

Palm Beach and Half Marathon Trip Notes December 4-7, 2009

- A half marathon with neighbor Kathy
- This was like a homecoming for me
- Tom and I will go again in February



This was a homecoming for me having left my employment in Palm Beach in February 2007. Little did I know what a real homecoming it was until I arrived at The Chesterfield and received hugs all around with the majority of the employees still there and expecting me. (Remember that I commuted from NJ to PB for close to 7 years.) Neighbor Kathy joined me and patiently waited through the hugs and kisses. I felt like it must be when kids return to grandma's house.

We were in Palm Beach to participate in the *half* marathon and a relief it was to me when Kathy pretty much balked at my signing up for the *full* marathon (she didn't want to run alone nor wait for touring.) I'd been to the Philadelphia Marathon the week before and was scheduled for Tucson's Marathon the following week so I didn't need a full marathon so she saved me from myself and I was grateful. Some of you know how these Marathon Maniac minds work Just one more

Kathy is an interesting lesson in marathoning.

- Training is required to run a marathon or a half? Not Kathy. I suspect her daily 15-minute walk (each way) from the Port Authority to Rockefeller Center keeps her sufficiently fit.
- Training is required to get any decent finish time? Not Kathy. She walks most of the marathon and still manages to finish in 2:42.
- Training is required to keep injuries at bay? To not hurt afterwards? Not Kathy. The following morning we went out on the lake trail and around the ocean-side for about hour.
- Training is vital as we age? Not Kathy. She turned 60 and has done even less training without complications.
- Weight training is helpful? Not Kathy. She has muscle definition beyond those of us who work hard at it.
- How does she do it? My guess is her being thin helps; she has no extra 5lb (or 10 or?) sack of potatoes to cart around. She walks every day and walks very fast. She has a great deal of tenacity. Interesting? I think so!



What did we do other than the marathon? We had from early morning Friday until late afternoon Monday and used our time well. Marathon-shopping was often our entertainment but more windows shopping than in store stuff.



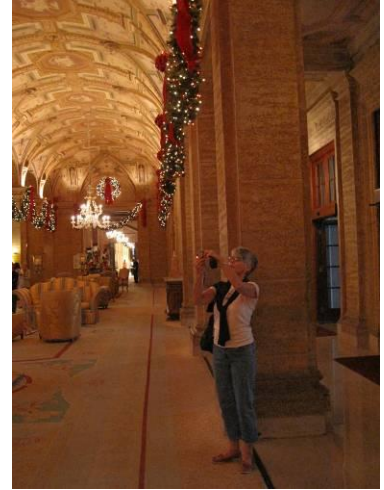
Flagler Whitehall house has a view of the Lake Trail sitting right on Lake Worth aka the Intercoastal. It's the early 1900s 55,000 SF marble palace of Henry Flagler and now open as a museum. It is called Whitehall for a reason (see the pictures) and is the house he built when he was 73 years old for his third bride who was about 36 years old. It's glorious and on my list to see every time I have a visitor to Palm Beach. Even better it was decorated for Christmas. We took a guided tour. The addition containing Flagler's railroad car also serves a glorious tea ceremony but we just had too many places to eat.



Breakers Hotel is a treat, sitting on the ocean, with major historical significance to the area, and a \$300 million renovation. I'd managed to get a tour from the doorman on other occasions so Kathy was given what items I remembered and we walked much of the grounds and building. Their \$60,000 Christmas trees were installed and featured in many of our photographs. We went into the bar that's an aquarium full of salt water fish. It uses water pumped from the ocean. We peered into the round room and next to the original European bar saw the old wine cellars. The huge vertical chess set



is now gone as apparently people were stealing the pieces. The main bar had been renovated since I was last there and we treated ourselves to champagne and Bloody Mary.



