GOOD LUCK RUNNERS!

2017 RUNNER’S GUIDE

2017 JOPLIN MEMORIAL MARATHON

MARATHON

MARATHON RELAY

HALF MARATHON

Empire District 5K

Sign Designs KID’S RUN

WALK OF SILENCE

A project of Active Lifestyle Events, Produced by Rufus Racing
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Welcome Joplin Memorial Marathon runners:

Thank you for participating in the 2017 Joplin Memorial Marathon. What became a prestigious annual 5k run evolved into a half-marathon event. Last year, on the 5th anniversary of the devastating 2011 tornado, the marathon distance was added.

As a community, Joplin was handed a traumatic blow at 5:41 p.m. on Sunday, May 22, 2011 when an EF-5 tornado tore through one-third of our city. On your journey through Joplin, keep these statistics in mind. First and most importantly, 161, which represents the number of citizens we lost because of that fateful day. Second, a total of 7,500 residential dwellings were damaged or destroyed, which left 9,200 citizens displaced. Of the 7,500 homes impacted, 3,500 were destroyed. During the years since the tornado, some of the neighborhoods you will be running through have become a great testament of Joplin’s recovery and symbolic to the resilience of our citizens.

The race committee, along with many public safety personnel and hundreds of volunteers, have been putting in countless hours to make this race a showcase of Joplin. You will run through parts of our community that are historic and communicate Joplin’s past as well as renewed areas boasting new schools, churches, neighborhoods and businesses.

It is our hope that each of you will join those families most impacted by the tornado during Friday’s Walk of Silence. This 10-block walk, lined with flags bearing the names of the 161 citizens we lost, is a testament to why our recovery is so important.

Sincerely,

Michael L. Seibert
Mayor
Joplin Memorial Marathon wouldn’t be possible without our incredible sponsors! Thank you!
TIME LIMITS
Walkers are welcome on all courses as long as they can finish within cutoff times. Course closures will be a rolling cutoff based on finish time.

If you fall behind pace of rolling closure you may choose to be brought back in an official race vehicle (recommended) or continue on your own; however, you will be officially out of the race at this point with no support.

There will be NO EXCEPTION to time cutoffs.

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<th>Race</th>
<th>Limit</th>
<th>Start</th>
<th>Cutoff</th>
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<td>5K</td>
<td>2 hour</td>
<td>7:00 AM</td>
<td>9:00 AM</td>
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<tr>
<td>Half</td>
<td>5 hours</td>
<td>6:30 AM</td>
<td>11:30 AM</td>
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<tr>
<td>Full - early start*</td>
<td>8 hours</td>
<td>4:30 AM</td>
<td>12:30 PM</td>
</tr>
<tr>
<td>Full - regular start</td>
<td>6 hours</td>
<td>6:30 AM</td>
<td>12:30 PM</td>
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*The early start Marathon is unsupported (traffic, hydration, etc.) for the first 2 hours.
RUNNER EXPO

FRIDAY, MAY 19 | NOON - 8:00 PM

PACKET PICKUP & LAST CHANCE REGISTRATION
Runner Expo will be located at the MSSU Beimdiek Student Center. If you are picking up a friend’s packet at the expo, please be sure to bring a copy of their ID with a letter of permission.

SHOE DONATION
Bring your old running shoes to the expo and they will be donated to youth at the Turn Around Ranch. Shoe donations will be accepted at the Climate Tech booth.

EXPO SPEAKERS
Join us in the speaker area (next to packet pickup) for some great speakers:

CHRIS PETERSON | 1:00 PM
Doctor of Physical Therapy, Board Certified Orthopedic Certified Specialist, Clinical Coordinator of Freeman Rehab and Sports Center.

KENDRA COCHRAN | 5:00 PM
Doctor of Physical Therapy, Board Certified Orthopedic Certified Specialist, Certified Strength and Conditioning Specialist, Staff PT at Freeman Rehab and Sports Center.

