

HOA Runner's Info Sheet

Sunday, Sept 1st – The Day Before

1:00 – 4:00 p.m. – packet pick up – Boone County History and Culture Center 3801 Ponderosa, Columbia, MO. Packet pickup will be in the art gallery at the very back of the building. A course navigation specialist will be on hand to answer specific questions about the route and go over maps.

5:30 – 7:00 p.m. – Pre-race banquet, First Presbyterian Church, 16 Hitt St. Columbia, MO. Parking is available in the parking garage across from the church.

Race Morning Schedule

5:00 – 5:30 a.m. Packet Pick Up - at the Start – Boone County History and Culture Center – 3801 Ponderosa, Columbia, MO

5:40 a.m. - Proclamation, Presenting of Colors and Singing of the National Anthem

5:00 – 6:00 a.m. - announcements

6:00 a.m. Start

6:05 a.m. Relay Shuttle loads up to head to T-1 (relay transition point 1 at Smith Hatchery/Dothage Rd.

Noon – race closes – finish area is taken down

12:15 p.m. – Awards ceremony at the Celebration and Recovery Area at Nifong Park (on site)

Parking – parking is assigned by lot. Please refer to emails with your parking lot assignment and directions. Questions? Email Comoheart1960@gmail.com. All relay team members, family and friends are to park in the business park lots. See maps under “Race Day Instructions and Information” on the website.

Course Maps, Directions and Videos – Can be found on our webpage, on YouTube 2019 Heart of America Marathon, and in your email box. Although volunteers and signs will be on the course, runners are responsible for being familiar with the course prior to race day. ****Note** GPS directions can sometimes lead you astray in some of the more rural sections. Please plan by using maps and directions.**

Open Course – HOA is an open course. Parts of the course are run on narrow winding rural roads with little or no shoulder. Runners must run single file and be aware of traffic at all times.

Good viewing locations:

- Rock Bridge Elementary School – approx. mile 4
- Cooper’s Landing – approx. mile 12
- Pierpont Store – approx. mile 18 (access this by taking Hwy 163 from RB Elem so as not to cause increased traffic on Rt N)
- Towne Place Hotel – mile 25 – runners will run right behind our host hotel
- The Finish line at the Boone County History and Culture Center at Nifong Park. There is a playground, a lake and tours of the Village and History Center(tours from 9a.m – noon).

Port-a-pots - Potty Time! Head’s Up! (Please excuse the pun) – There are some changes in potty placement this year.

Here's the breakdown:

- A port-a-pot will be at RB Elem (mile 4) – aid station #2.
- The next port-a-pot will be at Smith Hatchery/Dothage - T-1(mile 9.7) aid station #4.
- Your next opportunity will be at Cooper’s Landing (nearing mile 12).
- Next up is at Nashville Baptist Church – T-2, aid station #6 (mile 15).

- Then you'll find another one at the Shooting Star Trailhead T-3, aid station #8 (mile 20).
- Finally, your last chance will be the park bathrooms at Philips Lake (mile 23) – aid station #10.
- There will be 3 port-a-pots at the start , and at the finish, those same 3 port-a-pots (one ADA), plus access to indoor plumbing at the Boone County History and Culture Center (9:00 – noon).

Medical Director's Information

Red and black cards displayed at aid stations are used to advise runners of extreme heat conditions that the medical director has determined are potentially dangerous.

Red card – Means High Alert! Aid stations will display a red card when directed to do so by the medical director or race official. A red card is displayed if the wet bulb globe temperature is between 72-82 degrees F

Black card – Means Extreme Alert! Aid stations will display a black card if the wet bulb globe temperature is greater than 82 degrees F at two/three different locations for 45 consecutive minutes. At black/extreme alert the medical director and the IIRM – International Institute of Race Medicine) recommends stopping.

Sweeps, medical personnel and race volunteers will be monitoring the course continuously and are available at any time to assist runners.

Aid Stations – Water/ice only at Station 1 and 12 (the first and last). All other aid stations will have Heed, water and ice.

Course Sweeps – In addition to the two shuttles we will have driving the course for the relay teams, we will also have two sweep pickup trucks and a sweep van that will drive the course and pick up, transport and assist marathoners and relay teams alike. Aid stations will have the phone numbers to these sweep vehicles. No runner will be left behind on the course without a ride. Relay members who do not catch a shuttle will be given a ride in a sweep vehicle.

Finish Line – Post race snacks, water, finisher’s medals and ice soaked cooling towels will be provided to runners upon crossing the finish line.

Vendors Village – Need a little pampering? Chiropractic, massage and other health and wellness representatives will have tents set up right at the finish.

The Village at Boone County – (at the finish line) Boone County History and Culture Center Volunteers will give tours of the historic buildings of Boone County (including Easley General Store!) from 9:00 – noon.

Boone County History and Culture Center – The History Center building will be open from 9:00 a.m. to noon. All are encouraged to browse the Center to see the exhibits. (It is also air conditioned!) Please, no food or drink in the Center besides water, and children under 12 must be accompanied by an adult.

Celebration Pavilion –

Shakespeare’s pizza will be delivered at intervals throughout the morning beginning at 10:00 a.m.

There is a lovely grassy area and a playground at the pavilion. Friends, family and runners are encouraged to enjoy the area and watch other runners run to the finish on the trail right by the Pavilion. Bring a blanket or lawn chairs, enjoy some easy River music by local group Secretivity and stay for the presentation of awards and to learn some history at 12:15!

Photographer – Mile 90 will be our photographer this year!

Live Event Artist – Cindy Scott, of Cindy Scott Artistry will be on site doing live event painting. This painting will be completed by noon and presented at the awards ceremony.

