

INSTRUCTIONS AND INFORMATION

HEART OF AMERICA MARATHON

*****Please Remember – There is a 6 Hour Time Limit for HOA*****

1. WEAR YOUR HOA NUMBER SO THAT IS IT CLEARLY VISIBLE ON THE FRONT CENTER OF YOUR SHIRT (PREFERRED) OR SHORTS. DO NOT FOLD OR WRINKLE.
2. Run on the left side of the road until coming back on Providence Road (miles 21 to 23) where you are to run on the right shoulder – the east side of the road. At Providence and Mick Deaver (approximately 23 miles) you will turn right off the road and access the trail (signs will be there to direct you). You will exit the trail at Stadium Blvd. PLEASE STAY ON THE RIGHT SHOULDER ON STADIUM BLVD until Carrie Francke Drive. (A volunteer will direct you.) Stadium is a very busy road and you will need to stay on the shoulder on this section of the road as this is not a closed section of the course.
3. Avoid running in groups which obstructs traffic lanes. Go single file as much as possible. This request is for your own safety, since traffic is fast and heavy and this is not a closed course.
4. Please do not wear headsets, iPod plug-ins, or similar devices. Most of the course is on narrow two-lane roads with virtually no shoulders, therefore, you MUST be sensitive to traffic AT ALL TIMES.
5. Pacing by bicyclists is prohibited. Unregistered runners running with a registered runner or runners may cause disqualification of the registered runner or runners.
6. The Katy Trail (NOT the River Road) is part of the course from Mile 11 to Easley. Be sure to leave the trail at Easley (at about 12.6 miles) to go up Easley Hill.
7. A runner must quit if directed to do so by a medical attendant. Even if you are not physically removed from the course, you will be disqualified.
8. SPECTATORS: PLEASE AVOID DRIVING ON THE COURSE. To do so creates a hazard for the runners and the public. We especially ask you to stay off that part of the course leading from Route K to Easley (Miles 4 to 13). There are several good places on the course to watch runners go by: Parking area at Rock Bridge Elementary School (miles 3+ to 20+), Gateway Subdivision entrance (mile 6), turnoff at Old Plank Rd (mile 6+), area at bottom of Easley Hill (mile 12+), Sapp area (mile 14.5), Pierpont (mile 18) and various areas along Providence Rd.
9. Live finish results will be available at itsyourrace.com. Final results will be available at: heartofamericamarathon.com or columbiatrackclub.com/hoa

CHIP TIMING

Chip timing is by Boonville YMCA. Awards will be given based on gun times, while official results and records will be based on chip times.

FLASHING LIGHTS

Please take a flashing light and use for at least the first 30 minutes of the race, longer if it is foggy. Please return the light to the designated box at the finish area or an aide station along the route.

PORTABLE TOILETS

Will be located at the Start line (2 toilets specifically for HOA), Rt. K/Old Plank Rd turnoff (Mile 7), Easley (Mile 12.5), Pierpont Store (Mile 18), Rock Bridge Elementary School (Mile 3.5 and 20.6) and the Finish area (Reactor). One toilet at the finish will be ADA.

SHUTTLE SERVICE

A shuttle service will be provided at the finish area for transportation back to the start line.

POST-RACE GATHERING

Post-race food (apples, bananas and trail mix) is provided by Natural Grocers at the finish line.

The post-race gathering, and awards ceremony will take place at the pavilion just a few yards from the finish line. Food and refreshments will be available between 10 a.m. and noon. Your bib will be your pizza ticket and will be marked after you go through the line. Shakespeare's pizza will be delivered at intervals between 10 a.m. and noon, and SmallCakes Cupcakes will be available for finishers and volunteers. In addition to food and refreshments, chiropractic and massage therapy will be on site for marathon finishers, and "In September" a local band will be there to help us celebrate!

Between noon and 12:15 we'll begin our awards ceremony with age group and Schulte Award presentations in addition to having our drawing for our first ever live event painting canvas by TooRooster Artistry (must be present to win). Food is for finishers and volunteers only, massage and chiropractic for finishers only, music, celebration and ceremony is open to all! Awards and painting will not be mailed.

PACKET PICK UP

Sunday Sept 2nd from 2:00 – 5:00 p.m. at Tryathletics – 1605 Chapel Hill Rd #A Columbia, MO 65203

Monday Sept 3rd from 5:00 – 5:30 AM at the START LINE behind the Hearnes Center (not the Hampton Inn)

2018 AID STATIONS – Heart of America Marathon

Aid Stations Provide Only Water and Gatorade

3.3 miles (Rock Bridge Elementary School)

6.6 miles (Route K and Old Plank Rd)

9 miles (Old Smith Feed Mill)

12 miles (bottom of Easley Hill)

13 miles (top of Easley Hill)

16.4 miles (Burton & Hutcheons Doctor's Office)

17.8 miles (Pierpont Intersection)

20.4 miles (Rock Bridge Elementary)

22.2 miles (Providence Rd & Green Meadows Rd)

23.5 miles (Epple Parking Lot)

25 miles (MKT Trail at Martin Luther King Dr.)

Port-a-potties - Start line, and approximately mile 3.5, mile 7, mile 12.5, mile 18, mile 20.6 and finish (one ADA)

Icy cold sponges at approximately mile 19.5

Pickle Juice will be available at aid stations at the last half of the marathon