



Kentucky Derby Marathon in Louisville Notes April 23-28, 2009

Have you noticed how marathon favorites are somewhat judged by the results? To which you'll find Maricar much more enthusiastic about this one than Diana since Maricar finished in 5:21 and Diana finished in 5:50. With temperatures reaching to 90 degrees along with strong winds, even the winner added a half hour to his time. Yet he was probably home and showered before the nearly 200

runners needed medical care. The sag wagon made many trips for the 30ish that didn't finish. So I am not unhappy but neither will you hear me sing the praise of this marathon.



Positives (damn but I'm searching):

- Destination is super with the Kentucky Derby Festival ongoing with many Derby events including steamboat races, hot air balloon glows and the biggest fireworks extravaganza in the country.
- Louisville as a town full of history is a pleasant surprise.
- Louisville residents come out in droves and are very kind people. Especially the man with ice and potato chips at the start of Cherokee Park between miles 15-16.
- Tourist sites can keep you interested a few days.
- Temperatures normally are not over 70 degrees at the end versus at the start.
- Course runs through Churchill Downs, through interesting neighborhoods and some famous parks.
- It's a very old race at about 35 years, or rather a very old Mini Marathon aka Half Marathon.
- Some costumes and maybe a dozen in Elvis costume who run every year.
- Free entry passes to Churchill Downs (though Festival events are not free.)
- Host hotel was to be attached to the Expo Center and pasta dinner location. (Sorry it moved a long ways away after I booked the hotel.)
- Pasta party was only \$9 yet had real foods (pasta selections, chicken and Derby pie) plus two speakers.
- Expo was larger than expected and had a good tourist booth.
- Medal was cute.

Unfortunates:

- Weather isn't the fault of the race committee. The newspaper claimed it hit 90 and we suspect winds were much stronger than the 18mph predicted.
- Course has some major hills in the first 6 miles, a few in the middle, and a big bridge between miles 23-24. It contained a lot of concrete, and next to NO shade.
- Water stations never seemed close enough and some ran out of Propel (even if you like Propel) and yet the roving bicycle medical people were offering bottled water so I shouldn't complain. Some complained that giving out full bottles of water was wasteful but they may have also been recipients FEMA stashed bottled water that needed used up (like Illinois Marathon.)
- Our hotel gave us what turned out to be the adjoining room to the Presidential Suite where a huge party erupted the night before the marathon giving us very little sleep potential.

Unforgiving or also known as gripes:

- Expo was \$22 taxi ride (one way!) from downtown and the host hotel, as was the pasta party.
- T-shirt was (as Maricar puts it) so 2000. A cotton shirt that was ugly to boot.
- Bus to the start asked us to line up 1 1/2 to 2 1/2 hours earlier than the start, i.e. 5 to 6:15am.

- Port-a-potty lines were still long 15 minutes *after* the start.
- Food at the finish line was sufficient but nothing to brag about. There was no post race party.
- Massage either didn't exist or was gone by Maricar's 5:20 finish.
- Fat-asses rule the course making it very difficult to do anything but walk the first few miles. Picture a great number carrying backpacks, I kid you not. I know, at least they were out but I wish they were out either before or after the marathoners.
- The Half Marathon is called a MiniMarathon. Get used to the "half" folks declaring they ran a "marathon." It's all they knew for about 35 years.

Health and welfare

Maricar had worried that she hadn't trained properly as she'd been in Europe and her last long run was in Little Rock the middle of March. Diana worried that she'd trained too much with having been at Illinois Marathon two weeks prior plus the weekend before having overdone with a half marathon, a 10-12 miler on hills, plus a strenuous 2 hour hike. Glitches prevailed and I'd seen a massage therapist twice since Illinois, so when the heat developed, it was easy to simply think of finishing and no more. Maricar is more competitive and worked hard and deserved her very fine 5:21 finish and it shows that she will be able to normally finish well under 5 hours in good weather conditions. I'm not willing to work hard, nor to hurt, nor to compete, so I visited along the way, met a lot of nice people to include some residents, stopped in some shade, found a real port-a-potty stop instead of the bushes, and walked practically every step of the way from somewhere between 6 and 8 miles. I've decided that if I can finish under 6 hours by walking, why should I risk hurt? I've never liked sweating. Remember that it takes longer for a "masters" to heal and I have a full schedule. Next week is a hike plus a half marathon and the following weekend is a 50K in the hills and streambeds of West Virginia.

Touring – that's what it's all about

It's true that you see a lot on your feet that you'd never see otherwise and this course couldn't be faulted. The scenic route started in Iroquois Park where we looped around and up and over these hills for nearly 6 miles. This is one of two parks designed by the esteemed Frederick Law Olmsted. The race route included a lap around the infield at historic Churchill Downs, along Louisville's newly developed waterfront, a skate park, by a huge festival, as well as by several eclectic neighborhoods. We ran by the famous Victorian houses of old historic Louisville and through the Highlands area around Cherokee Park. After the river loop we went over the same bridge where Mohammed Ali tossed over his Olympic Medal when he was denied access to a restaurant, and into a loop of Southern Indiana, before returning to downtown Louisville.

There are some places you can't easily get to on your feet so Friday we toured with Mint Julep Tours through historic Louisville and Churchill Downs, as well as going into the Kentucky Derby Museum.

The Urban Bourbon Trail

There are some walking tours where you are lucky to stay on your feet. The evening after the marathon found us at first reluctantly embarking on The Urban Bourbon Trail and then quickly getting into it. With a Passport to get stamped at each of 8 famous locations, with 8 famous drinks to consume, we were off with friends Charlotte, Tara and Cathy. I could write a book on them, and maybe more there later. Did you ever hear of the Epcot Shuffle after Disney's Goofy? This gateway to bourbon country is somewhat akin to the beer sampling around Epcot. Great fun. Or I think it was. .

- The Bar at BLU was in our own Marriott Downtown hotel and they feature



a bourbon chocolate martini. The chocolate comes from crème de cocoa and it was like having a dessert but very strong. Nearly done with my martini, I was sure the men at the bar were trying to pick us up.

