



# PARTICIPANT INSTRUCTIONS

*Publix Atlanta Marathon, Half Marathon & 5K*

March 1, 2020





# WELCOME

Atlanta Track Club welcomes you to the 14th running of the Publix Atlanta Marathon, Half Marathon, 5K and, of course, the Publix Atlanta Kids Marathon. As part of America's Marathon Weekend that also features the US Olympic Team Trials - Marathon, you will experience the best of Atlanta as you move along the streets and neighborhoods of Running City U.S.A. on the morning of March 1st with 14,000 of your fellow runners and walkers. Sorry about those occasional hills...

A few dozen Atlanta Track Club staff, dozens of Publix associates, hundreds of Atlanta's Finest from APD and thousands of volunteers will greet you at the start, along the course and at the finish line with a smile and encouragement, hydration, snacks and, of course, a medal to memorialize your experience in the most inclusive running weekend in America.

Speaking of experiences, we hope that as you pick up your race number at the Georgia World Congress Center, you take some time to enjoy America's Marathon Weekend Experience – an interactive expo that includes product sampling, high jumping, shot putting and interactive stage sessions and press events. And ahead of your race on Sunday, you'll be inspired by the nation's best distance runners as they chase a Tokyo Olympic birth in this, our Olympic city.

Rich Kenah

*Atlanta Track Club Executive Director*



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AMERICA'S  
MARATHON  
WEEKEND

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# THE EXPERIENCE

## RACE NUMBER PICKUP

The Georgia World Congress Center serves as the race number pickup location for all America's Marathon Weekend events. The Experience features Publix premium giveaways, ProAm High Jump and Shot Put competitions, premium stage programming as part of the Running Talks Series presented by Runner's World+, and much more. All participants must pick up their race numbers at the Georgia World Congress Center unless Will Call was purchased during race registration or through the Atlanta Track Club online store.

<b>TIME</b>	<b>THURSDAY, FEBRUARY 27</b> 2:00 P.M. - 8:00 P.M.	<b>GEORGIA WORLD CONGRESS CENTER HALL A3</b>	<b>LOCATION</b>
	<b>FRIDAY, FEBRUARY 28</b> 10:00 A.M. - 8:00 P.M.		
	<b>SATURDAY, FEBRUARY 29</b> 8:00 A.M. - 11:00 A.M.		
	<b>&amp;</b> 4:00 P.M. - 6:00 P.M. late number pickup only		

### GETTING THERE:

For directions to Georgia World Congress Center - Hall A3, [click here](#). There you will find information on MARTA and other modes of transportation to take to get you to the Experience. With many events occurring downtown, we strongly recommend using MARTA. Research available parking [here](#) and plan ahead by having multiple options ready. Parking is available throughout downtown Atlanta for an additional fee.



# CELEBRATE ATL2TKY

Visit the Mizuno Booth at America's  
Marathon Weekend Experience for  
a special launch of this Limited  
Edition shoe.



*Limited edition*  
**PEACHTREE 51<sup>ST</sup> RIDER**

THE EXCLUSIVE FOOTWEAR, APPAREL  
AND ACCESSORIES SPONSOR OF  
ATLANTA TRACK CLUB





# RACE NUMBER PICKUP

All Publix Atlanta Marathon, Half Marathon & 5K participants will receive a race number confirmation email on February 26. This email will contain a unique QR code for each participant. You will need to bring a copy of your QR code to the Experience to pick up your number. Participants can print a copy or show on a mobile device.

For those who are unable to make it to the Experience, 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 a copy of your confirmation email with the QR code. No number or T-shirt pick up will be available on race morning unless you purchased Will Call in advance.

## GEAR CHECK

Gear check will be available on race morning beginning at 5:30 a.m. in Centennial Olympic Park. 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 race number pickup. Items placed in bags other than the clear ones provided 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 pickup during regular office hours beginning on Monday, March 2. Items from unclaimed bags will be donated to local shelters after Friday, March 6.

## TIMING

Your timing device for this event is the ChronoTrack single-use B-tag. The device is adhered to the back of your bib. **DO NOT REMOVE OR BEND.** Wearing your bib improperly could result in improper scoring and possible disqualification. 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.)

