



REGIONS
SUPERHERO5K
FEB 11, 2017 • 8am • LINN PARK
MERCEDES-BENZ MARATHON WEEKEND

Race Day Instructions

- **Race will take place rain or shine!** If weather conditions are dangerous, we will evaluate the situation. Please follow us on Face Book and Twitter and check our website for updates.
- **Dress accordingly.** Layer if necessary.
- **Race starts at 8 am in front of Boutwell Auditorium** and runs west towards 19th Street.
- **What's Not Allowed on the course** – unregistered runners, unauthorized vehicles, bicycles, skateboards, roller blades, strollers, baby joggers and other wheeled devices, and animals. You may run with headphones just don't listen with them so loud you wouldn't be able to hear emergency announcements or vehicles.
- **Timing Device is attached to your bib.** Do not remove it.
- **Pin race bib to the front of your outer most layer of clothing** and wear above your waist.
- **Please write any pertinent medical information and contact information on the back of your race bib.**
- **There is one water station on the course** – near Regions Field across from Good People Brewery. Water and Powerade will be available.
- **There will be Powerade and Dasani water at the finish line.**
- **Awards Ceremony will be at approximately 9 am** across the street from the finish line inside Boutwell Auditorium.
- **Unofficial results will be posted in the lobby of Boutwell** as they become available. Check your bib when you get it for any errors and let us know if you find one.
- **Official results will be posted on our website by the end of the day** – www.mercedesmarathon.com –
- **Thank you for your support of our local charities and especially to our title sponsor - REGIONS!**