



PARTICIPANT INSTRUCTION SHEET

Saturday, March 24 – Sunday, March 25

SCHEDULE OF EVENTS

Saturday, March 24	9:00 am	Health & Fitness Expo opens
	11:00 am	Chris Gillespie, TEAM 413, Book Signing next to stage
	12:30 pm	Paul Erway, 50 Abilities Marathon, Book Signing next to stage
	2:00 pm	Bill Rodgers Book Signing next to stage
	4:00 pm	Bill Rodgers Speaks at the Expo on stage
	5:30 pm	Covenant Kids Run
	7:00 pm	Covenant Health 5K
	8:00 pm	Health & Fitness Expo closes
Sunday, March 25	6:00 am	Information booth opens
	6:30 am	Start area officially opens
	6:30 am	Bag check opens at start line
	6:45 am	Prayer service, KCC upstairs concourse
	7:23 am	Handcycle/Wheelchair Start
	7:25 am	Bag Check closes at Start Line
	7:30 am	Marathon, Half Marathon, Relay Start
	2:30 pm	Finish line officially closes
	2:45 pm	Bag check closes at Neyland Stadium

PARKING (NOTE: Expect heavy traffic delays on I-40 on both Saturday and Sunday)

The race start line is within walking distance of our four host hotels. For those driving, there is plenty of free parking available. Here are a few options for parking on race morning:

- Park in a City-owned lot or garage. There are several within walking distance to the start line.
- Park in one of the two garages available on the University of Tennessee campus (**Note: On University property, parking is *only* available in these two garages):
 - G10. This lot is just outside the gate at Neyland Stadium and is closest to the finish line.
 - 11th Street Parking Garage. This garage is at the corner of Clinch and 11th street and is one block from the start line and an easy 5-minute walk from the finish line.

BAG CHECK SPONSORED BY CNS Y-12 - SUNDAY, MARCH 25

The Covenant Health Knoxville Marathon provides a bag-check service on Sunday for the marathon, half marathon, and relays. The Goody Bag you received at Expo/Package Pickup is the only acceptable bag to use for this purpose. **Please note:** You will NOT be allowed to use any bag other than the bag you received at the Expo. If you bring a bag other than the one received at the Expo, Bag Check will not accept your bag. Tear off the top portion of your race bib (labeled Bag Check) and attach it to your bag with the zip tie you received at packet pickup. Please ensure that your bag is securely closed so that your belongings cannot fall out.

On the morning of the race, a U-Haul truck will be parked on Clinch Avenue near Henley Street. This is very near the start line on the Clinch Avenue Bridge. Bag check opens at 6:30 a.m. Bag check will close at 7:25 a.m., and the truck will depart when the marathon starts at 7:30 a.m. The bags will be monitored at all times and care will be taken in transporting them from the start line to the finish line, but it is recommended that you not place valuable or breakable items in your bag. If you chose to do so, it is at your own risk.

After completing your race at the 50-yard line of Neyland Stadium, you will follow the signs directing you off the field. As you exit the field, look for signs directing you to the bag claim area which will be ahead on your right. Bag pickup closes at 2:45 pm.

NOTE: The Bag Check service is only available on Sunday, March 25.

RACE TIMING

This course is USATF Certified and is a Boston Qualifier! The race will be timed by the MTEC using the MyLaps chip timing system. The timing chip is attached to the back of your bib number. Please pin your bib number to your chest, just like you would any other bib number. Do not tamper with or damage your chip in any way. If your chip is damaged it may not record your start, split or finish times.

Do not trade numbers with anyone else (the system won't know you made the trade and results will be incorrect). Do not fold or crush the BibTag (that may break the BibTag and cause you to not get a time). You do not need to return the bib after the race.

Result Notifications: Race results will be updated throughout each race and will be available at this link: www.mtecreresults.com/race/show/6571 After completing your race, you will receive an email with your personal results. Split times will be recorded at the 10K, Half and 30K splits for the Marathon and 10K for the Half Marathon.

START LINE CORRALS

In order to ease congestion at the start of the race, we will use a five corral start. When you registered, you entered a projected finish time for your race. You have been assigned to one of our five corrals based on this projected finish time. On your bib, you will find a letter—A, B, C, D, or E. Look for the signs at the start line, and please line up in the corral that matches your bib. You will be permitted to move back a corral (i.e., you are assigned C but want to start in D), but you cannot move up a corral. We will also utilize the corrals on Saturday night for the Covenant Health 5K.

REFRESHMENT STATIONS

There will be 18 refreshment stations along the marathon course, serving Mountain Valley Spring Water and Powerade. There will be four gel stations serving GU—these will be located on Cherokee Boulevard (approximately mile 6.5), Caswell Park (approximately mile 16), and on Island Home Avenue (approximately mile 21 and again at mile 23). On the half marathon course, there will be 8 refreshment stations serving Mountain Valley Spring Water and Powerade, and you will pass the gel station at approximately mile 6.5. There will be one refreshment station on the 5K course.

MEDICAL AID & OTHER EMERGENCIES

Medical needs of participants will be taken care of by employees of Covenant Health and the Knoxville Fire Department. The Medical team consists of nurses, paramedics, EMTs, physical therapists, and athletic trainers.

There will be medical aid stations on the course as well as at the Finish Line and Post Race Party. Any runner needing medical attention is asked to stop by a Medical Tent or notify any Police Officer, Course Monitor, Bike Monitor, Middle East Tennessee Emergency Radio Services (METERS) operator or other Race Volunteer. Transportation will be provided back to parking areas only for participants unable to complete the race. Participants needing emergency care will be transported to a local hospital.

