



Athlete Guide - 2016

Thank you for attending the 7th Annual Morgan Hill Half Marathon - 5K - Kids Run and Bike Tour, October 22-23, 2016, 7AM, at the Morgan Hill Centennial Center / Community Park.

Please read this guide thoroughly. Most your questions are answered here. The event is getting large enough to where it is very hard to answer each and every email in the final two weeks.

Follow us on Facebook: <https://www.facebook.com/mhmarathon>

Or download the Morgan Hill Marathon App from the App Store/Google Play

Packet Pickup

Each athlete is required to do one of the following:

1. Attend the Packet Pickup expo at Morgan Hill Community Park (start/finish line) to get your bib and other supplies on Friday or Saturday. See below for hours.
2. You may have someone pick up for you. They must have a copy/photo of your ID.
3. If you opted for VIP bib mailing, your bib was mailed to you. Your shirt will be at the tent near the start line in your VIP bag.
4. If you opted for VIP early morning pickup, your bib and shirt will be at the same tent.
5. The 5k can pick up race morning, but due to how busy this will be, we really prefer you come to the expo. **Supporting the sponsors supports the event.**

There is NO free same day pickup for any reason. This has always been the policy. Please understand come race morning we are dealing with the race not packet pickup. Packet mailing or Same Day pickup is \$10.00.

Packet pickup and registration is located at the following location and times:

Morgan Hill Community Park (parking area by the tennis courts, at the start/finish line)

West Edmudson Ave, Morgan Hill, CA

Friday Oct 21- 1pm – 6pm

Saturday Oct 22 – 10am – 5 pm

Online Registration closes Thursday the 22nd at midnight. You can register at the expo or race morning, but pricing will increase by \$5.00.

You can have someone pick up your packet for you if they have a copy of your photo ID (a picture on their phone is OK).

Check in is by BIB number. Look up your number here:

<http://georeresults.racemine.com/Morgan-Hill-Marathon/events/2016/Morgan-Hill-Half-Marathon/biblookup>

Expo Information Saturday and Sunday- We have over 20 high quality booths coming to the Lifestyles Expo. There will be great deals from companies like The Running Shop and Hops (beer too), RedBull, Sierra Nevada, Kona Ice, Active Spinal and many more. See the entire list here:

<http://www.mhmarathon.com/sponsors>

Please enjoy the expo while you are here. We have many great sponsors out, and we do need to remember that we could not do this without them either.

Shirt Information

Shirts will be handed out with bibs. You will receive the size you ordered on your original order. If the size does not fit, you can exchange after the run is over. Shirts are T shirts unless you ordered a Tech T. That option was available all year.

Changing Distances

You can change your distance at the expo on Friday or Saturday, or email your request to info@mhmarathon.com.

Early Walkers Start

We offer an early walker start at 6:30. Please notify the timing person at the start line so they can write down your numbers and adjust. This is for WALKERS. You must know the course and be aware that aid stations and course marshals may not be set up prior to 7am.

About the Timing

Your chip is on your BIB. This bib MUST be visible on the front of your body. If it is covered it is possible you will not receive a time. Do not remove the chip from the bib! Make sure your bib is viewable.

We have mile markers out on our certified course. USA Track and Field measured the points, so they are correct. GPS is not an accurate form of measurement.

We will email each of you your split times and finish time. We will also have a results kiosk at the finish to look up times.

We will be tracking splits points on the course. Failure to go through these points will result in a DQ.

Kids Race (Saturday)

The Kids run will be on Saturday morning during packet pickup. The kids get to run about a mile starting and finishing through the actual finish line arch. Sign them up online. They get a great shirt and medal. It's a fun experience. They are chip timed as well!

For those of you that have kids entered in the Saturday kids run, be sure to check in to packet pickup for their bib and T-Shirt. **The kids run starts at 11:00 am on Saturday.** We can use help on the run watching the corners so please let us know if you can help. The Kids run starts and ends at the MHM arch.

Bike Tour and Mushroom Challenge

It is strongly advised to pick up your packet on Friday.

First and foremost, this is not a race. The roads are open to vehicles and you must abide by the rules and laws of the road. If you abuse this event, we will not be able to hold again. THE START IS CHIP STARTED. SO WE WILL HAVE A SLOW ROLLOUT STARTING AT 8:30 until 9:00 am. DO NOT BUNCH TOGETHER. Review the course map online:

<http://www.mapmyride.com/routes/fullscreen/1312717096/>

Course markings are limited to corners. So you should know the route. We will have 1 water refill station located about mile 12 (during a downhill so be prepared).

There is a **KING OF THE MOUNTAIN** segment on Sycamore road (see map), going up the steepest hill on the course. We will have an award for the fastest male and female up that route.