- The Brown Hotel is famous for the Hot Brown sandwich which was invented at this hotel in 1926 and still a Louisville favorite. Southern Living magazine calls this hotel a treasured landmark straight from a 1930s movie set. It has breathtaking turn-of-the-century architecture, an opulent hand-painted two-story ceiling, and a baby grand piano. It came to being because a not-well-dressed man had been denied entry at a local landmark hotel so he endeavored to build an even better hotel. It is fair competition now and it was #3 on the Bourbon Trail.
- The Galt Hotel is the only waterfront hotel and dates back to 1835 which notable guests like Charles Dickens visited. With its old-world décor of wood, leather and horse-racing memorabilia, it's clear you're in Derby City. We were in this hotel a few times, and finally noticed the glass bar which is an aquarium for local species. This was another stop of the Bourbon Trail to indulge in the Jockey Silks Bourbon Bar. They feature more than 150 varieties of bourbon but allowed us 5 stamps to our passport in return for one drink and a few appetizers.
- At 4th Street Live!, a closed street section of bars, honky tonks and restaurants and also home to Maker's Mark Bourbon Lounge, we got our first taste of a Mint Julep. They go down too easy. Maker's Mark was once featured on the front page of Wall Street Journal and then their success was guaranteed. Their claim to fame is their distillery, but for us it didn't hurt that this lounge held a stunning 57 foot bar featuring an entire wall of backlit bourbon bottles. The bartender gave us an earful about how the marathon caused his short commute of the morning to take a couple hours.
- The Seelback Hotel is owned by Hilton but built long before there was a Hilton. We'd gone in a couple days before and been saddened that the walking tour was held on marathon morning, but later the kind concierge offered a private tour and gave me his recent book celebrating the Seelback Centennial (I insisted on paying for this lovely memento book.) Think about *The Great Gatsby*, the Jazz era and F. Scott Fitzgerald and you've got the scene. Daisy was married in the ballroom. Al Capone ate in the Oak Room (Kentucky's only 5-star eatery) and had a secret passageway for exiting in a hurry. The downstairs Ratskeller is the only surviving complete Rookwood pottery room in the world. The art work is museum quality and not long ago found under layers and restored. The whole place just feels right and gives you goose bumps even before hearing the ghost stories. The Old Steelbach Bar has been restored to its authentic early 1900s décor and the expansive bar has been described as "one of the finest stretches of mahogany in the country" by The Book of Bourbon. It was named one of "The 50 Best Bars in the World" and has a plaque on the rich doorway to say exactly that. Their Kentucky limestone water is said to make the best drinks and we probably should have been drinking water.
- Housed in five historic buildings is the celebrated boutique 21c Museum Hotel. The dining room has rotating installations of contemporary art, most with the WOW factor as in "What is that?" Outside are 6' tall red



penguins as their signature, plus a giant hanging chandelier that sometimes talks to you. Inside contained another Urban Bourbon Trail location at Proof on Main with a signature Darkened Manhattan. Me? I had Water at the suggestion of a kind "marathon" couple who



warned me that bourbon can sneak up on you and worse on a dehydrated runner. This place was named one of the "Best New Restaurants" by Esquire. The Kentucky Derby hat collection was my favorite.

The Palace Theatre was between Bourbon Bars which didn't hurt giving me confidence in talking our way inside this private forum for a tour. Though we were repeatedly refused entry, eventually we were admitted for a "sneak peak only," but then our hostess warmed to us, letting us take pictures, walk through and hearing about the history of this theatre that is one of the only remaining ones of its era. They were hosting Prom Night.



Louisville's Main Street contains the largest and most important collection of iron buildings in the country, after New York City's SoHo. I visited their Main Street Association and received a better understanding of their significance and filled my camera with dozens more photographs of these unique buildings. Oddly they now contain primarily museums, a science center, restaurants, coffee shops, corporations and banks and of the entire downtown there are no shops. The Mohammed Ali Museum captured my attention for a long afternoon, but the more popular Louisville Slugger Museum did not.

They were selling personalized baseball bats as fast as the wallets would open. They fortunately warned that the souvenir mini bat was not allowed through airport's TSA but that wrapping separately for checked baggage was acceptable. I skipped the Arms Museum and only briefly looked through the Crafts Museum, wondering how they got by with charging people to come in to purchase crafts.



Much money has been put into Performing Arts Centers and Sports arenas with still another huge forum being built. I would guess that it has to do with the downtown clean up and shops might follow. Residents love their mayor and if I had all the river front parks of Louisville, I'd love the mayor too. It won't be long until they have about 100 miles of riverfront walkway parks crossing into Indiana via a series of bridges including a pedestrian only bridge. My last full day took me about 7 miles down the river where over and over the view was breathtaking and the parks enchanting. There are swing benches, picnic tables and nice restrooms all along the way with more trees and plantings than imaginable.

Belle of Louisville is the oldest remaining paddle boat now that the *Delta Queen* retired. We rode her down the river for a couple hours with the added amusement of the Red Hat Ladies reunion on board. The steamboat races are a big draw for the Festival events and they would occur the day after I left. Nearby the dock are a number of historical parks commemorating Lewis & Clark, their slave York, and even Louis XIII who financed the 'founding' of Louisville. I always have to read about them all.



Sunday morning took us with a Go!Green Tour and a delightful lady who runs her touring vans on vegetable oil, is a biology teacher, and fortunately well versed on the parks of Frederick Law Olmsted and his master plan for Louisville. This was Olmsted's final city and parks plan (next up – Maricar and I will visit his more famous one in Buffalo when at that marathon the end of May.) Beth drove us through the Victorian homes once again and it's here in Louisville where some of the more important and well preserved Victorian homes remain. If I missed something important, it was the walking tour of

these homes but at 90 degrees outside, I was more incentivized to walk the river walk on my final day.