PLEASE COMPLETE THE EMERGENCY INFORMATION ON THE BACK OF YOUR BIB PRIOR TO STARTING THE RACE!

PACE GROUPS SPONSORED BY MERCEDES-BENZ OF KNOXVILLE

Look for the pacer booth at the Expo or look for the pace group leaders in the corrals at the start line. There will be pacers for about a dozen different finish times for the full marathon. Stop by the pacer booth at the Expo and meet some of the pacers. They can help answer any questions you may have about pace groups.

If you're running the half marathon, please feel free to use the pace groups, too! For example, if you want to finish the half marathon in two hours, find the four-hour pacer. When the half marathon splits from the full marathon, you're on your own, but it's only a short distance and the worst is behind you! Full marathoners, the pacers can escort you all the way to the finish line as you achieve your personal victory!

On race day, be looking for the pacers carrying Mercedes-Benz of Knoxville Pace Flags. Let the pacers help you stay on track to meet your finish goal in Knoxville!

COURSE CLOSING

The finish line officially closes at 2:30pm. The course will follow a rolling close time of a 16 min/mile pace. This allows for 7 hours to finish the marathon or 3.5 hours to finish the half marathon. If you are still on the course after this time and wish to proceed, please do so using sidewalks for your safety.

PHOTOGRAPHS

FinisherPix will have photographers stationed at various points along the route as well as in Neyland Stadium when you cross the finish line. All photos will be available from the FinisherPix website (www.finisherpix.com) after the race. Please make sure your race number is visible to our photographers at all times and we'll see you at the finish line!

SPECTATOR INFORMATION

There are many great spectator spots along the course. Some popular spots are Western Plaza shopping center, Tyson Park, the Knoxville Museum of Art (the split for the half marathon and full marathon), Market Square, and the Old City. Spectators will also be able to enter Neyland Stadium through Gate 21 and sit in Sections A-F and sections R-Z to watch participants cross the finish line. NOTE: Due to the large volume of participants, spectators are **NOT** allowed on the field. Race participants can easily re-enter the stadium to watch other finishers. After your race, simply follow the signs and flagging directing you off the field. As you exit the field, follow the signs toward the Pilot Flying J Post-Race Party. You will be at Gate 21, and you may join the other spectators in sections A-F or R-Z.

PILOT FLYING J POST-RACE PARTY

On March 25, the post-race celebration begins at 8:30am and ends at 3:00pm. All Relay, Half Marathon, and Marathon participants are welcome and encouraged to join us at the Pilot Flying J Post-Race Party. When you finish your race, follow the signs directing you off the field. As you exit the field, continue to follow the signs up to the Post-Race Party located inside Neyland Stadium in the concourse at Gate 21. Refuel and rehydrate after the race with great food and refreshments provided by Pilot Food Mart, Pepsi Bottling Company, Bojangles', Domino's Pizza, Mayfield Dairy, Publix, Coca-Cola, and more! Enjoy all of this while you wait for the awards ceremonies and to meet back up with family and friends.

For those participating in the 5K on Saturday, we will have light snacks and refreshments available as you exit the stadium.

Important: Remember to keep your runner's bib, as it is your "ticket" to post-race refreshments. All race participants must present a bib to enter the refreshment area. Each participant will only be admitted to receive refreshments once.

Spectators (family, friends, etc.) may also join you at the Pilot Flying J Post-Race Party. We just ask that spectators wanting refreshments purchase them at the concession stands located at Gate 21 just across from the participant refreshment area. We have purchased race refreshments in quantities for race participants and volunteers only.

AWARDS CEREMONY

All finishers of the marathon, half marathon, 2-person relay, 4-person relay, and 5K will receive a very unique finisher's medal at the finish line. Please accept a medal for the race that you finished.

Award ceremonies will be held as part of the Pilot Flying J Post-Race Party outside of Gate 21 of Neyland Stadium. Results and award winner lists will be posted just outside Gate 21. Unique awards will be presented for overall, team, and age group (5-year increments) in all races. Cash awards will be mailed to top finishers in the full marathon, the marathon handcycle division, the marathon push rim wheelchair division, and the half marathon.

Awards ceremony schedule:

5K (Saturday, March 24)	8:00 pm	Stage outside Gate 21
Half Marathon (March 25)	10:30 am	Stage outside Gate 21
Marathon, Relays (March 25)	12:30 pm	Stage outside Gate 21

Award winners are responsible for picking up their award at the awards ceremony on race day or at Eddie's Health Shoppe after race day. Awards will be available for pick-up at Eddie's Health Shoppe (8025 Kingston Pike) on Monday, March 26 from 9 am until Friday, March 30 at 8 pm. If you cannot get to Eddie's Health Shoppe during these hours, please email the marathon office to make pick-up arrangements. We can also mail the award for an additional fee.

AFTER-RACE ACCOMMODATIONS

Knoxville Area Transit (KAT) buses will be available at gate 21 at Neyland Stadium to transport participants back to the race start from 9 am – 3 pm.

Beginning at noon, the Lindsay Young Downtown YMCA will allow runners to shower after their race on Sunday. The Downtown YMCA is just one block from the start line at 605 West Clinch Avenue (heading back toward downtown). There is no charge to use the facility but you must present a photo ID (driver's license) at the front desk for admission. Tell them that you are with the Covenant Health Knoxville Marathon. The front desk staff may hold onto your ID until you are ready to leave (per insurance policy).

SPONSORS



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And Special Thanks to:

Endurance Sports Management - City of Knoxville - Visit Knoxville - University of Tennessee
 Casual Pint Downtown - Cube Smart - Tomato Head - Naples Italian Restaurant - METERS
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