



PARTICIPANT INSTRUCTIONS



10th Annual
Publix Georgia
Marathon & Half Marathon

March 20, 2016



A woman with her hair in a ponytail, wearing a light blue long-sleeved athletic top and dark blue leggings with a yellow stripe, is stretching on a wooden park bench. She is leaning forward with her right leg raised and foot on the bench, and her left leg extended back. The background shows a park with green trees and a paved path under a bright sky.

“Today, I plan on serving my fellow racers a large helping of Georgia’s finest dust. Seconds, anyone? Help yourself. As I stretch, I can tell a storm is brewing. And *I am the storm.* I am speed and light and crash and fury. I’m gaining on you. I’m passing on the left. I’m gone. But first, I’m stretching. And after this last toe-touch, I’m going **to go all out.**”

I RUN

Whether you’re planning to jump-start your active lifestyle or in constant pursuit of whatever you need to maintain it, we have you covered at publix.com/healthresources. Get information about meal planning, shelf tags for natural and organic products, and Publix GreenWise products. Then step up and run on race day.

Shatter your limitations. Publix GEORGIA MARATHON & HALF-MARATHON, March 20, 2016

Publix

WHERE SHOPPING IS A PLEASURE®



WELCOME

Welcome

Atlanta Track Club welcomes you to the 10th annual Publix Georgia Marathon & Half Marathon. We are excited to build on the success of Atlanta's only marathon and hope you enjoy your journey through some of the city's neighborhoods and parks.

Through our partnership with the Be Healthy Georgia Festival, this event has become a family affair. Children completing a one mile fun run will be able to cross the same finish line as our half and full marathoners, and our youngest participants will take part in a dash through Centennial Olympic Park.

Volunteers will be on hand throughout the course to keep you fueled and cheer you on, so be sure to say thank you! We can't wait to celebrate your accomplishment with you at the finish line.

Rich Kenah
Executive Director

Share Your Story

Share your race day experience and tag your photos with #GAMarathon and #atlantatrackclub.

Follow Atlanta Track Club on Facebook, Twitter, Instagram and Snapchat for photos, updates and race news.



facebook.com/atlantatrackclub



[@ATLtrackclub](https://twitter.com/ATLtrackclub)



[@atlantatrackclub](https://instagram.com/atlantatrackclub)



[@atltrackclub](https://snapchat.com/add/atltrackclub)

Thank you to the City of Atlanta, our more than 2000 dedicated volunteers and numerous partners.

Publix





Publix Georgia Marathon Health & Fitness Expo

The Publix Georgia Marathon Health & Fitness Expo is the bib number pick-up location for race participants. The two-day expo features official Mizuno event merchandise, sports nutrition products, running apparel, shoes, accessories, and health and fitness services. The event is free and open to the public.

On-site registration for the marathon and half marathon will be available at the Expo.

Georgia World Congress Center Hall C1
362 Ivan Allen Jr Blvd
Atlanta, GA 30313

Friday
March 18, 2016
11 a.m. to 7 p.m.

Saturday
March 19, 2016
10 a.m. to 7 p.m.

Race Number Pick-up

An email with a race number confirmation link will be sent to all Publix Georgia Marathon & Half Marathon participants prior to number pick-up. Participants will pick up their number according to the race number that was printed on their confirmation email, so please make note. Participants will be able to look up their race numbers at number pick-up but you can save time by bringing your confirmation email. Participants who registered after March 10 will not have a bib assignment until registration has closed.

For those who are unable to make it to the Publix Georgia Marathon Health & Fitness Expo, a third party may pick up your race number for you. In order for the third party to pick up your race number, they must bring your race number confirmation. No number/shirt pick-up will be available at the event on race morning unless you purchased Will Call in advance.

Expo Parking

Parking is available in the Yellow Lot & Blue Lot at a discounted rate of \$10 per day. You may either print a parking coupon and present it with payment upon arrival or you can pre-purchase a parking pass online. Both options are available below:

Parking Coupon: Download [here](#). You MUST print and present the coupon upon arrival at the parking lots to receive the discounted rate of \$10. (The normal daily parking rate is \$15.)