Awards – The Awards Ceremony will be held at the Celebration and Recover Pavilion at approximately 12:15. Overall, age group awards

FAQ

I hear Start/Finish, Boone County History and Culture Center and Nifong Park all being discussed. What is where? The Boone County History and Culture Center (3801 Ponderosa) has an indoor history center with exhibits. Also, on their property are several restored historic buildings. Nifong Park, a City Park, is at the same location and features a pavilion, playground, trails and a lake.

What about parking? Runners will be assigned specific parking lots to use prior to race day. Please check your email to receive your lot assignment and be familiar with where to go prior to race day. If you don't know where to park email Comoheart1960@gmail.com

Where will portapots be? There will be 3 at the start/finish (1 ADA compliant). Also at mile 4 (Rock Bridge Elem), mile 7 (Rt K/Old Plank), Cooper's Landing, 11.5, Nashville Baptist Church/Sapp, mile 15, Shooting Star Trail Head, mile 20. Philips Lake, mile 23 has a park restroom. The Boone County History and Culture Center will be open from 9:00 – noon and they have indoor facilities.

Will there be any nutrition on the course? No, aid stations only give out water, Heed and ice. Runners must plan for their own nutrition.

What is the sports drink? Heed

What is the cutoff time? The marathon and fun team relay close at noon. This is a 6 hour time limit. This is for the safety of our runners and our volunteers, as by noon it is usually quite warm. Runners who are not going to make it in by the cutoff time will be offered a ride in the sweep vehicle.

What are the awards? Overall awards and age group awards will be given for the marathon. The relay will give awards to the top 3 overall teams regardless of gender.

The Dave Schulte Award for Improved Performance will be awarded to that runner who most improves his/her time from a previous personal best of under 5:00

The Joe Schroeder Award (new for 2019)! Entrants who will run HOA as their first marathon will be eligible to win this award. The male and female from the first-timer marathoner field who cross the finish line first will be recipients of the first ever Schroeder Award

Awards will not be mailed. Everyone should stay for the presentations and pizza!

What if my shirt doesn't fit? Can I swap? A station will be set up at the Celebration and Recovery Pavilion. You can check there to see if there are any other shirts available to swap.

Some spots on the course sound complicated. How will I know which way to go? We will have signs and volunteers along the course. We will have maps and video posted. It is each runner's responsibility to be familiar with the route prior to race day.

Why the route changes? Due to increased traffic and congestion, the marathon is no longer able to finish in the downtown area. After a few years finishing in the reactor parking lot we found Easley Store in its new location at the Boone County History and Culture Center, just waiting to be re-discovered by HOA. A natural historic tie-in with the marathon and a destination location with facilities, trails, playground, lake, tours of the Village and an air conditioned center in which to tour historic exhibits lead us to move the start and finish to that location. Additionally, more construction, development, and traffic on Hwy 163 near Rock Bridge Elementary have made that stretch of the marathon very hazardous.

What happened to the ice bath? We, too, wish it hadn't had to go away! Alas, due to health and sanitary reasons, we were directed to discontinue the ice bath. This year, however, we will have a large hydro fan near the finish for runner's cooling pleasure.

Will there be a course sweep? – Yes, race personnel will be monitoring the course to pick up runners in need and/or who cannot finish in 6 hours.

Will there be a doctor at the finish? Yes, our Medical Director and her team will be at the finish line.

Special Instructions for relay team members

Goal is to keep traffic on the roadways at a minimum for the safety of all runners, yet still get people where they need to go. Teams are responsible for their own plans and arrangements. Please use the shuttles whenever possible. Also, refer to earlier emails for other very important directions.

T-1 = Transition Point 1 – located at the corner of Smith Hatchery and Dothage ROAD (not to be confused with Dothage Lane)

T-2 = Transition Point 2 – located at the Nashville Baptist Church

T-3 – Transition Point 3 – located at Shooting Start Trail Head

BCHCC – Boone County History and Culture Center (start/finish)

We will have a MO-X 40 pax shuttle bus and a school bus.

Race volunteers will be posted at and will ride the shuttle buses to assist runners.

6:05 – Load MO-X shuttle at the front of the Boone County History and Culture Center (BCHCC) with runners going to T-1 (Smith Hatchery/Dothage Rd) – to run the 2nd relay leg

6:15 – MO-X shuttle leaves BCHCC heading to T-1 to drop off runners running 2nd relay leg

6:20 – School bus arrives BCHCC

6:30 – Load school bus with T-2 runners (Nashville Baptist Church) – runners running 3rd leg

6:35 – MO-X arrives T-1 to drop off 2nd leg runners

6:40 – School bus leaves BCHCC to go to T-2 to drop off 3rd leg runners

6:45 – MO-X shuttle leaves T-1 going to BCHCC

7:00 – School bus arrives T-2 to drop off T-2 people who will run 3rd leg

7:05 – MO-X arrives BCHCC and loads T-3 runners (runners going to run last leg)

7:10 – School bus leaves T-2 and goes to T-1 to pick up people at T-1 (runners who ran 1st leg and need a ride back to BCHCC)

7:20 – MO-X leaves BCHCC and heads to T-3

7:30 – School bus arrives T-1 to pick up T-1 (arrived)runners (runner who ran the first leg)

7:35 – MO-X arrives T-3 to drop off runners (runners who will run 4th leg)

7:40 – School bus leaves T-1 to go back to BCHCC

7:40 – MO-X shuttle leaves T-3, goes by T-2 and T-1 (to pick up any remaining runners) and back to BCHCC

7:50 – School bus arrives BCHCC –

8:10 – MO-X shuttle arrives BCHCC – drops off passengers at BCHCC and makes final trip to T-3 to pick up any remaining runners.