Worth Avenue always needs a walk down both sides to fully appreciate the decadence of Palm Beach. All designers and jewelers worth their salt are here. We went into many via/small alleyways, sometimes to get out of the pouring rain and sometimes to window shop, Kathy's specialty. One of my favorite Via contain huge sculpture of children, plus Via Mizner contains, by sales contract, the tombstones of Mizner's dog and monkey. After a Friday night dinner at The Chesterfield's Leopard Lounge, David Williams and Kathy and I walked Worth Avenue for a night view in the light rain. Kathy and I were to return two more times. Diamonds on the soles of her shoes (yes, look closely!). . . . Opulence just like all of Worth Avenue.



Historic homes – well, they all look historic, as was our hotel, but some of the more important ones are at the end of Worth Avenue and closer to Lake Worth and are on the National Historical Register and sit over the water like in Venice. We continued on to the yacht basin where there are some boats that could hold a small village. This is also the start of the Lake Trail that we took in on Monday morning.

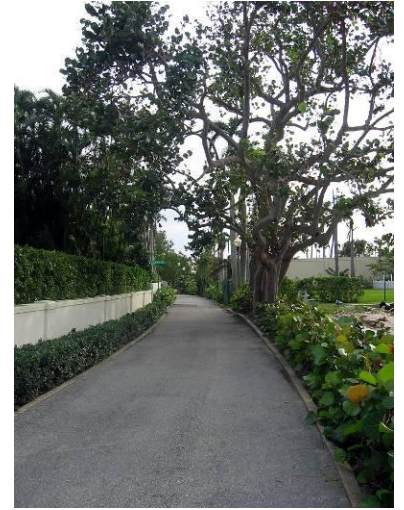
Clematis Street is where the old town was and used to be the main area for restaurants and would be hopping with a band around the fountains. It is at the start and finish of the marathon but other than that it seems to have become deserted.



City Place has become more the hub of shopping and it was site of the marathon expo. It's grown considerably in my 3 years away and we window shopped there quite a bit too. It was the site for the start of our Duck Tour.

Duck Tour took in some land and some water sights to include the gossip of the town. We did this right after the marathon on Sunday since we'd been rained out on Saturday and Monday looked iffy.

A favorite running route while I lived at The Chesterfield was just less than 5 miles and we did most of it on Monday morning, only not going over the two bridges. The sights include the Lake Trail, a perfect view of Flagler Drive along Lake Worth, the yacht basin, Pine Walk going into the Breakers Hotel, Bethesda-by-the-Sea Episcopal Church, Este Lauder's home, the Ocean, and into and through Worth Avenue. We added Pan's Garden and some back streets plus the historic homes and the oldest shopping called Major's Alley. Along the Lake Trail is Sea Gull Cottage and Duck's Nest which are the oldest and 2nd oldest houses in Palm Beach. My favorite might be the biggest tree I've ever seen.



More touring routes: We'd have done more on our feet had the weather cooperated, but we had a rental car so we drove the rest of my old running routes which included Donald Trump's Mar-a-Lago (which still flies the huge flag that was costing him a \$1,000 per day fine for being too big) and along Country Club Road to see the unlikely surprise – a limestone canyon. We drove on down to the northernmost tip of the island via the old Kennedy compound to see Singer Island across the inlet and to see Peanut Island towards West Palm Beach. Peanut Island has a Coast Guard Station and a bunker, said to have been one of the locations of JFK's liaison with Marilyn Monroe. (Mar-a-Lago was bought by The Donald from Marjorie Meriwether Post in '85 for \$10 million and then he began the renovation. Its 17 acres extend from the ocean to the Lake and we drove by twice during the day and once at night and saw not only the flag still flying but the tower lighted.

Leopard Lounge is my favorite restaurant and is handily at The Chesterfield Hotel. It's famous for its night life said in some circles to be for its classy ladies-of-the-night. The ladies were less classy than I remembered but still the focus of our entertainment. The ceiling isn't bad either but we didn't venture down to the more x-rated portion at the far end of the bar. David joined us for dinner Friday night and we ate a big breakfast here on Saturday and Monday mornings, and after the marathon since breakfast was still being served on Sunday.

Bethesda-by-the-Sea Episcopal Church is close enough to the Breakers that we toured both inside and the gardens the same day. The Donald got married here but had his reception at home in Mar-a-Lago on the other end of Palm Beach Island.