Pre-Purchased Parking: Click [here](#). Select Georgia World Congress Center, followed by the Publix Georgia Marathon Expo option and then choose the appropriate day and parking lot.

Switching Races

You may switch races at the Publix Georgia Marathon Health & Fitness Expo. There will be no refunds if you are switching from the marathon to the half marathon, and additional fees will apply for those switching from the half marathon to the marathon. Shirts will be provided based on availability to those switching races. Those switching races on race morning will be disqualified and removed from the results.

MARTA

MARTA is an excellent option for getting to the Expo. We highly recommend using the Vine City Station instead of The Dome-GWCC-Philips Arena-CNN Station. Accessed from all blue and green lines, Vine City Station is a short walk (0.4 miles) to Hall C1 at the GWCC. Visit itsmarta.com for more information on station locations and schedules.

YOUR JULY 4TH STARTS HERE



Lottery registration open
March 15-22
AJC.com/peachtree





Before The Event

Gear Check

We are pleased to feature UPS as a partner for this year's race day gear check. You can find the fleet of brown UPS package trucks along the north end of the park. Gear check will be available for all Publix Georgia Marathon & Half Marathon participants on race morning beginning at 6:00 a.m. If you plan to check gear, please tear the gear check tag from the top of your race number and attach it to the bag provided to you at number pick-up. Items placed in bags other than the ones received at number pick-up will not be accepted for gear check. Atlanta Track Club is not responsible for lost or missing bags. All checked gear must be picked up from the gear check tent by 2:00 p.m. on race day. Any remaining bags will be taken to Atlanta Track Club's office and made available for pick-up during regular office hours beginning on Monday, March 21. Any unclaimed bags will be donated to local shelters after Friday, March 25.

Timing

Your timing device for this event is the Chronotrack single-use B-tag. In order to receive an accurate time, please confirm your bib is...

- Clearly visible on the front of the torso
- Unaltered and unmodified (Do not fold or wrinkle)
- Pinned in all four corners
- Not covered (jackets, fuel belts, water bottles, etc.)

Pace Teams

The Publix Georgia Marathon & Half Marathon Pace Team is here to help you achieve your goals at the event. Pace teams will be available for the following finish times:

Marathon Pace Teams

3:45	4:15	5:30
3:50	4:30	6:00
4:00	5:00	6:30

Half Marathon Pace Teams

1:30	2:00	3:00
1:40	2:15	3:30
1:45	2:30	
1:50	2:45	

If you are planning to run the Publix Georgia Marathon & Half Marathon with a pace team, stop by the Pace Team booth at the expo to sign up. Upon signing up, you will be given an additional bib with the goal finish time on it. You will still need to wear your official race number on the front and the pace number on your back during the event. On the morning of the event, pace group leaders will be holding large signs with their specific finish times. You'll want to find the pace group that you signed up with and stand with them in the appropriate start wave. Please note in order to change start waves you will need to wear your pace team bib.

Race Number Will Call

Will Call is available for race number pick-up for those who pre-purchased this option (\$20 fee). The Will Call tent is located in Centennial Olympic Park near the stage and is open 5:30 a.m. - 6:45 a.m. race morning. **If you purchased Will Call your race number WILL NOT be at the Expo.**



As the Official Gear Check Sponsor of the Publix Georgia Marathon, UPS wishes all runners a successful race to the finish. Look for our Brown Trucks.



Racing to drop off and pick up packages?

Use UPS Access Point™ locations in your neighborhood and handle shipping on your schedule. Learn more at ups.com/accesspoint.



Centennial Olympic Park
265 Park Ave W NW
Atlanta, GA 30313

MARTA

We encourage all participants to take MARTA on race morning to avoid traffic delays due to race related street closures. [Click here](#) for more information on taking MARTA to the event. MARTA will begin rail service one hour earlier than usual on Sunday morning (5:00 a.m.) in order to get runners and spectators to the start line at Centennial Olympic Park.