## GROUNDINGS FOR DISQUALIFICATION

Atlanta Track Club reserves the right to disqualify participants and remove them from the results for the following reasons:

- Using someone else's race number
- Missed checkpoints. There are various checkpoints on the course where a participant's timing chip is recorded. If a participant's chip misses checkpoints, they will be disqualified and removed from the results
- Switching race distances on race day. Participants who would like to switch race distances must do so prior to race day at race number pickup
- Finishing outside the course time limit

## SWITCHING RACES

Participants in the marathon and half marathon may switch to a shorter distance. There is no upgrading to longer distances available. You may switch distances by visiting the Solutions counter at America's Marathon Weekend Experience. There will be no refunds given. Those switching events on race morning will be disqualified and removed from the results.



# BEFORE THE EVENT

## PACE TEAMS

The Publix Atlanta 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: (pace/mile)

### MARATHON PACE TIMES

- 3:30
- 3:45
- 4:00
- 4:30
- 5:00
- 5:30
- 6:00

### HALF MARATHON PACE TIMES

- 1:35
- 1:40 RUN WITH MEB
- 1:45
- 1:50
- 2:00
- 2:15
- 2:30
- 2:45
- 3:00
- 3:15
- 3:30

If you are planning to run the Publix Atlanta Marathon & Half Marathon with a pace team, stop by the pace team booth at America's Marathon Weekend Experience to sign up. Upon signing up, you will be given an additional bib with the goal finish time on it. You will need to wear your official race number on your front and the pace number on your back during the event. On the morning of the event, pace team leaders will be holding large signs with their specific finish times. You'll want to find the pace team with which you signed up 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..

## WILL CALL

Race day number pickup is only available for those who pre-purchased Will Call (\$20 fee) by February 29 at 6:00 p.m. The Will Call tent is located in Centennial Olympic Park near the stage. The tent is open from 5:30 a.m. - 6:45 a.m. race morning.





# GETTING THERE



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. MARTA will begin rail service at 5:00 a.m. on Sunday morning.

## OTHER OPTIONS

With more than 14,000 participants expected to arrive at the same time and extensive street closures around Centennial Olympic Park, 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.

## START

All participants in the Publix Atlanta Marathon & Half Marathon have been assigned to one of five start waves (A-E) and 5K participants have been assigned to one of three start waves (1-3) based upon estimated pace 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 furthest back. All marathon and half marathon participants must start the race with waves A-E. All 5K participants must start the race with waves 1-3. In order to receive race results, participants must begin the race before the close of the start line for the race they are registered.

**Wheelchair Division**  
6:50 a.m.

**Marathon/Half Marathon**  
Start Wave A – 6:50 a.m.  
Start Wave B – 7:00 a.m.  
Start Wave C – 7:04 a.m.  
Start Wave D – 7:08 a.m.  
Start Wave E – 7:12 a.m.

**5K**  
Start Wave 1 – 7:35 a.m.  
Start Wave 2 – 7:37 a.m.  
Start Wave 3 – 7:39 a.m.

**5K start line closes – 7:45 a.m.**

**Marathon/Half Marathon start line closes - 7:20 a.m.**





Walkways  
Close at 6:50 a.m.

**KEY**

- Water
- Restrooms
- Medical
- Marathon & Half Marathon Waves
- 5K Waves

NOT DRAWN TO SCALE





# COURSE

All three distances start on Marietta Street and head southeast. The marathon and half marathon are a shared course until mile 13, where the half marathon turns left into Centennial Olympic Park toward the finish line and the marathon continues right onto Andrew Young International Boulevard. Signs will be positioned along the course announcing the split. Any marathoner reaching the split point after 10:35 a.m. will be asked to divert onto the half marathon course.

The 5K course also runs along the shared course for the first 1.25 miles before turning onto Andrew Young International Boulevard. The 5K course continues on a loop through downtown Atlanta before returning down Marietta Street to the shared finish line in Centennial Olympic Park.

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 Atlanta Marathon, Half Marathon & 5K 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 Atlanta Marathon** | 6.5 hour time limit (15 min/mile pace)

**Publix Atlanta Half Marathon** | 3.5 hour time limit (16 min/mile pace)

**Publix Atlanta 5K** | 1 hour 15 minutes time limit (25 min/mile pace)

This time clock begins when the start line closes for each event.