Horses and more horses

I wanted to give you a bunch of pictures of horses. That is, statuary of horses. Remember Chicago and New York City's cows? Cincinnati's pigs? Palm Beach's alligators? Louisville was putting out dozens of horses designed and painted by noted artists and at least one per block. I made an effort to find each and every one for a photograph.

Would I go again?



Well, I don't often attend a marathon the second time but this one remains as a mixed bag. Were the expo connected to the hotel it would help and the movement to outside town was a downer. There's no solution to the need to bus and I'd say the course is worth the bus ride. Where there are city fathers like Colonel Sanders and Mohammed Ali, there's good. The tourist center of downtown and getting to run through Churchill Downs and wear an Ascot style hat are highlights and make this marathon worthwhile if you want to see something different. And I'd sure go if these same gals went!

Thu 4/23/09 Diana & Maricar

11:30pm Depart home via auto – meet in Presidents Club
1:29pm Depart Newark via CO #2925 (no meal)
3:43pm Arrive Louisville (SDF)

No shuttles – taxi \$18 range until end of trip increases to \$25 for Derby week.

11:00am Expo and packet pick up at Expo Center, South Wing B (connected to hotel)
937 Phillips Lane, Louisville, KY 40209
11:00am Free music and festival on the waterfront to 11pm

Hotel Louisville Marriott Downtown (historic Louisville, host hotel and 1 block from finish)
280 W. Jefferson Street, Louisville, KY 40202
Tele: 502-627-5045 Fax: 1-502-627-5044 Toll-free: 1-800-533-0127

Fri, 4/24/09

Kentucky Derby Festival Parade – try for bus tour? Fourth Street Trolley for 50cents

11:00am Free music and festival on the waterfront to 11pm
11:00am Expo and packet pick up at Expo Center to 9pm

5:30pm Pasta dinner and live music at expo (back side) until 8:30pm (\$9 ticket purchased)

6:00pm Guest speaker - Looking for inspiration in the days before your race? Look no further than Dane Rauschenberg. In 2006, Dane went from a relative novice in marathon running to one of the more recognized names in the sport. While working a full-time job in Washington D.C., Dane ran 52 consecutive weekly marathons starting with the first weekend in January and going until December 31st. While running, he also raised over \$44,000 for the Mobile, Alabama chapter of L'Arche, an organization which benefits the developmentally disabled and did all of this on his own dime. If that was not enough, Dane did more than just complete those marathons – he competed in them - averaging a 3:21 for each race. Running his fastest time of the year in his 42nd marathon (a 2:59 - which broke a personal best at the time), Dane showed that he lives by his own words – that everyone should give their all regardless of what that all may be. Dane will be our featured speaker at the Pasta Dinner and will share with runners his amazing journey and what even possessed him to take it on in the first place. As a special addition, Dane will also be signing copies of his new book, See Dane Run at the Expo both Thursday and Friday. This book serves as both a guide to 52 marathons across North America for those looking to find that right race for them but more importantly, is an inspirational tome for anyone looking to push themselves further than they thought possible.

7:00pm Guest speaker - “Six Secret Tips Guaranteed To Improve Your Marathon Performance” will be presented by Pacer Jim at the Derby Festival Marathon Pasta Dinner. These tips developed through observation and analysis of thousands of marathoners during all stages of their quest will prove to be very helpful for new runners and experienced marathoners alike. Jim Crist is the director of the Pace Team which will be featuring twelve Pacers at the 2009 Derby Festival Marathon. Jim has directed Pace Teams in over thirty marathons around the country and paced thousands of runners to successful finishes along with helping hundreds of runners achieve a Boston Qualifying time. After years of actively noting those running characteristics that help runners achieve their goals in the marathon, Jim painstakingly analyzed the obstacles faced by marathoners and identified solutions to each of them. The wealth of that knowledge is distilled down into the Six Secret Tips and will be shared with you before the race at the Pasta Dinner. Every Tip presented was developed from

actual race experience and all can be used in the marathon or half marathon on race day. Come and hear this useful and often humorous presentation and begin your successful race before the gun goes off.

9:00pm Great Balloon Glow with 50 hot air balloons glowing against the night sky
At the expo center

Sat, 4/25/09 Marathon

5:00am Shuttle buses to the start until 6:45am (line up pre 6:15am recommended)
The buses will be picking up at three (3) locations, 3rd and Market, 4th and Jefferson and 4th and Main.

7:30am Marathon and mini-marathon and relays start - <http://www.derbyfestivalmarathon.com>
9th annual marathon; 36th annual Mini -

10:00am Post race party begins

11:00am Live horse racing begins at Churchill Downs, home of the Kentucky Derby

11:00am Free live music festival on the waterfront

1:30pm Finish line closes – 1 block from Marriott at 6th and Market

2:00pm Post race party closes

Sun 4/26/09 Maricar

4:20pm Depart Louisville via CO #3082 (no meal)

6:33pm Arrive Newark

Tue 4/28/09 Diana

4:20pm Depart Louisville via CO#3082 to Newark (no meal)

6:33pm Arrive Newark

Participants:

732 804 7514 Diana cell

908 907 5054 Maricar cell

910-512-2552 Charlotte cell/Blackberry – arriving Friday (yes?) at 9:45am via US Air, Hotel Louisville Downtown, 120 W. Broadway, 1 mile south, departs Sunday at noon

336-813-047 Tara cell – arriving 11:36am via US Air, with Charlotte, departs early Sunday morning

910-409-1805 Cathy (with Charlotte and Tara) cell, same schedule as Charlotte and Tara and going direct to Expo upon arrival

Expo:

The Bluegrass Family Health Running Wild Expo on April 23-24 will be held at a new location - the Kentucky Exposition Center (South Wing), located approximately five miles from downtown Louisville. The Expo will also include the Bluegrass Family Health Running Wild Pasta Dinner on Friday, April 24. Late registration - if still available - will be open during both days of the Expo. However, the races in 2008 reached the 12,000-entrant limit three weeks before the event, so anyone not yet registered for the 2009 Derby Festival races is strongly urged to sign up now at www.derbyfestivalmarathon.com.