Shopping and more shopping and where else is it more exciting or more expensive or more weird or more entertaining!

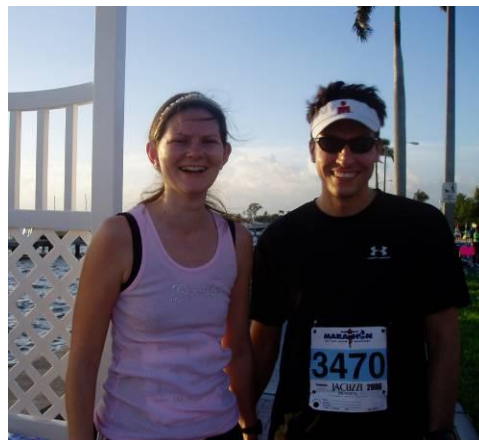


Friends of the Marathon Plus Memory Lane



Jacqui and Harry -- On the airplane on the way to Palm Beach we saw Jacqui Kapinowski with her new wheelchair and remembered running the last of her marathons using her roller cart in '05. As always she was as gorgeous as ever and with devoted hubby Harry. She's on the Olympic circuit now with curling but still marathoning with her push rim. (Sorry Jacqui, I need a lesson in the names of the vehicles.)

Dave and Dana – This day was the third wedding anniversary of friends Dave and Dana who got married on the Palm Beach Marathon Course at the Runaway Bride Fluid Station complete with bridal alter and big white horse.



Liberty Lady Maricar – It was rare to be at a marathon without fellow Liberty Lady who was at both the '05 and '06 Palm Beach Marathons, to include that of Dave and Dana's wedding. Here we are at the start with a magnificent sunrise.



Dick and Rick Hoyt – This was the first time we met the inspirational Hoyt family who we would see in subsequent years in Boston and on other marathon courses. Daddy Dick pushes disabled son Rick in a wheelchair and makes life much happier for the both of them. This picture was taken at a sponsor's breakfast. You now see posters of this couple.

Phillips Point Office of Jacuzzi Brands –



Then there's old employment memories – One picture is of the marathon start line and taken from my office window and the other is of the Phillips Point building far in the background as taken through the famous Palm Beach tree planted



in '05 at the end of the new bridge connecting West Palm Beach to Palm Beach.

Jacuzzi - Sponsors of the marathon for three years –



This put me as main spokesperson for Jacuzzi and appearing at press conferences.

Here on the podium and with Dennis Grady, president of the Chamber of Commerce and owner of the marathon until Devine Sports just bought it, and Iva Grady, spouse but more importantly creator of the marathon and Ms



Marathon to the whole of the Palm Beaches. Pictured with us is Dave McGillivray, race director for Boston Marathon as well as Marathon of the Palm Beaches.

The Gang in '06 –

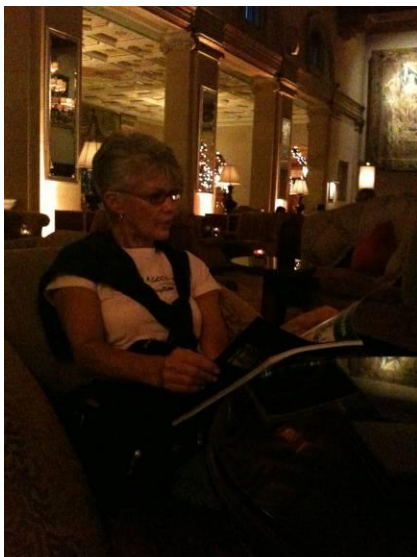
This was the year with Csaba, Art, (with Eva – not pictured), Maricar, Jackie and Parker (running his first of many). Here in the lobby of The Chesterfield Hotel.



But all good things come to an end (but only for a short while).

Tom and I are returning in February.

As a goodbye, here's Kathy enjoying a drink at The Breakers. And David Williams after a dinner at The Chesterfield's Leopard Lounge. And a toast to you all who kindly indulge my reports!



