6:45 a.m. before the race to prepare for the start of the race at 7:00 a.m. With over 1,200 runners expected there will be a lot of traffic on S. Lumpkin Road the morning of the race so please plan to arrive early enough to park and comfortably walk to the start. The parking area around the National Infantry Museum and Oxbow Meadows is quite large so plan to walk up to ½ mile to the start line.

Porta-Potties and Restroom

There will be plenty of porta-potties in the parking lot of the National Infantry Museum, at the grandstand bleachers near the start line, and at the Oxbow parking lots. Plenty of restrooms are also inside the National Infantry Museum and inside the grandstand bleachers near the start line.

Morning Clothing/Warm Up Clothing

The early morning will be cool at 44 degrees. You may leave your warm up morning clothing in a plastic bag that will be provided to you at a secured area behind the Infantry Museum. Your bib number will be handwritten on the plastic bag.

Start Line/Finish Line

The start line and the finish line for both the full marathon and the half marathon are the same. The start line and the finish line are on Heritage Walk alongside the Infantry Museum which is also known as the Avenue of Flags. The start line and finish will be clearly marked with a banner on trusses.



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Clocks

In addition to the start and finish line, we will have clocks for the half marathon at the 10 mile mark (near the turn-around for the half marathon). For the full marathon we will have clocks at mile 13.1 and mile 16 in the TSYS parking lot.

Hydration -- Powerade

We are very pleased that Coca Cola and Callaway Blue are providing Powerade and Callaway Blue Water as our hydration product on the course and at the finish line.

Certification

We have certified the Soldier Marathon course both for the full marathon and the half marathon, and the race is a Boston qualifier. The Full and Half Marathon are also sanctioned events by USA Track and Field.

Relay Marathon Race

We are offering a relay marathon as a part of our Soldier Marathon. Teams of five runners will compete against each other by running the marathon course at the same time as the full marathon runners. All relay teams will start with the shot from the cannon at 7:00 am and exchange a wrist band at each of the relay exchange points with a teammate. The last runner on the relay team will wear the timing chip on his/her bib so his/her time will be recorded to get the exact finishing time for the relay team. The relay exchange points are at mile 7.0, mile 12.5, mile 16.5, and mile 20.5. The lead runner on the Relay Team will wear a slap bracelet on his/her wrist. At each exchange point the runner will remove the slap bracelet and hand it to the next runner. Each runner exchanges the slap bracelet at the exchange points. The last runner receives the slap bracelet and also is wearing the timing chip to time the finish of his/her section of the run to get a finish time. Each runner will wear a bib, and each bib has the same Relay Team number (e.g. Team 1A, 1B, 1C, 1D, and 1E). The relay exchange points are easily accessible by car. Relay exchange point #1 is directly beside the National Infantry Museum on S. Lumpkin Road and cars may park at the Museum and runners walk to the exchange point. Relay exchange point #2 is on the RiverWalk near 22nd street, which is just before reaching the Rotary Park area (Bulldog Marina). Cars may reach Exchange point #2 by tuning off Victory Drive onto 22nd street, by the Summit gas station, and park in the grass field adjoining 22nd street. Relay exchange point #3 is in the TSYS parking lot near mile 16. Cars can park in the TSYS parking lot so runners can walk to the exchange point. Relay exchange point #4 is the same as exchange point #2 on the RiverWalk near 22nd street and the Summit gas station.



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Aid Stations

The aid stations are spaced approximately 2 miles apart. Our volunteers will serve water and Powerade drink at each of the 9 Aid stations on the course. Several of the Aid Stations will serve runners both on the outbound of the course and the return to the Infantry Museum.