Hours for the Expo are 11 a.m. to 6 p.m. on April 23 and 11 a.m. to 9 p.m. on April 24. For 2009, All Participants will need to bring their confirmation email from the Kentucky Derby Festival and a valid photo ID.

Also featured on the race website is information on travel and accommodations, team challenge divisions, relay teams, charity fund-raising as well as updated race day information. A new "race blog" recently opened at www.derbyfestivalmarathon.blogspot.com for comments from new and veteran race participants.

The race route will once again include a lap around the infield at historic Churchill Downs; Marathon runners will also complete a short loop in Southern Indiana before returning to downtown Louisville at about Mile 24. The course will include sections of two city parks designed by the esteemed Frederick Law Olmsted, Louisville's newly developed waterfront and several eclectic neighborhoods.

RUNNER PERKS

- Goodie Bag of GOODIE'S
- Official Race Shirt
- Limited Edition Marathon & miniMarathon Poster
- Post Race Party Experience
- Fest-A-Ville on the Waterfront Admission
- Admission to Churchill Downs for you and a guest (April 25th or 26th ONLY)
- Finisher's Medallion
- Finisher's Certificate provided by Brightroom Photography
- AND MORE!!!

FAQs from 2009 race site:

What time does the Race start?

The Marathon & miniMarathon both start at 7:30 am Wheelchair athletes start at 7:25 am

Where do I pick up my packet?

Race packets are available **(ID REQUIRED)** at the Bluegrass Family Health Running Wild Expo at the Kentucky Exposition Center – South Wing, 937 Phillips Lane, Louisville, KY 40209. Thursday, April 23rd, 11 am - 6 pm and Friday, April 24th, 11 am - 9 pm Late Packet Pickup: Saturday, April 25th, 5:00 am - 6:15 am at the Kentucky International Convention Center. No Packet Pickup at Race Course Start!

May walkers participate in the Marathon or miniMarathon?

Yes, walkers may participate, but must be able to keep a 13:45 minute per mile pace for the full Marathon or a 15:00 minute per mile pace in the miniMarathon. Roads will reopen at this pace and course services will not be guaranteed available past this time.

May I pick up my friend or family members race packet?

No...All participants will be required to show a valid photo ID along with their registration confirmation at Packet Distribution.

How can I confirm my registration?

Registrations can be confirmed online by clicking on the following link: [Confirmation](#)

When is the Pasta Dinner?

The Bluegrass Family Health Running Wild Pasta Dinner is Friday, April 24th, 5:30 - 8:30 pm (EDT) on the back side of the Running Wild Expo in the Kentucky Exposition Center.

How can I purchase tickets for the Pasta Dinner?

Pasta Dinner Tickets are available to purchase by calling 1-800-928-3378. Please have your Credit Card available. If tickets are still available at the expo, they will be available for sale at the Runner Services booth located in the Expo.

Where can I park to catch the buses to the Start Line?

Parking is available in many surface lots and parking garages located very close to the Kentucky International Convention Center in Downtown Louisville. Garage parking is located on the corner of 3rd and Jefferson, 4th and Market, as well as below the Marriott Louisville Downtown.

Where and when do the Buses Run?

The Buses will begin running at 5:00 am - 6:45 am The buses will be picking up participants at three (3) locations, 3rd and Market, 4th and Jefferson and 4th and Main. Please arrive no later than 6:15 am to bus pick-up points to avoid the possibility of arriving late to the start line.

****Note - Wheelchair participants will be picked up on Third Street between Jefferson and Market. Buses will load between 6:00 am & 6:30 am.**

If I have extra running gear with me where can I leave it, and where do I pick it up?

Runner's Gear can be left with the Runner's Gear Truck, which will be stationed at the Shuttle dropoff point at the Start. You can pick up your gear at the Runners Reunite area at the finish line located on 4th street between Market and Jefferson streets. Runners gear will be located on the East side of 4th street against the convention center.

Where is the Start Line?

Iroquois Park

Where is the Finish Line?

6th and Market

What time does the Finish Line close?

The Finish Line will close at 1:30 pm

Where Can I park at the Starting Line?

Limited Parking space is available at Iroquois High School. Iroquois Amphitheatre will be closed to public use. It is recommended to park at the finish line and ride the shuttles to the start.

Where do I pick up my Marathon and miniMarathon shirt and Poster?

Race T-shirts and posters are available to pick up at Packet Distribution Thursday, April 23rd: 11 am - 6 pm and April 24th 11 am - 9 pm, also race day at the Festival Merchandise booth located in the runners reunite area on 4th street.

How do I find Lost Family Members?

Make arrangements to meet your family at the Runners Reunite area located at 4th and Market streets. There will be alphabetical signs, so choose a letter and meet there.

How do I get from the Finish Line Back to the Start if I parked at Iroquois?

Buses will take participants back to the Start line from 10 am until 2:30 pm Pick up is at 4th and Jefferson.

Info follows from 2008 race:

Race Course

miniMarathon U.S.A.T.F. #KY06002MS - [click here for map](#)

Marathon U.S.A.T.F. #KY06003MS - [click here for map](#)

Runners in the Derby Festival Marathon will start their race at the same time and place - Southern Parkway near Iroquois Park - as miniMarathon participants. Marathon runners will follow the "mini" route until the Mile 12 marker, splitting off that course at 7th and Breckinridge enroute to completing the 26.2-mile distance. **For directions of the miniMarathon portion of the route [click here](#).** The Marathon route will continue east on Breckinridge to Barret Avenue, through the Highlands area and Cherokee Park, along Cherokee Road to Baxter, Main, Campbell and River Road, eventually rejoining the mini route at 7th and Chestnut. The Marathon finish line will share the same location as the mini's at 6th and Market streets.

The Marathon Route

To the start on Southern Parkway follow mini route to 4th/Breckinridge St.

From 4th/Breckinridge, the route turns:

Right (east) onto Breckinridge to Barrett.

Right (south) onto Barrett to Castlewood.

Left (east) onto Castlewood to Baxter.

