



2017 Publix Fort Lauderdale A1A Marathon & Half Marathon

Final Instructions for Participants

First off, Congratulations! You are about to take part in the 12th annual Publix Fort Lauderdale A1A Marathon & Half Marathon Presented by Colavita Olive Oil! We truly thank you for choosing our event and hope you enjoy the beautiful course and scenery that signifies South Florida!

Below is a list of details and instructions to help you get through your race weekend smoothly. It is organized in a somewhat chronological order from the expo through the end of race day, on Sunday. If you have additional questions, feel free to email us and we will try to get back to you in a timely manner via our smartphones ;)

The Publix Health & Fitness Expo/Package Pick-Up - Friday & Saturday, Feb. 17th - 18th

**Broward County Convention Center
Grand Ballroom, 3rd Floor
1950 Eisenhower Boulevard
Fort Lauderdale, FL 33316**

Dates and Hours:

- ❖ Friday, February 17, 2017 - 3pm to 8pm**
- ❖ Saturday, February 18, 2017 - 10am to 6pm**

****** PLEASE BRING A PHOTO ID/PASSPORT to show volunteers to pick up your packet***

- ❖ Please note that you ***must attend the expo*** to pick up your race packets, which will include your performance tech shirt, bib number, timing chip, and goodie bag.
- ❖ Please bring a copy of your ID to pick up your packet and be prepared to show it to the volunteer staff that will be distributing the race materials.
- ❖ The Runner Numbers will be in alphabetical order by Last Name. Thus, go to the queue that has the first letter of your last name, ie. A-C, D-F, etc.
- ❖ ***** If you cannot attend the expo, a family member or friend can pick up the packet on your behalf if you provide them with a photocopy of your ID; not a picture on your phone. That is very difficult for us to read and slows up the line. ;-)***
- ❖ The Fort Lauderdale A1A Merchandise Booths will be at the Exit of Packet Pickup. We will be selling branded FTL A1A Gear!!
- ❖ ***VIP PARKING PASS*** – If you purchased a Finish Area Bahia Mar VIP Parking Pass, you will need to pick the Pass up at the Expo at the Registration table. Please ***BRING THE PASS WITH YOU ON RACE DAY!!***
- ❖ ***LEXUS VIP PARKING*** – Lexus will once again offer VIP Parking Passes to the ***first 75 Lexus drivers*** who come to the Expo. Show your Lexus car keys to the staff at the Lexus Booths. They will give you a Pass to bring on Race Morning.

*** Please note... The Timing Chip is attached to the back of the bib. Do not remove it.

Marathon & Half Marathon Details

Date: Sunday, February 19, 2017

Schedule:

- ❖ 4:00am (EST) Shuttle Buses begin taking runners from the Finish to Start Area
- ❖ 4:30am (EST) Start Line Area opens
- ❖ 5:15am (EST) Orange Theory Lead Warm-Up
- ❖ 5:30am (EST) Welcome Address
- ❖ 5:35am (EST) National Anthem

- ❖ 5:45am (EST) Wheelchair Participants
- ❖ 6:00am (EST) Marathon & Half Marathon participants

***** PLEASE PLAN ON ARRIVING EARLY!!! THERE WILL BE TRAFFIC AROUND THE START AREA GARAGES! WE RECOMMEND ARRIVING BY 4:30AM.**

**Start Line Location: 401 SW 2nd Street
Fort Lauderdale, FL 33312**

**Finish Line Location: 1100 Seabreeze Blvd.
Fort Lauderdale, FL 33316**

Course Hours:

Both the Full and Half Marathon Courses will be open for 6 hours, from 6:00am – 12:00pm. We ask that all participants be in the runner corrals by 5:40am. Our event features a ‘mass start’. Both Marathon & Half Marathon runners will start at the same time and share the same course for the first 8 miles. The corrals will be organized according to expected finishing time. Runners are asked to find their place in the corral according to their finishing time. There will be signs in the corral marking the times, i.e. 3:00 hrs., 3:15, hrs., 3:30hrs, etc.

*** Course Maps are located in your event program as well as the links for the Marathon & Half Marathon details on the website.