(7:20 a.m. for marathon and half marathon | 7:45 for 5K)

The course will open to traffic once participants maintaining the course time limit pace have passed. Anyone still on the course will be responsible for his or her own safety and asked to move to the sidewalk. If you feel you will be unable to complete the race 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 vehicle. A sag vehicle will also sweep the course as it reopens to traffic. The half marathon course will close at 10:50 a.m. while the marathon course closes at 1:55 p.m. Participants finishing outside of the course time limit will not receive official results.

## ATHLETE UPDATES

Participants and spectators can sign up for live athlete updates during registration or at [atlantatrackclub.org](http://atlantatrackclub.org). Athlete updates are real time messages sent to your mobile phone that update you on the athletes you're following.





# COURSE MAP

## CLOCKS ON THE COURSE

Clocks will be located every mile along the course to provide the elapsed time from the start of wave A. (Marathon | Half Marathon & Wave 1 (5K))

## HYDRATION STATIONS

Hydration stations with water and POWERADE will be located approximately every two miles along the course. Hydration stations will have portable toilets as well as first aid items.

## FUEL STATIONS

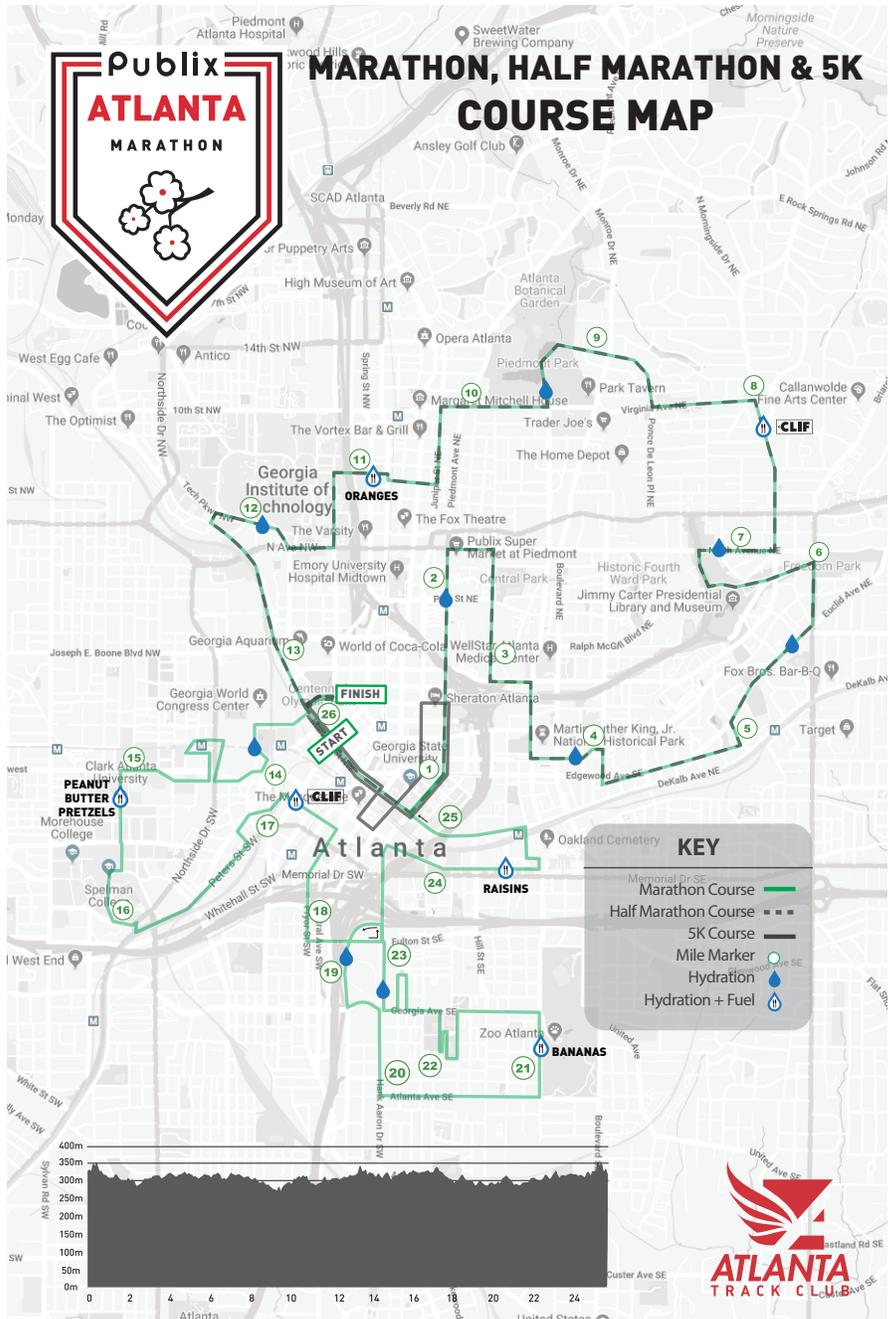
Publix is providing fuel along the course, each attached to a hydration station. Below is a list of the items you will find:

