

**\*PACKET PICK UP** - Will be inside the Boone County History and Culture Center – 3801 Ponderosa Columbia, MO on Sunday, Sept 4<sup>th</sup> from 2 – 5 p.m. Runners may park in the History Center’s parking lot on packet pick up day. No parking will be allowed in the History Center lot on race day.

Relay Teams: One person from each team will pick up packets. Packets will be given to the first person from each team that comes in. Team members are responsible for getting their bibs to their team members.

**Each relay team member will get their own bib. There will also be a team bib with the timing chip on a race belt. Each team member must pass off the team race belt with the chip in it to their next runner. Failure to do so will result in that team not getting a time.**

## **Race Day**

**\*\*Please note – there is construction in the area of Discovery/Endeavor near mile 22 & 25\*\* Some sidewalk areas are closed. Runners will need to run in the bike lane where orange cones are placed.\*\***

**PARKING:** Parking for runners 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 walk to the start.

**There is NO parking at the race venue (Boone County History and Culture Center) on race day.**

There will be a shuttle running from our host hotel and the parking area to the start entrance between 0500 and 0545.

From 0900 – noon there will be a shuttle running from the History Center to the parking area and host hotel to transport runners and spectators.

Please **do not** park in the dispensary next to Nifong Park. All participants and race spectators must park in the Business Park lot. Please let any supporters you have coming know where to park.

**ENTRY:** Entry to the HOA venue (start/finish line) will be at the Nifong Park entrance (closest to Blue Acres and just past the trailer park entrance).

**SPECTATORS:** Spectators are welcome at the Start/Finish Line. Please park in the business lot on Philips Farm Rd. as directed above under “Parking”. There will be no parking at the race venue. A shuttle bus will be available to help transport runners and spectators, but it is an easy approximate .25 mile walk.

Spectators are also encouraged to cheer on runners from Cooper’s Landing and Pierpont General Store. Both places are sponsoring HOA and are helping us out a lot! Tell them thank you for supporting HOA!

**SWEEPS AND CUT OFF TIMES:** Sweeps will patrol the course. Runners who have not reached Cooper's Landing by 9:00 or Pierpont General Store by 10:40 will be offered a ride. HOA does not guarantee course support (aid stations, law enforcement, medical, and timing) after those times.

**RUNNER TRACKING:**

<https://www.heartofamericamarathon.com/Race/FindARunner/?raceId=69783>

**POTTY TIME!** We will have 3 port-a-pots outside, and the History Center, although closed until 9 am, will open for runners to use their indoor front area restrooms at 0530. Please stay in their front area if you do go in. There is also a public restroom behind the History Center. Ask a volunteer for directions.

Potties will also be located across from RB Elementary (K/163), Rt K/Old Plank, Cooper's Landing (allowing runners the use of their portables), Nashville Baptist Church, Pierpont General Store (port-a-pot) and Shooting Star Trailhead. Park flush toilets are available at Philips Lake.

**Open Course – Run Single File – on the left hand side of the road!** 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. Run on the left-hand side of the road – single file. If you cross the street to get to an aid station, carefully look both ways, cross, and then carefully return to the left-hand side of the road to continue running.

**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. We will have volunteers to patrol and clean up after, but the fewer stops we need to make the better. Runners are responsible for planning their own appropriate hydration and fuel. This is a tough and hot course.

Do not congregate near aid stations.

**FINISH:**

Post-race snacks/water will be at the finish area

Remember: HOA has a **firm 6-hour time limit**. Sweeps will patrol the course if you need assistance. Aid stations will have the phone numbers to sweeps if you need to request a ride.

**Our Host:** The Boone County History and Culture Center will have several of their historic houses open and the finish area. Please take the time to visit inside the History Center (it's air conditioned!) and also the historic houses. It is through their strong work, support and generosity that we have this magnificent venue for HOA.

**The course:** Runners MUST familiarize themselves with the course prior to the race. This is very important. We recommend driving the course prior to, if possible, or following on Google maps to be familiar with the turns. We will have signage and mile markers, but runners must be responsible for knowing the course themselves. The last part can be tricky. Please check this out ahead of time. If you have questions about the route, turns, etc. contact the RD at: [comoheart1960@gmail.com](mailto:comoheart1960@gmail.com). Detailed descriptions are also on the website.

**6-Hour Time Limit – The time limit is firm. Sweeps will be available to transport runners who will not be able to make the cut off. If a runner chooses to continue on and not accept the sweep's ride offer,**

**that runner will be doing the remainder of the route unsupported. The finish line will be broken down after 6 hours and times will not be taken.**

### **SHUTTLES**

We will have 4 shuttles. They will all leave from the history center after the start and make continuous loops while the course is active from VU, Coopers, Pierpont and the History Center until the final sweep is passed. (please note cut off times). Shuttles are available to assist relay team members get to their next location, transport spectators (as space allows – runners have priority), and to pick up marathoners who need assistance getting back to the race venue.

### **MEDICAL**

Medical personnel will be at the Finish line, Cooper's Landing and Pierpont.