MARK BRAVO
2:00 PM & 6:00 PM
Running Ambassador, Author, and National Broadcaster. Mark’s clients range from recreational runners training for their first 5K to elite athletes preparing for the world’s top marathons and Olympic trials. Mark has a 40 year career as a TV and radio commentator for running and other sports events.
RACE COURSE RULES

- There are no split timers on the course.
- No bicycles, roller skates, roller blades or skateboards on the course.
- Assistance received from any source other than Joplin Memorial Marathon may result in disqualification.
- Headphones and personal music are allowed but strongly discouraged. Use at your own risk.
- Baby strollers are allowed but MUST line up at the back of the event.
- NO DOGS or any other animals allowed in the event or at the race site.
- Please do not use cell phones during the race.

UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct is unacceptable and will not be permitted during any Joplin Memorial Marathon event. Unsportsmanlike conduct shall include, but is not limited to: failure to heed the instructions of race officials, intentional disregard of the rules or abusive language and/or actions toward any race official, volunteer, participant, or spectator. Individuals behaving in unsportsmanlike ways may (at the discretion of race officials) be disqualified, have registrations terminated, and be prohibited from participating in future Joplin Memorial Marathon events.

USATF RULES AND REGULATIONS

The Joplin Memorial Marathon, Half Marathon and 5K courses are certified by the United States of America Track & Field (USATF) Association. Only registered runners are eligible to participate in the Marathon, Marathon Relay, Half Marathon, 5K and Kid’s Run. Unregistered runners will be asked to leave the course. Unauthorized bicycles are not allowed on the course. In order to prevent a physical or psychological advantage to any registered participant, unregistered runners and cyclists will be considered illegal pacers and are strictly prohibited. USATF representatives and Joplin course marshals will serve as race officials.

Participants may be penalized or disqualified for:

- Leaving the course
- Joining the race after the start
- Receiving pacing assistance from an unregistered runner
- Receiving pacing assistance from a cyclist
- Not competing in the event in which you registered
COURSE COMMUNICATION

Color-coded signage will be displayed at every hydration station. Please use this index for interpretation:

- **WEATHER CONDITION: LOW**
  - Enjoy the event! Be alert.

- **WEATHER CONDITION: MEDIUM**
  - Be alert to worsening conditions.

- **WEATHER CONDITION: HIGH**
  - Observe changes.
  - Follow official instructions.
  - Consider stopping.

- **WEATHER CONDITION: BLACK**
  - Observe changes.
  - Follow official instructions.
  - Take shelter.

Factors that are considered: weather, temperatures, on-course accidents, and any other on-course issues or changes that may arise.

WEATHER POLICY

The race will go on regardless of precipitation. In the event that weather conditions present an imminent danger to participants and it is unsafe to proceed with the race, the event will be canceled. Less threatening conditions may result in an alteration of the course or race length to promote a safe result for participants.
RACE NUMBER

IMPORTANT: Your personal safety is very important to us. We encourage you to take time to write your emergency information on the back of your race number along with any life-threatening conditions, as well as allergies, for medical personnel.

Perforated tickets on the bottom of your race number have 2 beer tickets (if 21 or older). Do not remove these tickets until in the beer tent.

Race numbers must be worn on the front of your shirt/shorts. Race officials and photographers must be able to see your entire race number to know you are officially registered. DO not cut or fold the number in any way or place a safety pin in the perforated tickets at the bottom. Failure to comply with this rule could result in disqualification. Race numbers are non-transferable and may only be worn by the participant to whom they are assigned.

ULTRAMAX TIMING

Marathon, Marathon Relay, Half Marathon and 5K events are timed with the Ultramax timing tag. Per USATF rule 245.1, open men’s and women’s top 3 awards and master men’s and women’s overall in the Marathon, Marathon Relay, Half Marathon and 5K finish line. Age group awards will be based on timing system time (the actual time elapsed between an athlete reaching the starting line and finish line). Other timing mats will be located throughout the course. The timing tag MUST be attached to your bib. Tags may be disposed of after the race is completed.

PACE GROUPS

Provided by Runaround Running & Lifestyle Co.

Pacers will be provided for Marathon finish times of 3:30, 3:40, 3:50, 4:00, 4:15, 4:30, 5:00. They will be pre-seeded in the corrals on race morning. Just look for their pace signs above the crowd and line up to run with them!
GEAR CHECK

Gear check will be provided by Crossland Construction.

Gear Check opens at 5:30 AM and closes at 1:00 PM. Bags remaining after 1:00 PM will be held for one week. After one week, anything remaining is discarded or donated to charity. ONLY runners are allowed to check gear. All gear is subject to being searched/reviewed by volunteers to make sure the contents are safe. All gear checked items must go into the provided clear bags.

