

Fall Marathons 2008



September 20, 2008



October 19, 2008



October 5, 2008



Athens Marathon

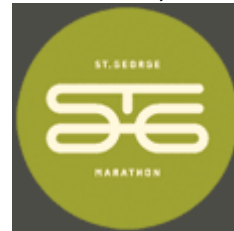
October 19, 2008



October 19, 2008



October 4, 2008



November 16, 2008



October 12, 2008



November 9, 2008



October 26, 2008



November 16, 2008



October 12, 2008



October 19, 2008



October 5, 2008



November 15, 2008



November 2, 2008



Prepared by



RUN FOR FUN TRAVEL
RUNNING @CAPES.COM

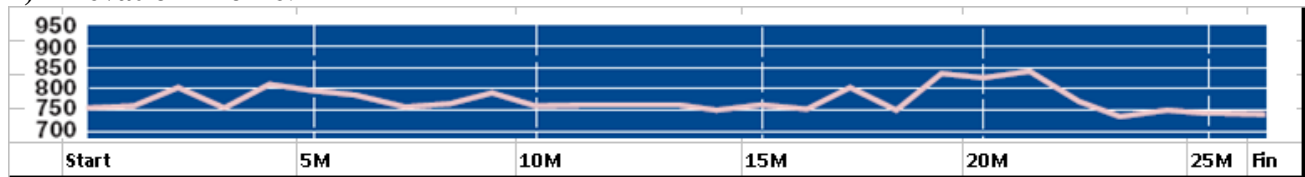
Columbus (Ohio) Marathon

The Marathon:

1) Quick Facts:

| Columbus Marathon | | | |
|--------------------|--------------|--------------------|-----------|
| Location | Columbus, OH | Hills (Few->Many) | ☆☆ |
| Next Race Date | 19-Oct-08 | Turns (Few->Many) | ☆☆☆☆ |
| Average Temp | 42 / 65 | Race Size (Sm->Lg) | ☆☆☆☆☆☆ |
| Course Type | Almost Loop | Race Organization | Not Rated |
| Starting Elevation | 750' | City Rating | Not Rated |
| Net Elev Change | -10' | Overall | Not Rated |

2) Elevation Profile:



3) Course Description:

The course has changed for 2008. While it follows the same general pattern, a 13-mile loop to the South-East followed by a 13-mile loop to the North-West, most of the turns are new. Per the Columbus Marathon website:

"The course will still be very fast and flat and will continue to tour through the best parts of Columbus including Downtown, Bexley, Olde Town East, German Village, Short North, Ohio State, Upper Arlington, Victorian Village and the Arena District...and this year, will also include Grandview Heights.

Other highlights of the 2008 event are:

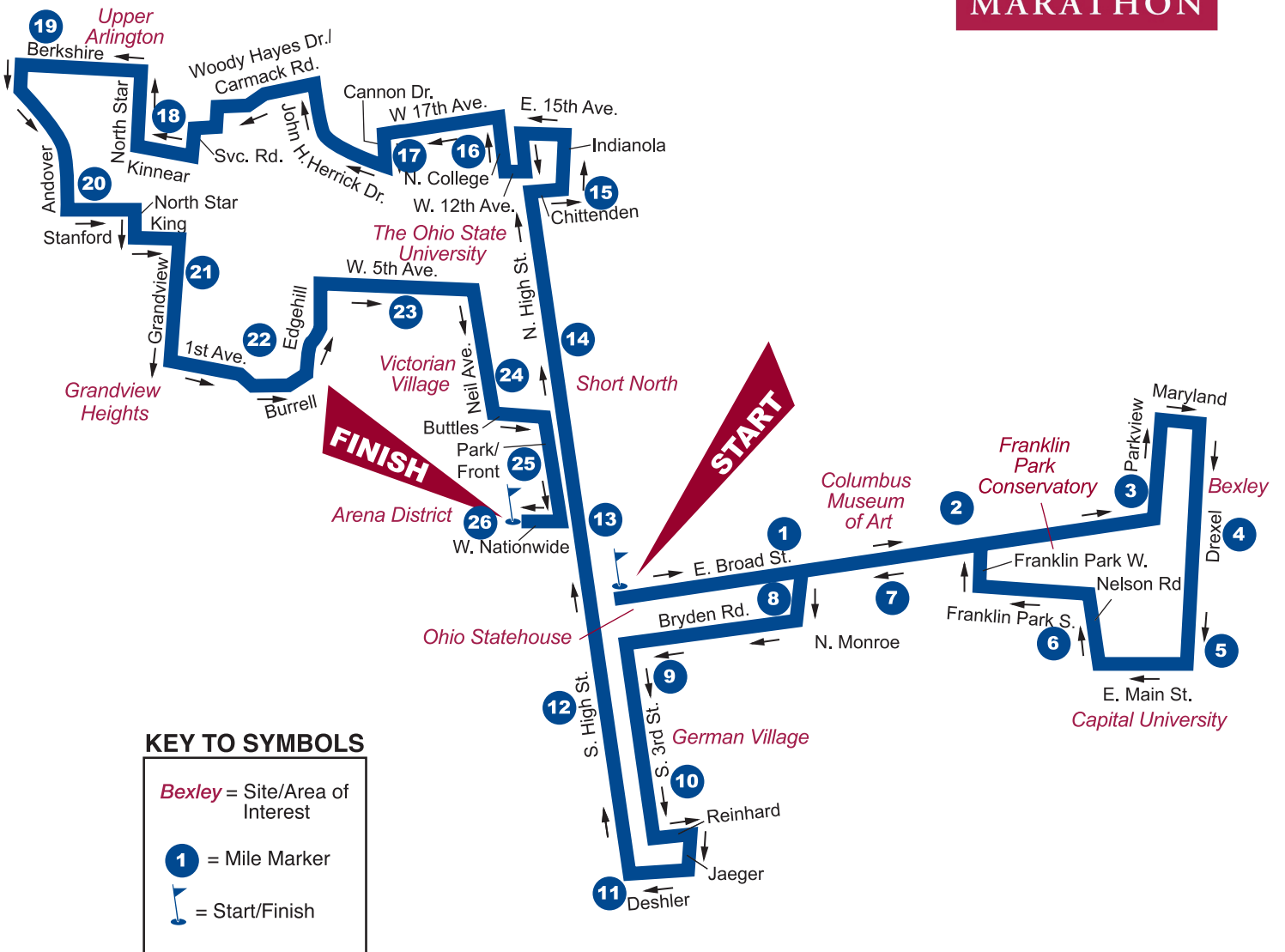
- Walkers and runners will have a combined start at 7:30 a.m. at a new start line near the corner of Broad and Third St. The combined start will alleviate any congestion in Bexley where the runners met up with the walkers in the past. All participants will line up according to pace.
- The 1/2 marathon athletes will run or walk with the full marathoners until they turn left onto Nationwide Blvd. to the finish (as there will not be a 1/2 marathon split on the course this year in Bexley).
- The five mile stretch up High St. will be shortened to wind through the east side of The Ohio State University campus and will include a trek down 15th Ave. through sorority and fraternity row.
- The course will go down Grandview Ave. at approximately mile 21. Athletes and spectators alike will enjoy this new scenic addition to the course with its boutiques, restaurants and coffee shops featuring a great view and plentiful seating."

Other Observations:

- The course is fast. 15-20% of runners will qualify for Boston.
- Runners of this marathon consistently rank it highly in all categories.
- Columbus supports its marathon and you will see thousands of fan along the course.

