



## 2015 GE Irving Marathon: Race Day Overview

Dear Runners,

We are very excited that the 2015 GE Irving Marathon is just days away! This year represents the culmination of years' worth of preparation and planning to bring you a new home, new look and new course designs!

To help answer any questions you may have, we've prepared a comprehensive overview for what you can expect on race day. **Please take a few moments to review the material thoroughly.** It will serve to answer many questions you may have and help us ensure you have a smooth, stress free experience!

Items Covered:

- Parking
- Race Day Registration & Packet Pickup
- Race Day Schedule
- Corrals
- Course Etiquette
- What can I bring?
- Entertainment
- Food
- Awards
- First Aid
- GE Race Expo
- Spectators



The GE Irving Marathon team has tirelessly prepared just for you on April 4<sup>th</sup>. We are honored that you have chosen to share your support for the Irving Marathon, City of Irving and Our Children's House!

GE Irving Marathon Team

# Parking

Irving Convention Center Address: [500 W Las Colinas Blvd, Irving, TX 75039](http://www. Irving Convention Center Address: 500 W Las Colinas Blvd, Irving, TX 75039)

Parking will be available at the Convention Center parking garage. Weather permitting, overflow parking will be directed to the field immediately East of the Convention Center (below Convention center in image below). Contingency parking for wet weather conditions will be at the parking garages located at the Urban Towers at Las Colinas. All parking will be within walking distance to the race site. **All parking locations will charge \$5 per vehicle.**

**Please note, there will be NO vehicle access from North Las Colinas Boulevard.  
All traffic from North Las Colinas Blvd will be redirected**

There are three recommended parking locations for the event. **All lots will be \$5 per vehicle and encourage you to carpool if possible!**

- Irving Convention Center Parking Garage
- Irving Convention Center Field Lot (weather permitting)
- Urban Towers Parking Garage

## Recommended Route

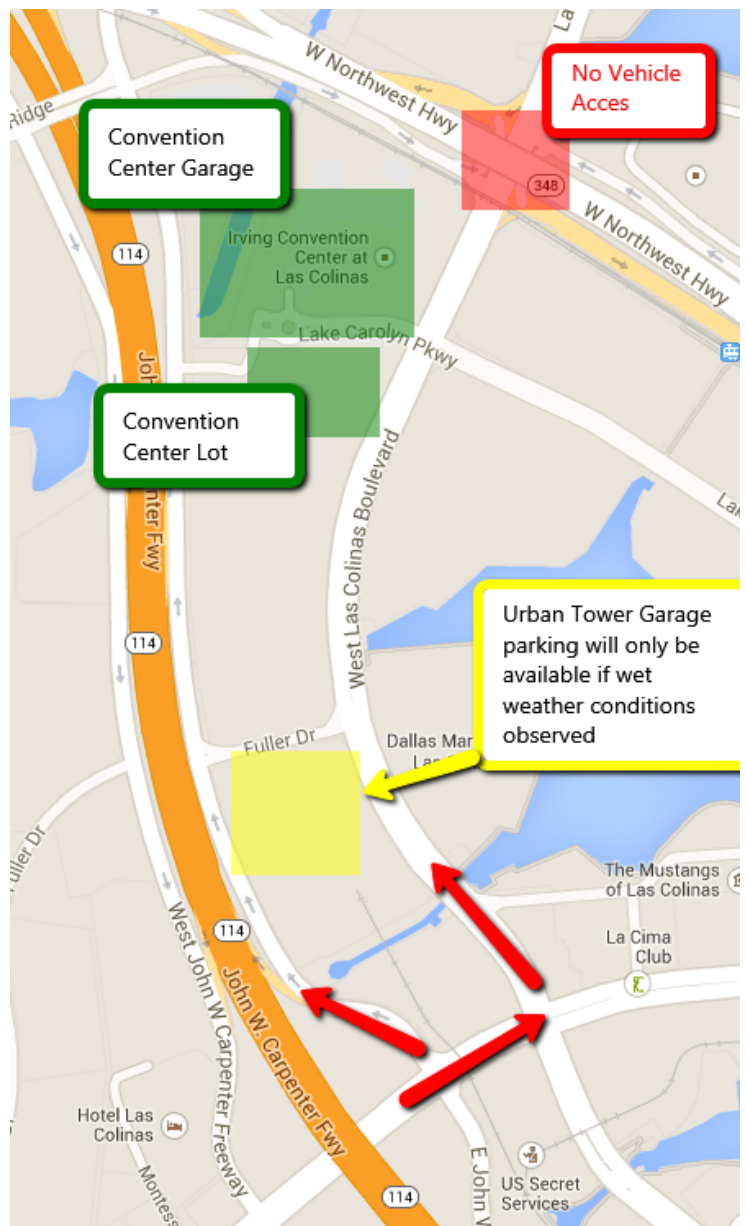
We are expecting heavy traffic on the day of the event as Irving PD will be closing North Las Colinas Boulevard. **Vehicles are encouraged to approach the Irving Convention Center using HWY 114.**

After exiting O'Conner, vehicles can use either the HWY 114 Service Road or Las Colinas Blvd to approach the race site. Irving Police will be directing traffic to assist in alleviating congestion.

