

JACKSON HOLE MARATHON EVENTS - RUNNER UPDATE – August 25, 2016

Hello runners,

We are extremely excited to see you here in beautiful Jackson Hole over Labor Day weekend for the 2016 Jackson Hole Marathon, Hole Half-Marathon or Tyler Strandberg & Catherine Nix Memorial Relay events. Our volunteers and safety patrols are ready to cheer you on as you run through the neighborhoods and along the pathways of Teton County, Wyoming. Just in case there is any confusion...Jackson Hole, WY and Jackson, WY are the same place; the names are interchangeable and people use both names to refer to the area. While it's been a difficult fire season the West, we are hoping the skies stay clear!

The following information should be helpful for race day and during your stay in the Tetons. Please be sure to check the **NEWS** page on the race website in the days leading up to race day for the any last minute updates surrounding the event. (A printable PDF of the information in this update will be posted on that section of the site, too.) Additionally, keep an eye on the Jackson Hole Marathon Facebook page for any late breaking posts and updates, as well as some special offers from our local sponsors.

CANCELLATIONS / SWITCHING RACES: If you need to cancel your registration please do so via the I'm Athlete registration platform before 5pm on Saturday, August 26th in order to receive a partial credit for next year's event. (After Saturday, no credit will be offered.) If you wish to switch races, please do so via the I'm Athlete registration platform before 5pm on Sunday, August 28th. To do either of the options listed above, simply log into your I'm Athlete account using the registration code provided when signing up for the race and look for the "Edit Registration" button.

MILITARY REGISTRATION: If you registered for the event using our Military discount, please be prepared to present your valid ID during race check-in. In the past, some people registered with this discounted entry while not being members of the Military. If you chose that registration option by mistake, please let us know immediately and we'll assist you with making a switch. If you arrive at race check-in registered under a military participant and do not have military ID, you may not be allowed to participate in the event.

ALTITUDE / WEATHER: If you didn't already know, the Town of Jackson sits at over 6,300ft (1,890m) above sea level. Therefore, proper hydration is important, especially for those arriving from lower elevations. If no clouds are out on race day, the sun can be intense. Also, since you'll be running in a mountainous region, be aware that weather can change almost instantly. One of the best weather websites for the area is MountainWeather.com. It will most likely be very cool on race morning, but it typically warms up quickly as the sun rises. Please be prepared on race day. Here is a link to an article with tips about being at altitude: <http://www.jacksonholetraveler.com/article/high-altitude-health-tips/>

CUP FREE RACE: As a reminder, the Jackson Hole Marathon Events are "cup-free" races. Therefore, every competitor is required to carry some form of a hydration system/container (bottle, cup, bladder or a collapsible cup, like a Hyrapouch) while on course. There will be a limited supply of lightweight, portable race cups from UltrAspire and Hydrapouch for sale at packet pick-up. Cups will NOT be available at any aid station on course. If you need to purchase a hydration system, or last minute race supplies, please visit **Skinny Skis** at 65 W. Deloney in downtown Jackson Hole, which is less than a 5-minute walk from packet pick-up at the JH Chamber of Commerce.

RULES & REGULATIONS: Be sure to thoroughly review the race **RULES & REGULATIONS** page, particularly the cut-off/closing times for certain aid stations along the course. Keep in mind that our Finish Line cut-off is set at 6.5 hours. Most of the course utilizes a community pathway system, so please use courtesy during the event. Safety cones are used at certain stretches along public roadways, and non-pathway sections on the course, to protect runners from vehicle traffic; all competitors must run **inside** of the cones at these points on the course. Anyone running outside of the cones on the public roadways will be disqualified – no exceptions. Marathoners are required to run against traffic while in the Town of Jackson, especially after passing the climbing walls and baseball diamond at mile 2.4 (Phil Baux Park) on Snow King Avenue.

SAFETY: Participant safety is our greatest concern. Please run single-file whenever possible, especially when passing through tunnels and over bridges, and remember that all roadways and pathways in and around Jackson are open to the general public on race day. With thousands of visitors from around the world sightseeing in the area, participants need to be alert when crossing all intersections on the course and respect the instructions of the safety officials, volunteers and course marshals. Medical personnel will be monitoring the course and finish line areas so please do not hesitate to utilize them if needed, or ask any aid station volunteer call for assistance.

