



## Pre-Race Information

### T-SHIRT AND BIB (with D-Tag) PICK UP:

East Beach Conference Center

**Thursday, December 10<sup>th</sup> 4pm - 7pm**

**Friday, December 11<sup>th</sup> 10am - 8:30pm**

**Saturday, December 12<sup>th</sup> 6:30am - 7:45am**

### Join our Movement! Bring Your Own Bag



The Kiawah Island Marathon will not be providing plastic bags at T-shirt and Bib pick up.

*The Planet will Thank You.*

### IDENTIFICATION

*New for 2009* - All runners must be able to supply a valid proof of identification in order to pick up a race bib and t-shirt at packet pick-up. Those runners picking up bibs for friends and family must present a valid photocopy of all the runners' identification.

### CHANGES

**Race Changes:** All race changes (changing from one race to another) are based on availability and can be done via the website until midnight Sunday, December 6<sup>th</sup>, a \$35 race change fee will be applied. Depending on the status of the full or half race, changes may be allowed Thursday, Dec. 10<sup>th</sup> and Friday, Dec. 11<sup>th</sup> at bib pick-up, at which time a \$45 race change fee will be applied. **NO RACE CHANGES (of any kind) WILL BE MADE ON SATURDAY, DECEMBER 12<sup>th</sup>.**

**Personal Data Changes:** Changes to personal information (address, shirt size, etc.) can be made through Sunday, December 6<sup>th</sup> by emailing our marathon office at: [Kiawah\\_marathon@kiawahresort.com](mailto:Kiawah_marathon@kiawahresort.com). Corrections to personal data can also be made Thursday, December 10<sup>th</sup> and Friday, December 11<sup>th</sup> at the cashier desk in the bib pick-up room at the East Beach Conference Center.

## Race Start Information

**OFF-ISLAND PARKING & SHUTTLE SERVICES:** Off-island parking has changed this year! On race day as you are approaching Kiawah Island, please follow signs and race officials' instructions for parking. Beginning at 5:30 am shuttle busses will transport runners and spectators to the race start. **All runners staying off-island are urged to arrive at the off-island parking areas NO LATER THAN 6:30 am TO AVOID MISSING THE 8am RACE START.** Please note your parking location to insure you board the correct bus after the race. Spectators are asked to yield a seat to runners trying to make the start time of 8 am.

**ON-ISLAND SHUTTLES:** Runners staying in the East Beach area and at The Sanctuary are strongly advised to use provided shuttle service or to walk to the East Beach Conference Center. 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.

**D-Tag Technology by ChronoTrack:** Kiawah Island Golf Resort Marathon uses D-Tag Technology by ChronoTrack for race timing. The D-Tag is easy to attach to your shoe and is far lighter and less intrusive than other timing tags and chips. For instructions on attaching the D-Tag to your shoe, visit: [http://www.chronotrack.com/pdf/D\\_Tag\\_Instructions.pdf](http://www.chronotrack.com/pdf/D_Tag_Instructions.pdf).

**BIBS:** Race numbers have been assigned to all pre-registered entrants. Please use the safety pins provided at bib pick-up to attach the number to the front chest area of your outside garment. **NEW for 2009** -The backside of your race bib now has important questions regarding your emergency contacts and medical information. This information is required for all participants to complete before the 8 am race start. Please take the time to complete all of the required information with the available pens at bib pick-up.

**PERSONAL ARTICLES HOLDING AREA:** Holding tents for personal articles are located on either side of the start/finish line (see race venue map). Markers and masking tape are available to label your items. **Please note this tent is unsupervised**, refrain from leaving any valuables.

**RESTROOMS:** Avoid the lines indoors! There are ample port-o-lets available outside behind the starting line.

**RACE START:** There will be a combined start for the Full & Half Marathon. Both races start and finish in front of the East Beach Conference Center. **ALL RUNNERS BE READY FOR THE 8 am START!** Pace signs will be throughout the starting line to organize runners. Look for large white signs with a red number. This number is your estimated pace in minutes per mile. Please respect faster runners and line up accordingly.

## Race Course Information

**RESTROOMS/H2O:** Appalachian Springs Water, Gatorade and port-o-lets will be located approximately every two miles, as well as behind the finish line. At each Aid Station, volunteers will present water first and Gatorade second, volunteers distributing Gatorade will be wearing yellow jerseys. Last at each station, will be the water bottle refill area.

**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 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.

## 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](http://www.kiawahresort.com/marathon) in late December.

Join our Movement!  
**Bring Your Own Bottle**

Help reduce trash by running with a water bottle.  
Refill stations with water and Gatorade will be located  
and clearly marked at each water station.

*The Planet will Thank You.*



**RESULTS:** Race Results for the Half Marathon race will be posted on the outermost wall nearest to the Villa Check-in at the Town Center and the Full Marathon race results will be posted on rolling corkboards outside of the East Beach Conference Center as soon as they become available on race day. Results will also be posted on [www.kiawahresort.com/marathon](http://www.kiawahresort.com/marathon) or [www.rmssports.com](http://www.rmssports.com).

**POST-RACE CELEBRATION AND AWARD CEREMONIES:** There will be a fantastic post-race celebration featuring a carb re-load buffet with live entertainment and beer.