PLEASE READ THIS SECTION: You will be given a bib you MUST WEAR on your left side (timing side), and a RED TIMING chip that must be secured to your bike with a zip tie. Either on the fork or on your handle bar neck. THIS CHIP IS VERY EXPENSIVE AT \$65.00 EACH. FAILURE TO RETURN THE CHIP WILL RESULT IN A \$65.00 CHARGE TO YOUR CARD. We will be collecting the chip at the end of your ride.

Mushroom Challenge participants will need to wear your bib for either the half or the 5k the next day. We will be posting your combined timed online and giving out awards.

ALL bike participants will receive a cool medal when they finish. Mushroom challenge participants will receive a bike medal Saturday and a run medal on Sunday. **IMPORTANT:** After you finish your run proceed to the information tent for your **DOUBLE MUSHROOM CHALLENGE MEDAL.**

We will have a few bike racks to rack your bike. The general area is enclosed so you should feel safe leaving your bike while you enjoy some food and beer.

Sunday Morning Parking Information

The main entrance to the CRC will be closed the morning of the event, DO NOT PARK AT THE CRC. We suggest the following parking locations:

1. Bank parking lots across the street. If you use a retailer spot, make sure you visit them.

2. Safeway allows parking but please do not fill all their spots, there are more towards the west side of the lot.
3. Shopping center across the street near McDonalds.
4. Side streets behind Community Park – Olympic Dr.
5. Remember that Del Monte Ave. is part of the course so you could get stuck.
6. Church Street and side streets near it.
7. There is also parking off of Monterey Rd.
8. If you know the area you can also park off La Crosse Dr. and walk the bike path over. It's about 600ft.
9. Try to commute together.

Do NOT park at Auto Zone. They will tow.

Do NOT park at CRC. It will be closed off.

Do NOT park at the church on Edmondson behind Community Park. It's Sunday-they need their lot!

Race Start Time and Process

The Half Marathon starts at 7:00am. This is self-seeded event, with faster runners at the front. The **Running Addicts Pace Team** will be present with signs to help you pace your run. Be sure to thank them!

Do not seed yourself at the front if you are not a fast runner. At 7:00am when the start horn goes off, all waves will start through the arch.

We are using chip time, so your time does not start until you cross the start line (unless you are wearing your bib incorrectly). There is no need to rush through the line.

The 5k starts at 7:15.

Race Start Line & Location

The start line is next to the expo:

Morgan Hill Community Park, West Edmondson Ave, Morgan Hill, CA

The 2016 starting line is located closer to the middle of the park (parking lot).

Porta- potties are located near the start/finish!!

Bag Check

There will be a bag check booth at the park.

About the Course

This is a rolling course and would be considered hilly in the first portion. The second half is flat. It is a great, very pretty course. Take it in while you are out there.

The map below shows the aid station locations and supplies. Please review them!
The course will be marked with cones, police, volunteers, and chalk. If you have a question, ask.
Porta-potties will be evenly spaced on the course.
Cones line the right lane of most the course.

Some roads are open to all local traffic. **Please be careful and pay attention to the occasional person who does not like runners.**

There are mile makers every mile except mile

Course maps are located at <http://www.mhmarathon.com/events/course-maps>

Please help keep our city and county clean. Do not toss garbage on the road.

Walkers and the Time Limit

We consider ourselves very lenient on time. We would like to leave at noon but will not leave someone on course.

If you are a walker, there are a few walkers leaving at 6:30. **See the above section about signing up for this.**

Timing Splits

A "split" is a time check out on the course. The half will have two splits this year, in mile 4 and mile 10. **Failure to go through these points will result in a DQ.**

Aid Stations

There are aid stations roughly every 2 miles. They will have Gatorade and water. Some will have cookies and pretzels. Please review the maps below. **We will have GU spread out on the course.**

Porta-Potties

We have 25 porta-potties near the start line. Give yourself enough time to use them. There will be 7 on course. They are spaced out evenly near most aid stations.

Pacers

There will be pacers in the start area holding up pace signs. These pace signs are times they are shooting for. Get near the one you want to run with and they will help you make your time. Remember, anyone could have a bad day, even a pacer. Remember to thank them. Pacers are provided by Running Addicts.

Finish Line Festival & Party

As you finish we will have a bag with your finish food in it. We also Sierra Nevada Beer and the Running Shop and Hops serving beer. **They will use the beer tags on your bib for 2 free beers.**

Medal Engraving

A medal engraving service will be available near the results tent. This is a paid for service provided by an outside company. Medal engraving is \$15.00. If you pre purchased this we will have your name at the tent.

Volunteers

We have done our best to put volunteers out on this course. Please thank them.