

RUNNERS GUIDE



 at least 6 feet apart

 mask except when running

 keep hands clean

 run fast!



Photos courtesy of allsportcentral.com & Jolene Landmark



9.12.2020



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2020 Brookings Marathon Runners Guide

Greetings Runners:

On behalf of the Marathon Committee and the community of Brookings, I want to offer an early welcome and best wishes in your final weeks of preparation for the Brookings Marathon, Half Marathon, and Marathon Relay.

Like many things since this pandemic started, the race will be different this year. Yet, with a little luck, we still get to run. The park will have music. The course will have hundreds of enthusiastic volunteers. There will still be that feeling of accomplishment at the finish and many of the things that make marathon day so special.

Know that runner and volunteer safety remains our top priority. A number of new safety measures are outlined below. In order to host this event, we need to abide by all state, city and USATF rules. Without their backing, we can't run. It's that simple. Please respect and follow race guidelines. We rely on everyone's cooperation to make this race safe and successful.

Take a few minutes to study all of the important details in this guide. Train wisely and travel safely. We look forward to seeing you on September 12th!

Sincerely,

Matt Bien
Race Director
Brookings Marathon
run@brookingsmarathon.com

Safety Measures

IF YOU ARE UNABLE OR NOT WILLING TO COMPLY WITH ANY OF THE FOLLOWING SAFETY MEASURES, CONTACT THE RACE DIRECTOR AT RUN@BROOKINGSMARATHON.COM AND REQUEST A DEFERRAL TO NEXT MAY.

COVID symptoms

If you are sick or experience any COVID-related symptoms in the 7 days prior to race day (fever, cough, shortness of breath, muscle aches, headache, loss of taste or smell, sore throat, and others as per CDC guidelines), you **MUST NOT** participate. Please contact the race director at run@brookingsmarathon.com and request a deferral to next May and do not attend the event.

Temperature Check

For our event to maintain USATF compliance, all runners will be **REQUIRED** to have a temp check prior to entering the start area. Currently, we plan to locate the temp check stations under the bandshell in Pioneer Park (see map). Runners will be directed to the temp check area after packet pickup on Friday and Saturday. If no fever, runners will receive a wrist band. A bib and wrist band are required to enter the start area. Any runner with a temperature > 100.4 F **WILL NOT** be allowed to participate.

High-Risk Runners

If you are considered high-risk per CDC guidelines, we recommend that you defer. Please contact the race director at run@brookingsmarathon.com and request a deferral to next May.