Itinerary**Fri Dec 4**

7:30am Depart Newark
10:48am Arrive West Palm Beach (PBI)

Rental car

12:00 Expo at City Center – see below race details – until 7pm

7:30pm Dinner at The Leopard Lounge at the Chesterfield with David Williams
Piano until 9pm then band and dancing

Hotel The Chesterfield Hotel
363 Coconut Row, Palm Beach, FL 33480-4539 Tele 561 659 5800

Sat Dec 5

9:00am Expo at City Center – see below race details – until 6:00pm

Sun Dec 6

6:30am Run Half Marathon

Mon Dec 7

5:15pm Depart West Palm Beach
8:19pm Arrive Newark

Participants:

Kathy
Diana
Marie Bartoletti
David Williams

Dear Runner,

Thank you for registering for The Palm Beaches Marathon Festival. Below you will find IMPORTANT RACE INFORMATION for race weekend. This information should answer most of your questions. To view the course map, parking maps, or for additional information please visit our website at www.pbmarathon.com. Also, for updates and information go to www.facebook.com/pbmarathon and www.twitter.com/pbmarathon.

ABOUT THE EVENT

The Sixth Annual Marathon of the Palm Beaches takes place December 4-6, 2009. The projected economic impact for this year is estimated to be \$10 million for the local community.

RACE PACKET PICK-UP INSTRUCTIONS

Please bring race confirmation receipt sent to you when you registered and photo ID.

Absolutely no bib numbers or timing chips will be available for pick-up on race day, Sunday, December 6th. They must be picked up on Friday or Saturday at the Expo.

- All participants must attend the Publix Health & Fitness Expo to pick up their runner's packet, tech shirt and goodie bag at The Harriet Himmel Theatre in West Palm Beach.
- Runner's packet consisting of timing chip and bib number must **FIRST** be picked up on the balcony of The Harriet Himmel Theatre, in the heart of CityPlace Plaza.
- All registration issues will be handled at the runner's packet pick-up area.
- Goodie bags will be picked up on the upper level at the Expo (Harriet Himmel Theater in CityPlace) after collecting the runner's packet.
- The Publix Health & Fitness Expo is free and open to the public.
- Switching races: You may switch between races through December 5th. No changes on race day and no refunds.
- For a copy of the CityPlace map, go to www.pbmarathon.com (click tab for "Expo", click tab for "Expo layout-Outside")

Packet Pick-Up Hours & Location:

CityPlace, 700 Rosemary Avenue, West Palm Beach, Florida

Friday, December 4th, 12:00 p.m. - 7:00 p.m.

Saturday, December 5th, 9:00 a.m. - 6:00 p.m.

Directions to the Publix Health & Fitness Expo:

- I-95 North & South - Exit #70 to Okeechobee Blvd., east approximately 1 mile to CityPlace (on left), across from Palm Beach County Convention Center, with the main parking garage entrance on the left just east of the Rosemary Avenue traffic light. Follow signage to CityPlace Parking Garage.

- Turnpike - Exit #99 to Okeechobee Blvd., east approximately 5.5 miles to CityPlace (on left), across from Palm Beach County Convention Center, with the main parking garage entrance on the left just east of the Rosemary Avenue traffic light. Follow signage to CityPlace Parking Garage.

4 Public Parking Garages are attached to CityPlace:

- Hibiscus Parking Garage - main garage
- Muvico/IMAX Gardenia Parking Garage - attached to Muvico/IMAX
- Macy's Sapodilla Parking Garage - attached to Macy's
- Okeechobee Parking Garage - attached to Tower Condominiums

CityPlace Parking Garage fees:

- First Hour - in before 10 pm: FREE
- First Hour - in after 10 pm: \$1
- Second Hour: \$2

- Each Additional 45 minutes: \$1
- Daily Maximum - over 6 ½ Hours: \$10
- Cash only. Checks and credit cards not accepted.

