

Kiawah Island[®]

MARATHON
December 8, 2007

Pre-Race Information

T-SHIRT, CHIP AND BIB PICK UP: East Beach Conference Center

Thursday, December 6	4 pm – 7 pm
Friday, December 7	10 am – 8:30 pm
Saturday, December 8	6:30 am – 7:45 am

CHANGES

Race Changes: All race changes are based on availability and can be done via the website until midnight Sunday, December 2, a \$25 transfer fee will be applied. Race changes will also be allowed Thursday, December 6th and Friday, December 7th at bib pick up, at which time a \$35 transfer fee will be applied. **NO RACE CHANGES WILL BE MADE ON SATURDAY, DECEMBER 8TH.**

Personal Data Changes: Changes to personal information (address, shirt size, etc.) can be made through Sunday, December 2nd by emailing our marathon office at: Kiawah_marathon@kiawahresort.com. Corrections to personal data can also be made Thursday, December 6th and Friday, December 7th at the cashier desk in the bib pick-up room at the East Beach Conference Center.

PRE-RACE CHICKEN AND PASTA DINNER: *Friday, December 7th.* Everyone is welcome to join us for a pre-race buffet dinner. Our grand buffet is held at the East Beach Conference Center and will include Kiawah garden salad, citrus grilled chicken, and a variety of pasta and desserts. The pasta menu will include penne pasta with spinach and roasted peppers with garlic mushroom cream sauce; our bowtie pasta will include fresh basil tomatoes and roasted garlic; and our orecchiette pasta will include a basil pesto, baby shrimp and peas. Sides will include vegetables, whipped potatoes, rolls and a large variety of cookies and pies.

Buffet Seatings are at 6pm, 7pm and 8pm.

Adults: \$24.95

Children ages 5-12: \$12.95

Children 4 and under: Free

For reservations for Pre-Race Chicken and Pasta Buffet, call 843.768.2121 ext. 83503 or via email at samantha_frazier@kiawahresort.com.

Race Start Information

OFF ISLAND PARKING & SHUTTLE SERVICES: All runners staying off-island are urged to arrive at the off island parking area **NO LATER THAN 6:45 am TO AVOID MISSING THE 8 am RACE START.** You will be directed to parking areas outside the front gate and shuttled to the race start via motor coach.

ON ISLAND SHUTTLES: Runners staying on Kiawah Island are strongly advised to use provided shuttle service or to walk if staying in the East Beach area and The Sanctuary. The shuttle will depart every 10 minutes from the former Kiawah Island Inn for West Beach Village guests and at the entrance to Mariners Watch Villas for East Beach Villa guests beginning at 6 am and 6:10 am respectively until race start.

PERSONAL ARTICLES HOLDING AREA: A holding tent for personal articles will be located behind the start/finish line.

RACE NUMBERS: Race numbers have been assigned to all pre-registered entrants. Please use the safety pins to attach the number to the front chest area of your outside garment. 1 – 4000 (white) series will identify a half marathon runner and a 5000 – 6500 (yellow) series will identify a full marathon runner.

BREAKFAST: The Town Center Market in the East Beach Village will be open at 6 am race day with their breakfast buffet.

RACE START: Both races start and finish in front of East Beach Conference Center. ***ALL RUNNERS BE READY FOR THE 8 am START!*** There will be a combined start Full & Half Marathon.

GOOD LUCK TO ALL RUNNERS!

Race Course Information

RESTROOMS/H2O: Appalachian Spring Water/Gatorade and port-o-lets will be located approximately every two miles as well as behind the finish line. Aid Station volunteers will present water first and Gatorade second, volunteers distributing Gatorade will be wearing yellow jerseys.

COURSE: Maps are available online and inside the East Beach Conference Center. The course will be marked with signs, lime and race monitors. Mileage increments will be marked and water stations are placed approximately every 2 miles. Digital clocks will be placed at key mile markers for split times.

MEDICAL: A medical team from *Trident Sports Medicine* will be available at the finish line, medical tent and on the course to assist any runner in case of an emergency.

SPECTATOR SHUTTLE: There will be continuous round trip service from the shuttle drop off/pick-up site (Sanctuary Parking Lot) to the racecourse on Flyway Drive returning back to West Beach and East Beach Villas beginning at 8:30 am departing on the half-hour.