Safe Distancing

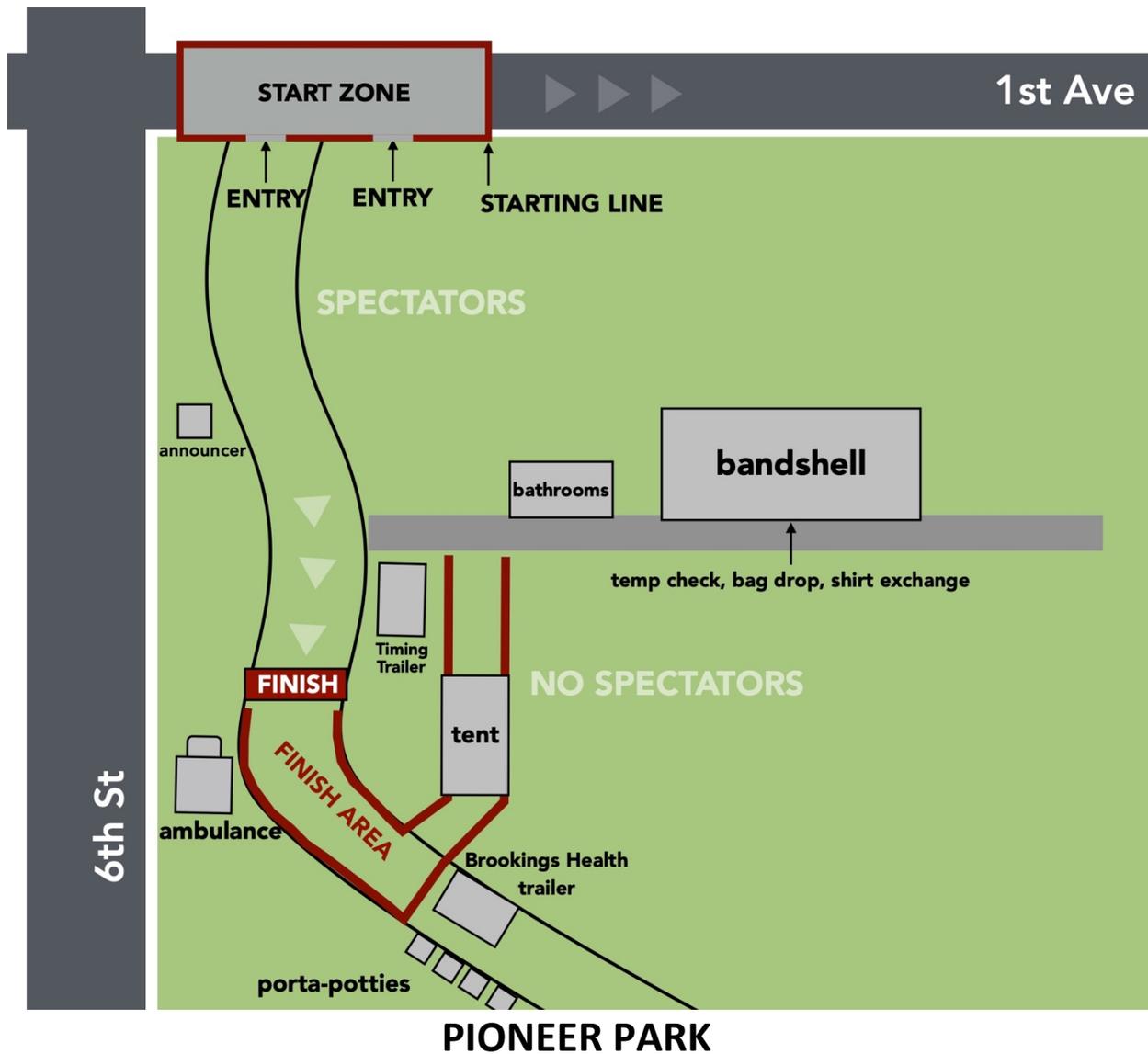
Maintain at least six feet between you and other runners or volunteers at all times. Abide by posted signage. During the race, maintain a wide berth when passing another runner. Announce yourself and pass on the left. Further details in the various sections below.

Masks

Masks or other face coverings will be **REQUIRED** in the start area and at all relay exchanges. Masks or other face coverings are **STRONGLY ENCOURAGED** anytime you are around others in the park (eg. packet pickup, pre-race, bathrooms, post-race). A disposable mask will be provided in your race packet. If you don't have your own mask, this mask must be worn in the start area. Once you are running, the mask can be tucked in your pocket or dropped to the ground in the first two blocks. Volunteers will collect and dispose. All volunteers are required to mask while performing race duties.

Hand and Other Hygiene

Keep hands clean and avoid touching your face. Hand sanitizer will be available throughout the park. Avoid spitting or blowing your nose unless into a kerchief or properly disposed tissue. All volunteers handling fluids or food are required to wear gloves.



PIONEER PARK

Event Schedule

(all listed activities at Pioneer Park)

Friday, September 11

Packet Pickup and Temp Check – No race registration 2:00 – 8:00 PM

Saturday, September 12

Packet Pickup and Temp Check – No race registration 5:30 – 6:45 AM

National Anthem 6:55 AM

Wave #1 Start 7:00 AM

Wave #2 Start 7:10 AM

Wave #3 Start 7:20 AM

Finish Line Closes 1:30 PM

Restaurants

Three local restaurants will offer specials for your pre-race meal: The Pheasant (726 Main Ave), Craft (610 Medary Ave), and Yessica's (1300 Main Ave). All have indoor seating options currently available. The Pheasant and Craft have limited outdoor seating. All offer carryout.