City Parking

- Saturday December, 5th -\$2.00 fee upon entry -
- Sunday, December 6th - free

START/FINISH LOCATION

The Start/Finish for all races on both Saturday and Sunday is located at the Meyer Amphitheatre at the corner of Flagler Drive and Evernia Street on the waterfront in downtown West Palm Beach. For additional details, go to our website: www.pbmarathon.com.

SCHEDULE OF EVENTS

FRIDAY, DECEMBER 4th

Marathon of the Palm Beaches Bib Number and Race Packet Pick-Up for Marathon, Half Marathon, Relay Teams, 5k & Kids K and Bike Tour (12:00 p.m. - 7:00 p.m.)

Where: Publix Health & Fitness Expo, CityPlace, 700 Rosemary Avenue, West Palm Beach, Florida
Registered athletes are required to first pick up their official bib numbers & timing chip on the balcony of The Harriett Himmel Theater and Tech shirt and goodie bag on the upper level of The Harriett Himmel Theater inside the Expo at CityPlace.

SATURDAY, DECEMBER 5th

Marathon of the Palm Beaches Bib Number and Race Packet Pick-up for Marathon, Half Marathon & Relay Teams and Bike Tour (9:00 a.m. - 6:00 p.m.)

Where: Publix Health & Fitness Expo, CityPlace, 700 Rosemary Avenue, West Palm Beach, Florida
Registered athletes are required to first pick up their official bib numbers & timing chip on the balcony of The Harriett Himmel Theater and Tech shirt and goodie bag on the upper level of The Harriett Himmel Theater inside the Expo at CityPlace. (See 5K and Kids K below)

SUNDAY, DECEMBER 6th

Sixth Annual Palm Beaches Marathon Festival (Start/Finish at the corner of Flagler Drive and Evernia Street)

- Bike Tour: **6:00 a.m.**
- Wheelchair Division start time: **6:25 a.m.**
- Marathon, Half-Marathon and Team Relay start time: **6:30 a.m.**
- Prize Money Awards Ceremony for Half Marathon*: **9:30 a.m.**
- Prize Money Awards Ceremony for Marathon*: **10:30 a.m.**
- Post-race Festival at Meyer Amphitheatre: **9:00 a.m. - 12:00 p.m.**

Massage Therapists and Chiropractors available for complimentary treatment (5:30 a.m. - 11:30 a.m.)

Age group awards are 1st, 2nd, & 3rd place and will be available to be picked up at the Information Booth located to the right of the main stage at the Meyer Amphitheatre starting at 9:30 am on race day. Any age group awards NOT picked up on race day will be mailed to the top three finishers in each age group within six weeks after the race.

TIMING AND SCORING PROCEDURES

Timing System

Runners will be tracked for the 5-K, Half Marathon, Full Marathon and Marathon Team Relay **with ChronoTrack™ D-Tag timing system, providing official and net times. D-Tag™ is a disposable**

tag that participants peel off the bib and place on their shoe to record their time. Participants peel D-tag™ from bib and place under the laces of their sneakers. Then they press the two adhesive ends together securely and you're ready to run. Pictures and instructions are available in your race bag.

Runners will receive the ChronoTrack™ D-Tag when they pick-up their runner's packet envelope that also includes their bib number and some basic instructions about attaching the D-tag™ .

While your official time will begin when the start gun is fired, your chip will record the time when you cross the starting line timing mat. This will enable us to provide you with the net time that it took you to run your race. It is this net time which can be used as your qualifying time for the 2010 and 2011 Boston Marathons, and is the time listed as your official finishing time.

DO NOT FORGET YOUR CHIP ON RACE DAY! DO NOT CROSS THE FINISH LINE TWICE!

NOTE: If you are unable to complete the race and are picked up and transported to the finish line you will not receive a medal.

BIB NUMBERS

Runners and bike tour participants, pin the bib number firmly on the front of your shirt or shorts. It is critical that it be clearly displayed during the entire race. Pins will be provided for you in your race packet. Do not alter the bib number in any way. No part of the bib number may be folded or covered. Doing so may result in disqualification. **No one else may wear your bib number.** They are not transferable. Race photos are identified by your bib number. Be sure to complete the medical emergency info on the back of your bib prior to the race.