PACKET PICK-UP: Packet pick-up will take place at the Jackson Hole Chamber of Commerce on Friday, September 2, from 1:30pm until 9:30pm. Please do not arrive early as bibs and chips will not be available until 1:30pm. The timing company travels a long distance and arrives late on Friday morning. Since it takes a bit of time for them to set-up please respect the 1:30pm arrival time. The Jackson Hole Chamber Of Commerce is located just off the Town Square in downtown Jackson, at 112 Center Street. (The Marathon starting line is on Center Street, about 150 feet from the front door of the Chamber offices.) If you arrive into town after hours due to unforeseen circumstances, and someone cannot pick-up your bib during the hours listed above, please go to your respective starting line on race morning. We will work things out at that time. We do allow bib pick-up by others, provided that individual has a note with your name, address, date of birth and registration confirmation number. Please be sure to say hello to Co-race Director, Lisa Smith-Batchen, and ask her about the many adventures she's tackled!

IMPORTANT BIB INFO: Please do not fold or tear/cut your race bib number as the timing chip could be damaged. If the chip is damaged it's next to impossible to receive splits and a finish time!

LIVE RUNNER TRACKING: Friends and family will be able to monitor your split times on race day. Be on the lookout for an email from Chrono-Track in the days leading up to the event so you can register for this free service.

RACE START TIMES: All races, the Full Marathon, Half Marathon and Marathon Relay, start at 7:00am!

START LOCATIONS: The **Full Marathon/Memorial Relay** starting line is on Center Street, just up the street from the Jackson Hole Chamber of Commerce. The **Hole Half-Marathon** starting line is located on Coyote Canyon Road, on the campus of the Journeys School of the Teton Science Schools, just off Hwy 22. It is important that you arrive at the **correct** starting line on race morning...so, please know where you need to be on race day!

RACE DAY PARKING

Pre-Race Parking at The Starting Lines:

- **Half Marathon:** Long-term parking is **NOT** allowed near the **Half Marathon** Starting Line, or in the Journeys School Parking lot. However, Half-Marathon participants may be dropped off at Coyote Canyon Road on race morning
- **Full Marathon/Memorial Relay:** There are 2 options for parking near the **Full Marathon/Relay** Starting Line: 1/ in the Home Ranch Lot in downtown Jackson, one block north of the Town Square, and 2/ in the Deloney Lot, on the corner of Deloney and Willow, also one block from the Marathon starting line. Post-race Shuttles, using the START bus daily service, will run from the Finish Line back to downtown Jackson after the race (pick up your shuttle ticket at the Timing tent or Awards table, located near the Finish Line), with a stop 2 blocks from the parking lots listed above.

Spectator Parking:

- Spectator parking at the Finish Line is available in the lots around Teton Village. All roads in and around the Town of Jackson, the Town of Wilson and to the finish line will be open to vehicle traffic on race day. Parking on roadways around the Finish Line is not permitted – vehicles parked there will be ticketed and towed.
- On race morning, spectators can park near the Starting Line of the Full Marathon to watch their runner(s) depart. (The Farmer's Market will be setting up on the Town Square and there are several coffee shops within walking distance of the Full Marathon Starting Line. Parking is not allowed at the Half-Marathon Starting line, or on Hwy 22. Please follow all parking restrictions and do not block traffic.
- Some good locations to catch a glimpse of the Full Marathon runners on the early parts of the course are at mile 4.8 at Smith's Supermarket on Hwy 89 and High School Road (by the fuel pumps); at mile 7.7 in the Liquor Down South parking lot on Hwy 89 and at mile 12.6 near the intersection of High School Road and South Park Loop Road. Viewing points for both Half and Full Marathon runners are at: miles 16.5 (3.4 for the Half) by the pedestrian bridge mile at Emily Stevens Park off of Hwy 22; at mile 17.1 (mile for the Half) in the Teton Village Commuter Parking Lot near the intersection of Hwy 22 and Hwy 390; at mile 21 at Elevated Grounds in the Westbank Center off of Hwy 390; or at mile 21.7 in front of The Aspens Market on Hwy 390.

RACE SHUTTLES

Important Update: Thank you for your patience while we finalized these details to get everyone to their starting line on time – we do not want anyone stranded in the wee hours of the morning. Times are posted on the SCHEDULE OF EVENTS page.

