



Official Race Day Guide



BEARATHON

THE TOUGHEST HALF IN TX

March 24, 2018

Table of Contents

<u>Bib Requirements</u>	<u>2</u>
<u>Start Finish Information</u>	<u>2</u>
<u>Bag Drop</u>	<u>3</u>
<u>Pre Race First Aid Station</u>	<u>3</u>
<u>Runner Staging</u>	<u>3</u>
<u>Bearathon Finish Line Instructions</u>	<u>3</u>
<u>Merchandise</u>	<u>4</u>
<u>Runner Refreshments</u>	<u>4</u>
<u>Lost and Found/Information Tents</u>	<u>4</u>
<u>Medical Tips</u>	<u>4</u>
<u>First Aid Support at Start and Finish Line</u>	<u>5</u>
<u>First Aid Support During Race</u>	<u>5</u>
<u>Course Information</u>	<u>5</u>
<u>Course Restriction</u>	<u>5</u>
<u>Mileage Markers</u>	<u>6</u>
<u>Course Restroom Facilities</u>	<u>6</u>
<u>Cheering sections</u>	<u>6</u>
<u>Half marathon divisions</u>	<u>7</u>
<u>Awards</u>	<u>7</u>
<u>Racing Green</u>	<u>7</u>
<u>Inclement Weather</u>	<u>8</u>

Official 2018 Runner's Guide

Saturday, March 24, 2018

Bearathon | 8:00 a.m.

6K | 8:20 a.m.

Bib Requirements

Please fill in the necessary medical information and emergency contacts on the back of your bib. DO NOT alter the bib number in any way. Securely fasten the bib to the FRONT of your running outfit with the accompanying safety pins. All bib numbers MUST be visible and worn on the front and outside of all clothing during the race. Bib numbers are non-transferable and MUST be worn only by the participant to whom it was assigned and for the correct course (half marathon or 6K). Your bib contains a timing chip that will accurately record your race time. If you alter your bib in any manner, we are not liable for timing errors.

Start/Finish Information

The half marathon will begin at 8:00 a.m. with the 6K following shortly thereafter at 8:20 a.m. Runners must start the appropriate race at the designated time; runners are not permitted to start either race after the designated start time.

The race will begin and end at the South Plaza of McLane Stadium. You may start checking in as early as 6:00 a.m. and you must be on site by 7:30 a.m. Parking will be available in McLane lots of 2, 3 and 4. Parking lot 1 will not be accessible for runners or spectators.

There will be an information tent with Student Foundation members wearing green-and-white-striped shirts to help you find your way around the following areas of the starting line:

- Bag Drop
- Restroom Facilities
- Pre-Race First Aid Station
- Start Line

Bag Drop

There will be a bag drop tent located in the South Plaza where runners may leave a bag securely during the duration of the race. You may start checking bags at 6:00 a.m. All bags must be picked up by 12:30 p.m. Volunteers will be stationed at the bag drop area to secure belongings, but Student Foundation is not responsible for any lost or stolen personal items.

Pre-Race First Aid Station and Restroom Facilities

A Pre-Race First Aid Station will be provided in the South Plaza providing adhesive bandages, petroleum jelly, water, and sports drinks. The Pre-Race First Aid Station will open at 7:00 a.m. Restroom facilities will also be located nearby in the South Plaza.

Runner Staging

Student Foundation appreciates your cooperation at the start line. We will line runners up according to your predicted pace times to ensure a smooth race start. There will be signs to aid in this process and we ask that you are honest when choosing where to line up. We encourage you to be in your appropriate group by 7:45 a.m. We will also have pace runners for the popular predicted race times.

Bearathon Finish Line Instructions

Official race times will be recorded as you cross the finish line, but please allow time for us to process your results before posting. After you cross the finish line, you will continue down the path indicated by the barricades. There will be water and sports drinks immediately available. Student Foundation members will be nearby to direct you to the various tents.

- First Aid
- Merchandise
- Runner Refreshments
- Complimentary Kineso-taping
- Lost and Found Information
- Spirit Award Voting/Suggestion

Spectators will not obstruct your route as they have separate areas to congregate for cheering and photographs. Runners will be able to join their respective parties in the spectator sections but spectators **are not allowed** within the bounds of the runner's finish area. This includes the runner specific food areas.

