

Race Weekend Schedule

February 13-14, 2010

Saturday, February 13, 2010

- 8:00am– 6:00pm *St. Vincent's Health System Health & Fitness Expo and Packet Pickup-*
South Exhibition Hall Birmingham Jefferson Convention Complex -Free to the Public
- 8:00 am *5 KBR* –benefiting Kid One Transport -Linn park
- 8:15 am *5KBRPost Race Party*– South Exhibition Hall Birmingham Jefferson
Convention Complex
- 9:15 am *Bell Center EIP Children's Run*– Linn Park in front of City Hall
- 10:00am –11:00am *Mercedes Kids Marathon*-Linn Park
Fifth graders will begin at 10:00am followed
by each descending grade in 12– minute increments

Sunday, February 14, 2010

Benefiting The Bell Center

- 7:00am-1:00pm *Mercedes Marathon, Half- Marathon and
First Commercial Bank Marathon Relay*– Linn Park in front of City Hall
- 9:00am– 2:00pm *Jim N' Nick's Post Race Party and Awards Ceremony*– Boutwell Auditorium

Door Prizes to be given away throughout the Party!!!!

Pre-Race Considerations

“CARBS FOR A CAUSE” - PASTA DINNER

To be held at [The McWane Center](#) Saturday, February 13th.

• Tickets are \$15 for adults and \$5 for kids 10 and under.

• 3 Seatings – 5 pm / 6 pm / 7 pm • Ticket cost includes access to the science museum, pasta dinner and water or sodas. Beer and wine are available for purchase.

ALL ticket sales will go directly to [The Bell Center](#) for Early Intervention programs. Food will be provided by [Romano's Macaroni Grill](#) and drinks provided by Coca-Cola. Tickets can be purchased at the Expo on Friday and Saturday at The Bell Center booth.

Bag Check

An area to check your bags and other items will be located at the side entrance to Boutwell Auditorium near the Birmingham Museum of Art. We strongly urge you to pre-identify the item with your race number before it is checked in order to speed the process. Use the pre numbered bag claim tag at the top of your race bib and affix it to the item . After the race, please come and claim your item in the same location. The bag claim area closes at 12:00 pm for the Half and 2:00 pm for the full. Any unclaimed bags will be turned in to the lost and found at Boutwell Auditorium.

What to wear

Please dress accordingly. Start off dressed like it is 20 degrees warmer than it is at the start. All discarded clothing along the Mercedes marathon and half marathon course will be retrieved by Grace Klein Construction, Inc. and distributed to families in need in Jefferson and Shelby counties. Over 250 families are fed monthly via GKC Friends and clothes will be shared with these families.

Wear your race bib number pinned to the front of your outermost layer of clothes. If you take this layer off during the race, please be prepared to show us your bib number at each of the timing split mats placed on the course at the relay exchange areas and at the finish line.

Please write any pertinent medical information and race day contact information on the back of your race number. You'll make life a lot easier for our medical crews if you will take a minute to provide us with this information. Please include emergency contact #. Medical stations are available at each relay station, at Pepper Place and at the finish line.

What's Prohibited

Unregistered runners, unauthorized vehicles, bicycles, skateboards, in-line or roller skates, baby joggers or strollers, smoking and all animals are strictly prohibited on the course to ensure runner safety and comply with liability insurance requirements.

The Start

Time and Location

Race will take place rain or shine or snow! No need to try to call and ask otherwise.

Race starts at 7:03 a.m. in front of Boutwell Auditorium. Wheelchair athletes will start at 6:58 a.m. Don't forget to set the TIVO to Fox 6 WBRC-TV for 2 ½ hours of live coverage.

The race will start near 19th Street and 8th Ave N and run East towards 24th Street. You will not be able to access the chute from the front. Also, PLEASE don't cross in front of the starting area when exiting Boutwell Auditorium and try to head to the start entrance as the City Hall Side of 8th Avenue will be blocked off at Short 20th Street and you will NOT be able to get through. **Please avoid hanging out inside of Boutwell Auditorium before the race.**

Portalets will be available around 19th Street and 8th Ave North near the entrance to the starting chute. If you go into Boutwell Auditorium before the race, be sure to exit to your right (West) toward 19th Street to enter the starting chute from the back.

Course Time Limits

Marathon time limit is 6 hours. Participants must maintain a pace of approximately 13:44 minutes per mile. The marathon finish line will close at exactly 1:00 p.m.