### **PHOTOGRAPHY**

Photos will be taken by Mile 90 photography. When ready, they will be free for participants to download.

### **HEADLAMP DROP**

There will be a box at the first aid station/relay check point. Runners may drop their headlamps at this box. The box with headlamps will be transported to the finish area and will be at the Fisher House tent. HOA is not responsible for lost or damaged headlamps. If you decide to use this opportunity we recommend making some identifying mark on your lamp.

## 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 counterclockwise and crossing at pedestrian crossings. Do not run through roundabouts or cross to the other side. Signs or volunteers will direct runners; however, runners are responsible for reviewing maps and 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. Headsets, iPod plug-ins, or similar devices are not allowed. Much 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 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. To do so 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: Rock Bridge Elementary, Cooper's Landing, Nashville Baptist Church, Pierpont General Store and Philips Lake.**
- 9 Results will NOT be posted at the finish. Results will be available at:  
<https://runsignup.com/Race/Results/69783/>, [heartofamericamarathon.com](http://heartofamericamarathon.com)

## 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.

## PORTABLE TOILETS

Will be located at the start line (3 toilets, one accessible), across from RB Elementary (K/163), Rt K/Old Plank, Cooper's Landing (allowing runners the use of their portables), Nashville Baptist Church, Pierpont General Store (port-a-pot) and Shooting Star Trailhead. Park flush toilets are available at Philips Lake.

## MEDICAL SUPPORT

A physician, nurse and EMT are on hand at the finish line and medical and sweep volunteers will patrol the course. Medical personnel are stationed at Cooper's and Pierpont. An ambulance is at the finish line.

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### **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

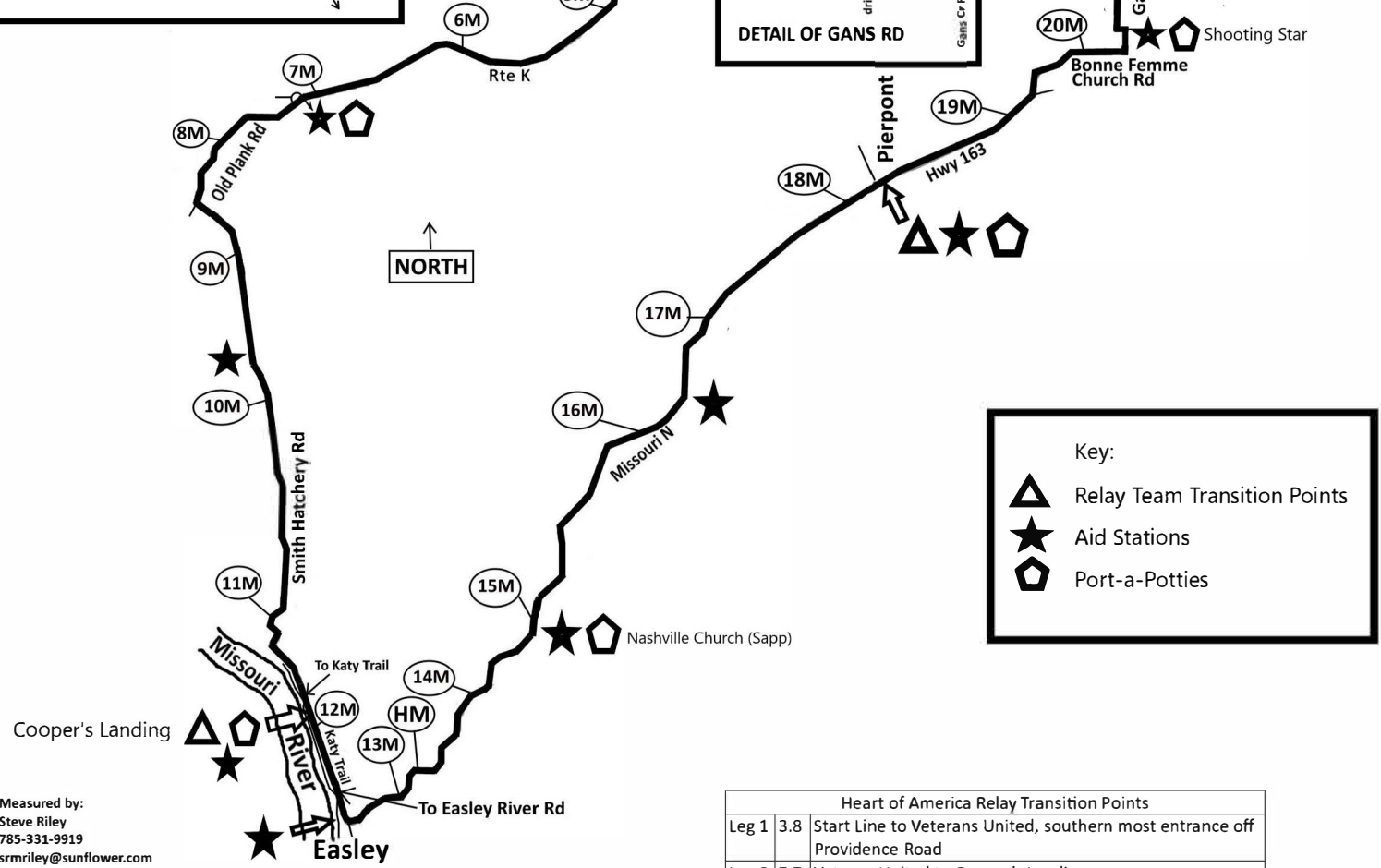
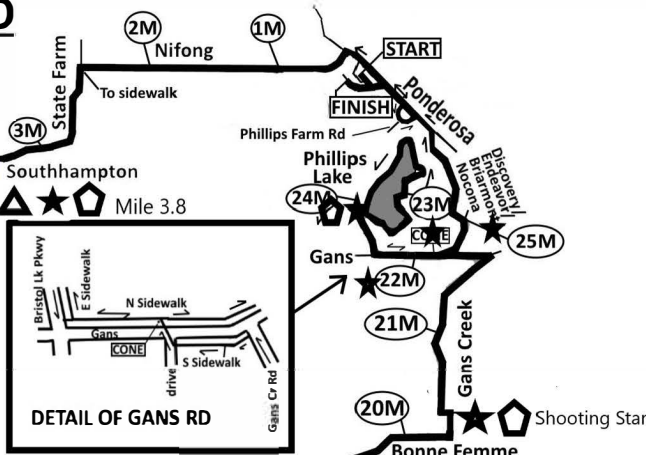
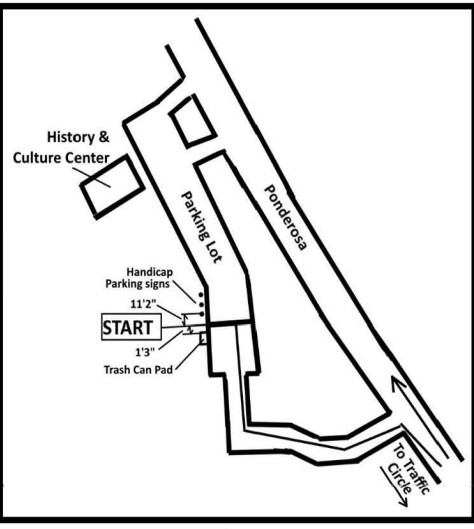
**Black card** – Aid stations will display a black card if the wet bulb globe temperature is greater than 82 degrees F at two/three different locations for 45 consecutive minutes.