Merchandise

After completing the course, make sure to pick up your finisher t-shirt. If you are a half marathon runner, you will also need to pick up your finisher medal at the finish line. All runners will need their t-shirt tabs (located on your bibs) in order to receive merchandise.

Runner Refreshments

Free snacks and beverages will be available for 6K participants. Additional free food and beverages will be available exclusively for half marathon participants. Runners will need their food tab (located on your bibs) in order to receive the complementary warm food. Spectators will not have access to runner refreshments. We ask that you are courteous and only take ONE product from each station. In order to keep our finish line area clean, please dispose of all waste in one of the garbage containers located throughout the South Plaza.

Lost and Found/Information Tents

Student Foundation members will be present at the Lost and Found/Information tent to answer any questions you may have while in the finish line area. If you lose any belongings, please visit this tent to inquire about your missing items.

Medical Tips

A pre-race physical exam by a qualified physician is a must for any runner with a history of heart disease, hypertension, lung disease/asthma, stroke, seizures, diabetes, as well as anyone with questions or concerns about participating in a half marathon or 6K. If within two days of the race you have had diarrhea, vomiting, fever, or other illness, we advise you to not run in our race. If during the race you develop any of these symptoms or chest pain, shortness of breath, or irregular heartbeats, you should stop running and seek medical attention. Major medical emergencies can occur when people ignore these symptoms. Please do not risk your health. Likewise, if you have any recent injuries, please consider refraining from participation. Running can potentially make even a minor injury a severe one.

Railroad Information

Because the route crosses over a railroad, there is the possibility that a train may pass through during the race. In the event of this occurring, all runners will be stopped from crossing the railroad by Student Foundation volunteers and normal railroad mechanisms to ensure their safety.

First Aid Support at Start and Finish Line

Medical staff at the start/finish line will be ready to assist you at any time. Members of Southwest Sports Medicine will be positioned throughout the course to provide first aid assistance. The first aid volunteers will have the right to withdraw any runner from the race that appears in distress or at risk should they continue running.

In the South Plaza at McLane Stadium, there will be a fully equipped First Aid tent staffed by a team of professionals and EMTs. Only those requiring medical assistance will be allowed access to the First Aid area.

First Aid Support During the Race

Serious illness can occur during a race of this distance. A runner will be attended to immediately by first aid staff or EMTs in the event of the following injuries or ailments:

- Chest Pain or Cardiac Arrest
- Severe Cramping
- Concussion Head Injury
- Dehydration
- Blood
- Broken or Fractured Bones

There will be a First Aid and Emergency Medical personnel area at the Finish Line, equipped to handle any medical problems. Run at your own pace and do not start the race too quickly. Early exhaustion can lead to trouble later in the race. Continue to hydrate throughout the race. If you develop a muscle cramp or stitch, slow down or stop to apply pressure or massage lightly. Slowly stretch and relax. If you are developing blisters, you may seek basic first aid from trained race volunteers at any water station.

Course Information

The course will close on a gradual schedule based on a 4:00:00 finish time (approximate 18:00 mile pace). The Finish Line area will officially close at 12:00 p.m. Two race volunteers will follow the last runner until they have crossed the finish line or until 12:00 p.m. Transportation to the finish line area will be available as necessary for runners unable to complete the Bearathon. Please be aware that any runners still on the course at 12:00 p.m. will be transported by vehicle off the course and to the Finish Line Area.

Course Restrictions

For safety reasons, please adhere to the following restrictions: no bicycles, no in-line skates, no roller skates, and no wheeled vehicles. Violators will be disqualified and removed from the course by a Student Foundation representative or law enforcement personnel.

Mileage Markers

Mile markers will be positioned at every mile. Near each mile marker, there will be a water station supplied with sports drinks and water that will be handed to runners as they pass. Each water station will be equipped with a HydraSpout spout for those runners racing green and bringing their own water bottles.