If you arrive with another bag it must be emptied into the official gear check bag. All gear checked must fit in two (2) bags max per runner. No larger items will be taken (coolers, strollers, backpacks, luggage, etc.). If items are left unattended by gear check, or anywhere else on race site, they will be immediately removed and disposed of. Bags must be clearly marked/tagged with runner bib number. Check gear at your own risk. Make sure you hold on to your bib for identification when picking up your belongings.

AID STATIONS

Carb Boom! Energy Gels will be available at approximately miles 9 and 22.5. Pretzels and fruit will be available at approximately miles 14 and 19. All hydration stations will have water first and Powerade second. Toilet facilities are located along the route as noted on the map.

Three misting fans are located throughout the course, provided by METS and Newton County. A cold towel station will be available at approximately miles 10 and 23, provided by Twelve One Race Management.

MEDICAL

Freeman Health System will provide medical support during the race. We strongly encourage all participants to fill out the back of their race number with any emergency medical information. No oral medication will be available on course. Aid Stations will NOT have Tylenol, Advil, allergy medicine, etc.

RACE PHOTOS

Professional photos for you to download post-race are included in the price of your entry fee and are provided by podiumimages.com! We will post a link to our social media page as well as email the link. Please allow 3-7 days for all pictures to be uploaded.
MARATHON RELAY

PACKET PICKUP FOR RELAY TEAMS
There is one packet for each team that includes all 5 bibs and the timing tag.
Only one person from each team needs to go to the Runner Expo to pick up their team’s packet. However, we encourage all team members to come out and enjoy the expo. T-shirts are picked up in a separate t-shirt area and the t-shirt sizes will be printed on the ticket. All paid relay runners get their own goody bag also. All relay teams will receive a baton that can be used in the race but is not required.

RELAY INSTRUCTIONS
Relay Exchange Zones will be marked with a blow-up arch over the road and over timing mats. Each Marathon Relay Runner will cross a corresponding Relay Race Finish Line at the end of your leg of the Relay Race. Upon completion of your leg of the race, you will have the ability to ride the Relay Bus Shuttle back to the Start/Finish Area. Your bib will get you access into the athlete food tent area.

Relay medals will only be available at the finish line. You can have the last leg runner pick these up for the entire team OR your whole team can join your final runner and run across the finish line together. If running in as a team you can gain access to the course around 9th Street where the crowd control fencing stops.

THE EXCHANGE
If you are not making a relay exchange please stay off the race course until your runner is coming. Each team will have ONE timing chip that will be on a strap. You can wear or carry the strap but it must be passed to each team member and cross all timing mats. The runner getting ready to take the timing strap should be waiting AFTER the arch/timing mat. The runner finishing his/her leg should cross the timing mat and hand-off to the next runner.

IMPORTANT NOTES
Relay Leg start #3 at the High School and relay leg start #5 at 26th and Wall will be crossed 2 times due to the course running back down 26th street again. Cross the timing mats EVERY TIME even when not making an exchange. Make sure you know where your hand-off is so you aren’t confused when you see a sign for relay exchange that may not be yours.
EXCHANGE ZONES & TRANSPORTATION

The Relay Shuttle Buses will be staged at 7th and Main Street and will run on the times below. Relay Shuttle Buses provide transportation to relay exchanges and back to the finish line ONLY. Approximate ride times to the exchanges vary from 5 to 20 minutes depending on the distance to the exchange from the start. Relay Shuttle Buses are for RACERS ONLY (bib required to get on) no spectators allowed. Leave no personal items on the buses. You may provide your own transportation but cannot park on the race course or private property. It is advised to take the buses.

Relay beginning Leg 1: 6.2 miles (10k) No transportation, begins at start
Relay beginning Leg 2: 3.1 miles (5k) Shuttles run 5:30 AM - 8:30 AM to Campbell Parkway Park
Relay beginning Leg 3: 7.6 miles (12k) Shuttles run 6:00 AM - 9:30 AM to Joplin High School (Between Indiana and Grand around 23rd street)
Relay beginning Leg 4: 6.2 miles (10k) Shuttles run 6:45 AM - 10:30 AM to Irving School (29th and McClelland Blvd)
Relay beginning Leg 5: 3.1 miles (5k) Shuttles run 7:30 AM - Noon to Empty Lot (Wall/26th Street)

AWARDS AND CATEGORIES

Teams can compete in the following categories:
All Male — All Female — COED (at least one member is female)
1st-5th Place awards will be given in each category.
**PARKING & BUSING**

**PARKING**

Parking is available in the city lots east of Joplin Avenue or in any of several city-owned public parking lots east of Main Street between 3rd and 7th Streets.