BICYCLE RENTALS: Available on a first come first-serve basis at the East Beach Conference Center. We do ask that bicyclists ride with the flow of traffic and yield to runners and cars.

Bicycles may not be used to pace runners. Additional bike sizes and longer rentals are available at the Heron Park Nature Center at Night Heron Park, 843.768.6001.

Post - Race Information

MARATHON MEDALS AND CERTIFICATES: All full & half marathon runners finishing the 26.2 & 13.1-mile course respectively will receive a commemorative medal at the finish line. Full marathon finishing certificates can be accessed on www.kiawahresort.com/marathon in late December.

RESULTS: Results will be posted at the Town Center Market and the East Beach Conference Center as soon as they become available on race day. Results will also be posted on www.kiawahresort.com/marathon or www.rmssports.com.

POST RACE PARTIES AND AWARD CEREMONIES: There will be a fantastic post race party featuring a carbo re-load buffet with live entertainment and beer.

Half Marathon

From 9:30 am until 12 noon all **half-marathon runners** are invited to the Town Center Market for food and beverage service, please keep race number visible for entry. Awards for the half marathon runners will take place at approximately 11:30 am on the stage.

Proud Pelican Awards

Top 5 overall male/female
Top 3 overall male/female masters
Top 1 overall male/female grand masters

Plaques

From 3 to 5 deep in all age groups male/female

There will be no duplication of awards.

Full Marathon

All **full marathon runners** displaying race numbers are invited to join the Post Race Party inside East Beach Conference Center from 10 am until 2:30 pm. ***Governor's Hall will be restricted to full marathon runners only until the awards ceremony begins at approximately 1:30 pm.***

Proud Pelican Awards

Top 5 overall male/female
Top 3 overall male/female masters
Top 1 overall male/female grand masters

Plaques

From 3 to 5 deep in all age groups male/female

There will be no duplication of awards

SEAFOOD BUFFET AND PARTY: Saturday, December 8th, 6 pm – 10 pm

Party will feature a professional DJ and continuous video play of the day's race. Tentative menu will include Kiawah Seafood Chowder, Baby Field Greens, Assorted Dressings, Shrimp and Scallop Jambalaya, Grilled Atlantic Salmon with Tomato Caper Butter, Fontinella Stuffed Chicken Breast with Shitake Mushroom Glaze, Balsamic Grilled Vegetables, Assorted Cakes, Cookies and Brownies, Fresh Baked Rolls and Butter, Coffee, Tea and Decaf. Cash bar available. Dinner buffet begins at 6pm.

Adults 13 and older: \$26.95

Children ages 5-12: \$14.95

Children 4 and under: Free

*For reservations for Seafood Buffet and Party, call 843.768.2121 ext. 83503 or via email at Samantha_frazier@kiawahresort.com. This dinner is **not** included in the Kiawah Island Resort package.*

BOSTON QUALIFICATIONS: The Kiawah Island Marathon is sanctioned by the USATF and listed as a qualifier for the Boston Marathon. Official marathon results will be mailed shortly following the event to the Boston Athletic Association. Runners applying for the Boston Marathon need only list their time and participation in this event for potential qualification.

LOST & FOUND: Please check the information/t-shirt pick-up desk in the lobby of the East Beach Conference Center for articles lost in and around the East Beach Conference Center/race start. For articles lost or left on the course, please note our course clean up begins during the race. Such course items will be brought to the Heron Park Nature Center at Night Heron Park. Runners can claim their race course items beginning 8:45 am Sunday, December 9th. Call 843.768.6001 for information.

PLEASE RECOGNIZE AND THANK THE SPONSORS WHO HAVE HELPED MAKE THIS A VERY SUCCESSFUL EVENT:

Trident Sports Medicine
Gatorade
City of Charleston Police Department
Appalachian Spring Water
J&S Audio/Visual
Marathon Guide
Race Management Systems
The Town of Kiawah Island
Kiawah Island Community Association

Kiawah Island Golf Resort
Charleston Running Club
Runner's World Magazine
Southeastern School of Massage
Marathon Photo
Pearlstine
Limehouse Produce
National Running Center

**A very special thank-you to the many volunteers that help make our race a great success!
Without their dedication, the Kiawah Island Marathon event would not be possible.**

