



## Runner Instructions

**Start:** **FULL and HALF MARATHON begin at 7:00 am.** See Parking & Off-Site sections below for arrival times. **PLEASE NOTE:** We are at capacity for the Half Marathon. If you are registered for the Full and do not feel like you can complete it, do **NOT** turn on to the Half Marathon course at the split; keep on the Marathon course until you get back to the split and then return to the finish – that will be about 17 miles. Remove your timing device from the bib and do not cross the finish line. You will not get an official time in either case and you will create more work for the timing crew.

All discarded shirts, etc. will be donated. Please toss them at the starting line or at the clothing drop located shortly after mile 2 before you enter the trail.

**End:** **The course closes at 2pm.** If you are in the Park by 2pm you will be allowed to finish but otherwise you must get on the sweep van and return to the finish line. The finish line will be turned off by 2:15 and no other times will be recorded.

**No Littering:** Garbage cans will be provided before and after each aid station. If you cannot drop your cup or gel pack and tab there, hold it until the next water stop. Leave our trail cleaner than we found it. If you see someone littering – call them out or pick it up for them.

**Course:** Always **STAY RIGHT on the American Tobacco Trail** and do not run more than 2 abreast. Follow the signs and volunteer instructions, as we must always allow room for 2-way traffic on the trail. We have a very fast field of elite runners - watch for the lead bikers as they clear the course. Failure to keep right and impeding other runners can result in disqualification.

**Parking:** If you registered for a parking pass, we recommend arriving at the USA Baseball or Thomas Brooks parking lots by 5:30am to allow for traffic getting into the venue. You may also get dropped off Sunday morning. The drop-off area is just past the USA Baseball entrance. You **MUST** get dropped off by 5:30am to avoid traffic issues. There is **NO** on street parking in or around Brooks Park or USA Baseball or along Green Level Church Road or Green Hope School Road.

**Off-Site:** If you did not register for a parking pass, go directly to Net App. Shuttles will transport racers and spectators between Net App and the race site beginning at 4:00am. The last bus *for runners only* will depart Net App at 5:15am, after 5:15am spectators will be allowed to board. **We RECOMMEND ARRIVING at NET APP by 5:00 AM.** The bus will drop you at the entrance to the USA Baseball lot close to the start line. Return shuttles will pick up at the back of the USA Baseball lot behind the race village and will transport spectators and finishers continuously until the last person finishes.

**Key and Bag check:** Bag check will be available close to the start/finish. Bring a bag, fill out the tags provided at packet pickup or at bag check tent (put Bib# on both sides) and hand it to the attendants. You must have your number to drop off and pick up your bag.

**Spectators:** Spectators are welcome to ride the free shuttle from NetApp once all the runners have been transported. Once the race has started, parking passes will no longer be checked, however **expect the lots to be full until at least 10am** when some of the Half Marathon participants start to leave. There is **NO** parking other than in the USA Baseball and Thomas Brooks Park lots. You may be towed if you park along roads. Check the course maps for remote spectator locations. There are small lots at White Oak. Parking is limited to along the road in other locations. If you do park along the road, pull completely off the pavement or you may be towed.



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**Embassy Suites Guests:** We will not provide transportation between the Embassy Suites and the race site. Please arrange your own transportation to USA Baseball or Net App.

**Lost and Found:** If you lose an item, check at the bag check table before you leave or email [info@tobaccoroadmarathon.com](mailto:info@tobaccoroadmarathon.com) to see if it was turned in.

**Timing:** The timing device is attached to the back of your bib – DO NOT REMOVE THIS or you will not get a time. Do not bend or fold the bibs. You do not have to attach anything to your shoe. You will only be timed for your registered event. You will only receive a finisher's medal for your registered event.

**Results:** Results will be updated throughout the day on [tobaccoroadmarathon.com](http://tobaccoroadmarathon.com).

**Refreshments:** Water and refreshments at the end of the finish chute are for runners only. Other items for spectators will be outside this area. Our post-race beer garden is hosted by Appalachian Mountain Brewery.

**Water:** Water and Gatorade energy drink will be provided approximately every 2 miles through the 20-mile point, and at every mile from mile 20-25. At later aid stations along the course, Salted Caramel and Strawberry Banana Gu gels along with Salted Chocolate and Wild Berries Stroopwafel will be available.

**Photos:** Official race photographers will be at the start/finish area and along the course for pictures. Have your race bib in front and visible for ID. A link is available on [tobaccoroadmarathon.com](http://tobaccoroadmarathon.com). Pictures should be available a few days after the race.

**Medical:** Medical assistance will be on the course and the finish line. If you need assistance, or see somebody that does, find a volunteer and he or she will get help. Vaseline will be available at water stops. If you cannot finish and need a ride, try to make it to one of the road crossings and contact a volunteer there. There will be EMS members on bikes patrolling the trail for emergencies.

**Port-a Potties:** At USA Baseball, Thomas Brooks Park and near every water station on the course

**Medals:** All Marathon and Half Marathon finishers will receive a custom Tobacco Road finishers' medal based on your registered event.

**Boston Qualifiers/PRs:** When you cross the finish line with a BQ time or PR, ring our celebratory bell just beyond the finish line. For BQ's, be sure to pick up a special BQ shirt at the finisher's tent.

**Awards:** Awards ceremony will be in the finisher's tent at approximately 9am for the Half Marathon and 10:30 AM for the Full Marathon. Awards will be announced only for the overall winners of the Half and Full Marathon. Age group winners may check the results and then pick up their awards at the awards table. We will not be announcing age group awards during the award ceremony. **\*No one can receive more than 1 award**

**Overall Awards:** Cash awards to top 3 men and women overall/masters/military in the Marathon and Half Marathon.

**Age Group Awards:** Top 3 in each age group from the Marathon and Half Marathon

**Thank the hundreds of volunteers it takes to make this event a success.  
Have a great run!**