

PARTICIPANT GUIDE

SRPMIC Red Mountain
1/2 Marathon

13.1

Salt River High School

First event 630am – Youth Progressive ½
7am Individual & ½ Marathon Relay START

Individual ½ Marathon ★ ½ Marathon Relay ★ Youth Progressive ½

Saturday – October 27, 2012



For more info call 480 362-7320 or
email michelle.long@srpmic-nsn.gov

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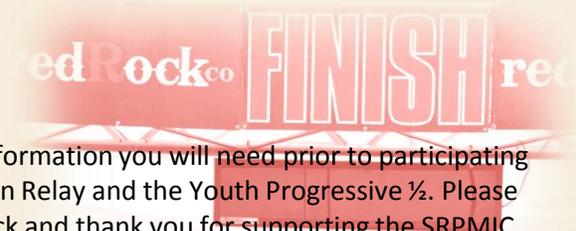
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PARTICIPANT GUIDE

The Participant's Guide is designed to provide you with all the information you will need prior to participating in the 3rd Annual SRPMIC Red Mountain 1/2 Marathon, 1/2 Marathon Relay and the Youth Progressive 1/2. Please read the guide carefully and keep handy for reference. Good Luck and thank you for supporting the SRPMIC Red Mountain 1/2 Marathon.



EVENT WEEKEND SCHEDULE

Friday, October 26, 2012

TIME	EVENT
12:30 p.m.	T-shirt/Bib Number Pick-up BEGINS
6:30 p.m.	T-shirt/Bib Number Pick-up ENDS

LOCATION
Salt River Fitness Center
Salt River Fitness Center

Saturday, October 27, 2012

6:15 a.m.	WELCOME
6:30 a.m.	Youth Progressive START
6:20 a.m.	1/2 Marathon Relay Van Transport BEGINS
7:00 a.m.	1/2 Marathon Relay & Individual 1/2 BEGINS
9:30 a.m.	Post Event Award Presentation – Youth Progressive 1/2
10:00 a.m.	Post Event Award Presentation – 1/2 Marathon Relay & Individual 1/2

Salt River High School North Side Parking Lot located on Chaparral Rd
Salt River High School North Side Parking Lot located on Chaparral Rd
Salt River High School North Side Parking Lot located on Chaparral Rd
Salt River High School North Side Parking Lot located on Chaparral Rd
Salt River High School North Side Parking Lot located on Chaparral Rd
Salt River High School North Side Parking Lot located on Chaparral Rd

REGISTRATION

Register by October 10 and save \$10 on Individual 1/2 and \$20 on 1/2 Marathon Relay.

		before Oct 10	after Oct 10
Individual 1/2 Marathon	Community Member w/SRID	\$20	\$40
	Non-Community Members	\$30	\$50
1/2 Marathon Relay	All Participants	\$100	\$120
Youth Progressive 1/2	Community Youth w/SRID	\$5	\$5
	Non-Community Youth	\$10	\$10

EVENT DAY REGISTRATION – there is NO RACE DAY REGISTRATION!

MAIL-IN REGISTRATION – MAIL-IN REGISTRATION MUST BE RECEIVED BEFORE WEDNESDAY, OCTOBER 24. Mail registration to:

SRPMIC – Administration Dept.
ATTN: Toni Harvier
10005 E Osborn Rd
Scottsdale, AZ 85256

or

SRPMIC – Fitness Center
ATTN: Michelle N. Reina-Long
10005 E Osborn Rd
Scottsdale, AZ 85256

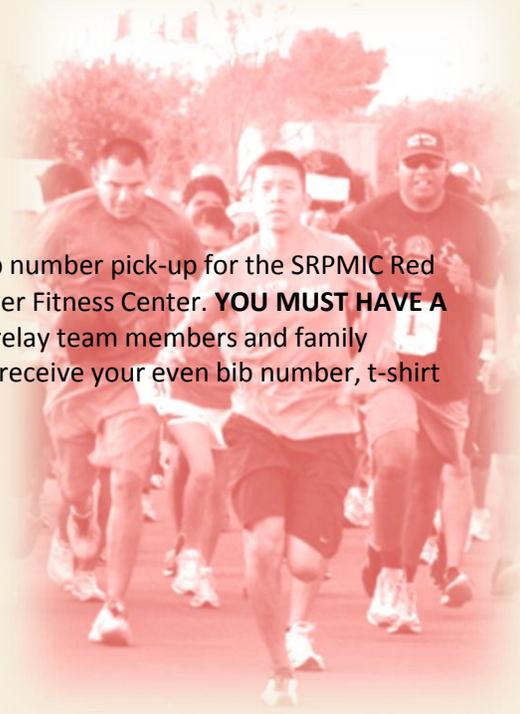
T-SHIRT/BIB NUMBER PICK-UP

Date
Friday, October 26, 2012

Times
12:30 p.m. to 6:30 p.m.

T-SHIRT/BIB NUMBER PICK-UP – T-shirt & bib number pick-up for the SRPMIC Red Mountain 1/2 Marathon is scheduled for the date above at the Salt River Fitness Center. **YOU MUST HAVE A PICTURE I.D. TO PICK UP YOUR PACKET.** You can pick up packet for relay team members and family members – you'll need to bring in a photo copy of their I.D. You will receive your even bib number, t-shirt and race day information.

