



SUPERHERO5K

FEB 9, 2019 • 8am • RAILROAD PARK
MERCEDES-BENZ MARATHON WEEKEND

Race Day Instructions

- **New for 2019- The Start and Finish areas have moved to Railroad Park.**
- **Parking-** Reserve and pay for your parking space by downloading the app, Clutch! Look for Mercedes-Benz Marathon Weekend.
- **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 www.5920bridge.com for updated information.
- **Race starts at 8 am in Railroad Park** and runs east towards 19th Street S.
- **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** – at the end of 1st Avenue S before you turn into 32nd Street S.
- **There will be Powerade and Dasani water at the finish line.**
- **Awards Ceremony will be at approximately 10:00 AM** at our UAB Callahan Eye Hospital & Clinics Health & Fitness Expo in Boutwell Auditorium. All 5K participants PRESENT at the awards ceremony will be entered to win a green Regions bike that you can take home that day! We will also have Chick Fil A biscuits for you at the Expo. You don't want to miss the fun!
- **Unofficial results will be posted at our Expo in Boutwell Auditorium** 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 Endurance Imaging!**
www.mercedesmarathon.com