The half marathon time limit is 4 hours. Participants must maintain a pace of approximately 18:30 minutes per mile. The half marathon finish line will close at 11:00 a.m..

The Balloon Lady

The prominent “Balloon Lady” will be sweeping the back of the pack as the designated last finisher of the Marathon walking at a 6 hour pace. She'll have some balloons tied to her waist, so you can't miss her. The Birmingham Police will be following along removing anyone from the marathon that falls behind her after the courses split at Mile 13. **NO ONE will be allowed to be behind the Balloon Lady once she starts her second loop of the course!** If you're walking the marathon and fall behind her before the courses split, you will be directed to continue on the half-marathon course on the left side of 20th Street towards the finish line. **NO EXCEPTIONS** will be allowed.

On the Course

Watering Holes

There will be 11 water stations (22 for the marathon) on the course offering water and Lemon-Lime Powerade. The first station is at 2 miles with the second one at mile 3 (in case it's too crowded at the first one). Vanilla GU (with caffeine) and Tri Berry GU (without caffeine) will be distributed at the aid stations located close to Miles 4, 8, 11, 17, 21 and 24. Since we've had so many people register this week, we may run short of Gul, so please be considerate and take only one at each station. Gu trash containers will be located at Gu stations, so please be neat and toss your empty packets into the Gu trash cans.

Medical Aid

Emergency personnel in the city of Birmingham and from St. Vincent's Health Systems will be on call. Medical stations will be available at all four relay exchange areas. If you have medical concerns related to the courses or to your personal situation, please inform the race staff by writing any necessary medical information on the back of your race number.

Discarded Clothing

Shed It!!! All discarded clothing along the Mercedes race course will be retrieved by Grace Klein Construction, Inc. and distributed to families in need in Jefferson and Shelby counties. More than 250 families are fed monthly GKC Friends and clothes will be shared with these families.

Think Before You Toss

When you throw away trash, make sure it is trash! Plastic water bottles and cans can be put in the recycle bins and just about any food product (bananas, oranges, etc.) can go into a compost container. In 2009, we recycled 3500 lbs. of materials and we hope to beat that amount this year. Your help is much appreciated. Thank you to the Alabama School of Fine Arts, Advanced Disposal and Birmingham Recycling for coordinating our recycling efforts.

The Finish Line

The Bling

Anyone crossing the finish line with no bib or no D-Tag will get no medal and no finisher's shirt. Please don't argue with our wonderful volunteers over this – they have been instructed to be very strict about with the problem.

Official Photos

Capture the memories of your 2010 Mercedes-Benz Marathon Weekend. Brightroom will have a special area around the finish line for runners to have photos made with their families, friends and running groups. Visit our website after the race for official race photographs by Brightroom Photography for personalized race action, finish line and post race-race photographs.

Hit the Showers

Showers are available to race participants at the **Birmingham Metro YMCA** starting at 9:00 a.m. on race day. Just show your number for free access. From the finish line, walk east two blocks to Richard Arrington Blvd and South four blocks to 4th Ave N, the address is 211 4th Ave., North. Thanks to the YMCA for their generous welcome throughout the race's history.

After The Race

The party features two live bands, lots of juicy southern barbecue from Jim 'N Nick's Restaurants, plenty of cold beer from Michelob Ultra, endless Cokes, Dasani and PowerAde and massages. Race merchandise will still be available for your shopping pleasure as well. All food and festivities are included in your race entry fee. Race finishers will also be eligible to win valuable door prizes as race numbers will be drawn randomly throughout the course of the party for these prizes. You must be present to win so stay and party with us to the end. Meal tickets may be purchased at the Expo at The Bell Center booth or on race day (if there are any left!!!) for \$5 per person for family and friends not participating in the race. Buy your tickets early!! It's a good time for all! Ask your friends, we take our parties seriously!

Awards Ceremony & Race Division

Mercedes-Benz Marathon Weekend presents a total of **2,000** pounds of finisher medals to our race participants. WOW, that's a "ton" of medals!!!

Awards will given to the top three male and female finishers in each of the following age divisions: 12-14(half marathon only), 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

2010 Prize Structure

- Overall cash winners are not eligible for age division awards.
- Age division awards will be scored and determined based on Marathon D-Tag Time.
- Gun time is used to determine all cash prizes.

SEE YOU NEXT YEAR

FEB. 11-13, 2011