- **Pre-Race Shuttles (From the Finish Line area) to the Starting Lines (for both races):** On race morning, shuttle buses will provide transportation, to the starting lines for both races, from the **RANCH LOT** in Teton Village (off of Apres Vous Drive). The Ranch Lot is about a quarter mile from the race Finish Line. On race morning, look for the RACE SHUTTLE and RACE PARKING signs, as well as the permanent road signs listing the RANCH LOT (followed by a blue, circular “P”). The buses will meet participants near the restroom building at the entrance to the **Ranch Lot** at Teton Village. Shuttle departure times are posted on the SCHEDULE OF EVENTS and on the PARKING & SHUTTLES pages.
- **IMPORTANT:** Unless instructed otherwise by a Race Official, or with signage, **Marathon/Relay** participants will board **START** buses; **Half-Marathon** participants will board *Jackson Hole Whitewater* buses. (One START Bus will drop off at both starting lines, so be sure to ask when boarding on race morning so you know to get off at the correct starting line.) Be sure to collect your belongings before exiting the bus. These buses will not return to the Finish Line after their morning drops. The Jackson Hole Marathon Events is not responsible for personal items left on race shuttles.
- **Post-Race Shuttles:** Return shuttles will be provided from the Finish Line back to the Town of Jackson (free for participants). This free service is provided by START BUS, using their regular route, but participants will need to pick up a START bus ticket near the Awards Tent at the Finish Line. Departure times are: 9:45am; 10:45am; 12:15pm; 1:15pm; 2:15pm and 3:15pm. The START bus will pick-up across from the Tram/Clock Tower in Teton Village, about 200 yards from the Finish Line. **IMPORTANT NOTE:** the post-race shuttle will only return participants to downtown Jackson Hole. The post-race shuttles **DO NOT** go to the Half Marathon starting line at Journeys School (as parking is not allowed at the Half Marathon Starting line.) Since the post-race shuttles utilize the actual START Bus route for Saturday, it may make sense to walk to the Full Marathon Starting Line near the Town Square on race morning and then get off at the bus stop closest to your hotel in the afternoon. Here is a link to the START Bus route and schedule (be sure to look at the Teton Village to Jackson route for the departure time and in-town stops) and Stop #20 is the closest to the Home Ranch Parking lot. **CLICK HERE** for a START BUS schedule.

TOILETS

- **Full Marathon Starting Line:** on race morning there are a few options around the Town Square. Portable toilets are provided on the east side of the Home Ranch Parking Lot (off of Gill), near the large recycling containers. Permanent, (and heated) restrooms are located inside the Information Center at the Home Ranch Parking lot (just south of the Starting Line on the corner of Gill and N. Cache St.) and in the bus stop at the Deloney Parking Lot on the corner of Deloney & King St. Both of the “permanent” options are one block from the Full Marathon starting line.
- **Hole Half-Marathon Starting Line:** portable toilets will be available at the south end of the gravel parking lot near the starting line on Coyote Canyon Road at the Journeys School. Please be respectful of the School that is allowing to use their property and use the toilets (instead of the bushes and trees in the area). Also, please dispose of your trash in the bins provided near the starting line. Some school groups will be meeting in the same area later in the day we like leaving no trace.
- **On Course:** Portable toilets will be available at every aid station on the course. A permanent restroom structure is located just off the pathway behind the large red Wilson School Building (roughly mile 18.6 on the marathon course; mile 5.5 on the Half Marathon course). For full marathoners, one portable toilet will be located at the turn onto Willow St. (mile 2.1) and a permanent restroom facility is located in the small park at mile 4.1 (across from the pond).
- **Finish Line:** portable toilets will be available just before the finish line area in Teton Village; alternatively, there are public restrooms located throughout Teton Village...the closest is on the ground level of the Mangy Moose Saloon next to the General Store.

COURSE MARKINGS: The course will be marked with signs at each major turn or junction, as well as at each mile on the respective courses (sign examples are posted on the NEWS page). “Wrong way” signs will be used in areas where runners could potentially miss a turn. Additionally, if the weather remains clear and dry, arrows will be placed on the road to indicate turns. While the signs and arrows will be quite visible, each participant should always pay attention while on the course, especially while covering the early miles of the marathon and at the aid station that follows the long pedestrian bridge over the Snake River, as there is a U-Turn at that point. We do our best to always over-mark/flag each major turn accordingly in case the wind, or unkind people, decide to remove the signs.

