



## Kaiser Permanente Napa Valley Marathon 2016 Race Weekend Instructions

### Honoring Journalists and Historians of the Marathon

Welcome to the 38<sup>th</sup> running of the Kaiser Permanente Napa Valley Marathon, “The Biggest Little Marathon in the West”! We strive to make Race Weekend the most successful for YOU, our runners. Please read this document so that you understand our simple guidelines for a trouble free weekend.



### Race Weekend Schedule of Events

#### Health and Fitness Expo

Napa Valley Marriott 3425 Solano Avenue  
Napa, CA 94558

Friday, March 4th 1:00pm-6:00pm  
Saturday, March 5th, 9:00am-5:00pm  
Marathon College 10:00am-2:30pm  
Raffle Drawing 2:45pm

#### Marathon Race Day

**March 6, 2016**

5:15am Shuttles leave select hotels  
5:15am Shuttles leave Vintage High  
School 1375 Trower Avenue Napa, CA  
94558

7:00am Start of Race

12:30pm Awards Ceremony

1:00pm Marathon Course Closes

# Top 10 Things You Need to Know About Our Race

1. The Marathon is a no headphones race. Runners who choose to wear headphones will be disqualified from the race.
2. The Marathon Course is a rolling net-downhill point to point course. You will be running amongst the most beautiful vineyards in the Napa Valley.
3. Shuttles leave from select hotels and Vintage High School (1375 Trower Avenue) at 5:15am sharp.
4. Runners are provided a specific "Napa Valley Marathon" bag for bag drop. At the starting line, place your bag in the allocated busses.
5. This race does not have official pacers as per the USATF and RRCA rules of a championship event.
6. Asics is the official apparel sponsor for the Kaiser Permanente Napa Valley Marathon. We encourage you to wear your Asics gear during the race and be eligible for a chance to win shoes and running wear.
7. Entries are non-refundable and non-transferable.
8. Special Drinks. You may drop your special drinks in water bottles in select boxes at the starting line and we will transfer them the aid stations. This is done between 6:30am-6:45am.
9. The Marathon course is limited to 6 hours and the finish line will close at 1:00pm.



Joan Benoit-Samuelson in past years during Marathon College



Volunteers handing out shirts at the expo

## Expo

- Located at **Napa Valley Marriott** 3425 Solano Avenue Napa CA 94558
- Friday, March 4th, 2016 1:00pm-5:00pm
- Saturday, March 5th, 2016 9:00am-6:00pm

## Registration

Runners are required to pick up bibs in person at the Napa Valley Marriott prior to race day. Bibs may not be picked up for other runners. All participants will be required to present government issued color ID and sign a waiver at the bib pick-up. There will be no race day registration.

## Race Technical Long Sleeve Shirts

Long sleeve technical race shirts will be issued at the expo. Runners may exchange clean, unworn shirts for a size different than specified at registration **SUNDAY** after the race at Vintage High School. Exchanges cannot be held until all runners have had an opportunity to pick up their shirts prior to the race.

## Napa Valley Marathon Duffel Bag and Sponsor Goodies

Duffel Bags with sponsor goodies can be picked up at the expo. A tag with your bib number is provided, please use this bag to participate in the sweat bag drop at the start of the race. Remember to leave valuables at home or at the hotel. The Kaiser Permanente Napa Valley Marathon is not responsible for lost or stolen articles.

## Marathon College

Enjoy seminars on the history and art of the marathon from key players who have documented and influenced the explosive growth of the sport. Join us at the expo from 10:00 am to 2:30 pm for advice and stories from record breakers, sports writers, broadcasters, movie makers, doctors, and other influential people here to celebrate your marathon weekend.

## Charity Baskets

Support local schools and enhance your race weekend with a chance to win one of several luxury gift baskets. Proceeds go directly to the Jenny Landrith Endowment Scholarship, sending local middle school students to marine biology camp. Tickets can be purchased at the expo, baskets will be raffled at 2:30 pm at the expo and must be claimed by 8:00pm Saturday, March 5th.

## Pasta Dinner

Avoid long lines and reservations by purchasing Pasta Dinner tickets at the expo. Enjoy a variety of pastas to suit every palate, fruit, salad, beverages, and dessert for \$30 per person. Advance purchase and last minute purchase tickets can be picked up at the expo. Seating is limited and remaining tickets for the 4:30pm and 6:00pm seatings are available first come, first serve until sold out.

## Race Day

The 2016 Kaiser Permanente Napa Valley Marathon begins at 7:00am sharp.

We encourage you to wear Asics gear while running this race. We are sponsored by Asics and will offer a pair of shoes to two runners who share photos of themselves running in Asics gear during the race.



## Headphones

The Kaiser Permanente Napa Valley Marathon has a strict policy regarding the usage of headphones. Course Officials will be monitoring the starting line, course, and finish line for anyone using headphones during the race. This is subject to a disqualification.

