2019 OFFICIAL RACE DAY GUIDE

BEARATHON
THE TOUGHEST HALF IN TX

MARCH 23, 2019

Thanks to our sponsors....
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Packet Pick-Up

Packet Pick-Up will be held on Friday, March 22 from 8:00 a.m. to 8:00 p.m. at the McLane Stadium Ticket Office. You will receive your bib and swag bag. We encourage you to pick up these items on Friday to ensure all race day activities will start right on time the morning of the race. Bibs and swag bags are also available to be picked up on Saturday, March 23 starting at 6:00 a.m. at McLane Stadium Ticket Office.

Regardless of pickup time, please bring or be able to show your Bearathon verification email with the QR code visible!

Course Information

The half marathon and 6K race courses start and finish at McLane stadium and will highlight the new Rosenbalm Fountain on Baylor’s campus, the Suspension Bridge, Cameron Park and the Brazos river. It will provide a scenic and challenging course for participants. You can find a map of this year’s race course on Map My Run by searching Bearathon 2019. 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 staffers 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.

Start Line Information

The half marathon will begin at 8:00 a.m. with the 6K starting 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 arrive as early as 6:00 a.m. and we recommend that you be on site by 7:30 a.m. Parking will be available in McLane lots 2 and 3. Parking lot 1 will not be accessible for runners or spectators.

There will be 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, medical tent, KT Tape, restroom facilities, and start line. Please reach out to them for any questions on race day.

Course Restrictions

For safety reasons, please adhere to the following restrictions: no pets, no bicycles, no in-line skates, no roller skates, and no wheeled vehicles. Strollers are permitted for the 6K only. Violators may be disqualified and removed from the course by a Student Foundation representative or law enforcement personnel.
Mileage Markers

Mile markers are 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. Each water station will be equipped with a HydraSpout spout for those runners bringing their own water bottles.

Course Restroom Facilities

Restrooms will be marked throughout the course for runners. McLane Stadium Plaza will also have easily accessible restrooms available to runners and spectators.

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. You are also encouraged to write your name on the front of your bib so that everyone can cheer you on by name.

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, beginning at 1:30:00 overall finish time up to a 2:40:00 overall finish time.

Cheering Sections

There will be three official cheering sections offered during the race: the Moody Memorial Library (on Baylor’s campus), the Waco Suspension Bridge and the turnaround spot along Lover’s Leap Rd (Cameron Park). This is the only accessible portion of the Cameron Park route for spectators. Spectators may park in the lot or nearby down the road. This lot is accessible by Park Lake Dr. Parking will also be available on Baylor’s campus. Spectator areas will be indicated with signs.
Bag Drop

There will be a bag drop tent located in the South Plaza under the McLane Stadium scoreboard where runners may leave a bag during the duration of the race. Race personnel will monitor bags at all times. 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.

Finish Line Information

Official race times will be recorded as you cross the finish line, but please allow time for us to process your results. 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

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.

Runner Refreshments

Free snacks and beverages will be available for all participants. 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.
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.

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. Gold 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 you have a dispute with your time after your finish, please visit the Run Far USA tent to dispute your time. Time disputes are evaluated until 10:15 AM, prior to the awards ceremonies. 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). The top 3 overall finishers in the male and female divisions of the Sic ‘Em 6K will also receive a gold medal.

Lost and Found

Student Foundation members will be present at the Bag Drop and Stage to answer any questions you may have while in the finish line area. If you lose any belongings, please visit the stage to inquire about your missing items. All items unclaimed will be returned to the Ed Crenshaw Student Foundation Center. If you have questions about items after the race, please contact us at studentfoundation@baylor.edu. We will donate all items left unclaimed a week after the race to a local shelter.
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 not to 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.

First Aid Support at Start/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 Medical Tent staffed by a team of medical 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 or 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.
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.

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. Decisions about race delays or cancellation are made with participants’ safety in mind first and foremost and are informed by a thorough review of weather conditions and additional factors not under the Race Directors’ control, including vehicle traffic management and municipal permit timing restrictions. 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 lightning 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 aid station:

- Aid Station 1: Baylor Science Building
- Aid Station 2: Truett Seminary
- Aid Station 3: Fuzzy’s Tacos
- Aid Station 4: Under Waco Drive Bridge
- Aid Station 5: Under Herring Avenue Bridge
- Aid Station 6: Pavilion at Lawson’s Point
- Aid Station 7: Restrooms/pavilion @ Mouth of the Bosque
- Aid Station 8: Pavilion at Emmon’s Cliff
- Aid Station 9: Restrooms/pavilion at Lover’s Leap
- Aid Station 10: Up to Circle Point pavilions
- Aid Station 11: Anniversary Park/Clubhouse
- Aid Station 12: Anniversary Park/Clubhouse
- Aid Station 13: Under Herring Bridge or Redwood Shelter
- Aid Station 14: Under Waco Drive Bridge
- Aid Station 15: Under Suspension Bridge