Aid Stations:

There will be Aid Stations at approximately every mile of the course, along with Porto-lets. Each aid station will feature water and BodyArmor electrolyte beverage. Additionally, PowerBar gels will be available at select stops along the course. There will be 4 medical stops along the course that will feature basic first aid if needed. We will also have ambulances on call if the need arises.

Pace Teams:

There will be Pace Teams available for the Marathon & Half Marathon. The pacers will be located in the Start Line Corral and will be holding signs with the target pace on it. The Pacers will be organized in 15 minute increments: 3:00 hrs., 3:15 hrs., etc. The Runner’s Depot Pace Team will also have a booth at the Expo in order to answer

questions. Look for the Runner's Depot booths right near packet pickup.

Free Shuttle Bus Service:

Both the Marathon & Half Marathon races are **Point-to-Point** runs with differing Start & Finish locations. There will be a complimentary shuttle bus service taking both runners and spectators from the Finish to the Start, and vice versa. **Shuttle Service will begin at 4:00am, and run through 1:00pm.**

❖ **Finish Line Shuttle Bus stop location: Bahia Cabana Hotel, 3001 Harbor Drive, Fort Lauderdale, FL 33316**

If you wish to park near the Finish Line in the morning, please arrive as close to 4:00am as possible in order to provide adequate time to get to the Start via the Shuttle Bus. After the race the Shuttle buses will be waiting by the Bahia Cabana Hotel (right by the Finish Area) to take runners back to the Start Line area.

Parking:

Parking attendants will be located on Broward Blvd to direct traffic to the various garages. Follow the people with flags to directly you to the lots.

There is plenty of Parking Capacity near the Start Area! We ***STRONGLY*** recommend that people arrive by 4:30am to park. There will be some congestion, as thousands of cars will be travelling to the area! Please...please, give yourself enough time to park so you are not rushed on race morning. The parking fees will be around \$10-\$12 at the Start Area. There is a parking map located in the event program that you will receive at the Expo. Carpool if possible!!

By our Finish Line Area, there are approximately 240 parking spots at the City Parking Lot on the corner of Las Olas & A1A (Across the street from the Elbo Room and Quarterdeck). The meters will begin at 4:00am. It is about a Half Mile walk to the Shuttle Bus location.

At the completion of your run, *and after you have partied with us*, the Shuttle Buses will be located across the street (opposite the ocean) to take you back to the Start Line, if you parked there.

UPS Gear Check:

We offer a complimentary Gear Check for our runners, which will be located at the **back** of the Start Line Corrals. There will be 2 UPS trucks and a staff of volunteers, which will organize the gear check in process. The bottom tab of your bib will serve as your gear check tab and will be attached to your bag with the corresponding ticket number given to you. Keep your ticket with you while you run. Put it in your pocket, or place it in your shoe by your ankle.

The UPS trucks will drive your checked belongings to the Finish Area, and will be available for pick up at the Southern most end of the Finish Area.

***** We recommend that you DO NOT check your wallets** into a Gear Check bag. Leave your wallet in the car. Additionally, don't simply check your car keys as your gear. That is simply asking for trouble and we will not be held responsible for a lost car/house keys!! Runners are responsible for bringing their own Gear Check Bag. We recommend using your Publix Swag Bag that you will receive at the Expo.

Age Group Awards:

The awards will be given out based on **Chip Time** for each age group category for both male & females. Age Groups categories are for each 5-year increment: 15-19; 20-24; 25-29; 30-34, etc. all the way up to 70-74, then 75 and older.

- ❖ Half Marathon Awards Ceremony – 9:00am at the Finish Line, by the music bands
- ❖ Full Marathon Awards Ceremony – 11:00am at the Finish Line, by the music bands

Overall Top 3 Awards will be based on Gun Time. If you are a competitive runner, please make sure to go to the front of the Start Corral. The Gun Time will serve as your Start Time for the placement in Top Overall Male/Female.

Timing & Scoring:

We will be using the Bib Chip B-Tag System this year. Your timing chip will be affixed to your bib. It is your responsibility to ensure that your bib is worn with the chip attached. No Chip...No Time. ***Do not remove the chip from the back of the bib!***

You do not need to return the chip after the race; it can be disposed.

Once again, we thank you for choosing to race with us. We know there are many choices for events out there these days. With the loyalty of our runners, we have slowly grown into a cornerstone South Florida event, with national recognition!

To the Start Line!

The A1A Team