- Aid Station #1 - mile 2.8 for Half and Full
- Aid Station #2 - mile 5.8 for Half and Full
- Aid Station #3 - mile 7.0, and also serves at mile 12.9 for Half and mile 25.8 for Full
- Aid Station #4 - mile 8.3, and also serves at mile 11.5 for Half and mile 24.7 for Full
- Aid Station #5 - mile 10.0, and also serves at mile 23 for Full
- Aid Station #6 - mile 11.0, and also serves at mile 22 for Full
- Aid Station #7 – mile 13.0, and also serves at mile 20 for Full
- Aid Station #8 - mile 15.0, and also serves at mile 18 for Full
- Aid Station #9 - mile 16.4 for Full

GU

Packages of GU Energy gel will be available to supplement the nutrition of runners at Aid Station 5 (mile 10 and 23) and Aid Station 8 (mile 15 and 18). GU product was selected for our runners because of its taste and ease of digestion. Plus it offers 100 calories and 25 mg of carbohydrate, 30mg of potassium, 55 mg of sodium and 55 mg of caffeine. Be sure to drink some water or Powerade with the GU to help get these electrolytes from the GU into your body's system.

Two-Way Traffic

Our course is an out and back course on the RiverWalk. This means that some of the faster runners will be returning on the RiverWalk at the same time as some of the slower runners are on the outbound portion of their race. Please "Stay Right" on the course to avoid oncoming runners. This will particularly be true for 6 miles of the course from miles 10 to 16 and then from miles 17 to 23 on the RiverWalk which will have both outbound and returning runners at the same time. And we are expecting two wheelchair participants.

Half Marathon Course

At mile 9.3 at the Water Works Treatment Facility the runners will turnaround to return to the Infantry Museum for the finish.



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Wheelchair Participants

We have two wheelchair participants who have requested to compete in our race, and who will start a few minutes ahead of the other runners.

Music

Music will be broadcast by speakers at the start and finish line, and at miles 9 and 11 for the Half Marathon and miles 9, 14, 19, 24.5 for the Full Marathon.

Cut Off Times

There is a maximum time limit of 7 hours to finish the Soldier Marathon and Half Marathon. Aid Station #7 is at mile 15, so if you've not made it to Aid Station #7 by 11:00 am, which is 4 hours into the race, then you will not be allowed to continue on the course because you will not be able to complete the remaining miles of the course within the 7 hours time limit.

Warning

At 12:00 noon the public safety siren will sound off its normal practice. The siren is located on the path of our race course at mile 25.8 directly on the RiverWalk at Oxbow Meadows across the street from the National Infantry Museum. Our 5 hour marathon runners finishing around noon may be jolted by the loud wailing of the siren as they finish their run.

Finish Line

The finish line for the Marathon, Half Marathon and Relay Marathon is the beautiful Heritage Walk or also known as the Avenue of Flags at the National Infantry Museum.

Finishing Medals

Each finisher of the Full Marathon, the Half Marathon and the Relay Marathon will receive a finishing medal that is distinctive and commemorates your completion of the Soldier Marathon or Soldier Half Marathon.

Finishing Coins

As part of a military tradition, this year in addition to our finisher's medal, you will be presented with the distinctive Soldier Marathon coin.

Awards

Engraved wooden plaques will be presented to the top three finishers in each age group, both male and female, as well as the top overall finisher and master's finisher (40 and above), both male and female. The awards will be presented at the covered parade field pavilion behind the National Infantry Museum. Awards to the Half Marathon winners will be presented at 10:00 am



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at the pavilion behind the National Infantry Museum, and awards to the Full Marathon winners will be presented at 12:00 noon at the pavilion.

Food at Finish Line

At the finish line we will offer you Callaway Blue bottled water and Coca Cola Powerade and Coke products as well as fresh fruit, bagels, energy bars and cookies. Finishers will also be treated to a breakfast burrito or a hamburger from McDonalds and Michelob Ultra beer. Buck Ice will keep our drinks cool. We also will offer gluten free food to our finishers.

Race Blankets

At the finish line each runner will receive a mylar “space” blanket to keep warm.

