

RUNNER'S INSTRUCTIONS AND IMPORTANT INFORMATION

Thank you to Boone Health – HOA's first ever presenting sponsor!

MASKS: Masks must be worn inside the Boone County History and Culture Center and inside the Historic Houses at the Village at Boone Junction

Masks must be worn on the shuttle busses. Disposable masks will be on the busses for runners to use. Spectators riding the shuttles should bring their own masks.

FREE SHUTTLES! All Relay teams should use shuttles. Spectators who would like to view runners from the best locations should use the shuttles provided. Safety is our primary concern. We must minimize traffic and congestion on the course. No runner or spectator will be left behind. All shuttles have HOA volunteers on board.

THE COURSE:

Map – Thank you for your patience as we worked through our recertification after the intersection of Rt K and Old Plank opened. A MapMyRun link to the course is here:

<https://www.mapmyrun.com/routes/view/4593974209>

Drone coverage of the last 8 miles of the course is also on our YouTube Channel:

https://www.youtube.com/channel/UC_LFN_YIO2B-Kniic2hR6g

Course Changes:

Please note there have been changes:

The Start – is still in the History Center parking lot, but runners will exit the parking lot through the southernmost lot entrance (the same one you come back in through toward the finish)

Run south (right) on Ponderosa to the first roundabout (near where you will park) – run around the roundabout and then back past the History Center to turn on Old Nifong as in the past. For the first roundabout pretend you are a car. The road for that stretch will be closed off. Police officers will be there. When going around this roundabout run it counterclockwise – as if you were a car.

There is no “U” shaped run through the Woodhaven/Giving Gardens area. Continue straight on Old Nifong to St. Farm Pkwy

Phillips Lake – run ALL the way around it – no out and back – just run around the lake. Be careful of the spillway. Next year, there will be a bridge there, but for now, exercise care on the uneven surface.

Please note coming down Bristol Lake Pkwy toward Phillips Lake there is construction in the area.

When returning from Phillips Lake, do not go down to the front of Tolton High School – just run past the school. Their aid station will be up near the road where you will run.

The Finish Line has been moved just a few feet further down the trail at the History Center.

Packet Pickup - Sunday, September 5 from 2:00 - 5:00 p.m. at Boone County History and Culture Center (Nifong Park), 3801 Ponderosa St, Columbia, MO 65201. Wear masks inside the History Center.

RELAY TEAMS – Please have one person pick up your team’s packet. We will give the team packet to the first person who comes to get it from your team.

Race Day: 5:00 - 5:30 a.m. at the same location. No switching of shirt sizes at packet pick up. If we have extra sizes after the race, we might be able to swap your shirt.

RUNNER TRACKING – You can sign up at

<https://www.heartofamericamarathon.com/Race/FindARunner/?raceId=69783>. Click on Result Notifications and enter your method of contact.

HASHTAG: Tag us at #HeartOfAmericaMarathon!

PARKING: Parking for runners and spectators will be in the Business Park located at 4230 Philips Farm Road. Find this before race morning. This is about .25 of a mile south of the start line. Please allow time to park and get to the start. You can walk to the start or take a shuttle van that will run back and forth from the parking to the start between 0500 - 0545. Volunteers will be there to assist. Friends and family can join you. They can also ride on the shuttles to the start. Wear masks while on shuttles.

Parking is also available in the VU parking lot (aid station #1 and Relay transition area #1). Shuttles will run from here as well.

HOTEL SHUTTLE: Beginning at 0500 there will be a shuttle from our host hotel – Towneplace Inn and Suites to the Start. FREE!

KEYS: There will be a volunteer at the front of the History Center with ziplock bags in which you can put your keys with your name, phone # and bib number. These will be turned over to the Team Red, White and Blue booth at the Finish line to pick up when you finish.

SPECTATORS: Come one come all to the start and finish!

NO BIKE PACING – No bikes riding alongside runners. Additionally, we strongly discourage any bikes besides our PedNet partners to ride along the course. This is for the safety of runners and bicyclists alike.

