

## August Email

Hello 59<sup>th</sup> Annual Heart of America Marathon Participants!

We are so excited and pleased you will be joining us this year! Heart is the marathon with history, culture and a lot of great stories. We look forward to seeing you Labor Day, Monday, Sept. 3<sup>rd</sup>.

Attached you'll find further instructions and information regarding the course requirements and aid stations.

**Please remember there is a 6-hour time limit. At noon, the finish line will close. Sweeps will be on the course to bring in any runners who desire a ride in after that time.**

### Packet Pick Up

**Packet pick up** will be Sunday, Sept 2<sup>nd</sup> from 2:00 p.m. – 5:00 p.m. at Tryathletics, 1605 Chapel Hill Rd # A, Columbia, MO 65203 and on Monday, race day morning at the start line (just east and behind the Hearnese Center between parking lots M & N) from 5:00 a.m. to 5:30 a.m. (There is no packet pick-up at the Hampton Inn this year).

Have a story to tell? What brings you to HOA? We'll have people at packet pick up looking for stories, training experiences and other running adventures. Share with us!

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Heart is rich in tradition and history, but that doesn't mean we can't add some new fun things! We'll highlight a few of them here:

Our own port-a-potties just for us at the start line

Live Event Artist to paint her impressions at the start, route, and finish. This canvas, the first ever Heart of America Live Painting, will be given to one lucky finisher at the awards ceremony at noon at the Celebration and Recovery Pavilion. For finishers only, must be present to win. Shipping is the responsibility of the winner.

Boy Scouts around mile 19 with icy cold water-soaked sponges to put a smile on your face

Pickle Juice at aid stations for the last half of the marathon

Celebration and Recovery Pavilion

### Medical Coverage

Dr. Tiffany Bohon is our Medical Director. She and an EMT will be at the finish line. Additionally, another M.D will be stationed at various locations on the course and an RN will be riding with one of the sweep vehicles. All aid stations have contact information for medical personnel and PedNet will also be bicycling the course with the same contact information.

Red and black cards displayed at aid stations are used to advise runners of extreme heat conditions that the medical director has determined are potentially dangerous. A red card is displayed if the wet bulb globe temperature is between 72-82 degrees F and a black card is displayed if the wet bulb globe temperature is greater than 82 degrees F. Sweeps, medical personnel and race volunteers will be monitoring the course continuously and are available at any time to assist runners.

## **The Race**

**Start Line** – Champions Dr. - Just east and behind the Hearn Center between Lots M & N near the bus shelter. This is also where packet pick up will be.

### **Schedule:**

5:00 – 5:30 packet pick-up

5:45 – recognition of sponsors and announcements

5:50 – colors and the National Anthem

6:00 – start

### **Expect to see**

2 Port-a-pots – just for HOA!

Live Event Artist

Colors & National Anthem

### **Course/Route**

Open course – watch for traffic and stay on the far-left side of the road.

Run single file

No headphones

### **Expect to see:**

Eleven aid stations (as listed in instructions and information) Water and Gatorade at the first half and water, Gatorade and Pickle Juice for the last half

Port-a-pots (as listed in instructions and information)

PedNet – Bicyclists patrolling the course to encourage, cheer and assist in communication

Course sweeps – Two trucks will patrol the course and be in communication with aid stations and medical staff to assist any runner in need

## **FINISH LINE**

Finishers Medals

Icy water-soaked cooling towels

Photographer – don't forget to smile when you come across!

Port-a-pot

Live race results will be available at: [Itsyourrace.com](http://Itsyourrace.com)

### **Expect to see:**

Table with post-race food – fruit, trail mix – bottled water

Medical tent, race medical director and EMT

Volunteers, and signs directing you to our new Celebration and Recovery Pavilion

A golf cart if you'd like a ride down the drive to the pavilion

Shuttle van to drop runners at pavilion and to take them back to the start line

## **Celebration and Recovery Pavilion – NEW for 2018!**

Shakespeare's pizza will be delivered at intervals throughout the morning starting around 10:00 a.m. Runners get one slice with their bib as their "ticket". Volunteers will also get a slice of pizza. *Pizza is not provided for family members this year.* Please consider honoring our sponsors by taking your family to Shakespeare's afterward and tell them thank you for helping this year!

SmallCakes Cupcakery – runners and volunteers will also get one mini cupcake – take your family there too – their regular cupcakes are huge and delicious!

Family, friends and visitors are encouraged to visit with all our vendors and enjoy their services.

The awards ceremony will begin just past noon at the Pavilion. Columbia Council Person Ian Thomas will be present to help with the overall and age group awards presentation. Joyce Schulte will present the Schulte Award, and we will have the drawing for the first ever live event painting! Must be present to win and all shipping for awards and winnings are the responsibility of the winner. Only finishers are eligible to take part in the art drawing.

**Awards:** 1<sup>st</sup> and 2<sup>nd</sup> Place Overall Male and Female Awards – Shoes from Tryathletics in Columbia, MO

1<sup>st</sup> Place Overall Male and Female Masters Awards – Shoes from Tryathletics in Columbia, MO

Age Group Awards – River rock, each individually hand painted by Columbia residents with scrolls explaining the historical significance

**Expect to see:**

ADA port-a-pot

Hand-made - Age group awards set out for the awards ceremony

Live Event Artist as she finishes her painting for the drawing at the ceremony

**Sponsors and Partners at the Pavilion – Many new this year!**

Always Green Recycling – totes with black lids will be for garbage and totes with green lids are for recycling. Always Green is providing all our garbage and recycling services this year! Remember – black for garbage and green for recycling.

Focus on Health Chiropractic – visit their station to get post-race stretching pointers and try out their new Hypervolt mini massager.

Massage therapists – chose from several or visit all

Band – live music with “In September”

Clarity Float Spa – with free epsom salt goodie bags for finishers

Columbia Track Club – Join CTC, the sponsoring organization for HOA, and learn about the good they do in the community.

Medals4Mettle

Arthritis Foundation

We look forward to seeing you at packet pick-up, at the start and the finish! Email the race director at [Comoheart1960@gmail.com](mailto:Comoheart1960@gmail.com) with questions.

Best wishes for a great race!

The 59<sup>th</sup> Annual Heart of America Marathon Team