4) The Course Map

Nationwide Better Health Columbus Marathon Course Map



Columbus (Ohio) Marathon

- Neil Ave. Garage
- Marconi Blvd. Garage
- Arena West surface parking lot
- Vine Street surface parking lot
- Front Street surface parking lot

5) **Spectators:** This event is a great spectacle for the town and the city almost stops for the day. Per the web site, the best places to view the event are as follows. If you are going to watch, please note the course carefully as those roads will be closed race day. Given the two loops this course makes, you could have a very difficult time driving around the city.

- **E. Broad and Third Streets** is where you'll catch the start of the 2008 Nationwide Better Health Columbus Marathon and a record 11,500 runners and walkers as they embark on their journey.
- **Drexel and Main Streets** in Bexley is a perfect place to take in the fall colors and amazing homes as the runners pass by.
- **Bryden and Third Streets** is a great spot to greet runners as they turn the corner to head south to German Village.
- **Schiller Park** in German Village is bordered by Reinhard, Jaeger and Deshler Streets. This is one of Columbus's oldest and most scenic parks — you'll enjoy walking from one side to the other to cheer on your athlete and take part in the German Village Neighborhood Party.
- **Short North Arts District** on High Street — between Nationwide Blvd. and Fifth Ave. — enjoy window shopping at the art galleries and boutique shops and have a cup of joe from one of the local coffee shops while you wait for your athlete.
- **High and Chittenden Streets and High and E. 15th** will be a new portion of the course this year that will take you through the east side of campus, including a trek down sorority and fraternity row. Additionally, this area has easy access to the highway, so you have time to see your athlete and get to the finish line.
- **Grandview Ave.** is when the athletes are really starting to experience the strain of a marathon and need maximum encouragement — this beautiful area has great boutiques, restaurants and coffee shops and plentiful seating for spectators.
- **5th and Neil Avenues** is at approximately the 24.5-mile-mark — you can enjoy the beautiful homes of Victorian Village while you cheer your athlete toward the finish line.
- **Goodale Park** in the Short North is bordered by Buttles and Park Streets, is the 25-mile mark and is a great place to set up camp to cheer athletes through their last mile.
- **Nationwide Blvd.** by Nationwide Arena is where thousands of spectators line the streets to cheer runners to the finish line.

6) Pasta Dinner:

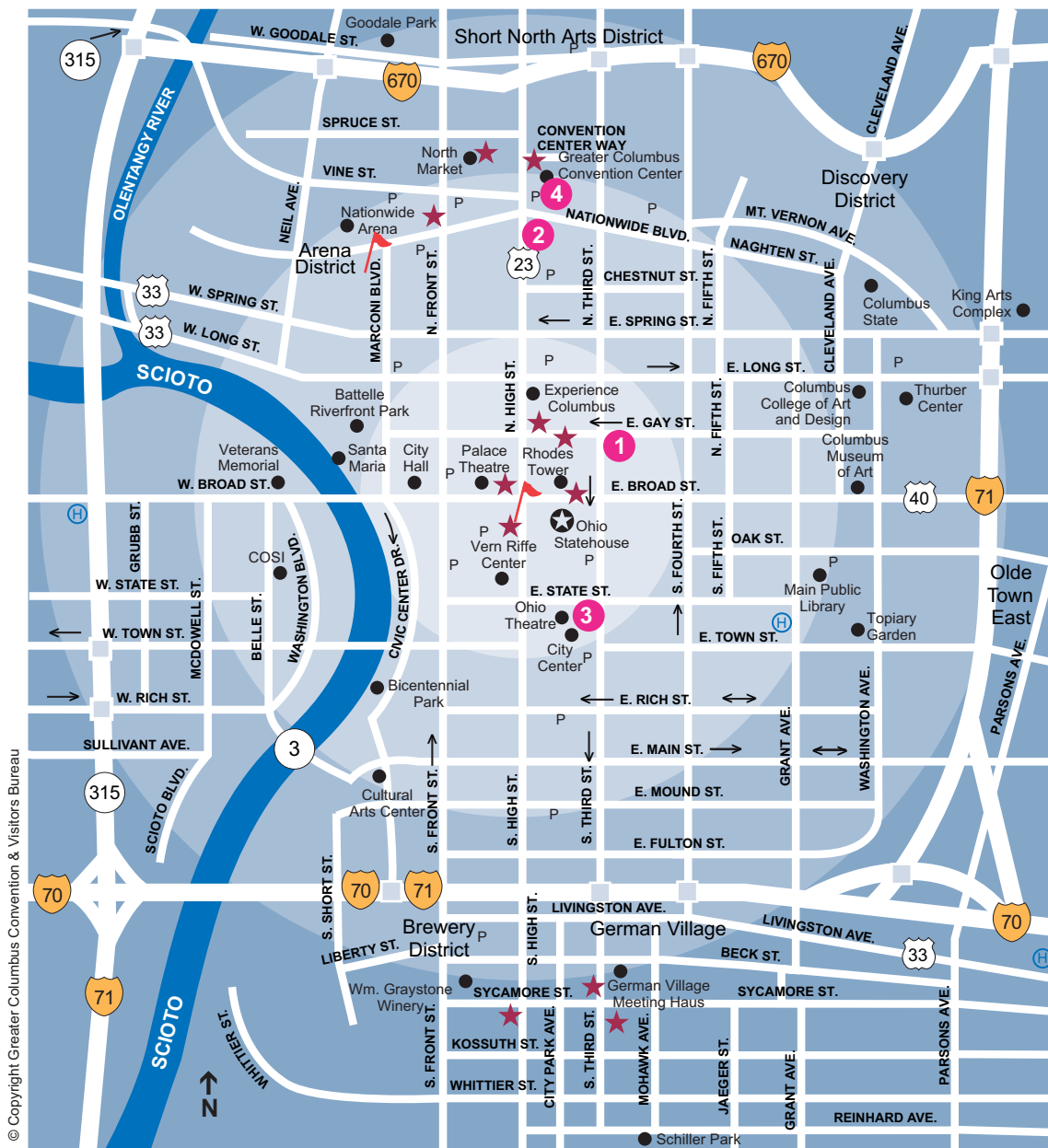
Nothing posted at this date (Sept 8 2008)

City & Travel Logistics

1) Host Hotels

The four host hotels are shown on the following map. All are within blocks of the finish line. If you wish to stay at these or any other area hotel, please contact us at judy@run4funtravel.com and we can work with you to find the best hotel for you.

WELCOME TO THE NATIONWIDE BETTER HEALTH COLUMBUS MARATHON AND 1/2 MARATHON



Approximate walking time from Broad and High Sts. 10 minutes 20 minutes 30 minutes P = Parking Garage H = Hospital * = Coffee shop ^ = Start/Finish

Hotels for the Nationwide Better Health Columbus Marathon and 1/2 Marathon

See reverse for driving instructions

1. The Columbus, A Renaissance Hotel, 50 N. Third St., 614-233-7501
2. Crowne Plaza, 33 Nationwide Blvd., 614-461-4100
3. Hyatt Capitol Square, 75 E. State St., 614-228-1234
4. Hyatt Regency Columbus, 350 N. High St., 614-463-1234



Columbus (Ohio) Marathon

5) Course Food / Hydration:

- In 2007, 19 hydration stations were staffed on the course as well as at both the Start and Finish lines. These are about every 1.5 miles. Expect 2008 to be similar.
- Gatoraide is the sports drink that is served on the course.

6) Other Notables:

- Entrants receive a runner's Technical shirt.

Race Logistics

1) Marathon Start Time: 7:30am.

2) Other Races:

- Half Marathon: The half-marathon starts with the marathon and follows the marathon course until the final turn to their finish. Marathoners will be able to see that finish as they run North to do their second loop.
- Children's Run: On the day before the race, the run will take place at the Franklin Adventure Center, 1747 E Broad St at 1pm. Distances range from a 60 yard diaper dash for 1-3 year-olds to a full mile for 12-14 year-olds. Entrants receive a free ticket to the circus, clown nose, T-Shirt and Medal.

