



Frequently Asked Questions Missoula Marathon 2010

Do I have to get my race packet at the Expo on Saturday?

Yes. You must pick up your race packet and Chip on Saturday at the Expo between 8 am and 6 pm. There will be NO packet pick-up on race day. For late flights into Missoula, we have made arrangements for a Registration Table to be at the baggage pick-up at Missoula International Airport. You will receive only your race number and chip at that table.

Can I have a friend pick up my race packet for me?

Yes, you may.

May someone under age 14 participate in the Full or Half Marathon?

The Missoula Kids Marathon is specifically designed for youth to participate in a marathon without overusing their young joints and muscles, and we urge you to consider that choice.

However, yes, children under the age of 14 may participate with the signature of their parent or guardian in the *Half Marathon*. There is *no age category* for anyone under 14, and therefore *no awards or comparative placement*, in order to discourage competing in an endurance event at a young age.

For their protection, children under the age of 14 may not participate in the Full Marathon.

I am injured and cannot participate. Can I have my money refunded?

You have the option of transferring your registration to another runner, or your own registration to another year, for a \$20 administration fee. There are no refunds.

Is there a bus shuttle to the starting area?

Yes, for both the Full and Half Marathon, and we strongly encourage you utilize it. We have had no difficulties getting everyone to the starting line on time, thank you to the expertise of Beech Transportation. The first buses will leave the Parking Garage at Main between Higgins and Ryman at 4:20 am. The last bus will leave at 5:30. *Please be sure to indicate you plan to use the bus shuttle when you pick up your registration packet at the Expo.*

Will my gear bag be taken back to the finish area?

Yes, leave your gear bag at the starting line. We will transport it to Caras Park, the site of the awards ceremony, where there will be a designated area for pick-up and two extremely friendly and efficient bag experts.

Is there parking at the starting area?

The Full Marathon starting in Frenchtown has quite a bit of parking. There is no charge for parking in any of the lots you might find. However, *please* leave the Bronc's Grocery parking lot empty. There is plenty of parking without utilizing that area and interrupting their customers.

The Half Marathon starting line does NOT have parking. You must have you family/friends drop you off, or take the shuttle bus from downtown Missoula.

Are there toilets along the course?

Yes, there are toilets at every aid station along the course. There are 17 aid stations.

Is there a bus from the finish line back to the start so I can pick up my vehicle?

No. If you choose to park at the starting line of either the Full or Half Marathon, you will have to make your own arrangements to get back to your vehicle.

Are there pace groups?

Yes! Our pace groups are coordinated by Team Stampede, the local triathlon group. The goal is to have pacers for the following times:

3:30 (8:00 mile pace); 3:40 (8:22 mile pace); 3:50 (8:44 mile pace); 4:00 (9:07 mile pace); 4:15 (9:42 mile pace); 4:30 (10:17 mile pace) 4:45 (10:52 mile pace); 5:00 (11:26 mile pace)

Please remember our pacers are volunteers, with their own potential injuries, and they aren't professional pacers. If someone pulls a hamstring the day before, he/she won't be there. And if it's absolutely positively critical that you achieve a certain time goal, that's your responsibility. We will do our best to live up to these pace times. Each year every one of our pacers made it to race day and finished on time!

Is the Missoula Marathon a Boston Qualifier?

Yes, the Missoula Marathon course is USATF Certified, and therefore a Boston Qualifier.

Can I run for charity?

Yes. We've had some runners create their own fundraising programs for the charity of his/her choice. You also have the option of utilizing the ACTIVE registration program for one of our chosen organizations: Camp Mak-a-Dream, American Red Cross of Montana and Opportunity Resources. You can either donate directly, or fundraise through ACTIVE. Log onto missoulamarathon.org. Also consider running for Missoula Youth Homes, who will pay for your registration plus plenty of other perks. www.youthhomes.com

What can I expect for temperatures?

Hot and dry. Expect to start off in the low 50's and end in the high 70's if you finish around noon.

What are the Aid Stations serving?

Culligan Water (in the blue cups) and PowerBar Drink (in the multi-colored cups). The Caffe Dolce Aid Station will also have orange slices, Gummi Bears and other treats.

What about gels?

PowerBar Gels will be served at two aid stations: Mile 15.6 of the Marathon course, the River Pines Aid Station, and Mile 23 (Mile 10 for the Half) at the Caffe Dolce Aid Station. You have choice of caffeinated and non-caffeinated: vanilla (non) and strawberry-banana (caffeinated).

Where are the chip timing mats located?

There are timing mats located at the start of both the Full and Half Marathon, the mid-way point of the Full Marathon, and at the finish. We DO NOT have mats to record the Marathon Relay splits.

Is the course closed to traffic?

No. The course is coned, but open to traffic.

What side of the road will I be running on?

Most of the time, the right side. However, there are places you'll be running on the left.

How is the course marked?

The course is well-marked with spray-chalk, cones, signs and volunteers.

Will there be splits read?

Splits will be read at the halfway point of the marathon, only.

Can I run with an iPod or other device?

The course is open to traffic. We strongly discourage compromising your ability to hear vehicles coming.

May I run with my babyjogger?

Sure. Please position yourself at the back.

Medical Assistance

There will be American Red Cross of Montana volunteers at each aid station and bicycle monitors on the course. The medical tent staffed by physicians and nurses is located at the finish area. *Any athlete that doesn't complete the race MUST be transported to the medical tent for an examination.* Athletes will be driven by an aid station volunteer to the medical tent in the finish area.

What if it takes me longer than six ½ hours to finish?

There will be *no official time for anyone taking longer than six ½ hours to finish the Full or Half Marathon course, or 7 ½ hours for walkers on the Full Marathon course.* Athletes will be notified at approximately Mile 20 if they are not on track to meet the requirement. At that point, the runner can either choose to utilize the transport back to the finish area, or may continue as a pedestrian without assistance. Aid stations, traffic control, volunteers, etc. will relinquish their posts based upon the six ½ hour completion time.

Is there a sweep?

Yes, the First Security Bank Security Cart will follow the last athlete all the way through to the finish line.

What is available at the Finish?

Besides your medal, take advantage of the Montana Ace Oasis showers, the medical tent, Information Booth (providing information both for Missoula Marathon related questions and Missoula Downtown questions), Good Food Store food, Dasani water and other beverages provided by Coca Cola of Missoula. The awards ceremony, massages by Alpine Physical

Therapy, gear bags, food and drink vendors (including a free beer to athletes) and music is all located in Caras Pavilion, immediately adjacent to the finish line.

What's the date for next year?

Sunday, July 10th, 2011.

How do I order race photos?

Race Photos are being taken by Race Photos, www.racephotos.net