Course Restroom Facilities

On the half marathon course, there are six locations of public restrooms:

- Indian Spring Park (Across from the Waco Convention Center near the Suspension Bridge)
- Pecan Bottom Park
- Cameron Park Entry Pavilion
- Lovers Leap
- Northern Gateway
- Centennial Park

On Baylor's campus the following locations will be open for public restroom use:

- Student Life Center (SLC)
- The Student Union Building (SUB)

Portable restrooms will be at the following locations along the route:

- One at Lawson's Point
- Two at Emmon's Cliff

The Plaza will also have numerous and easily accessible restrooms available to runners and spectators.

Cheering Sections

There will be three official cheering sections offered for family and friends to gather during the race: the Rosenbalm Fountain (on Baylor's campus), the Waco Suspension Bridge (downtown Waco) and the turn-around spot along Lover's Leap Rd (Cameron Park). This is the only accessible portion of the Cameron Park route for spectators due to the lane closures. Spectators may park in the lot or nearby down the road. This lot is accessible by Park Lake Dr. Spectator areas will be indicated with signs.

Half Marathon Divisions

The race will be split into divisions based on age and gender as follows:

- Baylor Student
- 18-25
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70+

Awards

Prize money will be awarded to the top 3 male and female in each of the following categories: Bearathon Overall, Master's (over the age of 40) and Baylor Student winners. Engraved medals will be awarded to the top 3 half marathon runners in all age divisions.

Winners of each division will be determined by a third party timing service. After the race, a kiosk will be available on the South Plaza of McLane Stadium to review your personal race results. If for any reason, we have suspicions of cheating during the race, race personnel reserve the right to revoke your award(s). The first award ceremony will begin at 10:30 a.m. and will present awards to the Overall winner, Masters winner and Baylor Student winner. The second ceremony will begin at 11:00 a.m. to present awards to the remaining age groups. (Ceremonies will be held at the stage near the RGIII statue in the South Plaza of McLane Stadium).

Racing Green

We are encouraging runners to run cup-free this year! Every runner knows that hydration is important during a race. And since sustaining the environment by reducing waste also is important, races across the country are going green. Eager to do our part, Student Foundation is encouraging all runners to bring their own hydration method and partake in cup-free racing. (Note: Water stations will still be made available for runners at every mile marker.)

Inclement Weather

There may be times when we feel it is unsafe to proceed with the race. While we recognize the aspirations and commitment of those who have entered the race, we will make decisions about the race based on the participation population as a whole. Each runner should make his/her own personal decisions about the race conditions and determine if he/she is comfortable with the weather and course conditions in regard to his/her desire to participate.

Specifically, when weather or other physical conditions present a danger to participants as a whole, we will maintain the right to cancel or adjust the race course. These conditions will be recognized as “an act of God” and **will not result in the refunding of race entry fees or future race credits.** The staging of a race results in substantial expense prior to the actual race itself. Thus, in the event of a forced cancellation of the event, it is very likely that the financial impact on the race would not be any different than if the race was held without compromise.

The Race Director, in his/her sole discretion, will make decisions regarding the delay or cancellation of the race. Although unlikely in March, the threat of a tornado, high heat or icy conditions could prompt the cancellation of the event for all participants. Severe thunderstorms with the threat of lightning that are threatening the course may also result in delay or cancellation of the event for all participants.

The Bearathon is committed to the safety of all its participants and will not sacrifice the safety of anyone. Notifications about weather conditions, cancellations and other race information will be communicated through various media, including emails, social media, race audio, and on-site announcer.

Shelter-In-Place Locations

In the event that inclement weather occurs, there are locations along the course specified for runners to shelter in place. An announcement will be made along the course and volunteers at the respective water stations will move runners to the nearest location on the route in the event that Shelter-In-Place protocol is enacted. Shelter in place locations are listed below in order of the route and are near each water station:

- Baylor Science Building (1)
- Penland Crossroads (2)
- Indian Springs Restroom (3)
- Bledsoe-Miller Center (4)
- Redwood Shelter & Rock Shelter (5)
- Lawson Point Pavilions (6)
- Mouth of the Bosque (7)
- Lovers Leap Pavilions and Northern Gateway (8)
- Emmons Cliff (9)
- Anniversary Park (10)
- Pecan Bottoms (11)
- Indian Springs Park (12)
- McLane Stadium Gate D (Start/Finish)