Further information about our policy could be found on this website:

<http://napavalley-marathon.org/headphones-policy/>

## Shuttle Bus to the start of the Race

Kaiser Permanente Napa Valley Marathon provides complimentary shuttles to the starting line from Vintage High School. These shuttles leave at 5:15 am sharp. Parking is extremely limited at the starting line and there is no direct access for vehicles. Please help us respect the very small town of Calistoga and limit our traffic footprint by taking a shuttle. Several hotel partners also offer complimentary shuttles for guests to the start line, listed below:

- Napa Valley Marriott
- Hilton Garden Inn-Runners staying at Hilton must walk to the Napa Valley Marriott.
- Embassy Suites
- River Terrace Inn
- Westin Verasa-Runners staying at Westin must walk over to the River Terrace Inn

## Race Control

The California Highway Patrol has organized the traffic and race control around a “rolling closure” on the course. For the first 12.5 miles of the course, the road will be closed to all traffic. For the remaining miles of the race, the southbound lane will be closed for runners. The northbound lane will be available for emergency use only. Spectator cars are not allowed on the race course.

## **Aid Stations**

There are 13 aid stations on the course. Clif product will be distributed at aid station 13.9 and 18.4. Medical Staff will be present at aid stations starting at mile 9. The marathon does not provide analgesics along the course or at the finish line.

Each aid station will be uniform in the approach for fluids.

1. Gatorade
2. Water
3. Special fluids that have been identified for that aid station

## **Bring Your Own Bottle**

Lessen your impact on the environment by bringing your own bottle. You help create less waste and littler when you refill your bottle at any of the refueling stations along the course.

## **Agricultural Area**

Help us preserve the beauty of the Napa Valley by refraining from littering outside of aid stations and using the receptacles provided at each mile marker along the course route. Packaging from fuel packets is difficult to remove and is harmful when it drifts into nearby fields and streams.

## **Boston Qualifier**

The course is a certified Boston Qualifier course. Runners will be qualified for the 2017 race.

## **Pacing and Unofficial Runners**

Pacing isn't allowed according to the USATF rules of competition. This event is sanctioned by the USATF and is the RRCA Western Regional Championship. There are two referees on course on the day of the event. Bibs must be present on the front of your body to be qualified as an official runner of the race. Unofficial runners or race bandits are not permitted on the course and will be asked to exit by one of our on course marshals. Bandits present a liability and safety issue, as well as a disservice to those who have paid their entry fee.

## **Sag Van**

If you become injured or cannot finish the race, there are two sag vans along the course to transport you to the finish line.

## **MarathonFoto**

Help our official race photographer MarathonFoto capture your race memories by wearing your bib visible on the front of your clothing.



# Finish Line

## Congratulations!

By this point of the race it is time to join the festivities.

The end of the race is at Vintage High School 1375 Trower Avenue, Napa CA 94558

After crossing the finish line, participants will be awarded a finishers medal, a heat blanket if conditions warrant, and will have the opportunity for a finisher photo with MarathonFoto. After exiting, runners can reunite with family and friends in the quad outside of the finish line area and enjoy post race refueling in the cafeteria.



## **Campus**

Please keep in mind that our race finishes on a school campus, prohibiting four legged friends and alcohol. Thank you for respecting this community space and upholding these restrictions.

## **Gym**

Bag pick up and post-race massage is available in the main gym off the quad and showers are available in the locker rooms. Bags can be picked up by presenting your race bib to a gym volunteer.

## **Awards**

The top Male and Female winner will be presented their weight in wine plus an etched magnum of wine at the 12:30pm awards ceremony. The Napa Valley Marathon is not responsible for shipping any awarded wine. The Ceremony will be located in the center of the quad (weather permitting) or will be located in the Gym during inclement weather. The top Male and Female Masters runner will also be presented an etched 3 liter of premium Napa Valley wine. All other awards will be mailed to the award winners after the race.

## **Shuttles After the Race**

Shuttles to the selected hotels are provided after the race. The selected hotels are Napa Valley Marriott, River Terrace Inn, Hilton Garden Inn, Embassy Suites and Westin Verasa.

If you stayed in Calistoga, there is a public bus, VINE 10 that travels from Napa to Calistoga every hour. Runners taking the public bus to Calistoga should hop on the shuttle to the Marriott first then walk across the street to the Vine bus station.

## **Discarded Clothing**

The Napa Valley Marathon will have a discarded items and clothing site at the start of the race. Any items discarded, will be cleaned and donated to a local charity.

## **Social Media**

If you plan on posting on any social media platforms during race weekend please use #napamarathon

## **Virtual Goodie Bag**

We are using a Virtual Event Bags platform to produce a digital event bag in an effort to go green and provide additional benefits to our participants. As a participant of the Kaiser Permanente Napa Valley Marathon, you will receive access to your bag both before and after the event. In your bag you will find an array of valuable information including exclusive content, coupons and other sponsor messages.

The bag access follows below. Enjoy!

[https://app.virtualeventbags.com/napa-valley-marathon/napa-2016?utm\\_campaign=Napa+Valley+Marathon&utm\\_medium=promote&utm\\_source=outside\\_email](https://app.virtualeventbags.com/napa-valley-marathon/napa-2016?utm_campaign=Napa+Valley+Marathon&utm_medium=promote&utm_source=outside_email)