



REGIONS
SUPERHERO5K
FEB 10, 2018 • 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.
- **Be aware of interstate bridge replacement construction and exit closures off I59/20.** Visit http://rp.dot.state.al.us/I59_20 for updated information.
- **Race starts at 8 am in front of Boutwell Auditorium** and runs west towards 19th St. N.
- **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. **NO BIB, NO MEDAL.**
- **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 9:15/30 am** at our St. Vincent's Health System Health and Fitness Expo in the Birmingham Jefferson Convention Complex (BJCC) Legacy Arena. US Army Veteran and Author, Noah Galloway, will present the awards. You don't want to miss the fun!
- **Unofficial results will be posted in our Expo at the BJCC Legacy Arena** 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 BANK!**
- **Visit our website to order official race pictures from MARATHONFOTO!**
www.mercedesmarathon.com