Left on Baxter to Park Drive

Right on Park Drive to Edenside

Left on Edenside to Quadrant

Right onto Quadrant

Left (east) onto Eastern Pkwy to Cherokee Park.

Join the Scenic Loop Road and run up Hogan's Fountain hill.

Continue with the Scenic Loop Road to Beargrass Road.

Left (north) on Beargrass Road to Ledge Road.

Exit the park from Ledge Road onto Lexington Road.

Left (west) onto Lexington to Grinstead Drive.

Left (west) onto Grinstead Drive to Cherokee Road.

Right (north) onto Cherokee Road to Baxter/Broadway.

Right (north) onto Baxter to Main St.

Left on Main St to Campbell

Right (north) onto Campbell

Left onto Washington

Right on Clay

Right on Witherspoon

Left on River Road

Right on Witherspoon

Left on Floyd Street

Right on Main

Right onto 2nd Street Bridge to Indiana

Right on Court Ave.

Right on North Shore Drive

Left on Southern Indiana Ave.

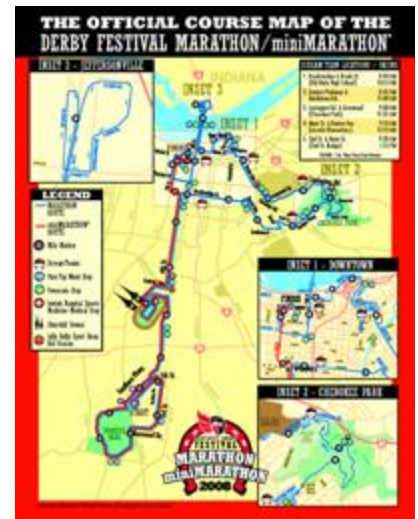
Right on Market

Right on Missouri Ave.

Right on 2nd Street Bridge to Louisville

Right on Chestnut

Right on 7th Street



[View course map \(pdf\)](#)
[Course Elevation Chart](#)

Right on Market

Finish line at 6th St/Market St.

The course will include 14 water stops and 11 Powerade stops, 8 of them after runners split off onto the Marathon course. There will also be two Jelly Belly Sport Bean stops (around mile 10 and 19). Police will manage traffic flow locations; KDF volunteers will manage non-traffic flow areas. Runner's bibs will be different colors for participants in each race. Marathon runners are expected to maintain a minimum pace of 13:45 minutes per mile and miniMarathoners must keep a pace of 15 minutes per mile. After the course exits Iroquois Park, the Marathon route is relatively flat. The scenic route will include sections of two scenic city parks designed by the esteemed Frederick Law Olmsted, historic Churchill Downs, Louisville's newly developed waterfront, a skate park, Southern Indiana and several eclectic neighborhoods.

From an old website:

The Official Headquarters Hotel for the Derby Festival Marathon/miniMarathon is the Galt House Hotel and Suites. Located in the heart of Historic downtown Louisville, the only hotel on the waterfront, the 25-story Galt House is also the only hotel to offer magnificent views of the Ohio River and downtown Louisville. It's the best location in the city and you're within walking distance of many downtown attractions.

The Galt House is just two blocks from the Kentucky International Convention Center (KICC) the location of the Running Wild Pasta Dinner and Expo and race packet pick-up. A shuttle bus stop to the race start is located 1/2 block away. Equally, you're close to Actors Theatre, Riverfront parks, Louisville Slugger Museum, Louisville Science Center, Kentucky International Convention Center, Kentucky Center for the Arts, Glassworks, Slugger Field and more. The legendary Galt House has been a cornerstone of Southern hospitality since 1835.

Official Host Hotels

Other hotels in the Metro Louisville area also offer discounted rates for runners. To receive the discount, all rooms need to be booked by March 24, 2008. When contacting the hotels just ask for the "Kentucky Derby Festival Marathon/miniMarathon Block".

Marriott – Downtown
280 West Jefferson Street
Louisville, KY 40202
Phone: (800) 533-0127
Room Rate: \$125.00

Courtyard by Marriott Downtown
100 South 2nd Street
Louisville, KY 40202
Phone: (502) 562-0200
Room Rate: \$114.00

Holiday Inn Downtown
120 West Broadway
Louisville, KY 40202
Phone: (502) 582-2241
Room Rate: \$92.00

Where is Louisville? - Louisville is located on the banks of the scenic Ohio River, between St. Louis and Cincinnati. The metropolitan area of Louisville is comprised of seven counties: Jefferson, Oldham and Bullitt counties in Kentucky, and Clark, Floyd, Harrison and Scott counties in Indiana. Population

totals approximately one million. Eastern Standard Time October to April; Eastern Daylight Savings April to October.

Climate - Four distinct seasons: average summer temperature 88 degrees; average winter temperature 37 degrees; 43 inches of annual precipitation. If you are participating in the Marathon or miniMarathon, expect temperatures as low as 45-50 degrees and as high as 70 degrees.

How to get around the city - For a comprehensive guide to Louisville visit The Insider's Guide. For more information about accommodations, visit Louisville Visitor's Center. To find out more about Louisville, please call the Greater Louisville Convention and Visitors Bureau. at 1-800-626-5646 or (502)-584-2121.

Hilton downtown – per Carl:

It's got history. And a good bar. Al Capone was a regular. Secret passages.

From a 3/18/09 email by race director:

The Kentucky Derby Festival puts on one of the World's Largest Events during the two weeks leading up to the Kentucky Derby. During your weekend stay in the "River City" please be sure to take in as many events as possible. Many of them are Free to the public or require a \$4.00 2009 Pegasus Pin.