Guaranteed Reserved Parking

Atlanta Track Club has partnered with [Parking Panda](#), the nationwide leader in online parking reservations, to allow visitors to purchase guaranteed parking near Georgia World Congress Center for the Health & Fitness Expo and Centennial Olympic Park for the Marathon. View real-time availability and pricing at several nearby garages and lots [here](#). Once purchased, parking is 100% guaranteed even if the location otherwise fills up. Simply present your purchase confirmation at the selected location. Your confirmation serves as your payment with no additional payments or fees ever. Parking availability is very limited, so it is strongly recommended that you purchase your parking in advance, if driving.

Other Parking Options

With over 9000 participants expected to arrive at the same time, traffic will be a challenge. If you plan to drive to the start/finish area, please carpool and allow significant time to drive, park and walk to the start area. Plan to arrive downtown no later than 6:00 a.m. Below are some parking suggestions.

- Underground Atlanta Parking Deck #1 - Turn right from MLK immediately after Central Ave. (Open 24 hours, daily fee \$3)
- Underground Atlanta Parking Deck #2 - Turn right from MLK immediately after Pryor St. (Open 24 hours, daily fee \$3)
- CNN Parking Deck - From MLK, turn right on Centennial Olympic Park Dr., turn right into CNN parking deck (Open at 5:30 a.m., daily fee \$10)
- Centennial Parking Deck - From MLK, turn right on Centennial Olympic Park Dr., turn right into Centennial Parking which is immediately past the CNN deck. (Open 24 hours, daily fee \$5)
- GA Dome Red Deck - From MLK, turn right on Centennial Olympic Park Dr., turn left onto Andrew Young International, turn right into Red Deck. (Opens at 5:00 a.m., daily fee \$10. Pre-pay for parking at the Dome [here](#))

Click [here](#) for other parking options in downtown Atlanta.



Start

All participants in the Publix Georgia Marathon & Half Marathon have been assigned to one of five start waves (A-E) based upon estimated finish time submitted during registration. Participants will need to line up in the correct start wave as indicated on your race number. If you would like to run with someone assigned to a different start wave, you may do so by starting in the wave that is farthest back. For example, if your number is in start wave A and your friend's number is in start wave C, you may both run in C. Both the marathon and half will start at 7:00 a.m. with start wave A, followed by start waves B-E.



**Marathon
& Half Marathon
start time
- 7:00 am**

Wheelchair Division - 6:50 a.m.
Start Wave A - 7:00 a.m.
Start Wave B - 7:03 a.m.

Start Wave C - 7:06 a.m.
Start Wave D - 7:09 a.m.
Start Wave E - 7:12 a.m.



Course

Both the marathon and half marathon start on Marietta Street and head east. It is a shared course until approximately mile 7 where the half turns towards Virginia Highland and the marathon continues on towards Candler Park. Signs will be positioned along the course leading up to this point announcing the split. Additionally, any marathoner reaching the split point after 9:00 a.m. will be asked to divert onto the half marathon course in order to maintain the 15min/mile pace.

Please be aware the course is not closed to traffic. Runners' lanes are marked by traffic cones. Please follow the directions of the police and course monitors. For the safety of all Publix Georgia Marathon & Half Marathon participants, no pets or wheeled conveyances including bikes, strollers, baby joggers or in-line skates are permitted on the course. We strongly discourage the use of headphones during the event so you can hear directions given by race officials.

Course Time Limit

Publix Georgia Marathon has a 6.5 hour time limit (15 min/mile pace) while the half has a 3.5 hour time limit (16 min/mile pace). The course will open to traffic once participants doing a 15 min/ mile pace have passed. Anyone still on the course will be responsible for his or her own safety and asked to move the sidewalk. If you feel that you will be unable to complete the Publix Georgia Marathon & Half Marathon and need to drop out, move to the right side of the road and look for a course volunteer for assistance contacting the nearest "sag wagon." A "sag wagon" will also sweep the course as it reopens to traffic.

Hydration Stations

Aid stations with water and POWERADE will be located approximately every two miles along the course. Aid stations will have portable toilets as well as first aid items. Jelly Belly Sport Beans fuel stations will be located at approximately mile 7 for both the marathon and half marathon and again near mile 19 along the marathon course. These jelly beans provide a good source of carbohydrates and electrolytes. For more information regarding Jelly Belly Sport Beans, visit sportbeans.com.