PACE TEAMS

Pace Team Sign Up: Sign up to run with the free PACE TEAMS at the Expo. Pace team times are 3:30, 3:40, 3:50, 4:00, 4:15, 4:30, 4:45, 5:00 and 5:30. Further instructions can be acquired at sign up. In addition to the signs the pace teams will be holding there will be pace signs in the starting chutes indicating where you should line up based on your running pace. Please be conscious and courteous to your fellow runners by lining up in the correct pace area for your ability.

PARKING AND TRANSPORTATION ON RACE DAY

Transportation to the Start - Several Marathon hotels offer shuttle service to and from the start/finish area. Please go to our website at www.pbmarathon.com (see tab on the home page for "Book Hotels") for participating hotels and shuttles.

Parking on Race Day - There is plenty of FREE parking within 6 blocks from the Meyer Amphitheatre (start/finish area). All downtown parking meters are FREE on Sundays. The Banyan Street Garage and the Evernia Street Garage will charge \$2.00 to park on Sunday. Please go to our website: www.pbmarathon.com (see tab for "Race/Race Day Parking") for a detailed map.

OFFICIAL HOST HOTEL

Marriott West Palm Beach (Minimum 2-night stay)

1001 Okeechobee Boulevard, West Palm Beach, FL (561) 833-1234

The Marriott West Palm Beach is located two blocks from CityPlace and approximately 1 mile to the Start/Finish line. Shuttle service is available from the Marriott to both locations. For more information, please go to our website at www.pbmarathon.com (see tab on the home page for "Book/Hotels").

The City of West Palm Beach also offers FREE Trolley service 7 days a week between CityPlace and downtown West Palm Beach shops and restaurants on Clematis Street and Flagler Drive.

There will not be an "Official Pasta Dinner". Please refer to the **Restaurant and Entertainment Guide** for downtown West Palm Beach and a list of the CityPlace Preferred Marathon Restaurants, which will be included in your goodie bag. Several of the Marathon hotels and area restaurants will be offering

Marathon menu specials.

BAGGAGE CHECK-IN

Before the race, warm-up clothing may be checked into the Baggage Check-In area located on Datura Street (north side of Meyer Amphitheatre). **Bags will be provided by the volunteers at Baggage Check-In. Place your items in the bag and give it to the attendant at Baggage Check-In as you proceed to the start area.**

- Do not check any valuables. Although we will do our best to see that your bag is waiting for you at the end of the race, **we are not responsible for lost baggage or valuables.**
- Baggage not claimed by 1:00 p.m. on race day may be picked up at the Marathon office (Chamber of Commerce of the Palm Beaches, 401 North Flagler Drive, West Palm Beach) on Monday between 10:00 a.m. - 5:00 p.m. or call (561) 833-3711 x225.
- Items not claimed by December 8th, 2009 will be given to charity or discarded.

RACE DAY RULES & REGULATIONS

- Runners will be lined up on both sides of Flagler Drive. Full marathoners and team relay will line up on the east side and half marathoners will line up on the west side of Flagler Drive. Runners will enter corrals from Datura Street.
- Starting corrals are numbered according to pace times. Runners should line up according to their anticipated pace time.
- Disability athletes will be at the front at the start since they begin 6:25 a.m.
- Runners will not be allowed to warm up in front of the starting line at any time.
- All Participants must have a bib # attached to the front of their shirt or shorts.
- Listen for race countdown and final announcements over PA system.
- For safety reasons, strollers, in-line skates, skateboards, animals, scooters, bicycles and like vehicles of any kind are not permitted for the running races.
- Bicycles will be permitted for the Bike Tour only.

BILL BONE BIKE TOUR RULES & REGULATIONS

Cyclists will start the ride at the Marathon start/finish line at the corner of **Evernia St and Flagler Drive.** The bike start will be on the east bound lane, the lane closest to the intracoastal. The course passes through West Palm Beach, Lake Worth and Lantana, then returns north to finish back at Clematis Street and Flagler Dr.