THE START: There will be no wave start this year. Line up based on your anticipated pace – fastest runners to the front and slower toward the back. As in 2019, the MU ROTC will be on hand to present the colors and we will have the singing of the National Anthem before the start of the race.

POTTY TIME! We will have port-a-pots outside at the start area, one near the boathouse in the grass and there are flush toilets in a building way behind the History Center. The History Center, although

closed, will open for runners to use their indoor front area restrooms at 0515. Please stay in their front area if you do go in.

OPEN COURSE – Run Single File! This is an open course throughout, and Rt K and Rt N (Easley) are especially narrow and curvy. **PLEASE** run single file here. It is not safe to run two or more abreast.

AID STATIONS: There will be 13 aid stations! All aid stations will have water. Three aid stations (Cooper's Landing, Pierpont Store, and Philips Lake) will also have Gatorade. No nutrition is provided on the course.

FINISH:

You will be greeted at the finish line with an icy cold cooling towel, a bottle of water, a medal and the shouts and cheers of other runners and spectators. All are welcome.

Post-race snacks (bananas etc.) will be just past the finish

Shakespeare's Pizza (runners and volunteers only) will be under the large tent on the grounds.

The Clear 99 Radio van will be on site from approximately 8:30 – 10:30 a.m.

Ozark Biscuit Food Truck will be on site for all to purchase food. Please buy biscuits.

Several health and wellness organizations will be on hand for all to visit.

The Calvin Street Band will be on hand to serenade you in the vendor area from 9:30 - noon

Awards will be held at the gazebo behind the History Center shortly after the Finish line closes at noon.

AWARDS CEREMONY: We will begin the awards ceremony as soon as possible after the close of the Finish line at noon. The ceremony will be at the Gazebo behind the History Center where the band will be playing.

The awards ceremony will be fun. We have great specialty awards, but no age group awards. We'll also have the free drawings for those who visited the historic houses at the Village of Boone Junction at the Finish. The historic house drawings are open to everyone – runners and supporters alike!

OUR HOSTS: The Boone County History and Culture Center! They are the best people to work with and they give us their support and venue. *Without their cooperation we'd still start and finish in a boring parking lot!* PLEASE visit their historic houses at the Finish Area. The Boone County History and Culture Center will be staffing these with volunteer docents specifically for this event. **As an extra incentive, there will be a place to put your name in a basket in each historic house and at the awards ceremony names will be drawn from those baskets to receive prizes!**

Also, be sure to visit *inside* the History Center and enjoy their displays (it's air conditioned!).

Give the History Center some love, visit their exhibits, thank their docents, join their membership list – they do so much for HOA!

TIME LIMIT Remember: HOA has a **firm 6-hour time limit**. Sweeps will patrol the course if you need assistance. You will be offered a ride if you'd like.

PHOTOGRAHER – Mile 90 will be on the course to capture your great moments!

Medical Coverage – Boone Health is our presenting sponsor this year and they are providing a physician, RN/EMT and ambulance at the finish and an ER physician along the course. Boone County Fire will be staged at the top of Easley Hill at Nashville Baptist Church.

THE COURSE: Runners **MUST** familiarize themselves with the course prior to the race. We recommend driving the course prior to, if possible, or following on Google maps to be familiar with the turns. We will have signage, of course, and mile markers, but runners must be responsible for knowing the course themselves. The last part can be tricky and a few changes have been made to the 2021 course. Please check this out ahead of time. If you have questions about the route, turns, etc. contact