Volunteers

Volunteers and soldiers will serve runners at the Aid Stations, Registration, Pasta Dinner and along the course. Be sure to thank them for their service. They are wearing the distinctive yellow-gold shirts with the Soldier Marathon logo.

Medical

There will be a Medical Aid Station at the Start/Finish area and a second Medical Aid Station near the north end of the course. Ambulances will be on site and several physicians will also be “roaming” the course to attend to your medical needs. All medical staff along the course will be identifiable in red medical shirts.

Massages

Post-race massages will be available at the finish line to runners without any charge to runners.

Sponsors

We thank Coca-Cola, Columbus Sports Council, W. C. Bradley Company, Aflac, Columbus Regional Doctors Hospital, Hughston Clinic, St. Francis Hospital, McDonald’s, Michelob Ultra Beer, TSYS, CB&T, Ebco Battery, Suburban Extended Stay Hotel, West Georgia Eye Care, Callaway Blue Spring Water, Containers by Reaves, Pediatrics of Brookstone, Jordan Hart Commercial Services, Mid-Georgia Ambulance, Livingston Storage, Buck Ice, Ranger Joe’s, Big Dog Running Company, Daniel Appliance Company, Maple Ridge, Clownin’ Around Amusement Rentals, Below the Knee, TracSoft, Ride On Bikes, Marriott, Houlihans, Maple Ridge, Doubletree, Solo Cups, Alday Chiropractic, American Legion, Cumberland School of Law, Columbus Convention and Visitors Bureau, and Columbus Road Runners Club.



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Travel Directions

From Atlanta, drive south on 1-85 to LaGrange and take 1-185 south to Columbus. It's a 100 mile trip that takes 1:45 hours to drive. Take the Victory Drive exit off 1-185 before reaching Ft. Benning. Be sure to see the amazingly beautiful new entrance to Ft. Benning on I-185. Continue west on Victory Drive for 2.5 miles to the intersection of Ft. Benning Road and Victory Drive. Turn left on Ft. Benning Road and drive 1.5 miles through the main gate of Ft. Benning to the National Infantry Museum. Turn right into the National Infantry Museum parking lot

From south of Columbus, drive on Hwy 27 to the intersection of Hwy 1-185 and Hwy 27. Victory Drive begins at this point. Continue west on Victory Drive for 2.5 miles to the intersection of Ft. Benning Road and Victory Drive. Turn left on Ft. Benning Road and drive 1.5 miles through the main gate of Ft. Benning to the National Infantry Museum. Turn right into the parking lot of the National Infantry Museum.

From west of Columbus, drive on Hwy 280 from Birmingham or Hwy 441 from Eufaula until you reach the Hwy 280 Bridge crossing from Alabama to Georgia. Victory Drive begins at this bridge. Continue driving east on Victory Drive for 10 miles until the intersection of Ft. Benning Road and Victory Drive. Turn right on Ft. Benning Road and drive 1.5 miles through the main gate of Ft. Benning to the National Infantry Museum. Turn right into the parking lot of the National Infantry Museum.

Fort Benning Road Gate will close at 6:45 a.m. to limit traffic for the start of the race. Use South Lumpkin Road. If you arrive at the Fort Benning Road gate and it is closed turn around and drive to the traffic light which is Torch Hill Road and turn left. Drive to the next light and turn left to South Lumpkin Road and continue until you arrive at the Infantry Museum. If you are arriving from South Columbus turn right onto South Lumpkin Road to the Infantry Museum.

Thank you for running the 2nd Annual Soldier Marathon. We are proud of our Columbus, Fort Benning and Phenix City community, our beautiful RiverWalk, our National Infantry Museum, and the tradition of excellence of our Fort Benning with its designation as the Best Installation in the World. We have worked hard to assure that your running experience will be a wonderful one and we are proud to salute our soldiers by hosting the Soldier Marathon.

Soldier Marathon Race Committee

The Soldier Marathon.....planned by runners for runners.