

JACKSON HOLE MARATHON EVENTS - RUNNER UPDATE – August 27, 2017

Hello runners! What a summer it's been here in Jackson Hole, filled with beautiful sunny days and an amazing total solar eclipse. Hopefully yours was as enjoyable as ours! We are extremely excited to see you here in the Tetons over Labor Day weekend for the Jackson Hole Marathon, the Hole Half-Marathon and 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 so there's no confusion...Jackson Hole, WY and Jackson, WY are the same place.

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.

SWITCHING RACES / CANCELLATIONS: Looking to **switch** races? Please do so via the I'm Athlete registration platform before 8pm on Monday, August 28th. If you need to **cancel** your registration please do so via the I'm Athlete registration platform before 5pm on Thursday, August 31st. 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.

ALTITUDE / WEATHER: If you didn't already know, the Town of Jackson sits at around 6,300 feet (1,890m) above sea level. Therefore, proper hydration is important, especially for those arriving from lower elevations. If the skies are clear, which they typically are, 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 chilly on race morning, but it looks like it will warm up quickly, as soon 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. A very limited supply of lightweight race cups from UltrAspire and Hydrapouch will be available for purchase at packet pick-up. Cups will NOT be available at any aid station on course. If you need to purchase a hydration system, or any last-minute race supplies, please visit **Skinny Skis** (65 W. Deloney) in downtown Jackson Hole, which is just off the Town Square and less than a 10-minute walk from packet pick-up at the SpringHill Suites.

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 (also on the **COURSE MAPS** page). Keep in mind that our Finish Line cut-off is set at 1:30pm, or 6.5 hours after the start of the race. Most of the course utilizes a community pathway system, so please be courteous to other users 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, when present, 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 and we hope to see everyone cross the finish line on race day! Please run single-file whenever possible, especially when passing through tunnels and over bridges, and know 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, or any aid station volunteer, during the race.

PACKET PICK-UP: Packet pick-up will take place at the SpringHill Suites by Marriott (150 W. Simpson Avenue, Jackson, WY 83001) on Friday, September 2, from 1:30pm until 8:00pm. 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. Early afternoon is a great time to grab lunch across the street at the Snake River Brewery, or one of the many other options in town. If you arrive into town 'after hours' due to unforeseen circumstances, and/or 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 another person, provided the individual you select

presents a signed copy of the **Packet Pick-up Authorization Form** (available for download on the REGISTRATION page) along with a valid ID.

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! The tabs on the bottom of the bib are needed to obtain the food box and beverage at the Finish Line, so it's best to hang onto those.

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 / START LOCATIONS: All races, the Full Marathon, Half Marathon and Marathon Relay, start at 7:00am! The **Full Marathon/Memorial Relay** starting line is located on Center Street, near the intersection of Deloney. The **Hole Half-Marathon** starting line is located on Coyote Canyon Rd, on the campus of the Journeys School, just off Hwy 22. It is rather 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: (Check the **PARKING & SHUTTLES** page for specifics)

- **Half Marathon:** Long-term parking is **NOT** allowed at or near the **Half Marathon** Starting Line at Journeys School, or in the Journeys School Parking lot. However, Half-Marathon participants may be dropped off at the starting line, on Coyote Canyon Road, on race morning; drop-off vehicles will need to depart immediately from the area.
- **Full Marathon/Memorial Relay:** Options near the **Full Marathon/Relay** Starting Line: 1/the **Home Ranch Lot** in downtown Jackson, one block north of the Town Square; 2/ the **Deloney Lot** (corner of Deloney and Willow) also one block from the Marathon starting line; 3/ the **Public Parking Garage** (Millward and Simpson) 3 blocks from Town Square. Post-race Shuttles for full marathoners, using the START bus daily service, will run from the Finish Line back to downtown Jackson after the race (pick up a bus ticket at the Timing/Awards tent, located near the Finish Line), with a stop 3 blocks from the first two parking lots listed above. The Public Parking Garage (# 3 above) is the closest parking location to the post-race bus stops in Town. It's a longer walk to the start, but your post-race walk will be easy! Each parking area has a permanent rest room facility.

Spectator Parking: All roads in and around Jackson will be open to traffic on race day.

- **START:** 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. While drop-offs are permitted at the **Half-Marathon** start, parking is **not allowed** at that the Journeys School or on Hwy 22. Please do not block traffic, especially on Hwy 22.
- **ON-COURSE:** Please drive safely 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 laundromat near the fuel pumps); at mile 7.7 in the Jackson Hole Marketplace/The Bird parking lot on Hwy 89 and at mile 12.6 near the intersection of High School Road and South Park Loop Road. Good 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 4 for the Half) in the Teton Village Commuter Parking Lot near the intersection of Hwy 22 and Hwy 390; at mile 21.3 (8.2 for the Half) at Elevated Grounds Coffee Shop in the Westbank Center off of Hwy 390; or at mile 21.7 (8.6 for the Half) in front of The Aspens Market on Hwy 390.
- **FINISH LINE:** 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 illegally will be ticketed and towed

RACE SHUTTLES:

Times are posted on the **Schedule Of Events** page and all info sheets have been updated on the **Parking & Shuttles** page.

