

Email Subject Line: Important Race Day Instructions: Cheyenne Marathon

Thank you for registering for the Cheyenne Marathon. Following are general instructions for all participants, followed by event specific information. Please read carefully as some logistics have changed to accommodate the size of various events.



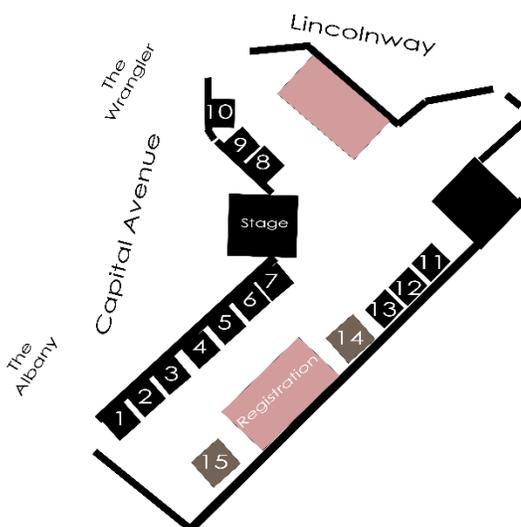
Instructions for All Events

Please note that we have pushed the start time from 6:00 am to 6:20 am for the safety of all runners to coincide with first light. We apologize for any inconvenience this may cause. On a positive note, everyone gets to sleep an extra 20 minutes!

If at any point during the race you need assistance, look for someone in a heathered blue Cheyenne Marathon shirt or a law enforcement officer.

Packet Pickup: Packets must be picked up at the Depot Plaza located at 121 W. 15th Street (also the finish line for all events) on September 22nd between 1 pm and 5 pm unless alternative arrangements were previously made. At the expo, participants will receive their bib, timing chip, swag bag, and t-shirt. Participants may also bring their ID to receive their over 21 arm band for the after-race party.

From 2 pm to 3 pm, Brent Weigner and Jerry Rief will participate in a moderated question and answer session. You will have the opportunity to ask them questions. Brent is a Globetrotter and world record holder. He has run marathons and ultra-marathons on all seven continents, a world record, ten times. Brent is currently ranked 1st in the world in number of countries in which official race marathons have been completed and verified. Jerry has completed a marathon in all 50 states and DC in under 3:00, averaging 2:49. He is one of the few people to qualify for the Boston Marathon in every state.



1. S.E. H.
2. WY Family Home Ownership Program
3. Give Us Strength Physical Therapy
4. HIIT 30
5. Girls On The Run
6. Monument Marathon
7. Platte Valley Bank
8. Rick B. Roper, DPM
9. Cheyenne School Foundation
10. Turkey Trot
11. (Pending Confirmation)
12. Cupid's Undies
13. United Blood Services
14. Wyoming Tribune Eagle
15. Cheyenne Aquatics

Bag Transfer: On the bottom of your bib is a tear off tag with your bib number. Please affix this tag to your bag. This will help ensure that bags are returned to their rightful owner at the finish line. Please do not place anything valuable in the bag. We are not responsible for lost or stolen bags. Runners may bring their bags to the registration expo on Saturday the 22nd between 1 pm and 5 pm. We will provide bag pickup at three locations, Archer, Holliday Park and Central High School and pickup at the Depot near the finish line. We will be on site at Archer and Holliday Park from 5:00-6:00 and at Central High School from 7:00-8:15. Please see instructions for your specific event for further information on bag drops.

Hydration Stations: All hydration stations will have water, SPORTea, and porta-potties. Honey Stinger Strawberry Kiwi Energy Gels will be provided at the Burlington Trail hydration station (3rd station) and a variety of Honey Stinger Organic Fruit Chews will be provided for marathon and half marathon participants at the Western Hills Boulevard/Education Drive hydration station (station 7).

Hydration stations are roughly every 2 miles with the distance between station 1 and station 2 and the distance between station 2 and 3 being about 3 miles. All distances are approximate. Hydration stations are located at the following intersections:

1. Prairie Center Circle/ HR Ranch Road (Mileage Marker #2)
2. HR Ranch Road/ Campstool Road (Mileage Marker #5)
3. Burlington Trail/ 1.3 miles south of Industrial Road (Mileage Marker #8)
4. Campstool Road/ College Drive (Mileage Marker #10)
5. Holiday Park/ @ the Big Boy Steam Engine (Mileage Marker #12)
6. Carey Avenue/ Bent Avenue (Mileage Marker #14)
7. Western Hills Boulevard/ Education Drive (Mileage Marker #16)
8. Hynds Boulevard/ Western Hills Boulevard (Mileage Marker #19)
9. Frontier Park/ Parking Lot Behind Grand Stands (Mileage Marker #21.5)
10. O'Neil Avenue/ 26th Street (Mileage Marker #24)
11. Pioneer Avenue/ 19th Street (Mileage Marker #25)

First Aid/Medical Stations: Basic first aid kits will be available at every hydration station. Four medical stations are located on the course. These stations will be located at:

1. AMR A (Mileage Marker #5.5)
2. AMR B (Mileage Marker #13)
3. AMR C (Mileage Marker #20)
4. Frontier Park (Mileage Marker #21.5)
5. Pioneer Avenue/19th Street (Mileage Marker #25)
6. AMR D (Mileage Marker #26)

In addition, AMR (American Medical Response) will have their bike team on the course. Amateur radio personnel will be located approximately 1 mile apart along the course.

Transportation: Buses will be provided to transport participants from the finish line back to the starting line. Buses will also be at the designated parking lot nearest the exchange for each leg of the relay to transport participants to the finish line for the after party. Buses will be on a continuous loop. If the bus isn't there when you arrive, please know that it is on its loop and will return shortly.