**We highly encourage you to arrive early to avoid race day traffic!**

For Additional Parking Routes & Details

<http://www. Irving Marathon: Race Day Overview>



## Race Day Packet Pickup

While we encourage runners to pick up race items prior to race day, we understand this is not always possible. To accommodate, we will host race day pickup at the race site. This year pickup will be located at the temporary tent structure located on Las Colinas Blvd.

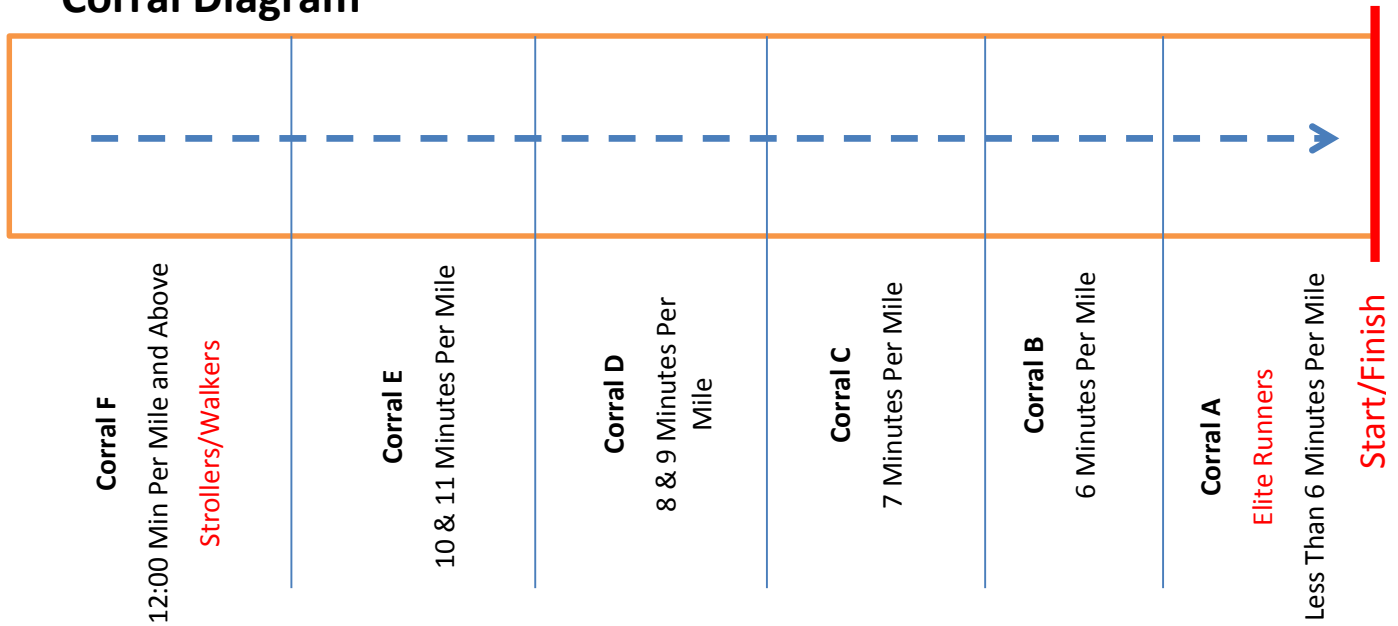
**Packet Pickup will be available until 8AM.**

## Race Day Schedule

5:00 AM	Registration, Packet Pick Up & Parking Open
6:30 AM	Welcome, OCHI & Baylor Safety Brief
7:00 AM	1 Mile Fun Run Time
7:30 AM	Marathon Event Start Time
7:40 AM	Half Marathon Event Start Time
7:50 AM	10K Event Start Time
8:00 AM	5K Event Start Time
9:00 AM	5k Awards Ceremony
10:00 AM	10k Awards Ceremony
11:00 AM	Half Marathon Awards Ceremony
12:00 PM	Marathon Awards Ceremony
2:00 PM	Official Course Closure