Remember, you don't have to be a Pro. Just be able to maintain an average speed of 15 mph and complete the course in approximately 1 hour and 45 minutes.

- Arrive at the ride on time, ready to ride; start time means rolling out time, not arrival time.
- FOR SAFETY REASONS, helmets ARE REQUIRED and headlights are recommended. Riders not wearing helmets will be asked to leave the course.
- Riders without a bib number will not be allowed on the course. Security and patrol marshal personnel will be in place to remove riders, not complying, from the course.
- The use of Radios, Walkmans and IPODS is prohibited.
- Maintain an average of 15 mph, for the 26 miles, so you can complete the course in 1 hour and 45 minutes. If you feel you cannot keep that pace, then you should not participate in this event.
- Participants will be responsible for his or her own food and drink during the ride. Take enough food and drink with you to keep yourself hydrated and nourished.
- Sag wagons and mechanical support will be traveling with the riders to provide assistance as necessary. Riders should take necessary items to repair a flat tire.
- Recumbent, Road, Mountain, Hybrid Bicycles, and Hand cycles are permitted on the course.
- Event is limited to 1,000 participants.

NOTE: Persons with disabilities will receive additional, special instructions when they pick up their race packet.

AT THE FINISH

At the finish of the race, volunteers will provide you with:

- A Finisher's medal.
- **Publix bottled water** in single serve bottles, bananas, bagels, and other light snacks.
- Medical support if necessary. A full range of medical volunteers will be located at the main medical tent at the finish line area. Only runners needing medical attention will be allowed to enter the medical tent.
- Massage: Massage therapists will offer complimentary post-race massages to official athletes between the hours of 5:30 a.m. - 11:30 a.m. in the massage tent located next to the main Medical Tent in the finish area.
- Baggage Pick-Up: Don't forget to pick up your clothing that you dropped off at Baggage Check-In as you exit the finish area.
- Post-Race Food will be provided to all athletes between the hours of 9:00 a.m. - 12:00 p.m.
- Bins for recycled shoes
- Bins for recycling water bottles
- Family meeting area is located on the lawn inside the Meyer Amphitheatre. Family members and friends will not be allowed in the secured finish line area!

NOTE: As a courtesy to other runners, please move out of the finish area once you have received your medals.

COURSE AMENITIES

Port-o-lets

Will be located at the Meyer Amphitheatre and will also be located throughout the course. Additional fixed public rest rooms, are located to the right of the Meyer Amphitheatre stage.

Fluid Replacement

Publix water will be provided at approximately every mile, beginning at mile two.

Refreshment Stations

"Wacky Water Stations" will be at approximately every 1.5 mile of the 26.2 mile course to distribute Publix water and replenishment fluids to the runners. Each station will have a unique theme complete with decorations, music and costumed volunteers to energize and encourage runners while providing a fun and memorable experience.

Course Clocks and Mile Markers

Digital clocks, which indicate the unofficial running time, will be strategically positioned along the course. Mile markers will be located at every mile. The digital clock at the finish line will display your unofficial time. (Official times are determined by your champion chip and will be posted after the race)

Drop Out and Course Closure

Runners unable to finish the race may stop for assistance and direction at one of the First Aid Stations or water stations along the course. Sweep vehicles will pick up runners unable to finish and transport them back to the start/finish area. Roads open at 12:00 pm to traffic and finish area facilities and timing officially closes at 1:00 p.m.

Sweep Vehicles

There will be sweep vehicles on the course to aid runners who decide to drop out and need transport back to the start finish.

Medical Assistance

First Aid tents will be placed strategically throughout the course along with the Main Medical Tent at the Start/Finish area. There will be EMS personnel available on the course and EMS transport vehicles for medical emergencies.

Brightroom Photography

Will have staff taking photos at the finish and on the course to capture runners in action. These memorable shots will be available for purchase at www.pbmarathon.com Look for the blue brightroom vests to identify the photographers.