Course Cutoffs: Participants have 8 hours to complete the course. Additional marathon cutoff times are 4:15 (10:15 am) for the half marathon point and 6:30 (12:30 pm) for the 4th relay point by Central High School.

Race Results/Awards: Race results will be available almost instantaneously on www.runlimitedfc.com based on chip time. Awards are given based on gun time. The awards ceremony is expected to start at 9 am. Awards

for age divisions will not be presented at the award ceremony due to the sheer number but will be available for pickup at a booth on the plaza as soon as they are finalized.

After Party: The after party will take place at the Depot Plaza, beginning at 7 am and ending at 2 pm. Sound FX DJ Systems will provide entertainment from 7 am to 10 am. At 10 am, Southern Fryed will take the stage until 2 pm. Each participant will have a tear-off tag on their bib for a free beer. Free fruit, granola, and yogurt will be available for participants at the finish line courtesy of Sodexo. Additional beers and other food will be available for purchase separately.

Individual Events

Marathon Participants: Parking is at the Archer Complex and will open at 5:00 am. Bathrooms are in the M&K Building, just East of the Gary Kranse Government Complex. Participants should be lined up by 6:00 am for the welcoming address from First Lady Carol Mead, National Anthem singing, and final instructions. **A large inflatable archway will mark the start line on Prairie Center Circle.** If participants would like a small bag transferred to the finish line, please leave it at the bag drop near the start line or bring it to the expo on Saturday between 1 pm and 5 pm. Beast Pacing will be providing pacers to help participants achieve their goal for the following times: 3:40, 3:55, 4:25, 4:40, and 5:00 hours. Look for their bright yellow shirts and signs on the course.



Half Marathon Participants: Parking is at Holliday Park and at the CRMC Employee parking lot on 20th street just across from and caddy corner to the CRMC Medical Center. Porta-potties will be available at the start line. If participants would like a small bag transferred to the finish line, please leave it at the bag drop near the start line or bring it to the expo on Saturday between 1 pm and 5 pm. **A large inflatable archway will mark**

the start line, which will be on Morrie Avenue (west side of Holliday Park). Participants should be lined up by 6:00 am for the National Anthem singing and final instructions. Beast Pacing will be providing pacers to help participants achieve their goal for the following times: 1:45, 2:00, 2:15, 2:30, 2:45, and 3:00 hours. Look for their bright yellow signs on the course.

HALF MARATHON AND RELAY 3 PARKING



10K Participants: Parking is at Central High School located at 5500 Education Drive and will open at 7:00 am. Please allow extra time to get to the parking lot as you will encounter 1-way travel and closed intersections to ensure the safety of participants already on the course. Porta-potties will be available at the start line. If participants would like a small bag transferred to the finish line, please leave it at the bag drop near the start line or bring it to the expo on Saturday between 1 pm and 5 pm. *A large inflatable archway will mark the start line on Hynds Boulevard.* Participants should be lined up by 8:15 am for final instructions.

10K/RELAY 4 PARKING



Relay Participants: Relay participants are responsible for arriving at the start line for their event before the previous leg arrives. Communication between team members over the course of the day is encouraged to prevent participants from having to hang out at the start line for several hours unless they desire to do so. Every exchange point, except leg 1 which uses the marathon start inflatable arch, will be marked by a 15-foot-tall start flag (see picture). All medals for relay teams will be given to the 4th leg at the finish line. Please allow extra time to get to the parking lot as you will encounter 1 way travel and closed intersections to ensure the safety of participants already on the course.



Leg 1 – Parking is at the Archer Complex and will open at 5:00 am. Bathrooms are in the M&K Building, just East of the Gary Kranse Government Complex. *A large inflatable archway will mark the start line on Prairie*

Center Circle. If participants would like a small bag transferred to the finish line, please leave it at the bag drop near the start line or bring it to the expo between 1 pm and 5 pm. Participants should be lined up by 6:00 am for the welcoming address from First Lady Carol Mead, National Anthem Signing, and Final Instructions.

Leg 2 – Parking is at the Archer Complex and will open at 5:00 am (see marathon/relay 1&2 map).

Participants must board the bus by 5:50 am for transfer to the Hereford Ranch. If participants would like a small bag transferred to the finish line, please leave it at the bag drop at Archer, near the start line or bring it to the expo between 1 pm and 5 pm. **The start line is at Hereford Ranch and will be marked by a 15-foot-tall start flag.** Participants may use the bathrooms in the M&K Building before boarding the bus, but porta-potties will also be available at the start line.

Leg 3 – Parking is at Holliday Park and at the CRMC Employee parking lot on 20th street just across from and caddy corner to the CRMC Medical Center and will open at 5:00 am (see half marathon/relay 3 map). **The 15-foot-tall start flag will be on Morrie Avenue (west side of Holliday Park).** Due to the logistics of participants arriving throughout the day, we will not be able to offer bag transport. Participants may leave a bag at the finish line, bring it to the bag drop before 6 am at Holliday Park, send it with a teammate to the bag drop at the Archer Complex, or bring it to the expo on Saturday between 1 pm and 5 pm.

Leg 4 – Parking is at Central High School located at 5500 Education Drive and will open at 7:00 am (see 10k/relay 4 map). The nearest porta-potty will be at the 10k start, about .3 miles from the exchange point. **The start flag will be on Western Hills Boulevard.** Due to the logistics of participants arriving throughout the day, we will not be able to offer bag transport. Participants may leave a bag at the finish line, bring it to the bag drop for the 10k before 8:30 am, send it with a teammate to the bag drop at the Archer Complex, or bring it to the expo on Saturday between 1 pm and 5 pm.

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