



13.1 NY Marathon 2010

Hey Team!

Race weekend is almost here! You have been training and fundraising for months, and I know it hasn't always been easy. But pretty soon, you'll join your other Team World Vision teammates for an incredible experience that will make all of your hard work worthwhile.

Please read through this packet carefully for race weekend details. Here's what you'll find:

- Race day tips from our national director
- Packet pickup, pre-race dinner, and post-race info
- Spectator details for your fans
- Maps

It's a good idea to print this packet and keep it with you all weekend.

Here's an overview of the race weekend itinerary:

Thursday, April 1

12pm–7pm: Packet Pickup

6pm–8pm: Team Dinner

Friday, April 2

12pm–7pm: Packet Pickup

Saturday, April 3

8:15am: Pre-race pep rally!

We are so excited that you are part of Team World Vision and I can't wait to finally meet those of you coming from out of town! Safe travels.

Kirsten Stearns

Team World Vision East Coast Director

PS: Keep sending out your fundraising webpage! And be sure to check www.teamworldvision.org/131NYC for instructions about sending in **check donations**.

Be prepared on race day!

drink plenty of water all week, and don't eat anything that may cause stomach issues. most important thing is to eat normally.

running hat or visor will keep sweat and sun out of your eyes

write your name on the front and back of your shirt so people can cheer for you

MICHAEL

don't like sleeves? cut them off!

if it's chilly, wear a dry-fit underneath. also wear a throw-away sweatshirt or trash bag to stay warm before the race.

don't forget your watch and team world vision bracelet!

guys: wear "nip guards" or band-aids. enough said.

(note: slimming side panels)

body glide helps prevent chafing

don't try to squeeze in any more long runs. your taper is important!

quality running socks prevent nasty blisters

stick with the shoes you have. don't buy new ones this week.

you'll attach a timing chip to your shoe that you will receive in your packet at the expo.

Race day tips

Race day is exciting! I get chills just thinking about it! But it can also be a little intimidating if you've never participated in something like this before. So here are some things to plan for on race day...

- Lay out all of your clothes and gear on Saturday night to make sure you have everything you need. It will make your race morning much less stressful.
- At the expo, you'll pick up a packet that includes your bib number and some safety pins. Pin your number to the front of your jersey on Saturday night so it's ready to go. (But don't cover up the World Vision logo!) On the back of your bib number, there is a place to fill in Emergency Contact information. Never a bad idea.
- You'll also have a timing chip in your race packet. There will be instructions about how to attach it to your shoe to get you official race time.
- We'll all meet before the race and walk to the starting line together. You can feel free to run with other people on the team that are your pace, but you don't have to.
- Along the race course, there are lots of aid stations. These stations have Gatorade, water, medical facilities, and toilets. There will always be Gatorade followed by water at these stations. In order to help pace yourself, it can be a good idea to plan to walk through each aid station. Also, you don't have to drink at every station. You'll want to stay hydrated, but it's not necessary to drink at every station.
- Don't do anything on race day that you haven't practiced in training! It could mess with your stomach, so skip the gel if you haven't tried one in training.
- After you cross the finish line, keep walking to give your body a chance to recover. You'll be greeted with a medal, drinks, and food.
- Most of all, ENJOY IT! You've been training hard for months, and race day is the payoff. You'll be running through all kinds of entertainment and cheer stations, And when it starts to get tough, remember why you're running and the kids in need that will be impacted as a result.

Packet Pickup

Urban Athletics will host Packet Pickup for the inaugural 13.1® Marathon New York. Be sure to stop by to pick up your race number!

Urban Athletics

2 World Financial Center
The Winter Garden
New York, NY 10281

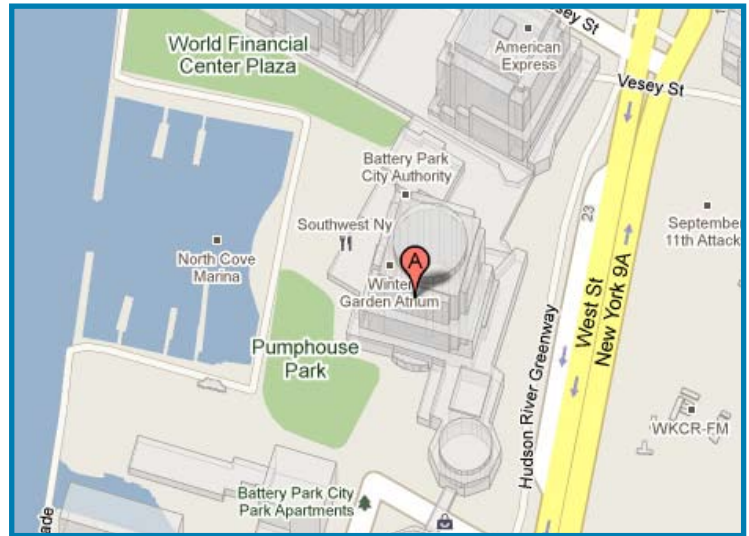
Thursday, April 1

Noon–7:00 pm

Friday, April 2

Noon–7:00 pm

Packets will also be available on race day at Flushing Meadows Park from 7:00 am to 8:30 am.