Delivery options are available directly from some restaurants. In addition, Zapoya Delivery Service (www.zapoya.com / 1-844-752-2474) provides delivery service from 11 AM to 2 PM and again from 5 PM to 9:30 PM.

Parking

The road through Pioneer Park offers convenient parking along the roadway, but these parking spaces will be available on Friday only. The road through the park and 1st Ave. will be closed on race morning.

For Saturday, ample parking is available in two locations within three blocks of the race start. The parking lot at 6th St and 3rd Ave (by Cinema 8) offers a paved option. Take care when crossing 6th St. Pioneer Park also offers parking. While the main entrance to the park will be closed, cars can access parking via the park "exit" on Western Ave. Most of this parking is on grass. Tread carefully if there is a heavy dew to avoid getting your racing shoes wet. Do not park along 6th St or 1st Ave. To better comply with safe distancing, shuttle service is not offered this year.

Packet Pickup

This year, packet pickup will take place outdoors and in Pioneer Park both Friday and Saturday to better offer safe distancing. Look for the large tent near the bandshell. **PLEASE MAKE EVERY ATTEMPT TO PICK UP YOUR RACE PACKET DURING THE EXTENDED HOURS ON FRIDAY.** Understand that Saturday morning will be very hectic with limited daylight early.

In order to minimize congestion and time spent picking up packets, there will be no bib check this year. Just provide your name, grab your bag, get a temp check, and go. If someone else is picking up a packet on your behalf, you will still need to get a temp check and wrist band prior to entering the start area on race morning. Plan accordingly.

Registration Confirmation

To catch any registration errors (age, sex, spelling), be sure to review your entry at this link BEFORE race day:

<http://www.allsportcentral.com/ec/events/Entrants.cfm?EventID=71182>

Email run@brookingsmarathon.com as soon as possible with any changes.

Shirt Exchange

We will not offer merchandise for sale at the event this year, again trying to limit groups and gathering. At Friday's packet pickup, runners will be allowed to exchange shirts if needed. There will be no shirt exchange before the race start on Saturday. An opportunity to exchange shirts will be available again after 9 AM Saturday by the bandshell (see map).

Gear Check/Clothing Drop

Personal items and clothing (we are not responsible for valuables) may be left in your numbered packet pickup bag for retrieval after you finish. These can be dropped off and retrieved at the bandshell (see map).

Bibs and Timing

Your bib includes a timing tag. A runner without a bib is a runner without a time! All runners must wear a bib on the front. Runners who are part of a relay and open event must wear two bibs on the front (different number for each race). All members of a relay team have the same number, however, only one relay bib has the timing tag. The final runner must wear a bib with the timing tag.

Bathrooms

Pioneer Park is equipped with bathrooms. We have added portable toilets to accommodate the rush just before race time. Please maintain safe distancing when waiting in queue. Masks are strongly encouraged, especially when using the indoor park facilities, as distancing will be more difficult.

Start Area

Your bib and a wrist band (confirming temp check) will be required before entering the start area. Enter only through posted entry points. Ducking under or stepping over barriers will risk disqualification. To maintain safe distancing, a grid of painted dots on the street will indicate where runners stand once they have stepped into the start area. Runners should have completed all warmup activities prior to stepping onto the start grid. Avoid a sudden rush at the start. Remember, your time will not start until you cross the start mat. Wait until the course begins to clear in front of you before setting off on your race pace.

Wave Start

To promote safe distancing, this year's start will have three waves of approximately 150 runners each, separated by 10 minutes. We ask that you not arrive at the start area until 5 minutes prior to your wave start time. All runners competing for prize money and all relay teams will be in Wave #1 starting at 7:00 AM sharp. Wave sign up instructions will be sent out approximately two weeks prior to race day. Please sign up for the wave that best represents your expected pace and finish time. The Pace Team will distribute pacers according to projected pace and finish times.