Some of the events include the following:

Thursday, April 23

- o Salsa Rhythms Band: 6:00-8:30pm
- o U.S. Bank Derby Festival Great Balloon Glimmer: 8:30pm
- o Chow Wagon - J.D. Shelburne: 8:00pm

Friday, April 24

- o Chow Wagon - Derby City Freak Show: 8:00pm
- o Justin Moore - National Country Act on Great Stage: 9:00pm

Saturday, April 25

- o AT&T Derby Festival Volleyball Classic: 9:00am-6:00pm
- o American Cornhole Presents DerbyHole -
www.CornholePlayers.com: 11:00am
- o Chow Wagon - Bella Blue: 8:00pm
- o Feature Film - Back to the Future: 9:00pm

Sunday, April 26

- o AT&T Derby Festival Volleyball Classic: 9:00am-6:00pm
- o River City Drum Corp: 3:00-4:00pm (on Great Lawn)
- o Chow Wagon - The Unlimited Band: 8:00pm
- o Derby Festival Celebration Sunday with:
 - Jason Crabb - Gospel Concert: 5:00pm
 - Josh Wilson - Opening Act: 6:30pm
 - Big Daddy Weave - National Christian Contemporary: 7:30pm

For more events or information log-on to www.kdf.org

Corralled Starting Line - The Kentucky Derby Festival Marathon & miniMarathon Presented by Walmart is introducing a "Corralled Starting Line" for 2009. The Corralls will be labeled "A", "B", and "C". The corral to which you have been assigned will be printed on your bib as part of the bib

number. For example, if your bib number is "502A", then you are assigned to corral "A". Please note that you will be permitted to start the race only from your designated corral or any corral behind it. In other words, an "A" may start in "A", "B" or "C" and a "B" in "B" or "C". If you have a "C", you may only start the race in corral "C". Under no circumstances will runners be permitted to start forward of their designated corral. If your bib number does not have a letter "A", "B" or "C" on it, then you have been assigned to start the race forward of corral "A" as a seeded entry.

Packet Pickup Information - Packet pickup for the 2009 Kentucky Derby Festival Marathon will be held at the Kentucky Exposition Center - South Wing B during the Bluegrass Family Health Running Wild Expo.

Address: 937 Phillips Lane, Louisville, KY 40209

Thursday, April 23rd: 11:00 AM - 6:00 PM

Friday, April 24th: 11:00 AM - 9:00 PM

REMINDER....New for 2009 - ALL Participants will be required to show valid photo ID and confirmation to pick-up their runner packet. No packets will be given to participant family members and/or friends. All runners are REQUIRED to pick-up THEIR OWN race packet for 2009. Packets will not be mailed under any circumstances.

Race Day Shuttle - Shuttle buses will be used once again for transportation to the starting line of the race. Please note the pickup locations of the shuttles for 2009. The shuttles will begin running at 5:00 am and continue until 6:45 am. From 3rd and Market Street, 4th and Main Street, 4th and Jefferson Street.

Costumes blaze trail on hot race day

Elvis, Colonel Sanders add spice to the mini

Special to The Courier-Journal

Conditions at yesterday's Kentucky Derby Festival Marathon/miniMarathon can be summed up in two words: extra crispy. Especially for Dean Schuster.

Schuster (Colonel Sanders during the race) didn't bring an egg to fry on the hot pavement, but he did bring some fried chicken. The 38-year-old from Columbia, S.C., took to the start with two Kentucky Fried Chicken buckets. One was full of chicken, the other with water and a backup goatee for Schuster. Dressed the part from the waist up, Schuster sported a white tuxedo coat, a white shirt, a black string tie, a white wig, white eyebrows, a white mustache and a white goatee along with a pair of black rimmed glasses to go along with black shorts and running shoes. "I signed up for the full, but I only ran the half. It's just too hot for this," Schuster said afterward. "Polyester just does not breathe. "It's as hot as Georgia asphalt out there," Schuster quipped in his best Southern drawl. "I'm as hot as molasses in August." Schuster's chicken, which was actually cold (purchased Friday night), didn't last long. He gave it all away, to spectators and participants, by the second mile. "I'm glad I gave it out by Mile 2, because I assumed by Mile 5 it would have turned," said Schuster, who offers offbeat observations on running at his Web site (zerotoboston.com).

Kentucky Derby Festival officials doubled the water stations to cope with temperatures in the low 70s at race time at 7:30 a.m. and in the low 80s with runners still crossing the finish line about 1 p.m. (Local newspapers said it reached 90.) "Not ideal conditions obviously, but as far as I can tell people have been holding up pretty well," Derby Festival spokesman Mark Shallcross said.

The medical tent, just past the finish line, was bustling with activity for several hours. Most were seeking treatment for cramping, dehydration, sprains and strains, according to Mike Campbell, the medical coordinator for the race. "We had some transports to the hospital, but nothing life-threatening that we know of," Campbell said.

It was so hot that some began melting. At least that was the case for the green face paint of John Wheatley, who played the Wicked Witch of the West for his family's "Wizard of Oz"-themed running group, which opted for hats and other head gear rather than full-body costumes. "I'm melting, I'm melting," joked Wheatley, 56, whose face paint had begun to run down his neck onto his T-shirt by the end of the race. "This is the hottest I've ever seen it...it was brutal." "We'd rather be in Oz, but it was nice," added his brother, David Wheatley, 53, the Cowardly Lion.

The heat also didn't deter the fundraising and fun-loving efforts of the Louisville chapter of the Running Elvi. "It was a hunk of burning love out there," said Mike Coffey, 39, who entered under the name "Elvis Coffey."

"It's never too hot for the devil," added John Wheeler, 34, of Shepherdsville, who wore the "Hellvis" jumpsuit.

It wasn't too hot for Michelle Priddy, 46, of Nashville, who pushed son Brendon, 9, who has muscular dystrophy, across the finish line. "It was tough, but we made it," Priddy said. "He likes to go fast at the end, so I saved something for the end." She saved a message too: "I believe the legs are our gifts," Priddy said.

Meanwhile, Brendon Priddy and Marty Plappert, 8, were two of the youngest to cross the finish line. "It was good," Plappert said of running conditions. "It was hot, but there was plenty of water," said Garry Collett, who ran with Plappert. "But I wasn't expecting it to be as hot as it was." He likely wasn't the only one.

Runners feel the heat on the streets

Derby Festival races among warmest ever

hjadams@courier-journal.com

Warm weather made an already challenging task even more difficult for the thousands of runners who competed in the Kentucky Derby Festival miniMarathon and Marathon yesterday.

