

2016 Seabrook Lucky Trail Marathon, Half Marathon, Relay and 5K Race Day Instructions

Race Details - Website: <http://www.seabrookmarathon.org/>
Announcements and Updates - Facebook: <https://www.facebook.com/seabrookmarathon>

Welcome to the Seabrook Lucky Trail Marathon, Half Marathon, Relay and 5K hosted by **Running Alliance Sport** and our generous sponsors! We thank you for your support!

Trail Etiquette:

- The trails are narrow so please use caution and **be courteous to other participants!**
- PLEASE remember this is a trail run, expect your times to be slower than a road race. Please line up at the start according to your pace.
- Stay to the right on the trails.
- Be mindful of on coming runners and runners behind you.
- PLEASE do not run more than 2 abreast. If you see others approaching you, then move to single file.
- If someone comes up behind your group, move to single file as they pass.
- Additionally, let people know that you want to pass them. If you are using headphones, keep the volume down low enough so that you can hear the runner wanting to pass.
- If the course is wet, and muddy in areas, **DO NOT attempt to run on Todville road!** This is a narrow city street and very dangerous to foot traffic. **YOUR safety matters most!**
- Course monitors are there to help, please communicate problems or issues you may encounter in a friendly way!
- Give a big "THANK YOU" to the event volunteers, they like supporting you!!

Timing System:

We will be using IPICO timing system. The timing tag will be distributed in your race packet with your bib. Do not forget the timing tag on race morning. You will need to attach it to your shoelaces to receive an official finish time when you cross the finish line. If you forget your timing tag, you will need to replace it or you will not have an official time. There is a \$10 replacement fee. After the race, you do not need to return the tag. Instruction for attaching the timing tag is on the last page.

Arrival Time and Parking:

Please allow yourself ample time to find a parking space and get to the race start area. Roads on the race course will be CLOSED by 6:45 am for Saturday and Sunday races. Follow the signs and direction from parking assistants. Parking is available at the following locations: **Seabrook Intermediate School, Seabrook Sports Complex, and along either side of El Mar Lane** (Additional overflow parking is available at Miramar Shopping Center approximately 5 blocks from the start). **PLEASE do not block any driveways and be courteous to the residents of the area.**

Note: Parking may be limited on Saturday. If possible, please car pool.

Bag Drop:

Bag drop is available under the Pavilion.

Race Day Packet Pickup:

Since we realize not everyone can pickup their packet ahead of time, **limited** race day packet pickup will be available (under the Pavilion), for your race *that day* (Friday packet on Friday, Saturday packet on Saturday, Sunday packet on Sunday). However PLEASE NOTE that the time before the race is hectic and we have only so many volunteers to help. If you wait until race day to pick up your packet, contents are not guaranteed. Arrive early enough before the race to check your bag and to attach your chip and bib. Be prepared to give volunteers THE NAME YOU REGISTERED UNDER, not your bib name, nickname, maiden or married name if you did not use it to register. Picking up your packet during scheduled packet pick-up times in advance is ALWAYS preferable, both for you, and for everyone on race morning.

Race Starting Point: Rex Meador Park -2100 Meyer Rd. Seabrook TX 77586

Start Times:

FRIDAY

5K - 6:30 pm

SATURDAY

Half Marathon - 7:15 am

Relay - 7:15 am

5K - 7:30 am

5K - 7:30 am

Course closes at 11:15 am

SUNDAY

Early Marathon Walker Start ONLY - Marathon 6 am

Marathon - 7:15 am

Relay - 7:15 am

Half Marathon - 7:30 am

Course closes at 2 pm

Course description:

The 26.2-mile course starts at Meador Park (see enclosed race map). The course closes at a graduated pace, approximately 14:53 minutes per mile pace. The first mile, approximately, will be on city streets. Streets will be closed to vehicle traffic for approximately 30 minutes. The remainder of the course is run on the Seabrook Trails, which will also be open to the public. There will be police stationed at the major street crossings (street crossings are E. Meyer, Red Bluff, and Todville Road entering Pine Gully Park). See enclosed course map for more details. **Please use caution when crossing all streets and be courteous to the residents of the neighborhood.**

Marathon:

Four loops on the Seabrook Trails starting at Meador Park, proceeding north to Pine Gully Park and returning to Meador Park.

Half Marathon:

The Half Marathon consists of two loops of the course.

Relay Marathon:

Each person completes one loop. See additional instructions below.