3) Expo & Race Packets:

Greater Columbus Convention Center
Hall D
400 N. High St.
Columbus Ohio

Hours:

Friday – Noon to 7:00 p.m.

Saturday - 9:00 a.m. to 7:00 p.m.

4) Getting to the Start:

The start line and finish line are located about 800 yards apart. No race-day shuttles exist but all host hotels are within walking distance of both the start and finish. If you are driving, you can park at either location. Parking at the start can be found at the follow areas:

- Columbus City Center parking garages
- Statehouse Parking Garage
- Parking lots/garages on the corner of Third and Gay Streets
- Parking lots/garages on the corner of Long and Third Streets

At the finish area, there are more than 15,000 parking spaces available within a 10-minute walk of Nationwide Arena, including the following Arena District lots and garages:

- Front Street Garage
- Chestnut Street Garage
- Arena Crossing Garage

GENERAL MARATHON INFORMATION

The following pages are just some odds and ends to help with your packing and traveling.

“What to Pack”, taken from a RunOn! Class handout

“Airplane Stretches” taken from Getting in Shape, 2002, Shelter Productions, Inc

“Ultimate Guide to Airline Fees, 8/28/08” For the most recent version, check here: www.smartertravel.com/blogs/today-in-travel/airline-fees-the-ultimate-guide.html?id=2623262

Notes page to keep track of Confirmation Numbers as well as information on other runners who may also be running your marathon.

Racing Checklist

Be sure to carry on your marathon shoes and race clothes. If your bag is lost, you don't want to be stressed just before the race!

- Shoes
- Insoles
- Orthotics
- socks
- shorts
- singlet
- underwear
- watch
- short sleeved t-shirt
- long sleeved t-shirt
- running tights
- jacket and pants (warm up)
- hat, sweatband or kerchief
- gloves or mittens
- sun glasses
- dry clothes for afterwards
- Race number
- Safety pins
- Timing chip
- Course map
- Race instructions
- Splits
- Felt tip or ballpoint pen
- Band-aids
- Athletic tape
- Body glide
- Powder
- Deodorant
- Sunscreen
- Towel
- Pre-race food and fluids
- Post-race food and fluids
- Money
- A positive attitude!

Designate a meeting place for you to meet your friends and family after the race. It can be very stressful trying to locate everyone in a crowd!

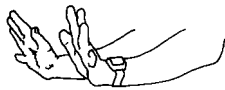
ON THE ROAD: AIRPLANE STRETCHES

Stretch

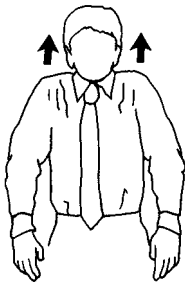
Approximately 3½ min

- Breathe
- Do not bounce
- No pain!
- *Feel* the stretch
- Relax
- See Stretching Instructions, pp. 77-84

1
10 sec
2 times
p. 82



2
5 sec
p. 81



3
10 sec
p. 81



4
5 sec
each side
p. 84



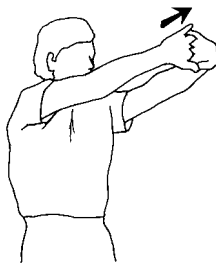
5
5 sec
each side
p. 84



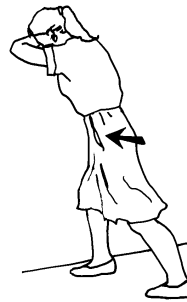
6
10 sec
each arm
p. 81



7
10 sec
p. 82



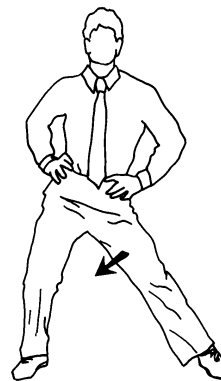
8
15 sec
each leg
p. 79



9
10 sec
each leg
p. 79



10
10 sec
each leg
p. 79



11
10 times
each direction
each foot
p. 79



12
10 sec
each side
p. 82



13
10 sec
p. 81



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ULTIMATE GUIDE TO AIRLINE FEES

