

Good evening Half Fast Half Athletes!

Now that the courses are set here are a few last-minute details you need to know:

Parking:

North and South parking lots adjacent to the school. Park only in the areas that are not coned off – coned areas are on the race course. If leaving before 12:30 take care as runners may still be on course and running through the lots.

Additional parking is located at the Church directly across the street from the school. Do not park in the coned off area directly in front of the church. The church has activities for the elderly tomorrow and needs parking. They are generously offering us the use of their lot...lets be respectful!

Course Conditions:

The following are conditions of our permit and must be followed or MMR is at risk of losing our ability to race this course in the future.

All athletes must run against traffic at all times -

The courses actually look great. You will likely encounter some slick spots where the melt has frozen – 9am start 34 degrees and warming very quickly. The majority of the course is dry. However, **6.55 and half marathon** – our permit requires you to use the run path that was installed last year all along Koehler. It is not safe to run on the road as we have done in the past – the addition of the run path took out the shoulder. There was a fair amount of water on the path so take care for this stretch (a little over a mile).

5k – run out using the shoulder of Centerville Road to the turn around then return using the path. Again, this is a requirement of our permit. There are some patches of melted water on the path, so take care.

Earbuds are permitted for this race, however, make sure you are paying attention and can hear traffic as this is an open course.

If you are dressing in layers and want to leave a layer at a water stop that is permitted. However, realize that your belongings will not be returned to the gym until the last athlete has passed through the water stop where you left your gear. You are welcome to drive out to the water stop if you do not want to wait. Please watch out for runners still on the course.

Mile Markers – because of the lack of snow, we were not able to put mile markers every mile. Those that we were able to put in, should only be used as points of reference to assure you are still on course – we dropped them as close as we could to the corresponding mile. The certified course only requires that the start and finish are accurately marked.

BIBS IN FRONT – this is a certified course. Results will be submitted and require 2 forms of tracking. Chip will be one, your bib the other. If we can't see the bib, we cannot accurately record your time.

Water Stops – every 1.5 miles or so – Hammer Heed Electrolytes and water will be served – a limited assortment of Hammer gels will also be available. Please keep litter within 15 feet of the water stop.

Spectators:

MMR loves an entourage. Let your support team know that we will have **poster making** materials available in the gym so they can be creative while you are running. These materials are available for free.

Pancakes and sausages are available to spectators for **\$10 cash** to cover the cost. Breakfast will include all you can eat pancakes, 2 sausage links (choice of pork or turkey) or a single turkey sausage patty, hot coffee, water bottle, butter, syrup and bananas.

Gluten Free? We got you covered too – just let Celia know that you need gluten free – you will have a choice of GF pancakes or a fruit yogurt cup.

Best places to watch the 13.1 and 6.55:

On Centerville Road in front of the school. The athletes will pass by here on their way out for the second loop as well as to the finish line. You should have enough time to dash down to the finish line and see them come in once they pass by as they finish the second loop.

Updated Age Groups:

Registration will remain open through packet pick up.

5k	Male	Female
18 and Under	3	1
19-29	1	2
30-39	1	7

40-49	4	3
50-59	4	2
60-69	2	2
70-79	3	0
80-89	2	0

6.55 Mile	Male	Female
18 and Under	1	1
19-29	2	5
30-39	4	6
40-49	3	6
50-59	0	0
60-69	2	1
70-79	1	0

13.1	Male	Female
18 and Under	1	1
19-24	4	2
25-29	2	0
30-34	2	1
35-39	5	2
40-44	4	2
45-49	2	8
50-54	6	4
55-59	0	1
60-64	6	0
65-69	0	0

The weather tomorrow is going to be gorgeous. What a difference a year makes! Let's enjoy this break from the cold. Thank you so much for sharing your Valentine's Day with MMR.

Love you guys!!! Get a great night's sleep and we will see you in the morning!