Other Info:

What if I can't pick up my bib?

If you need someone to pick up your packet they must have a copy of your picture ID and your race confirmation number.

Give Your Sole: Donate your old shoes!

Our friends from Give Your Sole will be collecting your old running shoes to donate to a local homeless shelter. So bring some old pairs with you to packet pickup!

Run for Haiti t-shirts for sale

Limited quantity of RUN FOR HAITI cotton t-shirts will be available to 5kers for \$10.

Team Dinner

You (with your friends, family, and fans) are invited to Team World Vision's pre-race dinner. Let us celebrate you!

You'll also get to hear two incredible stories from your teammates: one who was in Haiti when the earthquake hit, and one who is from Mozambique and has seen the need for the funds you are raising. It will be a great event to get to meet some of your teammates and enjoy some great food!

Pasta Lovers Trattorais

142 W 49th Street
(between 6th and 7th)

Thursday, April 1
6:00 – 8:00 pm

Cost

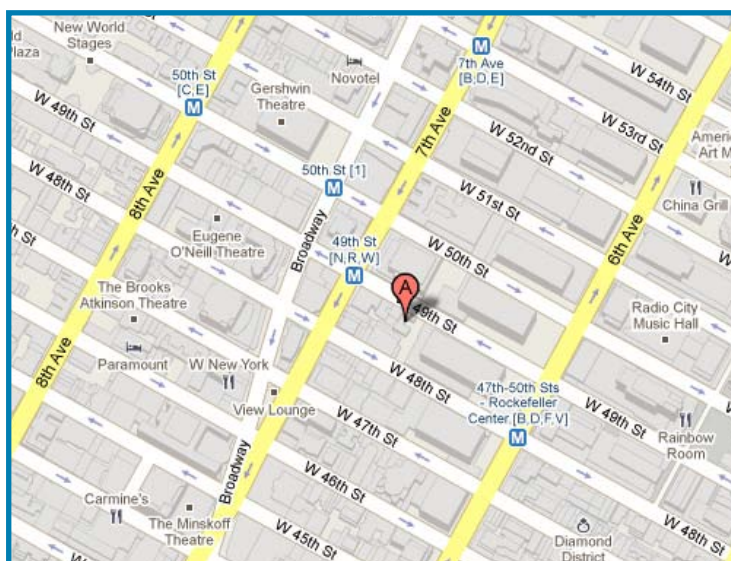
\$20 - paid over the phone by CC
Children are more than welcome, but they will still need to pay for a meal.

RSVP

To RSVP please call 212.819.1155 and tell the Pasta Lovers staff you are RSVP'ing for the Team World Vision dinner on April 1st at 6pm. They will take your credit card charge of \$20 per person on the phone. Thanks for helping us ensure every dollar raised goes to World Vision's programs to help our neighbors around the world!

No dress code. Come as you are!

Bring your old running shoes to donate to Give Your Sole! They will collect the shoes and donate them to a local organization.



Race Day

Runners: Arrive at our meeting point at 8:15 am for a pep rally

Meeting Point

Meet at the Team World Vision tent in the finish area for a team picture and pep rally!

Meeting Times

8:00 am – Take your stuff to gear check
8:15 am – Meet at TWV tent
9:05 am – 5k start
9:13 am – 13.1 start

Getting There

Athletes are encouraged to use public transportation to get to and from the race site. You will take the number 7 train to Mets-Willets Point station. Exit the train and follow the signs to Flushing Meadows Corona Park.



For more information about schedules, a full route map, and parking info go to www.I31marathon.com.

Gear Check

The race has an official gear check for all runners.

Fans: Be at miles 2 and 10 to cheer with us at our official cheer station!

You'll get to see your runner twice and encourage the rest of our team too! E-mail kstearns@worldvision.org if you have fans who want to help hand out water to runners as they cheer.

Finish Line Party

Meet up with your family after the race and celebrate an awesome accomplishment! The Team World Vision after-party tent in the post race area will be a great place to relax after the race and meet up with your family.

Runners, fans, family, and friends are all welcome!

Give Your Sole

Bring your old shoes to donate to Give Your Sole after the race, which will then give the shoes to a local charity/homeless shelter.

13.1[®] NEW YORK COURSE MAP

13.1 LEGEND

- MILE MARKER
- P PARKING
- A ASTRAL FOUNTAIN
- P FOUNTAIN OF THE PLANT OF THE APES
- G FOUNTAIN OF THE GRAPES OF WRATH

- MILES 1 - 8
- MILES 9 - 13

The 13.1 Marathon[®] New York will be run within historic Flushing Meadows Corona Park, home of the 1939 and 1964 World's Fair. The race begins in front of Arthur Ashe Stadium the venue that hosts the US Tennis Open. As your running tour begins you wind through the park passing the New York Hall of Science, the Queens Wildlife center, and the Unisphere. At the southern end the course loops around Meadow Lake, returning back into the park for one more loop and finishing in the shadow of the Unisphere for a great post race party.