"This is my 17th consecutive miniMarathon and it was probably one of the toughest," Michael Gray, 45, of Louisville said after crossing the finish line at Sixth and Market streets. "I usually skip most of the water until I get downtown, but today that was pretty much impossible."

Matt Gibson, the festival's vice president of events, said 18 runners were taken by ambulance to hospitals for heat-related problems, twice last year's total, but none were considered life-threatening. He said another 150 runners were treated at some point along the routes for various issues, including heat or blistered feet, but not taken to hospitals. That number is three times as many as last year, Gibson said. Thirty runners who could not complete the races were driven to the finish area, he said. It was 71 degrees when the runners set out at 7:30 a.m., according to Rick Lasher of the National Weather Service.

Mark Shallcross, a spokesman for the Kentucky Derby Festival, said while no official record is kept, "I think it's fair to say that's one of the warmest temperatures we've had at start time" in the 32-year history of the miniMarathon. Temperatures had reached 81 by noon, Lasher said. (News reporting said the temperature reached 90.)

Drew LaMaster, 26, of Louisville, who was running in his fourth mini, said it was "by far the toughest weather conditions to run in." LaMaster, who ran track at Xavier University, said the weather had "a huge effect," slowing him about three minutes off his targeted time. But he was still among the fastest, finishing in 1 hour, 15 minutes and 12 seconds, which was good for sixth place overall and five minutes faster than his previous best.

Kelly Sraj, 24, another former Xavier runner, posted a time of 1:36:09, placing 26th in the women's division in her first race longer than 6.2 miles. "I think the heat got to me halfway through, about mile six or seven," after leaving the canopy shade of Iroquois Park and being exposed to bright sunlight and increasing temperatures the rest of the way, she said.

Crossing the line about 20 minutes after Sraj was 25-year-old Kyle Guthrie, who limped through the finish area with a "tweaked" hamstring. "Pretty rough today," he said. "It was pretty hot." Guthrie gave high marks to race organizers for taking the weather into account. "They did a good job watering the course," he said. "There was plenty of water."

Susan Peters, 43, of Indianapolis said, "You knew it was going to be hot so you just slow down and pace yourself. I definitely took all the water stops. Normally, I don't."

Gray said despite the tough conditions and a slower-than-hoped-for time of 2 hours, 3 minutes in the mini, she'll be back next year. "As long as God keeps my legs healthy, I'll keep running," she said.

BALLOON RACE: The U.S. Bank Derby Festival Great Balloon Race, scheduled for yesterday morning, was postponed until 7 a.m. today due to high winds.

From www.olmstedparks.org which includes map of park system and road system plus a video. Louisville's park system is the last designed by Frederick Law Olmsted, the "Father of American Landscape Architecture", and one of only four such systems across the country. Known nationally as the defining park system of his career, it stands today as one of his best-preserved works, reflecting the genius of Olmsted's vision.

History and Background

When Frederick Law Olmsted was commissioned to design a park system for Louisville he was already the acknowledged father of American landscape design, famous for his work on Central Park in New York City, the U.S. Capitol Grounds, and the Biltmore estate. Olmsted's greatest achievement, however, was his concept of creating a system of parks connected to tree-lined parkways, instead of freestanding parks as was the common practice of his day. His concept was most fully realized in Louisville, the ultimate and last park system of his career, and one of only four such Olmsted systems in the world.

It was quite a revolutionary idea for the turn of the century. Olmsted was invited to Louisville in 1891 by a group of prominent citizens to survey the land they had acquired for parks. The group was so impressed following his presentation they immediately contracted with his firm for development of a master plan for three large multi-purpose parks. When presented later that year, the designs for Cherokee, Iroquois and Shawnee Parks took advantage of the topographical elements unique to each sector of the city and provided for a system of interconnecting parkways to link them.

The major parks and parkways brought needed transportation to suburban areas and neighborhoods began to spring up on surrounding lands. As Louisville continued to grow the city's leaders recognized the need for small, inner-city parks and playgrounds and looked to the Olmsted firm for guidance. In all, Olmsted and his successor firm developed plans for 18 parks and 6 parkways that today comprise Louisville's historic park system.

These parks achieve the hallmarks of Olmsted's social vision. As the source of healthful inspiration – through mental, physical and social recreation – the parks provide a respite to the stresses of modern city life. They provide spaces where people can come together to create a stronger community. Our parks exhibit all the classic physical elements of an Olmsted park: graceful topography and alignments; ease and accessibility; balance of uses; expression of native character and use of native materials; separation of traffic modes; and subjugation of built elements to nature.

The Olmsted parks are a magnificent work of art that must be preserved to continue their enormous contribution to the quality of life in Louisville. They are an incomparable gift from a remarkable civic partnership that, a century ago, championed planning, raised substantial money, and summoned the goodwill and resources of the community at large. The landscapes in and around the parks remain a crucial resource for serving the cultural and recreational needs of the public.

The Parks

Louisville's Olmsted parks and parkways form a unique component to the fabric of the city, a contributing factor to the quality of life for all citizens. One hundred years after the first Olmsted recommendations for Cherokee, Iroquois and Shawnee, the value of the clearly-planned system of large landscaped parks connected by tree-lined parkways, and smaller parks, playgrounds, and squares is greater than ever. In one way or another parks have the ability to improve almost every aspect of life for individuals and the community at large. Caring for these historic treasures and seeing that they remain a valuable assets for our community is the heart of the work undertaken by the Olmsted Conservancy.

Flagship Parks

Cherokee Park (Willow Avenue and Cherokee Parkway)

Designed by Olmsted to be a place where one could experience scenery and take in the refreshment offered by the landscape. It is characterized by long winding roads opening to beautiful vistas, and large open spaces set in the valley of Beargrass Creek. The gently rolling slopes extending uphill from the creek were shaped from pasture lands to contain individual shade trees and tree groves. Woodland areas were incorporated into the design and edge plantings were added to soften the transition from open space to woodland.