Food Stations

Publix is providing snacks along the course. You will find seven food stations along the route each attached to a hydration station. Below is a list of the items you will find

- Jelly Beans
- Peanut butter filled pretzels
- Oranges (3 stations)
- Cookies
- Bananas

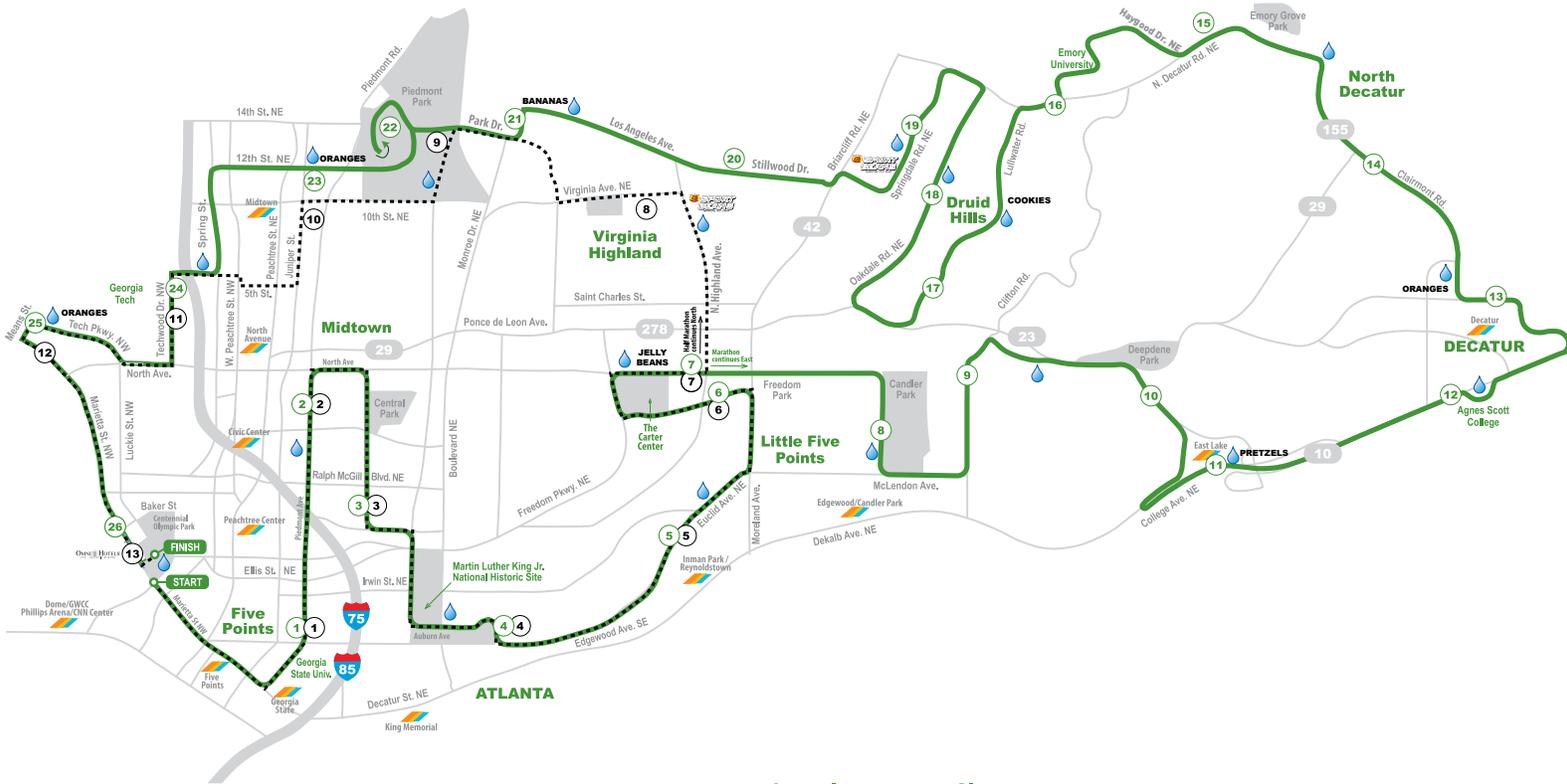
To see the exact locations, see Course Map on the next page.