Wave #1 – 7:00 AM Start

Under 9:00 min/mile (under 2:00 half or 4:00 full)

Pacers include marathon goal times of 3:25, 3:30, 3:35, 3:45, 3:55

Wave#2 – 7:10 AM Start

9:00-10:20 min/mile (under 2:15 half or 4:30 full)

Pacers include marathon goal times of 4:00, 4:15, 4:30

Wave #3 – 7:20 AM Start

10:20 and over min/mile (over 2:15 half or 4:30 full)

Pacers include marathon goal times of 4:40, 5:00, 6:00

Pacers

Our pace team is back this year, ready to safely lead runners to their goal times. They won't have a table at packet pickup, but you may contact Jim@MarathonPacing.com before race day with questions or to discuss your race plan. Maintain six feet of separation even when following the pace group. Note that the pacers will complete the entire marathon course. If you are a half marathoner following a pacer, you will need to break from your pace group at the race split shortly after mile 10. More pacing info can be found at this link:

<http://marathonpacing.com/brookings.php>

Course

Marathon and half marathon courses split between miles 10 and 11. Marathoners (and relay runners) go left. Half marathoners go right. The split is well-marked. Pay attention or you may end up on the wrong course! Pacers will continue along the marathon course. If you are a half marathoner, you must break from your pacer at the course split.

The wave start is designed to maximize safe distancing on the course. When passing another runner, offer "passing on left" and try to maintain six feet of separation. Don't run with someone unless you are part of the same family or social group.

The 2020 course is newly certified with a section through the Nature Park at miles 15 to 16. We have a few requests of runners to ensure that our event continues to have access to the park for years to come. To limit noise and congestion, spectators are asked to choose areas outside the park to cheer. Please avoid use of bells or noise makers in the park. Be courteous and maintain safe distancing from other park patrons. This beautiful new section of the course should provide you with a mental boost and motivation to push on to the finish!

Course Markings

Bicycles will lead front runners throughout the race. The course is marked with white arrows and orange cones. Runner should go around cones when they are present at corners (do not cut corners). Do not run on grass if it will shorten your path, as the course was measured on pavement. Volunteers will provide directions with flags and control traffic with hand-held stop signs. Note that the course is open to traffic. Runners are ultimately responsible for their own safety while participating in this event. Please pay attention when crossing intersections and interacting with moving vehicles. For your safety, headsets and earphones are discouraged.

Aid Stations

Water will be available at all aid stations. Powerade will be available at every other aid station through mile 10 (both available at miles 4, 7, and 10). After the split, water and Powerade will be available at every aid station. When both fluids are present, water will be on the first table and Powerade the next.

To minimize touch points and contact between runners and volunteers, cups **WILL NOT** be handed out this year. Volunteers with gloves will prepare the cups. The half-filled cups will be spaced out on tables for runners to pick up. Slow as needed to pick up your preferred fluid, but avoid stopping directly in front of the table in order to minimize congestion.

Relay Team Info

As outlined above, masks are **REQUIRED** for all team members in the relay exchange areas. Teams will be supplied with seven disposable masks. The lead runner may drop the mask after the race starts, replacing it with a new mask after finishing. Each subsequent runner should have a single mask to be used before and replaced after running.

The relay follows the marathon route. There are six legs to the marathon relay: 4 miles, 5 miles, 3 miles, 5 miles, 3 miles, and 6.2 miles. A relay team consists of 2-6 runners who run legs in order. To limit contact, no hand slap exchange this year. The next runner may leave the exchange point when the incoming runner is within 10 feet. To be eligible for the course record (2:19:01), a team must be comprised of six runners. All runners on a team must wear the same bib number. The final runner wears the bib with the timing tag.

This year, it is especially important to avoid congestion at the exchange points. Limit as much as possible your team's time at any given exchange. Please do not park on the marathon course when awaiting an exchange. Teams are not permitted to follow their team member for any length of time with a vehicle. Recommended parking areas are outlined below. For those teams who have competed in past years, note that the new course change has shifted slightly the locations of some of the exchange points. Please review.

Exchange Point #1 – Mile 4

11th St near the SDSU performing arts building: Park in Performing Arts Center parking lot. Even with the smaller number of teams, this is likely to be the most congested exchange. Plan accordingly and drive safely. Get in and get out.

Exchange Point #2 – Mile 9

Larson Park: Park in Larson Park parking lot. Enter lot from Eastbrook Drive off 22nd Ave.