Iroquois Park (Southern Parkway & Taylor Boulevard)

Noted by early park users as Louisville's own "Yellowstone", the Olmsted designs take advantage of the rugged terrain and the drama of the mature woodlands and scenic overlooks. At the heart of the park is a 10,000-year-old forest that blankets the knob's steep hillsides with a great variety of rare plants and animals. The circulation through the park includes a network of pedestrian paths, bridle trails, and circuit drives. The lands were set aside as a preserve and developed for access and enjoyment with the forests remaining essentially intact.

Shawnee Park (Southwestern Parkway & Broadway)

The Olmsted plan for Shawnee used the low-lying riverfront setting and topography of the land as inspiration for the park's design. The two principal features of the park are the concourses that afford extensive views and the expansive Great Lawn. Intended as Louisville's spot for large formal gatherings, the Great Lawn is enclosed with border plantings and a tree-lined circular drive. This open space was adaptable for both large gatherings and sports uses. The park contained the only formal garden in Louisville's system and for a time employed full time gardeners.

Parks, Squares and Playgrounds

Algonquin Park (Cypress Street & Burwell Avenue)

Design for this park began in 1928 and continued until 1935. The sixteen acre park serves the neighborhood with both recreational facilities and open spaces.

Baxter Square (12 & Jefferson Streets)

Louisville's first park dedicated in 1880. The Olmsted firm made recommendations for improvements to the urban green space in 1892.

Bingham Park (Coral Avenue & Brownsboro Road)

Designed in 1913 this small park was originally known as Clifton Park. Like other smaller neighborhood parks, it accommodates an array of active recreational facilities.

Boone Square (20th & Rowan Streets)

Land purchased from the Boone family in the early 1890's was enhanced according to recommendations by the Olmsted. The park features a rustic stone wall with elaborate border plantings.

Central Park (Fourth & Magnolia Avenues)

The sixteen acre Central Park in Old Louisville was purchased from the duPont family in 1904. It is characterized by elaborate walkways and border plantings which focus attention on the pergola that dominate the high ground in the center of the park.

Churchill Park (Byrne Avenue off Floyd Street)

This seven acre area was designed in 1911 and featured open space for urban dwellers.

Chickasaw Park (Southwestern Parkway & Greenwood)

The Olmsted Brothers began producing a plan for this sixty-one acre site in 1923. Complete with winding paths, a wading pool, and tennis courts the park plan was not fully implemented until the 1930's.

Elliott Park (28th & Magazine Streets)

Designed in the early 1900's, this four acre neighborhood park features recreational facilities and play areas.

Seneca Park (Pee Wee Reese & Taylorsville Roads)

The last of the parks designed in Louisville by the Olmsted firm. The plan, presented in 1928, was in stark contrast to neighboring Cherokee Park because of its formal style and also because the plan included an 18-hole golf course along with many other recreation facilities.

Shelby Park (Oak & Clay Streets)

Perhaps the most formal of all Louisville's parks. The 16 acre park's 1907 neoclassical design is consistent with the Beaux Arts style Shelby Park Library Branch, located on the park site. The Olmsted Brothers took great care to arrange the many recreational facilities and accent the park with elaborate border plantings.

Stansbury Park (Third Street and Eastern Parkway)

This small neighborhood park was originally known as Third Street Playground. It's formal design in 1900 allowed for both playgrounds and tranquil landscaped areas.

Tyler Park (Tyler Park Drive & Baxter Avenue)

Despite its irregular shape and rugged terrain as well as the fact that it is divided by a major street, the 13 acre park designed in 1906 demonstrates a high degree of formalism. More active recreation facilities are concentrated on the eastern side while the western half is devoted to more passive park use.

Victory Park (22nd & Kentucky Streets)

Designed between 1919-1923, this small four acre park served the community by combining recreational facilities with landscaped elements.

Wayside Park (Southern Parkway & Oakdale Avenue)

One of two small green spaces found along the parkway that are designated as parks. Open and uncluttered, Olmsted's design intended for shrubs to be planted to provide a border for the park screening it from Southern Parkway.

Willow Park (Willow Avenue & Cherokee Parkway)

Originally part of the main entryway into Cherokee Park, the parcel of land that is known as Willow Park achieved its own identity when Willow Avenue was extended to intersect with Cherokee Parkway in 1946.

Olmsted Parkways

Developed over a thirty year period, the green parkway corridors were meant to provide pleasurable driving experiences as one traveled throughout the city. Originally designed to link the flagship parks, the six parkways— Algonquin, Cherokee, Eastern, Northwestern, Southern and Southwestern – today serve as main thoroughfares. Their character is defined by the width of right-of-ways and the spatial organization of the trees, sidewalks and drives that flank them.

See <http://www.olmsted.org/> for all parks in the system. Louisville, Buffalo, Rochester, Seattle?, NYC?

Email from Maricar to add to cover of trip report:

From: Maricar A <njchem@yahoo.com>

Subject: Liberty Ladies on You Tube

Due to popular demand, I posted our Liberty Ladies 2008 video on You Tube. Here is the link to our 2008 photo montage.

<http://www.youtube.com/watch?v=SpcdsRI6ccc>

8 marathons and 8 half marathons in 2008:

1. Myrtle Beach, SC
2. Shamrock, Virginia Beach, VA
3. Atlanta, GA
4. Frederick, MD
5. Seattle, WA
6. Breakers, RI
7. Philadelphia, PA
8. Charlotte, NC

(overachiever Diana of course did 12 marathons!)

PS from Diana – I didn't go to Frederick since I was in Nashville. I added Green Bay, South Dakota, the canceled St Charles/Lewis & Clark, San Antonio and the Northern Central Trail Marathon, making for 12 completed marathons.

Lady Liberties Update: We are currently on our 5th marathon of 2009. Our goal of running 9 marathons in 2009 will end up actually 14 in 2009!

PS later from Diana – I added Illinois Marathon so far this year but Maricar is looking to beat me by a long shot with 9=9=18 marathons in '09.