## Corrals

### Corral Diagram



### Where do I belong?

#### Estimated Finish Times by Pace

Corral	Mile Pace	5k	10k	Half Marathon	Full Marathon
Corral A	5	15:32	31:04	1:05:33	2:11:06
Corral B	6	18:38	37:17	1:00:00	2:37:45
Corral C	7	21:51	43:30	1:10:00	3:03:32
Corral D	8	24:51	49:43	1:44:53	3:29:45
Corral D	9	27:58	55:55	1:57:59	3:55:58
Corral E	10	31:04	1:02:08	2:11:06	4:22:11
Corral E	11	34:11	1:08:21	2:24:12	4:48:24
Corral F	12	37:17	1:14:34	2:37:19	5:14:37

## Course Etiquette

To ensure that all runners, regardless of the event you will running have a comfortable, safe experience we ask that you adhere to the following guidelines:

- **Stay Right**- please be conscience at all times of your impact on other runners by staying to the right
- **Pin Bibs to Front**- Race bibs should be on the front of your shirt, visible to race officials and photographers (cheese!)
- **Don't Block**- move to the side if someone says 'excuse me' or 'on your left/right'
- **Nature Calls**- if you need to sneeze, spit, cough, blow your nose move to the side of the course. Restroom? Look for a port-a-potty!
- **Shoes & Phones**- if you need to take a call or tie your shoes please move off the course
- **Don't Cheat!** Run with your bib number and don't cut the course (we are watching...)
- **Gentle Touch**- if someone is wearing headphones ahead of you, impeding your progress; gently touch them on their shoulder as you pass to let alert them of your presence
- **Enjoy the race!**

## What can I bring with me?

To keep all runners safe, we ask that you adhere to the following list of acceptable and prohibited items on the course:

Yes	No
Headphones and MP3 Players	Backpacks/Duffel Bags
Snacks (stored in small pouch)	Obscene Shirts/Graphics
Stroller/Jogger	Spectators/Fans on the course
Water bottles or Hydration Packs (small)	
Fans to cheer you along	

*Please understand that prohibited items will be removed from the course for the safety of all runners.*

## Awards

The GE Irving Marathon awards ceremony will be presented by Slade Gardner. We encourage runners to join us as we celebrate each competitor's success and growth!

Awards will be presented to the first, second and third places for overall, male and female for the 5k, 10k, Half Marathon and Marathon. 5k, 10k, Marathon and Half Marathon finishers will receive a Finisher's Medal at the finish line upon completion of the course.

## Ceremony Schedule

9:00 AM Estimated time of 5k Awards Ceremony

10:00 AM Estimated time of 10k Awards Ceremony

11:00 AM Estimated time of Half Marathon Awards Ceremony

12:00 PM Estimated time of Marathon Awards Ceremony





## First Aid

Aid Stations will be located along the course approximately **1.25 to 1.5 miles apart**. ATV's will be out on the course observing runners and low visibility areas. Race Recovery located at the race site will serve as our **primary aid station**.

Emergency Preparedness plans are in place and the City of Irving Fire Department has been contacted and is on standby in the event their services are required. As we near the event, the Race Director along with the Medical Director will monitor temperature and weather to determine whether additional Aid Stations are required along the course.

While we will strive to address many of the potential and common running related injuries, we still need your support to help monitor safety along the course. Remember to look out for your fellow runners and if you observe any unusual behavior or symptoms please notify a course marshal.

### Trash?

Volunteer's will be policing aid stations, so please discard cups and trash near these locations. If it doesn't make a bin- don't fret- as long as it's close, we will be sure to get it in the right place.

A larger version of the Aid Station Diagram can be downloaded [here](#).



## Expo

**Remember to bring cash for the expo!**

The GE Irving Marathon will also be host the GE Irving Marathon Race Expo, showcasing area businesses. We are very excited to have their support and participation this year! The Expo will be represented by the following businesses and organizations:



 **MBBC** MacArthur Blvd Baptist Church

**IAN MCKENYON**  
PHOTOGRAPHY



## Spectators

There are a number of great spectating locations along the GE Irving Marathon course! We highly encourage your friends and family to join you on race day. Here are a few locations we would recommend for spectators along the course:

- Start & Finish Line
- Bird's Fort Trail Park
- California Crossing Park
- TW Richardson Grove
- Champions Park

We invite families and friends to support runners along the course! Be sure to check out the full course map ([click here](#)) when picking out your spectator location to ensure your runner will actually navigate that section of the course.

We ask that spectators be mindful of runners on the course and be tasteful with motivational sign art (remember the kids!).