- Raisins
- Peanut butter filled pretzels
- Oranges
- Bananas
- CLIF

The CLIF Crew will be out in full force at two locations (approximately mile 8 for both the marathon and half marathon and again near mile 18 along the marathon course) with CLIF SHOT Energy Gels along with energizing high fives to get you to the finish line!

At each station we will have four flavors of gels: Razz and Boston Creme Pie have no caffeine and Citrus and Mocha have caffeine. CLIF SHOT Energy Gels are the best way to keep your energy tank topped off during training and racing.

For exact locations, see course map.



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# FINISH

## POST-RACE PARTY

Once you cross the finish line, plan to stick around and celebrate your accomplishment with friends and family. You can also splurge on some new running gear -Atlanta Track Club and Mizuno merchandise will be available for purchase.

At the post-race party, you can also have your finish time etched in history! PR Medal Engravers will be on site to engrave your finish time on the back of your medal. It is also possible to pre-order your medal engraving [here](#) and have your personalized medal tag shipped right to your door after the event.

## AWARDS & RESULTS

All Publix Atlanta Marathon, Half Marathon & 5K participants will receive a finisher's medal after they cross the finish line. Overall male/female, masters male/female and grandmasters male/female awards for the half marathon and marathon and overall male/female and masters male/female awards for the 5K 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 have been finalized (approximately two weeks after the event). Overall and masters awards are based on gun time while grandmasters and age group awards are based on net time.

**Overall winners are not eligible for age group awards.**

**Marathon Age Group Divisions:** 18-24, 25-29 continuing in 5-year increments through 90+.

**Half Marathon Age Group Divisions:** 14-19, 20-24, 25-29 continuing in 5-year increments through 90+.

**5K Age Group Divisions:** 10 & under, 11-14, 15 -19, 20-24, 25-29 continuing in 5-year increments through 90+.

Unofficial race results and photos will be posted at [atlantatrackclub.org](http://atlantatrackclub.org) in real time March 1.

## ULTIMATE PEACH

Runners who have "Ultimate Peach" on their bib will be granted entry into the Ultimate Peach area in Centennial Olympic Park. Ultimate Peach finishers will celebrate their completion of Atlanta's four biggest races with Publix sandwiches and beer from Michelob Ultra, in addition to receiving a commemorative Ultimate Peach medal. Ultimate Peach celebrates runners who crossed the finish line at the AJC Peachtree Road Race, PNC Atlanta 10 Miler, Invesco QQQ Thanksgiving Day Half Marathon and Publix Atlanta Marathon. **Participants must have declared and been accepted into the Ultimate Peach Series to be eligible for benefits.**

## SALUTING OUR VOLUNTEERS

The 2020 Publix Atlanta Marathon, Half Marathon & 5K requires more than 2,000 volunteers to make the event a success. 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 packing and sorting in our warehouse, number pickup and set up in the park. Please take a moment and thank our volunteers on race day! You can also tell us how great our volunteers are through the post-race participant survey. Your feedback and "thank you" really matter!





# SAFETY & SECURITY

Safety is Atlanta Track Club's top priority, and together with the City of Atlanta and management agencies from around the region, 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 law enforcement presence at the start, along the course, at the finish line and in the post-race area.

We would like everyone to be aware of some simple things participants, volunteers and spectators can do to help make America's Marathon Weekend events a safe, memorable experience.

## EVENT ALERT SYSTEM

Familiarize yourself with the Event Alert System (EAS): Colored flags will be located at the start line, along the course at the hydration 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 Cancelled (Black) based on a variety of factors, including weather conditions.

On behalf of the Atlanta Track Club staff we thank you in advance for your cooperation and look forward to seeing you at the event.