Exchange Point #3 – Mile 12

5th St S and Heritage: Park in Wesleyan Church parking lot, 1420 Orchard Drive. Enter parking lot from Orchard Drive.

Exchange Point #4 – Mile 17

Medary Ave S near soccer fields: Park in Fishback Soccer Complex parking lot, access via north entrance. Note this exchange has shifted from 20th St to Medary Ave.

Exchange Point #5 – Mile 20

Along 12th St (near house address #906 12th St): Park along 7th Ave, north of 12th St. Note this exchange has also shifted slightly from past years. Please be courteous to homeowners in the area.

Results

Live results will be online only at the AllSportCentral website or directly at this link:

<https://www.allsportcentral.com/results/results.cfm?EventID=71182>

To help maintain safe distancing no results will be posted in Pioneer Park.

Prize Money and Awards

Prize money will be awarded as per our website. **Prize money awards are based on gun times.** If you are competing for prize money or a course record, you must be in the first wave starting at 7:00 AM.

Age group awards will be presented to the first finisher in every five-year age group as per our website. **Age group awards are based on chip times.** Age group winners may come from any of the three waves. You may start front or back of the wave, it does not matter. Your time will not start until you cross the start mat. This year's age group winners will receive a pair of custom Brookings Marathon socks.

We will not have an awards ceremony this year. We expect that all awards will be mailed or delivered within two weeks of race day. The AllSportCentral results page will have a tab listing age group winners. Note that age group awards will not be final until all runners have finished.

Finish Area

In short, please plan to keep moving through the finish area. Volunteers will direct you toward the exit chute. There you will find heat sheets, if needed. Next will be your custom medals, one table for marathon finishers and another for the half marathon finishers. To minimize contact, volunteers will not be placing medals on finishers this year. Last will be the food packet and fluids. From there, gather only in small groups out in the park's green spaces and disperse when ready. No handshakes or high-fives this year, but you can share many words of encouragement and congratulations.

Recovery Food Pack

We are still able to offer post-race nutrition with some modifications. To minimize contact points and crowding, we will provide a recovery food pack rather than tables of food and coolers with fluids. Each pack will contain two homemade cookies and a banana. Bottles of water and Powerade will also be spaced out on tables.

Nick's Burgers

We wanted to offer this iconic Brookings treat but in a safe distancing sort of way. No burgers in the park this year, but runners can head to Nick's downtown location after the race (427 Main Ave). Just present your race bib to get a free bag of burgers, chips, and a soda (one meal per runner). Please continue to maintain safe distancing and mask as needed when you are downtown.

Cubby's

Although we are unable to host a post-race party at Cubby's (307 Main Ave), runners can still gather for a meal and beverage with friends and family. They offer limited outdoor seating on the rooftop. Tables for indoor seating are spaced according to safe distancing guidelines.

Showers

The Sexauer Park bath house (Western Ave and 10th St.) and Snap Fitness (1009 Main Ave. S) offer post-race shower facilities. Snap Fitness will only be open to guests until 2 PM. Bring your own towel. Masks are not currently required in the gym but are strongly encouraged.

Spectators

To minimize congestion in the park and help maintain safe distancing, we are requesting a limit of one spectator per participant. Spectators should avoid the finish area and green space west of the bandshell sidewalk but may utilize the extensive green area east of the bandshell sidewalk (see map).

Severe Weather Plan

In the event of adverse weather, our race protocol can be found here :

https://www.brookingsmarathon.com/uploads/1/1/2/4/11249861/brookings_marathon_weather_plan18.pdf

Tune in to AM 910 or FM 93.7 for the latest updates. In addition, information will be posted on the Brookings Marathon website www.brookingsmarathon.com . If possible, announcements regarding cancelation or postponement will be made by 5 AM on race day.

Communication

Please check your race email frequently in the days leading up to the race. The COVID situation remains fluid, and further adjustments may be necessary. We will communicate changes via the race website, email, Facebook and Twitter.



 *Brookings*
Marathon
half marathon & relay

PRESENTED BY: **Brookings** 
HEALTH SYSTEM

Photo courtesy of Jon Sprang

www.brookingsmarathon.com



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