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

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# HEART OF AMERICA MARATHON 2022

## Columbia, MO

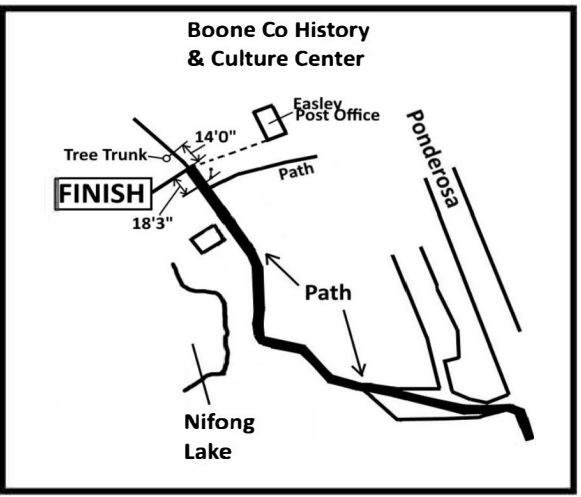


Key:

- Relay Team Transition Points
- Aid Stations
- Port-a-Potties

Measured by:  
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 May 11 & 12, 2019  
 June 6 & August 22, 2021

Heart of America Relay Transition Points		
Leg 1	3.8	Start Line to Veterans United, southern most entrance off Providence Road
Leg 2	7.7	Veteran United to Cooper's Landing
Leg 3	6.9	Cooper's Landing to Pierpont General Store
Leg 4	7.8	Pierpont General Store to Finish Line



### RUNNERS MUST USE:

Sidewalks on E and S sides of State Farm/Southampton, E and S side of traffic circle SE (left) bike lane/shoulder on Providence/Rt K  
 Katy Trail S of Cooper's Landing to N of Easley

Start by running south out of the parking lot, SE on Ponderosa, counter-clockwise around the traffic circle at Phillips Farm Rd, then back NW on Ponderosa.

From Gans Creek Rd, runners go to the S sidewalk on Gans, cross the street at the drive into the Conservation Office to the cone on the N sidewalk, run W to the E sidewalk on Bristol Lake Pkwy, go through the parking lot at Phillips Park to the SW (right) path to the main path around Phillips Lake (counter-clockwise), exit the path through the parking lot to Bristol Lake Pkwy (run in street), to the N sidewalk on Gans, to the W and S sidewalks of Discovery, Endeavor, Briarwood, Nacona, and Ponderosa, staying S and W on all traffic circles, then to the street at the last drive on Ponderosa before the sidewalk ends.

Runners must run single file on all two-lane roads.  
 Runners are responsible for watching course marking signs and course familiarity prior to the race