- **Important:** Pre-race shuttles **are not** provided to the Full Marathon starting line on race morning. All Full Marathon participants must find their way to the Town Square in downtown Jackson Hole. (Parking options are listed above.)

However, there is a regularly scheduled START bus that departs from Teton Village at 5:55am and arrives into Town at 6:24am. Keep in mind that space on this bus may be limited and is not guaranteed, as it is open to the public as part of their daily schedule. Visit StartBus.com and click on the “**Teton Village – Green**” schedule for details.

- **Pre-Race Shuttles – HALF MARATHON ONLY** (From the Finish Line area to the Half Starting Line): On race morning, shuttle buses will provide transportation, to the starting line of the HALF MARATHON ONLY, from the **RANCH LOT** in Teton Village (off Apres Vous Drive). The Ranch Lot is about a quarter mile from the Finish Line (in the Village Commons). Look for the RACE SHUTTLE and RACE PARKING signs on race morning, as well as permanent signs listing the **RANCH LOT** (followed by a blue, circular “P”). The pre-race buses will meet Half-Marathon participants near the restroom building at the entrance to the **Ranch Lot** at Teton Village. Shuttle departure times (5:45am/6am/6:25am) are posted on the SCHEDULE OF EVENTS and the PARKING & SHUTTLES pages. Post-race shuttles are not provided back to the Half-Marathon starting line. The Jackson Hole Marathon Events is not responsible for personal items left on race shuttles so be sure to collect your belongings!
- **Post-Race Shuttles – MARATHON ONLY**: Return bus tickets are offered from the Finish Line back to the Town of Jackson (for marathon participants). This 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. Buses depart at: 9:35am; 10:35am; 11:35am 12:50pm; 1:50pm; 2:50pm and 3:50pm from the island in front of 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** stop at the **Half Marathon** starting line at Journeys School (as parking is not allowed at the Half Marathon Starting line.) The post-race shuttles utilize the actual START Bus daily route (Teton Village to Jackson) for Saturday, so it makes sense to walk to the Full Marathon Starting Line (on the Town Square) on race morning from your hotel or the Public Parking Garage and then get off at the closest bus stop after the race, in the afternoon. Visit StartBus.com (Teton Village to Jackson/Green route) for details about in-town stops.

TOILETS

- **Full Marathon Starting Line**: 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 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 utilizing the same area later in the day and we hope to leave no trace.
- **On Course**: Toilets will be available at every aid station on the course. A permanent restroom 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, just after a bridge, 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.

COURSE INFO: The course will be marked with signage 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 after 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. Also, both courses are certified by a USATF representative (the full marathon was certified again this month). That means you are running a course measured using a Jones/Riegle counter which provides a more accurate measurement than GPS. If using a GPS, the distance registered on your device will, most likely, show more than 26.2 or 13.1 miles as it’s almost impossible to cut every corner on the course. Additionally, GPS units may be off due the tunnels that every participant must pass through (4 for full marathoners/2 for half-marathoners) on race day.

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 is usually 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 and donated 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 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 and the starting lines), look for the DROP BAG signs at your starting line on race morning and leave the bags at that drop off spot. Bags will be transported to the Finish Line where they can be retrieved once you finish your race. **IMPORTANT:** 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 at the Finish Line will be donated or be put in the trash.

AID STATIONS

- **Fluids:** The Jackson Hole Marathon Events are “cup-free” races. Cups are **not** provided or available at any aid station on the course! Thus, all participants must carry a water 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: 4.9; 10.6; 21.6; and Half Marathon Miles: 1.9; 8.5;), **Mountain Berry Blast** (Full: 2.6; 6.9; 8; 12.6; 15; 19.6; 23.2 24.9 and Half: 6.5; 10.1; 11.8) and **Lemon Lime**: Full: 17.1 and Half: 4. 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 6.5 for the Half Marathon) and 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 Team Relay event, participants in the Relay should check the Relay section of the website for directions to the Relay Exchange points, as well as additional information on that event.

POST-RACE SNACKS & BEVERAGES: Fruit, snack boxes from **Fitful** 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 presented in order to receive a snack box. **Snake River Brewing** will provide adult beverages for those over 21 years of age; please only one beer per runner using the Drink Tag from the race bib. 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. (Do the right thing!) There are numerous 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 awards, for both male and female winners of the Full and Half Marathons, as well as the overall male/female Masters winners, are based on “gun time” (not chip time). All age-group awards are based on “chip time.” 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. Age-group awards for the Full and Half go to the Top 2 finishers, male/female, in each 10-year age group (eg: Under 20, 20-29, 30-39, etc.). 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. All 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, at the Timing/Announcer Tent.

POST RACE SHOWERS: Need a post-race shower? Consider a Day Pass at 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 (\$7 for non-residents) include access to the showers, pool and hot tub areas. Saturday hours are Noon-8pm. (There is a water slide for the kids!)

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