Salt River Fitness Center
SRPMIC Tribal Campus – Building #32
10005 E Osborn Rd, Scottsdale, AZ 85256
PHONE: 480-362-7320 FAX: 480-278-7179



RACE DAY PARKING

RACE DAY PARKING – Parking will be located South of Salt River High School football field (Highland Ave. between Country Club Dr. and Center St.). **NO PARTICIPANT PARKING ALLOWED AT THE START/FINISH AREA.**



4827 N. Country Club Dr. (Country Club Dr. & Chaparral), Scottsdale, AZ 85256

EVENT TIMING

Event timing provided by : **redRock**co

WATER & AID STATION

WATER STATIONS - There are 9 water stations located out on the course. Three of which will be utilized twice.

- stations 1 & 9: NE corner of Indian School & Center - @ approx. 1.75 miles & 11.8 miles
- station 2: @ mile marker 3
- station 3 & 8: corner of Highland & Stapley - @ approx. 4.88 miles
- stations 4 & 5: @ mile marker 6 & approx. mile 7.62
- station 5: @ mile 7.62
- station 6: @ mile marker 9
- station 7: corner of Jackrabbit & Mesa Dr. - @ approx. 9.7 miles
- station 8: @ approx. mile 10.6
- station 9: @ approx. mile 11.8



NURSE/AID STATION - Nurse Aid Station will be located at the corner of Mesa Dr. & Stapley

The Nurse's Station will be on hand to help assess all your race day medical needs and administer acute first aid when necessary.

Fire Department will be on standby.

1/2 MARATHON RELAY INFORMATION

RELAY TEAM INFORMATION

1/2 MARATHON RELAY – The 1/2 Marathon Relay Course will consist of a 3 mile route to be run by RUNNERS 1, 2 and 3. The final runner (RUNNER 4) will run a 4.1 mile route in the same direction of the 3 mile course.

RUNNER 4 (last runner) WILL WEAR RACE NUMBER.



1/2 MARATHON RELAY INFORMATION continued

4.1-MILE OUT & BACK ROUTE – 4.1 mile out & back course for RUNNER' 4.



YOUTH PROGRESSIVE 1/2 INFORMATION

YOUTH PROGRESSIVE 1/2 - The Youth Progressive 1/2 allows Youth the opportunity complete 13.1 miles through mileage build-up over a 10 week period. Youth can walk, jog, or run 0.5 miles 3 to 4 times a week for a total of 12.5 miles before event day. The last 0.6 miles will be completed as a group on the day of the Red Mountain 1/2 Marathon.

This is a noncompetitive event with no timing or awards for the fastest participants.

Youth Progressive 1/2 Athletes will turn in tracking sheets the morning of the event. There will be a check-in table.

YOUTH PROGRESSIVE 1/2 COURSE MAP



1/2 MARATHON COURSE INFORMATION

1/2 MARATHON COURSE MAP & ELEVATION



Total distance: 102.9 feet. Net elevation gain: 0 feet

1/2 MARATHON COURSE INFORMATION continued

1/2 MARATHON DESCRIPTION

The course is flat along paved roads with some stretches of dirt. Athletes will be asked to run with traffic (right side of road).

1/2 MARATHON CUT-OFF TIME

THERE IS A 5 HOUR TIME LIMIT FOR THE 1/2 MARATHON COURSE.

1/2 MARATHON TURN-BY-TURN DIRECTIONS

- START - North of Salt River High School
- South on Country Club to Indian School Rd.
- East on Indian School Rd. to Mesa Dr.
- North on Mesa Dr. to Camelback Rd.
- East on Camelback to Horne Rd.
- Teardrop turn left onto E Canal Bank Road heading Westbound to Mesa Dr.
- North on Mesa Dr. over Arizona Canalbank to Highland Ave.
- Start – Salt River Athletics Field lot on Chaparral Rd. between Country Club Dr. and Center St.
- Turn left onto Chaparral Rd.; continue to Country Club Dr.
- Head West to Country Club Dr.
- Turn left onto Country Club Dr.; continue South on Country Club Dr.
- Head toward Indian School Rd.; continue South along Country Club Dr.
- Turn left onto Indian School Rd.; continue East along Indian School Rd.
- Turn left onto Mesa Dr.; continue North along Mesa Dr.
- Turn right onto Camelback Rd.; continue East along Camelback Rd.
- Turn left on Horne Rd onto Canal Bank Rd.; continue West along Canal Bank Rd.
- Turn right to cross Mesa Dr. bridge
- Slight turn right onto Highland Ave; continue East along Highland Ave.
- Turn left onto Stapley Dr.; continue North along Stapley Dr.
- Turn left onto Lincoln Ave.; continue West along Lincoln Ave.
- TURNAROUND on Lincoln Ave. (approximately at the 3rd electrical pool)
- Head East along Lincoln Ave.
- Turn right onto Stapley Dr.; continue South along Stapley Dr.
- Turn right onto Jackrabbit Rd.; continue West along Jackrabbit Rd.
- Turn left onto Mesa Dr.; continue South along Mesa Dr.
- Cross Mesa Dr. bridge
- Slight left onto Canal Bank Rd.; continue East along Canal Bank Rd.
- Slight right onto Horne Rd. toward Camelback Rd.
- Turn right onto Camelback Rd.; continue West along Camelback Rd.
- Turn left onto Mesa Dr.; continue South along Mesa Dr.
- Turn right onto Indian School Rd; continue West along Indian School Rd.
- Turn right onto Center St; continue North along Center St.
- Turn left onto Chaparral/Canal Bank Rd.; continue West along Chaparral Rd.
- Turn left into parking lot
- Head toward FINISHLINE

