

2018 Stony Creek "Back To The Beach" Half Marathon 10k and 5k Runner Information

PACKET PICKUP OPPORTUNITIES

-Friday May 11th from 4:00 PM to 8:00 PM at Hansons Utica Store on Hall Road

-Saturday May 12th from 10:00 AM to 4:00 PM at Hansons Utica Store on Hall Road.

-Race Morning at Eastwood Beach at Stony Creek starting at 6:30 AM

Please try and pickup your packet prior to race day. That will help ensure your race morning goes much smoother! Once you get your bib please use the back side of it to note your "**Emergency Contact**" information in the appropriate area. Hansons also has a coupon on the back of your bibs which can be used by all runners and walkers of this year's race we hope you enjoy that.

BRING A SMILE TO A CHILD IN A LOCAL HOSPITAL MEDAL DONATIONS – FOR THE DETROIT CHAPTER OF MEDALS 4 METTLE.

We need your help!!! Please bring any half marathon, marathon, triathlon and ultra finisher medals you wish to donate to the Detroit Chapter of Medals4Mettle to either packet pickup or to Stony on race morning. As runners we do realize how much these medals mean to you and represent major accomplishments. But please know that when you do gift a medal it does make a real difference! A child's face will light up with an ear to ear smile, they will instantly be filled with as much pride as you had when you crossed that finish line!

So help us fill that donation bucket once again!!

If you would like to mail in any medals they can be sent to;

Medals 4 Mettle

14275 Drumright

Sterling Heights, MI 48313

RACE MORNING IS SUNDAY 5/20/18 - INFORMATION HAS CHANGED FROM LAST YEAR SO PLEASE REVIEW THIS FULLY!

-Packet pickup starts at 6:30 AM

-Half Marathon starts at 7:30 AM

-10k starts at 8:35 AM

-5k starts at 10:00 AM

The beach area does have men's and women's bathrooms with changing areas. Porta Potties will also be brought in to the start/finish area.

We will again continue the Wave Starts for each race to ensure a fun beginning to your race as you enter the trails. Everyone goes over the timing mat at the start, so don't worry about being behind other runners.

Please keep in mind your race entry does NOT include park access. Unless you have a valid 2018 Metro Park pass (not a State of Michigan or Oakland County sticker) there will be a \$10 car entry fee at the front gate.

PARKING – Get there early. We have a Sellout Crowd but have spread out the start times to help you all get into the park and ready for your race. But you should still plan on being parked one hour prior to your race time.

If you're running the Half please target being in the park by 6:30 AM.

-Eastwood Beach is the main parking area where the race starts/finishes.

-Southdale-Northdale picnic areas ... they have their own bathrooms there and it is just a short walk down the hill to the start finish race area. This is also a great area to watch much of the 5k and 10k races and the finish of the half marathon.

-The boat launch is the overflow area. Your best path to the start finish area is to walk to the right of the big white tent then along the lake shore which only takes a few minutes.

AGE GROUP AWARDS – MUST BE PICKED UP ON RACE DAY PRIOR TO LEAVING STONY CREEK.

Age group awards are given out at the registration tent on race morning. Please make sure you wait around for the time postings of your race. We present age group awards 5 deep in all races. This year half marathon runners will receive a sublimated Sun Guy running cap and 5k and 10k runners will receive Back To The Beach coffee mugs.

NOTE: If you do not pick up your Age Group Awards on race day we will use them to gift to our Wonderful Volunteers for putting on the race.

RACE CHIP INFORMATION

-5k and 10k runners will have bib chips.

-Half Marathon runners will have bib chips as well. No shoe chips this year to worry about.

In case of threatening weather: Back To The Beach races may be delayed or canceled if weather conditions warrant. These conditions may include (but are not limited too) the following: Tornado Warning, Tornado Watch, Thunderstorm, or Heavy Rain and extreme/excessive humidity. The start of any event can be delayed one hour from the posted start time if any of these conditions exist. Once races are started, the race directors reserve the right to stop/cancel the event in the case of Tornado Warnings, Thunderstorms or

other extreme weather conditions such as excessive humidity and high temperatures. If threatening weather forces cancellation of the event, no refunds can be provided, since funds were already spent in preparation for Race Day. There would not be any makeup date. Beach towels, Hoodies (if ordered), bibs and running caps (for those running the half) will be distributed on race day morning.

OAKLAND COUNTY SHERIFF'S REQUEST

-Hello Half Marathon Runners - The Oakland County Sherriff's will be out on roads outside the park again to help assist you thru the dirt road section of the race. **They have requested your help again to spread the word to anyone who will be coming out to watch you run NOT TO TRAVEL on any of the following roads; Dequindre Road, Washington Road, Winkler Mill Road, Mead Road and Sheldon Road.**

-Since these roads are so narrow travel will be limited to local residential traffic only. This is for your safety. Besides the park offers the best travel, parking and viewing opportunities. Thanks for your understanding.

8 MILE HOLLER IS BACK

-IT'S BACKKKKKK...and NO the snow did not make it any shorter! :0) Tell your family and friends that one of the best places to cheer your favorite Half Marathon Runners will be the **"8 Mile Holler"**. This is the biggest hill on the course and is where we are bringing a bit of "The Tour De France" to Stony Creek.