## PROHIBITED ITEMS

The following items are prohibited at this event:

- Glass containers
- Containers holding more than one liter of liquid
- Backpacks
- Camelbaks
- Animals
- Rolling bags and other luggage
- Strollers & other wheeled conveyances
- Masks and costumes that are not form fitting
- Weight vests
- Military equipment
- Firefighter equipment
- Drones
- Firearms

## DISCOURAGED ITEMS

Discouraged items at this event:

- Headphones

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



# DO IT FOR THE CHEERS



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MARATHON  
WEEKEND**

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ENJOY RESPONSIBLY  
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95 calories, 2.6g carbs, 0.6g protein and 0.0g fat, per 12 oz.

AMERICA'S  
MARATHON  
WEEKEND

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# WEEKEND APP

PRESENTED BY GEORGIA AQUARIUM

Stay up to date with all of the latest happenings around the U.S. Olympic Team Trials - Marathon and the Publix Atlanta Marathon, Half Marathon & 5K by downloading the America's Marathon Weekend App presented by Georgia Aquarium. Look for live results from the Trials, course information for your race, and more info on America's Marathon Weekend. Available on iOS and Android.



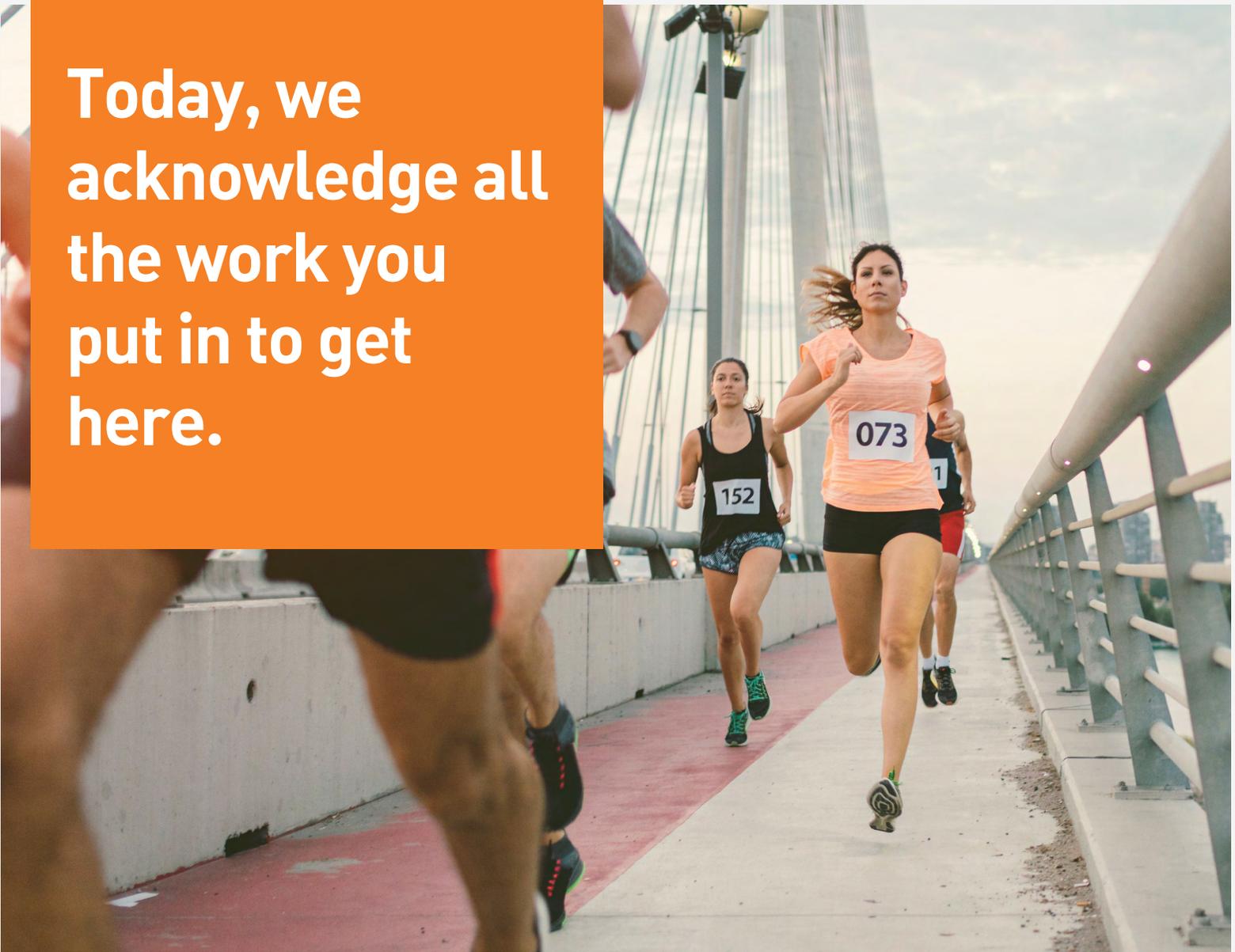
GEORGIA AQUARIUM

While you're celebrating America's Marathon Weekend, don't forget to stop in at Georgia Aquarium, the country's largest aquarium just steps from the finish line of the Publix Atlanta Marathon, Half Marathon & 5K.



You're already seeing America's best runners compete at the 2020 U.S. Olympic Team Trials - Marathon over the course of America's Marathon Weekend - now learn about the country's greatest college football players. Show your Publix Atlanta Marathon, Half Marathon & 5K bib at the College Football Hall of Fame from Friday, February 28 to Monday, March 2 and you'll receive FREE entry into the museum. Plus - volunteers, friends and family can use the code 2020PUBLIXMARATHON online or at the box office for 20% off regular price admission.

Today, we  
acknowledge all  
the work you  
put in to get  
here.



PNC is proud to be the Official Bank of Atlanta Track Club. Good luck Publix Atlanta Marathon, Half Marathon & 5K participants!

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# SUSTAINABILITY



## GREEN INITIATIVE

Atlanta Track Club is making strides towards environmental responsibility in Running City USA. Help us reduce our event footprint at the Publix Atlanta Marathon, Half Marathon & 5K by following the steps below.