Clocks on the Course

Clocks will be located every mile along the course to provide the elapsed time from start of wave A.



Course Map



KEY

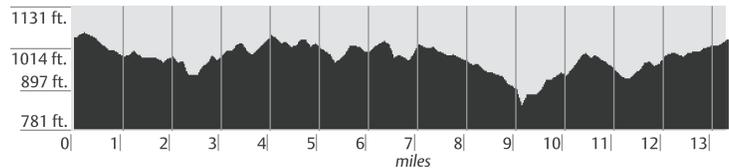
- Marathon Course —
- Half Marathon Course - - -
- Marathon Mile Marker ○
- Half Marathon Mile Marker ○
- Aid Station 💧
- Cheer Zones 📣
- MARTA Station 🚇
- Medical +

NOT DRAWN TO SCALE

Marathon Elevation Profile



Half Marathon Elevation Profile



KNOW

that giving up is
never an option.



It's time to show everyone you can go the distance. Because we know how much you've put into it. PNC – proud supporter of the Publix Georgia Marathon & Half Marathon. Good luck runners!





Be Healthy Georgia Festival



Join Lt. Governor Casey Cagle, Olympians and special guests for our 6th Annual Be Healthy Georgia Festival held in conjunction with the Publix Georgia Marathon & Half Marathon. This FREE family event in Centennial Olympic Park kicks off with Atlanta Track Club's Fun Run and Dash followed by more fun and games with Georgia's pro sports teams, mascots and much more! There will be scholarships and prizes for the school or group with the most participants, so bring all your friends for this day of fun!

Following the run, everyone will enter into the Family Fit City. At the Family Fit City a DJ will keep the beat alive and families can interact with all types of sport activities with give-a-ways as well as chances to win tons of other prizes donated by the event's partners! Stick around and watch over 15 great local mascots racing in the ever-popular Mascot Trot and Dance Off for top bragging rights.

Start

Both the One Mile and 50m Dash will gather in Centennial Olympic Park at the Southern Company Amphitheater. Participants will line up at the appropriate age group sign. A few minutes before the race start, the kids will be walked to their respective start lines, One Mile located on Marietta Street (under the start truss for the marathon and half marathon) and 50m Dash in the grassy area surrounding the amphitheater.

Course

The course for the One Mile starts on Marietta Street and makes its way north towards Ivan Allen, turns around and works its way towards International Blvd finishing on the same finish line as the marathon and half marathon inside Centennial Olympic Park near the Olympic Rings. 50m Dash participants will start and finish in the grassy area near the Southern Company Amphitheater at the drop of the flag.

One Mile - 7:45 a.m.
50m Dash - 8:15 a.m.

Finish

After crossing their respective finish lines, One Mile and 50m Dash participants will receive their medal, water, snack and then be directed into a secured finish area where they will be reunited with their parents.

Safety Reminders

ONLY parents of the 50m Dash participants will be allowed to participate with their children.

Course monitors and police will be located along the entire course to provide encouragement and guidance. As participants will be crossing the same finish line as the marathon and half marathon, please be aware there are other participants on the course.



Awards and Results

All Publix Georgia Marathon & Half Marathon participants will receive a finisher's medal after they cross the finish line. Overall male/female, Masters male/female and Grand Masters male/female awards will be presented the morning of the event during the Awards Ceremony. Age group awards will be awarded to the top three finishers in each age division and will be mailed once results are finalized (approximately two weeks after the event). Age group standings are based on chip time.

Marathon

18-24, 25-29 continuing in 5 year increments through 90+.

Half Marathon

14-19, 20-24, 25-29 continuing in 5 year increments through 90+.

Unofficial race results will be posted at atlantatrackclub.org by the evening of March 20. Downloadable finisher certificates will also be available courtesy of MarathonFoto at atlantatrackclub.org at that time.

