

NVM NAPA VALLEY MARATHON

2015 Race Weekend Instructions

Honoring the 1976 USA Olympic Marathon Team

Welcome to the 37th 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 94558

Friday, February 27 1:00 pm-6:00 pm

Saturday, February 28

9:00 am - 5:00 pm.

Marathon College

10:00a.m.-2:30 pm

Charity Baskets Drawing 2:45 pm

Marathon Race Day

March 1, 2015

5:15a.m. Shuttles leave select hotels

5:15a.m. Shuttles leave Vintage High
School 1375 Trower Avenue Napa

7:00 am Start of Race

12:30 pm Awards Ceremony

1:00 pm 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 .
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 and in the world.
3. Shuttles leave from select hotels and Vintage High School at 5:15 am sharp.
4. Runners are provided a specific “Napa Valley Marathon” bag for bag drop. At the Starting line, place your bag in the bus according to your bib number.
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 to win shoes and running apparel.
7. Entries are non-refundable and non-transferable.
8. Special Drinks. You may drop your Special Drinks in select boxes at the Start between 6:30 am-6:45 am. We will transfer them to the aid stations you have designated.
9. The Marathon is limited to 6 hours and the Finish line will close at 1:00pm.
10. There is a public bus {VINE #10} for transportation back to Calistoga. Board at the Park-n-Ride across from the Napa Valley Marriott. This bus runs hourly on Sundays starting at 7:46 am.



Joan Benoit-Samuelson
during Marathon College - 2013



Volunteers handing out shirts at the Expo

Expo

- Located at the **Napa Valley Marriott**
- Friday, February 27 1:00 pm-5:00 pm
- Saturday, February 28 9:00 am-6:00 pm

Registration

You are required to pick up your bib in person. We do not allow anyone to pick up friends' bibs for them. We will ask for a government-issued color ID or a Passport when you receive your bib. You will also sign a waiver. The race is sold out and there is no race day registration.

Race Technical Long Sleeve Shirts

When you registered for the race, you chose a specific shirt size. A race volunteer will give you your race shirt based on your registration. If for some reason you need to exchange your shirt, you may do so after 10:00 am on Sunday. Shirts may be exchanged if they have not been worn and are clean.

Napa Valley Marathon Duffel Bag and Sponsor Goodies

The Napa Valley Marathon provides a duffel bag with a luggage tag. A volunteer will write your bib number on the tag. Please use this duffel bag if you choose to participate in the bag drop.

Do not pack any valuables in your bag. The Napa Valley Marathon is not responsible for lost or stolen articles.

Marathon College

We offer runner specific seminars at the Expo. The seminars are from 10:00 am-2:30 pm. Consult the Marathon website for a complete schedule. Seminars include running legends Frank Shorter, Don Kardong, and Bill Rodgers among others.

Charity Baskets

You may purchase tickets for luxury gift baskets provided by sponsors of the Napa Valley Marathon. Proceeds from the baskets go to the Jenny Landrith Endowment Scholarships for Napa Valley middle school students attending a Marine Biology Trip to Catalina Island. The baskets will be raffled at 2:30 pm at the Expo on Saturday. Winners must pick up the baskets by 8:00 pm on Saturday February 28.

Pasta Dinners

There are two seatings (4:00 pm and 6:30 pm) for the Pasta Dinner at the Napa Valley Marriott. Tickets may be picked up at the Expo. A few tickets are still available at the Expo for the 4:00pm seating at \$30.00 per person on a first-come, first-serve basis. The Co-Race Directors and special guests will offer motivational speeches at the dinner.

Race Day

The 2015 Kaiser Permanente Napa Valley Marathon begins at 7:00 am 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 violation will subject the runner to disqualification. Further information about our policy can be found on this website <http://www.napavalleyMarathon.org/#!no-headphones-policy/c2381>

Shuttle Busses and busses to the Start of the Race

There are several complimentary shuttles located at the Finish line (Vintage High School). After the race there is shuttle service to select hotels. The hotels listed below are for runners staying at those hotels.

Runners must show their hotel key at bib registration for a bus stamp on their bib.

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

Parking is extremely limited at the Start of the race. We strongly discourage you from being dropped off in Calistoga as it is a very small town and there is no direct vehicle access to the Start.

Race Control

The California Highway Patrol has organized 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 Course.

Aid Stations

There are 13 aid stations on the Course. Clif Shots and Gels will be available and distributed at aid stations (13.9 and 18.4 miles). Medical Staff will be present at aid stations starting at mile 9. The Marathon will 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. Your special drinks you have identified for a particular aid station.

Bring Your Own Bottle

If you choose to bring your own bottles you help us reduce waste created by the Marathon. There are refilling stations along the Course. Thank you!

Agricultural Area

In order to preserve the agricultural area in the Napa Valley, we ask our runners to refrain from littering outside of the Aid Stations. Specifically, any nutrition packets like GU can be difficult to pick up off the roadway and can be harmful to surrounding vineyards and animals.

Boston Qualifier

Our Course is certified as a Boston Qualifier for the 2016 BAA 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 USATF officials on Course during the Marathon. 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 local law enforcement or one of our on Course marshals. Bandits present a liability and safety issue, as well as doing a disservice to those who have paid an 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

MarathonFoto is the official race photographer. Please make sure your bib is visible on the front of your clothing.

FINISH LINE

Congratulations!

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

The end of the race is at Vintage High School.

After crossing the Finish line, participants will be given a Finisher's medal and a heat sheet if conditions warrant. There will be a photo opportunity with MarathonFoto. Following the Finish, runners are asked to exit through the Finish line to meet their friends, family, and supporters.

Campus

As the Finish takes place at a school, dogs are not allowed on campus. Additionally, alcohol is not permitted on campus.



Gym

Bag pick-up and Massage is located in the Gym on campus. Showers are available in the locker rooms. To locate your bag, show a race volunteer your bib number.

Awards

The top Male and Female winners will be presented with their weight-in-wine, AND an etched magnum of wine at the 12:30 pm Awards Ceremony. The top Male and Female Masters runners will also be presented an etched magnum of Clif Family Vineyard wine. All other awards will be mailed to the award winners after the race. 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.

Shuttles after the Race

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

If you are staying in Calistoga, there is a public bus (VINE 10) from Napa to Calistoga hourly, Starting at 7:46 am . Runners returning to Calistoga should board the shuttle bus to the Marriott and walk across the street to the Park-n-Ride. The bus fare from Napa to Calistoga is \$2.50.

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 or #nvm15.

Virtual Goody 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!

- http://app.virtualeventbags.com/eb/77173?source=event_website