THE COURSE

This year's route will continue to take advantage of the area's magnificent, tree-lined historic neighborhoods, while still incorporating over 16 miles of waterfront vistas along the Intracoastal Waterway and Flagler drive. Our course is at sea level and we feel all runners will experience faster times since the course is truly flat and fast. Our course is a 2010 & 2011 Boston qualifier and the race is sanctioned by USATF.

IF YOU GET INJURED AND ARE UNABLE TO RUN

Please notify us by Sunday, November 29th by emailing us at marathon@palmbeaches.org so we can cancel your race registration and mail your technical shirt to your home address. **Race registrations are non-transferable, non-refundable and can not be deferred.**

HELPFUL INFORMATION FOR RACE DAY

Bike Tour - The starting time for the Bike Tour will be 6:00 a.m. No late starts. All participants will be required to wear helmets. They must maintain an average speed of 15 mph, for the 26 miles and complete the course in 1 hour and 45 minutes. Riders without a bib number will not be allowed on the course. The use of radios, walkman and IPODS are prohibited.

Sag wagons and mechanical support will be available to the riders if necessary. **IMPORTANT-** If you valet your bike you must tear off the strip at the bottom of your bib and attach it to the bike for identification. Your bike id must match your bib number in order to leave the area. Although we will have volunteers checking in your bike into the valet area, **we are not responsible for the loss or theft of your valuables.**

Wheelchair/Mobility Program - The starting time for the wheelchair divisions will be 6:25 a.m. All wheelchair competitors will be required to wear helmets. Your numbers must be visible on the front and back as well as on your helmet. All wheelchair participants are requested to yield the right of way to approaching lead runners and vehicles. You must have sufficient control of your wheelchair to move to the left side of the road in these situations.

Marathon Team Relay - Each team of 4 runners will collectively run the full 26.2 mile marathon distance in approximately the following segments: 7.5 miles, 6.5 miles, 7 miles, and 5.2 miles (exact distances will be available on November 1, 2009). Each transition zone will be identified with signage and cones, and volunteers will be there to assist you. Each runner should have their own ChronoTrack™ timing bracelet attached to their shoe. Two of the three transition areas are located in Lake Worth and 4 blocks from each other. Runner #2 will require transportation to Lake Ave/Golfview Drive, runner #3 to Lake Ave/Federal Hwy, runner #4 to Banyan Blvd/Flagler Drive and runner #1 will require transportation back to the start/finish area. It is the team's responsibility to arrange for transportation to each transition.

Weather - The race will take place rain or shine. The average temperature on December 6th for the last five years has been 67 degrees at race start.

Information Booth - will be located at the Expo and the Meyer Amphitheatre lawn to the right of the stage on race day. Volunteers will provide spectators and runners with directions to all race-related locations and functions. This will also be the lost-and-found area.

Official Marathon Merchandise - will be available at the Publix Health & Fitness Expo and at the merchandise tent located at the Meyer Amphitheatre lawn to the left of the stage.

Official Photos: Official race photos will be taken by **BRIGHTROOM PHOTOGRAPHY**, who will be stationed throughout the course and at the finish. Proofs can be viewed on the Marathon website within 3-4 days and will be available for purchase at www.pbmarathon.com.

Live Race Day Broadcast Coverage - Local TV: WPBF-TV Channel 25 (Live coverage 5:00 - 9:00 a.m. and highlights at 6:00 pm and 11:00 pm show)

Road Closures and Times - Be advised that our race permit allows us to close roads for 6 hours after the start of the race. If you are out on the course after 6 hours (approximately 12:30 P.M.), you are requested (for your own safety) to use the sidewalk wherever possible. NOTE: The finish line area will remain open for six and one half hours (until approximately 1:00 p.m.) to allow those finishers to receive their official time and finishing medal.

Results - All results are unofficial until they appear on the Marathon website. Unofficial results will be posted in the Meyer Amphitheatre lawn area near the stage as they become available. Race certificates with official times will be available to participants at a cost of \$1.00 through Brightroom Photography approximately two weeks after the race.