5K:

Friday 5K course will be on the Seabrook Trails. Saturday 5K course consists of 2.7 miles on the streets and 0.4 miles on the trails. Participants must complete the first 2.7 miles by 8:30 AM (1 h time limit). After 8:30 AM, the streets will be opened to traffic.

BIBS:

All participants must wear their bib on the front in a way that it can be seen by course officials. **Relay teams** - please see additional instructions below. Non-registered runners and/or bandit runners will be removed from the course. No one will be allowed to finish the race without a bib #.

Course Closure

Saturday the Half Marathon course will be open for 4 hours. **NO EARLY STARTS are allowed on Saturday.**

Sunday the course will be open for 6-1/2 hours. Runners and walkers who have not finished by 2:00 p.m. will be responsible for their own safety.

Early starts are not allowed (unless you registered for the Sunday Marathon early walkers start). Only official and local vehicles are allowed on the course.

No bicycles, baby joggers, pets, in-line skates, unauthorized and other non-official wheeled vehicles are prohibited on the course.

Course certification number is: TX04012ETM.

Course Markers

Visible markers will be positioned along the course. Volunteer course monitors will be positioned to provide help and directions along the course.

Photography

Official race photographer will be on the course and at the finish.

Aid Stations

Aid stations will be located at approximately every 1.5 miles. Medical aid station will be located at the start/finish area. Gatorade (Lemon- Lime Flavor) and water will be provided at each aid station.

Safety

Runners and walkers will be expected to follow directions and instructions of race officials. EMT personnel may be riding the course on bicycles. Please let them or any aid station personnel know if you are having any problems. Headphones are allowed. However, **volume should be low enough so that you can hear the race officials' instructions.** NO pets are allowed on the course.

Finish line

Keep moving after you cross the finish line. Results will be posted at the park and also on the official marathon website at www.seabrookmarathon.org. Finisher's medal will be awarded just outside the finish shoot. **All finishers will receive a finisher's medal.**

Post-race Party in the Park

After you finish your event, stick around and cheer in your fellow runners and walkers and party in the park with us, there will be lots of food, fun, and entertainment for your enjoyment.

Additional Instructions for Relay Teams

Saturday: Two person relay

Sunday: Four person relay

Each participant on a relay leg can only start after the preceding relay leg has completed his leg. Otherwise, the team will be disqualified (no time recorded).

Each relay team will be timed according to the team's name. The team will receive split times for each lap. Individual team members will know their time from the team's split time for their leg of the relay.

Each relay team will be issued four bibs with the same number for the 4-person relay or two bibs with the same number for the 2-person relay. Each relay team member will be issued his own individual timing tag. Team members need to decide which leg of the relay they are going to run and wear the appropriate bib. The person with tag A will start the race, followed by the one with tag B, then C, then the one with tag D will run the last leg and be the one to cross the finish line. The transition area will be to the right, across the trail from the finish chute. Team members need to be ready to transition when their preceding teammate is coming in.

**HAVE FUN AT THE POST RACE PARTY!
HAVE A GREAT RACE - ENJOY THE TRAILS!**

Instructions on how to attach your IPICO Sport Tag to your shoe
If you do not wear your IPICO Sport Tag properly, you will not get with an official finishing time.

NO TAG, NO TIME!

DO attach your Sport Tag firmly to the top of your shoe.

DO NOT put your Sport Tag in your pocket or wear on your arm during the race.

After the race, your Sport Tag is disposable. You can keep them as a souvenir.

Step 1

Thread the wire twist ties under the laces.



Step 2

Thread the IPICO Sports Tag onto the wire twist ties.



Step 3

Secure the IPICO Sports Tag by twisting the wire twist ties firmly together.



CHIP

El nuevo chip es un dispositivo liviano que va en los cordones de los zapatos. Así, el tiempo de recorrido del atleta se registrará al atravesar la alfombra que estará en la llegada. Al final, el dispositivo será retirado.

Instrucciones

- 1 Asegure el chip contra el cordón de uno de los zapatos utilizando las amarras plásticas. Solicitamos no fijar el chip con el cordón del zapato.
- 2 Luego de cruzar la llegada, sujete el chip y hálelo para que las amarras se rompan. Entregue el dispositivo en los lugares destinados para ello.

Sujetador
Nuevo seguro

Nuevo Chip
IPICO SPORT

00101
IPICO SPORTS
ipico sports.com

13 cm
4,5
5,6