Prize Money

MARATHON CATEGORY	PLACE	PRIZE MONEY
Overall Male and Overall Female	1st	\$1250
Overall Male and Overall Female	2nd	\$500
Overall Male and Overall Female	3rd	\$250
Masters Male and Masters Female	1st	\$750
Masters Male and Masters Female	2nd	\$500
Masters Male and Masters Female	3rd	\$200
Grandmasters Male and Grandmasters Female	1st	\$250

HALF MARATHON CATEGORY	PLACE	PRIZE MONEY
Overall Male and Overall Female	1st	\$500
Overall Male and Overall Female	2nd	\$250
Overall Male and Overall Female	3rd	\$100
Masters Male and Masters Female	1st	\$250
Masters Male and Masters Female	2nd	\$100
Grandmasters Male and Grandmasters Female	1st	\$100

NOTES:

Open - All Ages / Masters - 40+ / Grandmasters - 50+

Eligible participants can earn awards in multiple categories.

Overall standings are based on gun time.

Overall winners are not eligible for age group awards.

No travel allowances available

Prize money related questions should be sent to Elizabeth Unislowski at eunislowski@atlantatrackclub.org



Saluting Our Volunteers

The 2016 Publix Georgia Marathon and Half Marathon require more than 2,000 volunteers to make the event a success. Out of those 2,000+ volunteers, eight are committee members who oversee all major areas and aspects of the race. More than 80 of the volunteers are “crew chiefs” who take the lead and manage all of our different volunteer areas. Volunteer work begins well before race day, with many behind-the-scenes projects, and in the days leading up at packet pick-up and pre-race set-up. Please take a moment and thank our volunteers on race day! You’ll see them all around the start area, on the course cheering you on, and in the finish area, making sure that your experience from top to bottom is world-class. Seek them out and give them praise for a job well-done! You can also tell us how great our volunteers are through the post-race participant survey. Your feedback and “thank you’s” really matter!

RACE TO THE PLAYOFFS

APRIL 9 - PHILIPS ARENA

**FAST
BREAK
5K**

PRESENTED BY
KAISER PERMANENTE.



Mizuno
Shirt



Cheerleaders



Game
Ticket



Post-race
Games



Sweatband

Register at atlantatrackclub.org



Celebrate Your Accomplishment

Once you cross the finish line, plan to stick around and celebrate your accomplishment with friends and family. The Publix Picnic Party will feature picnic tables, music and giveaways from Sports Radio 680 The Fan. You can also splurge on some new running gear since Atlanta Track Club and Mizuno merchandise will be available for purchase.

Safety & Security

Safety is Atlanta Track Club's top priority and together with the help of the City of Atlanta and its various agencies, we have comprehensive plans in place to ensure the safety of our participants, spectators, volunteers and partners at this year's event. There will be increased law enforcement presence at the start, along the course, at the finish line and in the post-event area.

While not all safety and security tactics can be shared, we would like everyone to be aware of some of the actions we are taking, as well as call out some simple things participants, volunteers and spectators can do to help make the 2016 Publix Georgia Marathon & Half Marathon event a safe, memorable experience.

Leave backpacks and any other unnecessary items at home:

Whether you're planning on running or walking in the events, volunteering or spectating, please pack light. This means leaving any item at home that is not necessary for you to complete the event. Visit atlantatrackclub.org for a list of prohibited items.

See Something, Say Something:

Be vigilant. If you see something suspicious, contact the nearest police officer or call 911.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EVENT CANCELLED Follow Official Event Instructions	Extreme conditions Event cancelled	Participation stopped/ follow official event instructions
HIGH Potentially Dangerous Conditions Follow Official Event Instructions	Dangerous Conditions	Slow down/ observe course changes/ follow official event instructions/ consider stopping
MODERATE Be Aware of Worsening Conditions	Use Caution	Slow down/ be prepared for worsening conditions
LOW Enjoy the Event	Good Conditions	Enjoy the event/ be alert

Familiarize yourself with the Event Alert System (EAS):

Colored flags will be located at the start line, along the course at the aid stations and in the finish area. The flags will communicate the specific alert level, which could range from Low (Green) to Moderate (Yellow) to High (Red) to Extreme (Black) based on a variety of factors, including weather conditions.

On behalf of the Atlanta Track Club staff and the entire Publix Georgia Marathon & Half Marathon Planning Committee, we thank you in advance for your cooperation and look forward to seeing you at the event.



THE NEW
WAVE CATALYST
THE NEXT WAVE OF FAST



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