### HOW YOU CAN HELP

- **Compost on Race Day:** Any leftover food waste you have should go in a compost bin. This includes: banana peels, partially eaten CLIF bars, muffins or left over sub sandwiches. Paper towels and napkins can also go in here. All wrappers must be placed in the trash.
- **Recycle on Race Day:** The Dasani plastic water bottle, POWERADE bottle and chocolate milk container you'll receive once you cross the finish line are recyclable. The CLIF bar wrapper and sub wrapper are not.
- **Carpool:** Participants are encouraged to carpool or use MARTA to get to and from America's Marathon Weekend Experience and the races.
- **Volunteer with the Green Team:** Do you have a special interest in helping with the Club's Green Initiative? Email [volunteers@atlantatrackclub.org](mailto:volunteers@atlantatrackclub.org). For more detailed information on our sustainability efforts, click [here](#).





# SUSTAINABILITY

## ATHLETE COOLING ON THE COURSE: COMPOSTABLE SPONGES

We're excited to partner with Full Circle who is providing 3,000 compostable, cellulose sponges for use at the hydration station at Mile 19 during the Publix Atlanta Marathon. Choose Natural sponges over plastic [#startwithaspongechallenge](#)





# Train. Run. Win.

As a proud sponsor of America's Marathon Weekend, Northside Hospital salutes those who push themselves to reach challenging goals - on the course and in life.

**Congratulations to all the runners!**

**NORTHSIDE  
HOSPITAL**

[northside.com](http://northside.com)





# SOCIAL

## SHARE YOUR STORY WITH #ATLMarathon

Help us share the Publix Atlanta Marathon, Half Marathon & 5K events with the world! Use the hashtag **#ATLMarathon** on all of your race-related photos and posts on Facebook, Twitter and Instagram. By using this hashtag, you can share your Publix Atlanta Marathon, Half Marathon & 5K story and show others why this event is a staple in the city of Atlanta.



## #SHOWYOURGOLD

To celebrate Atlanta's golden moment at the U.S. Olympic Team Trials - Marathon, we're asking the entire city to #showyourgold on February 29 as you cheer on America's greatest runners! Rock your favorite gold outfit, head out to the course to cheer, and get ready to see Atlanta history. Find out the best places to watch and see which bars will feature drink specials that Saturday for the race [here](#).



**U.S. OLYMPIC  
TEAM TRIALS  
MARATHON**  
FEBRUARY 29, 2020  
ATLANTA, GA