#### 2017 Golden Driller Race Instructions/Information

Thanks for registering for the 2017 event – as of now only the <a href="https://half.com">half marathon</a> distance remains open – all other distances have sold out! Thank you for supporting the third annual Golden Driller marathon! If you want to drop down from the marathon to the half or upgrade from the 5k or 10k to the half email me at <a href="mailto:tim@fleetfeettulsa.com">tim@fleetfeettulsa.com</a> and I can accommodate that request. Lots of people want into the closed events so if you find yourself wanting to run or walk the half instead I can help you out!

This is a small and intimate event. If you have never run a smaller marathon or half marathon we think you will really enjoy it. This experience is very different from the large "major" events. Our course is an "out and back" design so you will see other runners often.

#### **VOLUNTEERS**

We are still looking for more volunteers. If you have family and friends that can help, please have them sign up here: <a href="http://signup.com/go/9ERu3B">http://signup.com/go/9ERu3B</a>

Biggest needs: the second shift for the aid stations – if you are doing the 5k or 10k, consider hanging around and helping later in the day! Also, I'm looking for a Dr./EMT/Nurse to be roaming the course on a golf cart offering assistance as needed. And we could use help in-store with packet pickup leading up to the race at all three stores.

The more volunteers, the better the experience we can provide!

## START/FINISH LOCATION

All races will start and finish on the west side of the Arkansas River at the new Riverparks Festival West Park – the location where Oktoberfest is held each year. All races share a common start/finish line. A very large parking area is in the location so parking is both free and plentiful!

## **COURSE**

Please go to <a href="http://www.fleetfeettulsa.com/races/2017-golden-driller-marathon">http://www.fleetfeettulsa.com/races/2017-golden-driller-marathon</a> for all course maps. All races start and finish at the same location on the west bank of the river. All races first will go north 1km and then back 1km past the start/finish line (on a separate trail closer to the river – see certified course maps). The half marathon, 5k, and 10k are then out and back courses – see the map for the location of the turns.

The entire course is on River Parks trail – this is a paved trail system. There is one hill – at Turkey Mountain. You will encounter this hill going out and coming back. Other than that hill the course is essentially flat. The courses for the 5k and 10k are very flat and do not include the Turkey Mountain hill.

The marathon course follows the half course including the initial 1km north and back segment, and then does a "double out and back" section on the east side of the Arkansas River. Once marathoners reach the east bank of the river, they will pass what is known as the south turn (located near 64<sup>th</sup> and Riverside) (TA-S) and then will continue north to 41<sup>st</sup> Street to the north turn (TA-N). Marathoners will then return back to the half turn point (south turn), then once again go north to the north turn. After reaching the north turn the second time, the marathoners will return to the south turn, then go past the south turn to return to the start/finish line.

All courses have been accurately measured and certified per USATF rules. All races have been USATF sanctioned as well. All performances will be eligible for state records. The marathon is a Boston Qualifier.

## START TIMES

Race day registration/packet pickup 6:15 am

Half/Full 7:00 am (SHARP!)5k/10k 7:30 am (SHARP!)

Participants arriving more than five minutes after the start of each race will not be allowed to start.

### PACKET PICKUP

Packet pickup will begin on Tuesday, April 25 at the Fleet Feet location you specified during registration. We encourage you to pick up your packet in advance of race day to avoid congestion. Packets will be moved from all stores to the start/finish area and will be ready for pickup on Saturday at 6:15 am if you can't make it in before. We will open race day packet pickup at 6:15 am.

\*\* We will have exclusive deals and offers at all stores for packet pickup.

Nutrition: Buy 3 get 1 free Socks: Buy 3 get 1 free

Recovery Sandals: 20% off Other deep discounted items

Please note that Blue Dome and Broken Arrow now open at 11 am during the week.

# Packet pick up hours:

Tuesday, April 25 10 am to 7:30 pm (11 am and 7 pm at Blue Dome and Broken Arrow)

Wednesday, April 26 10 am to 7:30 pm (11 am and 7 pm at Blue Dome and Broken Arrow)

Thursday, April 27 10 am to 7:30 pm (11 am and 7 pm at Blue Dome and Broken Arrow)

Friday, April 28 10 am to 7 pm (11 am at Blue Dome and Broken Arrow)

#### PARKING

There is sufficient, easy, and plentiful parking at Riverparks Festival West Park. See start/finish map for location.

#### **AWARDS**

Age group and overall awards for the half marathon and marathon will be posted and can be picked up at the awards table inside the large registration tent; no formal awards ceremonies will be conducted for these two races due to their length. We will recognize the overall winners of both races.

Age group and overall awards for the 5k and 10k will be presented 15 minutes after the last finisher for each of these races, at the elevated stage area in the park.

## **FOOD and BEVERAGES**

Post-race we will have breakfast taco's from Chimi's Mexican Restaurant! Choices will include vegetarian and vegan options. We will also have fruit and yogurt. You will need to present the food tab on your race number in order to get your post-race meal. Marshall's beer will be provided for all participants over the age of 21. Bring your ID! Bottled water and sports drink will also be available. You will need to get a wristband if over 21 and want a beer. Those will be inside the finish line tent.

### **FINISHER MEDALS**

All events will have finisher medals. They will be awarded as you complete your race.

## TIME LIMIT

Essentially none, but I will want to go home eventually! Seriously we will wait for the last marathon finisher, as is customary!

### **TECH SHIRTS**

We will provide you with the size you registered for. If it is not a good fit, please wait until Saturday and inside the finish tent we will have a "trade table". If the size you want is available you can trade for it.

# **EARLY START**

There is no early start.

# PACE TEAMS

We will not have pace groups.

## **GEAR CHECK**

No gear check will be available – the parking lot is very close to the start/finish so we advise you to store your items in your trunk or in an out of view location inside your car.

### **RACE PHOTOS**

We will take race photos and post them on our website after the race. Photos are free to download.

# **WEATHER**

In the case of severe weather we may delay the start or cancel the race. There is no make-up weather date. Any decision regarding severe weather will be made onsite on the morning of the race.

## **AID STATIONS**

See the aid station course maps for locations. Stops will have water, Nuun (<a href="http://www.nuun.com/">http://www.nuun.com/</a>), and for the marathoners we will have GU after mile 16 at one aid station (at #4 – you will pass this spot 4 times). A mix of GU flavors will be available. Quantities are limited so please do not take more than two GU's per participant (marathoners). We will also have pretzels at the later marathon aid stations.