LITTER / DISPOSABLE CLOTHING / DROP BAGS

- **Litter:** Please do not litter on the course. Per the *Rules & Regulations*, any participant found littering on the course is subject to disqualification. Trash receptacles will be available at each starting line and at every aid station.
- **Disposable Clothing:** Since the temperatures on race morning could be a bit chilly (typically in the high 30s or low 40s), extra clothing might be required while at the starting lines...or for the first few miles of your run. If you need to discard clothing items, please do so at your respective starting line or the first aid station you come to on the course. Items left on the ground at the starting lines will be collected by local non-profits and will not be available at the finish line. Please do not discard items at other spots on the course, which is open to the public at all times.
- **Drop Bags:** The goodie bag you receive at packet pick-up can be used to send extra clothing to the finish line on race morning. Simply label the bag with your race/bib number (Sharpies will be available at packet pick-up), look for the DROP BAG signs at the starting line on race morning and leave the bags at that drop off spot. We'll transport the bags to the Finish Line where they can be retrieved once you finish your race. **Note:** The Jackson Hole Marathon is not responsible for items/valuables left in the bags, on buses, on the course or at aid stations. Additionally, any drop bags left behind at the Finish Line will be donated or be put in the trash.

AID STATIONS

- **Fluids:** As a reminder...the Jackson Hole Marathon Events are “cup-free” races! What does that mean? Cups are **not** provided/available at any aid station on the course. Thus, all participants must carry a bottle, hydration bladder, cup or any other container or device that holds fluids while on the race course, from start to finish. (If you'd like to see how the system works at the aid stations, please visit Hydrapouch.com.) Water and PowerAde will be available at each aid station. **PowerAde** flavors include **Fruit Punch** (Full Marathon Miles: 2.6; 4.9; 8; 10.6; 15; 17.1; 21.6; 24.9 and Half Marathon Miles: 1.9; 4; 8.5; 11.8) and **Mountain Berry Blast** (Full Marathon Miles: 6.9; 12.6; 19.6; 23.2 and Half-Marathon Miles: 6.5; 10.1). An unstaffed “Water-only” table will be positioned at mile 18.6 (5.5 for the Half).
- **Nutrition/Snacks:** GU Energy gels (Vanilla Bean, Chocolate Outrage, Salted Caramel, Tri-Berry or Strawberry Banana) will be available at points along the course (miles 12.6 and 19.6 for the Full Marathon/mile 6.6 for the Half Marathon, and other locations if extras exist) and small snacks (hard candy, fruit chews) at most of the later aid stations on the course. If you have specific nutritional requirements, please be prepared to carry your own supplies.

RELAY EXCHANGE POINTS: While the information here applies to the Relay, participants in the Tyler Strandberg & Catherine Nix Memorial Relay should check the Relay section of our website for information specific to that event. Directions to the Relay Exchange points will be posted there

POST-RACE SNACKS & BEVERAGES: Snack boxes from Fitful, fruit and beverages from High Country Coca-Cola Bottling will be provided at the Finish Line for registered participants only. The FOOD TAG from your race bib number must be provided in order to receive a snack box. Snake River Brewing will provide adult beverages for those over 21 years of age, please only beer one per runner using the Drink Tag from the race bib. Also, we ask that participants who finish early be considerate of those still on the course...please do not take extra food and/or drinks for friends and family. (It's the right thing to do!) There are numerous food and drink vendors located around Teton Village and they are happy to serve you and your family and friends. Unfortunately, we cannot feed and hydrate spectators at the Finish Line on race day.

AWARDS: Per the *Rules & Regulations*, the Top 3 Overall race awards, for both male and female winners, as well as the overall male/female Masters winners, are based on “gun time” (not chip time). Age group awards are based on “chip time” again this year. Therefore, if you wish to compete for an overall award you'll need to secure a spot near the starting line of your event and race the others at the front of the pack. Awards for the Full and Half go to the Top 3 overall finishers, male/female, and then three deep in each 10-year age group (eg: Under 20, 20-29, 30-39, etc.). Keep in mind that awards are not mailed out after the race, so please be sure to check the Results at the finish line before heading home. A “formal” Awards Ceremony is not held, but the list of Overall and Age Group winners will be announced at the Finish Line area around 12pm; awards can be picked up (any time after 10am for the Half Marathon and 11am for the Full Marathon) at the Awards Tent near the finish line. Results will be available next to the Finish Line area, near the Timing/Announcer Tent.

POST RACE SHOWERS: Need to check out of your hotel on race morning but would like to shower before heading out of Town? One option to consider is offered by the Jackson Hole Rec Center, located in downtown Jackson Hole, near the marathon starting line (just east of the Home Ranch Parking Lot). Day passes, which include access to the showers, pool and hot tub areas, cost \$7 for non-residents. Saturday hours are Noon-8pm. It's also a great for the kids as there is a water slide!

All the best for a wonderful race weekend! --The Jackson Hole Marathon Events Staff