**RELAY SHUTTLE BUS**

The Relay Shuttle Buses will be staged at 7th and Main Street.

**HOTEL BUSING**

5:00 AM - 1:00 PM

Busing will be available from our host hotel, Homewood Suites, as well as Hampton Inn, Hilton Garden Inn, and Fairfield Inn. **Drop off and pick-up location is 7th and Joplin Avenue.** Runners, their families, and friends are welcome to ride.

Parking downtown is limited. Please give yourself plenty of time to make it to the race site on time as the race will start promptly. Please do not leave any items on the bus as you won’t return on the same one.
RESULTS AND AWARDS

The Marathon is a Boston marathon qualifier.

All registered finishers will receive a finisher medal for their event. Full Marathon finishers will also receive a custom finisher trucker hat. Unofficial results and a finisher certificate can be retrieved at the Awards Tent. Results will be emailed post-race, posted online live and printed in the Joplin Globe.

There will be no formal awards ceremony due to the size of the event. Awards may be picked up at the Awards Tent. It is your responsibility to check the results and pick up your award if you placed. Awards will NOT be mailed. Please allow at least 30 minutes after you finish for us to verify results for your award. You will only be eligible for one award in one category.

A NOTE ABOUT OFFICIAL TIMES FOR PRIZES AND AWARDS

Per USATF rule 245.1, open men’s and women’s top 3 awards and 1st place masters men’s and women’s in the marathon, marathon relay, half marathon, and 5K will be based on gun time (the order in which the athletes cross the finish line). Age group awards will be based on timing system time (the actual time elapsed between an athlete reaching the starting line and finish line.)
POST-RACE PARTY

FOOD AND BEER

Following the race, join us for food, music, and fun! Food will be provided by Cheddar’s. Fruit and drinks will also be distributed.

Cheddar’s

A Beer Garden with LIVE music presented by Missouri Eagle will be available. Every runner will have 2 beer tags on their bib to use. You must be 21 or older to enter the Beer Garden.

Don’t forget a valid ID because you will be carded.

All food and beverages are for registered runners ONLY please.

ON COURSE ENTERTAINMENT PROVIDED BY:

Missouri Eagle LLC

AMIRADIO

Zimmer Radio Inc.
WALK OF SILENCE | 7:00 PM

The Walk of Silence is an event open to the community at no charge. 161 banners honoring those lost in the May 22, 2011 tornado will line Joplin Avenue from 9th to 19th Streets. During the Walk of Silence this stretch of road will be closed to traffic and we will have a time of remembrance and silence for people to walk the corridor of banners. No pets please. Children are welcome, we just ask that everyone be respectful of this time. The road will open back up to traffic at 8:00 PM.
KID’S RUN | 6:00 PM

Start line for the Sign Designs Kid’s Run will be at Memorial Hall (Joplin Avenue & 8th Street). Parents, please make sure that your child is wearing their bib. Parents who are participating with their children, please make sure to wear assigned wrist band (get at packet pickup). Please use safety pins to attach the bib to the front of his or her shirt.

Parents need to bring their kids to the starting line. We highly encourage an adult to run with their kids! Kids running without their parents will be escorted by a volunteer to the Kid’s Corral after crossing the finish line. You may pick up your child in the Kid’s Corral by presenting the bottom portion of their bib. Our secure pickup policy is detailed below. The Kid’s Corral will close at 6:45 PM.

SECURE PICKUP POLICY

Before the race, fill out and tear off the bottom portion of the bib and keep it with you. This will serve as your identification to pick your child up in the Kid’s Corral after the run is over.
COMMUNITY SUPPORTERS

THANK YOU VOLUNTEERS!
Thank you for joining us for the 2017 Joplin Memorial Marathon.

Together we honor the 161 people who lost their lives in the May 22nd, 2011 tornado in Joplin, MO.