

2017 PRIEST LAKE MOTHER'S DAY MARATHON FINAL INSTRUCTIONS

Tag your race day pics! #priestlakerace

RACE INFO – www.priestlakerace.com

RACE DATE- May 13, 2017

LOCATION: NEW Start Finish at PRIEST LAKE GOLF COURSE Priest Lake, Idaho 83856

Welcome to the 2017 Priest Lake Marathon! Race day is almost here and you are about to experience the beauty and excitement of this epic 8th annual race at Priest Lake Idaho. The following instructions are to help guide you in having a great race day experience. Please read the following and have a super race day! – RD Ken

TRAVEL DIRECTIONS: Go to Priest River Idaho. From Priest River Idaho turn North at the intersection of State Highway 57 and US 2. It is the only intersection in Priest River Idaho with a stoplight so don't worry, you can't miss it. Travel north on Highway 57 for 27.5 miles. If you didn't set your trip meter to 0 at the stoplight in Priest River, there are mile markers on the side of the highway. At mm 27.5 turn right and go to Priest Lake Golf Course. There is a big Priest Lake Golf Course sign on the highway and you can see the course. It is directly across from the Conoco gas station on Highway 57, very easy to find. Event parking is at the clubhouse, and on Fairway Drive. The parking lot can fill early, there will be parallel parking on the South side of Fairway Dr., There will be parking directors to guide you. There is parking at the Priest Lake Elementary School parking lot across from Golf Course on the West side of Highway 57. You can walk to the clubhouse from elementary school approx. 4-500 yards. **DO NOT PARK IN THE TAMRAK CONOCO LOT, THE CURCH LOT, OR THE AMBULANCE BUILDING LOT.**

CHECK IN

CHECK IN TIMES: Friday 5-12 4-7PM at PRIEST LAKE GOLF COURSE CLUBHOUSE

Saturday RACEDAY 6AM until 30 Minutes before your race at the PRIEST LAKE GOLF COURSE CLUBHOUSE Please read and follow these check in steps to help us get you checked in quickly.

AT CHECK IN

STEP 1. Go to the first table and look up your **race bid number**.

STEP 2. Go to the waiver table and complete a waiver or new registration if you need to sign up at packet pick up or check in.

STEP 3. Take your signed waiver or registration form to the very wonderful volunteer staff and they will get you a bib, chip, and shirt.

There is race day registration and Friday packet pick up registration for new runners, check or cash please.

START TIMES:

50k Ultra	Start: 7:00 AM	Start@ Clubhouse	Finsh@Clubhouse
Marathon	Start: 7:30 AM	Start@ Clubhouse	Finish@Clubhouse
Half Marathon	Start: 9:30 AM	Stage@Clubhouse	Finish@Clubhouse
5k Run	Start: 9:45 AM	Start@ Clubhouse	Finish@Clubhouse
Awards Party	Start: 11:30 AM	Start@ Clubhouse	

ALL RACES EXCEPT THE HALF MARATHON start and finish at the Priest Lake Golf Course Clubhouse.

HALF MARATHON START INSTRUCTIONS ONLY- CHECK IN AND MEET AT THE PRIEST LAKE GOLF COURSE CLUBHOUSE. The HALF-MARATHON starting line is .65 miles north of the Clubhouse on Fairway Dr. We will provide bus transportation for runners to the Half-Marathon start, or you may walk or jog as a warm-up. **DO NOT drive or drop off at the Half-Marathon Start! You will get stuck.** Spectators who want to go to the start may walk or ride the provided bus from the clubhouse. We will have the bus transporting runners and spectators from the Clubhouse check in area at the finish line to the start line at several intervals between 8:30 and 9:15. Don't worry, all you have to do is get to the clubhouse and wait, there is plenty of bus space and time. If you are later than 9:15AM you will have to run to the start line from the clubhouse. We will bring spectators back to the clubhouse right after the start.

5k runners will assemble and meet at the Start/Finish Line area at the clubhouse and new start time is 9:45AM

We do awards starting with overall then age group finishers as races start to come in.

RESULTS are posted at the finish line and become final at the start of awards. Please, please, please check the results, we do not mail awards out and you may have earned a special memory and medal so check the results.

Early Start and Walkers

Marathon participants who think they will finish in 5.5 hrs plus can early start with 50k. Finish line open for all events until 2:30- walkers welcome. This allows 7.5 hours to finish the marathon and 50k, and 5 hours to finish the half-marathon. **NO EARLY START FOR HALF MARATHON- You are going the opposite direction than the full course, so if you early start you will be doing a 16 miler instead, unfortunately there are no awards for that division.**

HEADPHONES YES- but please keep volume to a safe level so you can hear other runners and traffic. **STROLLERS YES-** we love families on the course, please use discretion to be safe and start in the back.

PETS- SORRY but NO PETS- this is a real safety issue for participants, please let them run after the race☺

Aid Stations

Water and sports drink about every 2-2.5 miles all courses. Gel at mm 5,8,12,16,21 for the marathon,

mm 7 for the half-marathon. 50k has gel at mm 3,7,10,14,16,18,20,26,28 and 5 each food stations with various snack food like potatoes, pretzels, chips, candies, nutrition bars, coke etc..

Weather

FORECAST- please check the forecast before race day. We are in the mountains and weather can change quickly so please pack light wt. rain jacket, long sleeve top, arm warmers and such just in case. Below link is to best source for local weather.

<http://forecast.weather.gov/MapClick.php?lon=-116.87298107910152&lat=48.55394821876121#.WQt9aOUrk70>

Drop Bag 50k and full **ONLY**- Full and 50k runners -You can have a drop bag with clothes or special nutrition. Bring to the start line and give to the starter. Your bag will be taken to mm 14 for marathon and 19 for 50k. you will pass it once and we will bring back to the awards table.

AWARDS PARTY: 11:AM to 1:30 ish PM, but the clubhouse is open and you can hang out as long as you wish. Awards party on the deck by the clubhouse. Food is for participants with a race bib, or you may purchase a lunch or beverage for family member in the clubhouse. **AWARDS:** Overall 1-3 at 11:30 Age Groups 1-3 follow. **YOU MUST BE PRESENT** to get an award. **RACE TIMES WILL BE CONSIDERED FINAL** when awards start. They are posted at the finish line, it is your responsibility to check your results and present any discrepancy to the timer by start of awards.