the RD at: comoheart1960@gmail.com

MORE 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 and on sidewalks as directed on maps and volunteers. Enter roundabouts from the sidewalk going clockwise and crossing at pedestrian crossings. (**except** at the first roundabout on Ponderosa - pretend you are a car) AND (the new roundabout at RtK/Old Plank – just turn left there as if there is no roundabout) Do not run through the other roundabouts or cross to the other side. Signs or volunteers will direct runners; however, runners are responsible for reviewing instructions prior to the race.
3. Avoid running in groups which obstructs traffic lanes. **Run single file** as much as possible. This 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. Much of the course is on narrow two-lane roads with virtually no shoulders; therefore, you **MUST** be aware of traffic AT ALL TIMES.
5. **Pacing by bicyclists is prohibited.** Bicyclists should not ride alongside runners. 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 past Cooper's Landing to Easley Hill.
7. A runner must quit if directed to do so by a medical attendant or race official. Even if you are not physically removed from the course, you will be disqualified.
8. SPECTATORS: PLEASE AVOID DRIVING ON THE COURSE AS MUCH AS POSSIBLE. Shuttles are available to all. Please wear a mask on shuttles. Driving on the course creates a hazard for the runners and the public. If you must drive past runners, please go slowly and carefully. **Open areas to view runners are: Veteran's United southernmost entrance off Providence (Relay Transition #1) Rock Bridge Elementary, Cooper's Landing (Relay Transition #2), Nashville Baptist Church, Pierpont General Store (Relay Transition Point #3).**
9. Results will NOT be posted at the finish. Results will be available at:
<https://runsignup.com/Race/Results/69783/>, heartofamericamarathon.com or columbiatrackclub.com/hoa.

CHIP TIMING

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

FLASHING LIGHTS and HEADLAMPS

We recommend a flashing light on the back of your hat, shirt or pack and also a headlamp for use for the first 30 minutes of the race – longer if it is foggy. You can drop your headlamp off at the first aid station and then pick it up at the Fisher House booth at the Finish Line.

Medical Director's 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.

Red card – Aid stations will display a red card when directed to do so by the medical director or race official. A red card is displayed if the wet bulb globe temperature is between 72-82 degrees F

Black card – Aid stations will display a black card if the wet bulb globe temperature is greater than 82 degrees F at two/three different locations for 45 consecutive minutes.

Sweeps, medical personnel and race volunteers will be monitoring the course continuously and are available at any time to assist runners.

WATER AND ICE AT ALL AID STATIONS

GATORADE AND WATER AT: COOPER'S, PIERPONT, PHILLIPS LAKE, FINISH LINE

POTTYS:

Start/Finish – port-a-pots (one ADA), one inside History Center, one flush park bathroom behind History Center

VU –port-a-pot

K/Old Plank – port-a-pot

Cooper's Landing – several port-a-pots

Nashville Church – port-a-pot

Pierpont – 2 port-a-pots

Shooting Star Trailhead – port-a-pot

Phillips Lake – flush toilets

WATER STATIONS

#1 – VU Aid Station and Relay Transition Point #1 (Mile 3.8) 0600 – 0645 –

#2 Route k and Old Plank (Mile 7) 0630 – 0730 Port-a-pot

Team RWB

#3 Smith Hatchery/Dothage Road (Mile 9.7) 0700 – 0830

Blue Thunder

#4 Cooper's Landing (Mile 12) and Relay Transition Point #2 (Mile 12) 0700 – 0830 Has own ice and port-a-pot – WILL ALSO HAVE GATORADE

5 Bottom of Easley Hill (Mile 12.5) 0700 – 0830

Team RWB

#6 Sapp/Nashville Baptist Church (Mile 15) 0700 – 0900 Port-a-pot

First Presbyterian Church

#7 Hutchins Doctor Office 8802 Missouri N (Mile 16.5)

Hickman Cross Country

#8 Pierpont Store – Intersection 163 and N and Relay Transition Point #3 (Mile 18) 0730 – 1000 – vest and orange shirt Port-a-pot – WILL ALSO HAVE GATORADE

#9 Shooting Star Trailhead (Mile 20) 0745-1030 – off E Bonne Femme Church Road Port-a-pot

Couch to Creek

#10 Conservation Office East Gans Road (Mile 22) 0800 – 1100

Mizzou running Club - Sydney

#11 Philips Lake (Mile 23) 0800-1130 Park has flush toilet – WILL ALSO HAVE GATORADE

Fleet Feet

#12 – Tolton High School (Mile 24.5) 0800 – 1130

Tolton XC

#13 Aria Apartments (Mile 25) 0800 – 1145

Marc's Dash
