



Event Details...also posted at everyoneruns.net

**November 13, 2016 TMC, Fleet Feet Veterans Day Half Marathon
¼ Marathon, 5k and TMC for Children Fun Run
Course Instructions & Other Very Important Details
Please Read Carefully and Completely!!!**

**Mandatory packet pick-up
(out-of-towners can pick-up race morning from 5:45am to
7:00am)**

Fleet Feet Sports

Friday, 11/11: 3:00pm to 6:00pm 7607 N. Oracle Rd.

Saturday, 11/12: 10:00am to 4:00pm 7301 E. Tanque Verde

**Please do not arrive at the store for your packet prior to these
hours!**

Thanks for joining us for the 12th Annual Everyone Runs TMC, Fleet Feet Half Marathon, ¼ Marathon, 5k and TMC for Children Fun Run, Sunday, November 13 at Sabino High School, 5000 N. Bowes Rd.

Start times: 7:15am start time for the half marathon, 7:20am for the quarter, 7:25am for the 5k and 8:20am for the TMC for Children Fun Run.

Harrison Rd. and Bowes Rd. will be closed at 7:05am. If you arrive late you will not be able to get to the race. You will be turned back!

Parking: there is plenty of parking space at the high school. We ask that early arrivers and 5k runners to please park in the far lot north of the school, as you will probably leave the event earlier than the half marathon participants. This will allow the least amount of cars coming near finishers entering the finish area. Cars that park in the south lot must exit via the south gate of the south lot. Once the race starts the main gate to the south lot will be blocked.

Spectators: please advise your friends & family to watch the race at the football field, rather than on the course. In past years, spectator cars created dangerous conditions for the runners. If your

“fans” want to be on the course, please have them park at the school and then walk out onto the course BEFORE the race begins. Thank you for heeding this warning.

Pacers: personal pacers/friends are NOT allowed to pace you on the course, unless they registered for the race. We have professional pacers so that you can make your goal time. Look for their signs at the start of the race.

Timing: the half, quarter & 5k will be chip timed and your chip will only be available on race morning at our tents at the 50-yard line. Your time starts & finishes when you cross the start/finish line. If you do not wear your chip you will not receive a finishing time or be eligible for an award. **Your final time and all awards will be based on the chip time. Overall 1st, 2nd & 3rd place for the half and 5k will be determined by gun time, which is the official time per USATF rules.**

Bag Drop: for security reasons, we will not have a bag drop area. You are welcome to leave any jackets or shirts near our white tents at the 50-yard line, but they will be checked. You can also drop clothes at any water station. They will be returned around 10:30am.

So none of you lose your way on our course, here’s the very simple low-down on where you’re headed: (map is posted on everyoneruns.net front page):

The half, quarter & 5k start and finish on the Sabino High School Track (5000 N. Bowes Rd., which is north of the intersection of Harrison and Snyder roads). Our courses are completely lined with orange cones for your safety and easy direction. Just follow the cones, which you must to stay within, or you will automatically be disqualified. This is for your own safety. **Half marathon only:** your course is 2-loops, with the 2nd loop beginning at the start line on the track in lanes 5 & 6. Please only cross streets with the assistance of the police officers that we have hired to ensure your safety.

Finishing chutes: each event will have its own finishing shoot, with the half marathon in lanes 5 & 6, the quarter in 3 & 4 and the 5k to

the far left in lanes 1 & 2. Each chute will be clearly signed, so please pay attention.

Water Stations & Porta Potties for half & quarter marathons: there will be a minimum of eight water & energy drink (“Fluid”) stations evenly placed throughout the course. The half marathon will have a “re-fueling station” at the start of the second loop with bananas, water, energy drink and a medic rotating in the area. 5k will have 1 water stations. Porta-Potties will also be available on the course. Please refrain from urinating in the open desert and neighborhoods. We are guests of this area and would like to return next year.

Post race: When you cross the finish line you will receive your finisher’s medal and your long sleeve tech shirt will be at our white tents on the 50-yard line (your size is reserved based on what you filled out on your entry form). If we have extra shirts, you can exchange for a different size after everyone has received their shirt. Afterwards, grab yourself a free bottle of water and then head over to our party tent on the football field for our famous & free Mexican breakfast and iced tea and coffee from brewd, hot coffee from Don Francisco’s and fresh squeezed orange juice compliments of Hamstra Heating & Cooling (food is only available to paid participants).

Our awards ceremony will begin as timely as possible. The 5k awards ceremony will be earlier and separate from the half and quarter marathons, so you 5k’ers don’t have to wait for the half marathoners.

Age group awards for the half, quarter and 5k will be given in five-year female/male age groups, which will be determined prior to the race based on all entries, and should go up to 75+. Overall male and female winners will be removed from age group awards. All half marathoners receive an American flag finishers medal. Quarter marathoners and 5kers receive an event specific medal. \$100 goes to 1st place male and female in the half marathon only.

Kids’ Fun Run: Our children’s fun run begins at 8:20 a.m. and is about one-mile on the Sabino High football field. We’ll have lots of little obstacles and a few mascots for them to run with. Each child

will receive a goodie bag and an Everyone Runs medal to remember the event. Registration for this event is open until 8:10 a.m.

If you have any questions at all, please email everyoneruns@comcast.net or call 520-975-6766.

Thanks so much for choosing to join us for this great day of running, walking and community spirit!