Half Marathon: From 9:30 am until 12 pm, all half-marathon runners are invited to the food and beverage service behind The Town Center Market; please keep race number visible for entry. Awards for the half marathon runners will take place at approximately 11:30 am on the stage. Food and Beverage service is complimentary for bibbed runners only.

Full Marathon: All full marathon runners displaying race numbers and one guest are invited to join the Post-Race Celebration inside Governor's Hall at the East Beach Conference Center from 10 am until 2:30 pm. All friends and family members are welcome into join runners inside Governor's Hall at 1:30 pm for the full marathon awards ceremony.

## AWARDS AND CERTIFICATES

### Proud Pelican Awards

Top 5 overall male/female

Top 3 overall male/female masters

Top 1 overall male/female grand masters

### Certificates

First 3 to 5 places in all age groups male/female

In accordance with USA Track and Field (USATF) official rules and regulations, the Kiawah Island Golf Resort Marathon's official time is based on the gun time. Consequently, all race results and awards are based from the gun start and not the runners chip time. There will be no duplication of awards.

As a sustainability-focused race, we have chosen to design and plant a butterfly garden at Night Heron Park in honor of our 2009 Kiawah Island Marathon winners. In addition to recognizing our champions, the garden also gives back to nature by providing new habitat and food for a wide variety of creatures. The winners will be recognized on a plaque located in the garden.

**BOSTON QUALIFICATIONS:** The Kiawah Island Golf Resort Marathon is Certified and 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:** For articles lost in and around the race venue, please check at the information/t-shirt pick-up desk in the lobby of the East Beach Conference Center. To claim articles that are lost or left on the course, please go to the Nature Center at Night Heron Park beginning Sunday at 8:45 am on December 13<sup>th</sup>. Call 843.768.6001 for information.

## Spectator Information

**BICYCLE RENTALS:** Adult bikes are available on a first come first serve basis at the Race Venue. Bicyclists must ride with the flow of traffic and yield to runners and cars. **Bicycles may not be used to pace runners. There are areas of the race course that are restricted to bibbed runners only. Bikers are advised to use the bike map to locate alternate routes.** All bikers are advised to heed the instructions of volunteer workers, posted signs and race officials. Additional bike sizes and longer rentals are available at the Heron Park Nature Center and The Sanctuary Bike Pavilion. For more information please call 843.768.6001.

**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.

**FAMILY ROOM:** While waiting for friends and family who are running the race, guests are welcome to bring their children into the Family Room. There will be toys, coloring materials and a children's movie playing in the room throughout the morning. The family room will be located in the Colleton 2 room inside the East Beach Conference Center from 9 am to 12 pm. This is an unsupervised room; therefore an adult must accompany their children. **Children are never to be left unattended.**

## Food and Beverage

**PRE-RACE CHICKEN AND PASTA DINNER:** Friday, December 11th

All are welcome to join us for a pre-race buffet dinner and entertainment. Our grand buffet is held at the East Beach Conference Center and will include: Organic Baby Green Salad, Assorted Fresh Dressings, Pan Seared Range Chicken, Truffled Mushrooms and Lemon, Penne Pasta with Local Spinach, Fresh Corn and Artichoke Pesto, Bow Tie Pasta, Roasted Plum Tomato Sauce, Basil and Garlic Rigatoni Pasta, Braised Pastured Pork, Red Wine Lentil Stew, Selections of Fresh Local Vegetables, Buttermilk Whipped Potatoes, Assorted Cookies and Fresh Baked Pies. A cash bar will be available.

Buffet seatings are at 6pm, 7pm and 8pm

Adults: \$26.95; Children ages 4-12: \$14.95; Children 3 and under: Free. For reservations for Pre-Race Chicken and Pasta Buffet call 843.768.2121 ext. 86052 or via email at [candice\\_chuppa@kiawahresort.com](mailto:candice_chuppa@kiawahresort.com)

**RACE DAY BREAKFAST:** Located at the race start and opening at 6 am, the Town Center Market will have a selection of fresh fruit, bagels, pastries and a hot breakfast buffet available for purchase. Town Center Market will continue to offer food and beverages options until 9 pm on race day.

**POST-RACE LOWCOUNTRY BASH:** December 12th, 6pm - 10pm

The first ever Post-Race Lowcountry Bash at The Sanctuary at Kiawah Island Golf Resort from 6 pm until 10 pm in the Grand Oaks Ballroom. Celebrate the completion of the race with a grand buffet, music and video from the day! Featuring special guest appearance by Hal Higdon, author and contributing editor for *Runner's World*.



Thank you to all who made advanced reservations. **This event is SOLD OUT.** Please see our Dinning Concierge inside East Beach Conference Center for other Kiawah dining options.

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

Rosebank Farms  
Trident Sports Medicine  
Gatorade  
City of Charleston Police Department  
Appalachian Springs Water  
Southern Audio Visual  
Marathon Guide  
The Town of Kiawah Island  
Kiawah Island Community Association  
Kiawah Island Golf Resort

Charleston Running Club  
Charleston Coffee Roasters  
Southeastern Institute  
MarathonFoto  
Pearlstone  
Limehouse Produce  
National Running Center  
SYSCO Food Distributors  
Race Management Systems

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