-To get there enter the West Branch picnic area make a left and follow the signs to the "F" parking lot. Bring your favorite signs, bells, horns and be ready to encourage all the runners to make it to the Top! And YES IT IS OK if they walk up this hill and frankly we encourage it. Runners remember you will get a COLD TOWEL at the top once again.

-This location gives everyone time to HOLLER for you and make it back to the finish line in time to see you finish with a Smile!!! :0)

HALF MARATHON IS A RUN ONLY!

-Just a reminder for those who have signed up for the half marathon that this is not a walking event. Minimum Pace Reminder Check Point at Mile 9 - Once the last wave is sent out (approximately 7:45 AM) a minimum pace of 14:30 per mile will be required to proceed forward from the 9 Mile mark.

Please keep this in mind if you think you might have any concerns keeping pace during your half marathon. Remember we will have the course filled with volunteers who are there to help, encourage and support you. J

PLEASE TRANSFER TO A SHORTER DISTANCE IF YOU THOUGHT YOU CAN WALK THIS COURSE.

DEADLINE TO TRANSFER DOWN TO ANOTHER RACE IS APRIL 30th

We purchase a limited number of extra 5k and 10k medals to provide an opportunity for half marathon runners to transfer down to a shorter race. While we note a deadline to transfer as April 30th, once these medals are spoken for all Transfer Opportunities will be closed. No other changes will be made so please keep this in mind.

ONLY REGISTER RUNNERS WHO HAVE SIGNED A WAIVER CAN RUN

We do not allow person to per bib transfers. We do not allow anyone to run under a bib number who is not registered for the race and who has not signed the race waiver.

ON COURSE SUPPORT

-Half Marathon runners you will now find 10 water stations with energy drink at 5 of these stations, 2 energy locations where we will have Gu and Honey Stinger products (at the 5 and 9 mile marks) and at least 4 cool zones where you will be given ice cold wipes (like you have seen at the end of many races).

-Half Marathon Half Way Point is just off Sheldon Road :0) This is a perfect opportunity to STOP and just make sure you're feeling Great. There will be lots of volunteers there to help you if you have any questions on what's ahead.

-Restrooms and porta potties will be at the following locations; 2.0 mile (pp), 3.5 mile (pp), 6.5 mile (pp), 8 mile (pp), 9 mile (park restroom), 10.5 mile (pp), 11.6 mile (park restroom – just to your left) and 12.8 mile (park restroom in the Southdale parking lot).

-Those running the 10k will have 3 water stops (no GU or Gatorade) and there will be 2 places for water on the 5k course.

-The 5k and 10k courses are a single loop course, still with the same Start and Finish point. As with the half marathon you will have a wave start for these two races after lining up everyone by expected pace so Don't Worry...Run Happy!

-5k and 10k Turnaround Fiesta Located about the 2 mile mark on the 5k, about the 5 mile mark on the 10k and close to the 12 mile mark on the half marathon.

Keep in mind that Half Marathon runners will be coming down the hill towards the finish line in this area so give them room if you take a break here ... it's a great chance to get a couple high fives! Please keep an eye out, stay to your right as you head back and wish each other well as you run on!!!

SUGGESTION FOR HALF MARATHON AND 10K RUNNERS

-If you have not found time to add in a Trolley Trail training run, many people have suggested that runners get thru the second water station located at the top of the Trolley trails before kicking in the jets during these 2 races! This is one of the most scenic sections of trails anywhere in the park and has a couple **very steep sections** so keep that in mind.

-Those of you who follow us on facebook can see a nice set of pictures from the Trolley Trails we added last year to the page.

DO'S AND DON'TS

-Remember to hydrate properly the day before the race. If you can, bring a hand carry water bottle system with you.

-In case you were thinking about running with strollers or pets please note they are **NOT** allowed on any of the courses.

-**Please do NOT litter on the course.** All 3 races have plenty of aid stations, waste boxes and volunteer locations where energy gel packages, wet towels and other items can be dropped off. We ask that you carry such items to one of these locations and keep the course as clean as you found it.

HEADPHONE POLICY

-Personal music makes running fun for lots of runners these days. While not prohibited, due to insurance requirements we must make the following statement.

To enjoy all that our race has to offer and for the safety of all participants, The Back To The Beach races encourage a headphone-free environment during the running of the race. If you do decide to use headphones during the Back To The Beach races, you do so at your own risk. You must be able to hear those around you while running as well as the commands from the Police and race officials.

This is a race and not a training run. Based on past issues we must ensure you all are aware of the following. The abuse of portable headphone devices can result in disqualification. Abuse refers to being so distracted that you become a hazard to your fellow participants, race officials, police personnel, vehicle traffic, spectators, course marshals, finish line officials, medical personnel or other race officials.

Many runners have suggested that it helps to run with only one bud during the race so you can hear others around you.

So have a BLAST with your training!!!The Beach Bums who put on this race are also runners and are very jealous that we cannot be running with you! We hope you have a Wonderful-Safe race and look forward to seeing you smile, raise up your arms and hoot and holler when you cross the finish line See you soon....

THE BEACH BUMS