Compiled jointly by SmarterTravel, Airfarewatchdog, and Seat Guru

| | 1st checked bag (online/at airport) | 2nd checked bag (online/at airport) | Additional bags | Overweight bags | Oversized bags | Ticket change fee (domestic/ international) | Booking fares (on phone/ in person) | Unaccompanied minors (double for round-trip) | Pet in cabin (double for round-trip) | Seat selection (double for round-trip) | Inflight food fees |
|-----------------------------|--|--|---|---|---|---|---|---|---|---|--|
| AIRTRAN | \$0/\$0 | \$10/\$20 | \$50 | 51-70 lbs: \$29 71-100 lbs: \$69 | 62-70 in: \$29 71-80 in: \$69 | \$75 | \$10/\$10 | \$39 | \$69 | \$6 (advance) \$20 (exit row) | \$6 for alcoholic beverages |
| ALASKA | \$0/\$0 | \$25/\$25 | \$125 | 51-100 lbs: \$50 | 63-80 in: \$50 81-115 in: \$75 | \$50 online (\$75 otherwise) | \$15/\$15 | \$75 | \$100 | n/a | \$5 for meals or snacks |
| AMERICAN | \$15/\$15 | \$25/\$25 | bags 3-5: \$100 bag 6 +: \$200 | 51-70 lbs: \$50 71-100 lbs: \$100 | 63 in +: \$150 | \$150/varies by reservation | \$20/\$30 | \$100 | \$100 | n/a | \$3 for snacks, \$6 for sandwiches |
| CONTINENTAL | \$0/\$0 | \$25/\$25 | \$100 | 51-70 lbs: \$50 | 63 in +: \$100 | \$150/\$150-\$250 | \$15/\$20 | \$75 non-stop \$100 connecting | \$125 | n/a | free |
| DELTA | \$0/\$0 | \$50/\$50 | bag 3: \$125 bags 4-10: \$200 | 51-70 lbs: \$90 71-100 lbs: \$175 | 62-80 in: \$150 | \$100/\$200+ | \$25/\$25 | \$100 | \$100 | n/a | free, some available for \$1 - \$10 |
| FRONTIER | \$0/\$0 | \$25/\$25 | \$50 | 51-100 lbs: \$75 | 63-80 in: \$75 | \$100 | \$25/\$25 | \$40/segment | n/a | n/a | \$3 for snacks on routes over 545 miles |
| HAWAIIAN | \$15/\$15 (transpa- cific) | \$25/\$17 (interisland) | bags 3-6: \$80 (\$25 interisland) | 51-70 lbs: \$25-\$100 (\$17-\$25 interisland) | 63-80 in: dependen- dant on what transporting | \$150-\$200 (\$30-\$50 interis- land) | \$10-\$20/ \$25 | \$75 nonstop \$95 connecting \$35 interisland | \$35- \$175 | n/a | free |
| JETBLUE | \$0/\$0 | \$20/\$20 | \$75 | 51-70 lbs: \$50 71-99 lbs: \$100 | 63-80 in: \$75 | \$100 | \$15 | \$75 | \$100 | \$10-\$20 for extra legroom | \$5 for alcoholic beverages |
| MIDWEST AIRLINES | \$0/\$0 | \$20/\$20 | bag 3 +: \$100 | 51-70 lbs: \$50 71-100 lbs: \$65 | 63-115 in: \$80 | \$10 | \$10-\$20/ \$10-\$20 | \$50 direct \$100 connecting | \$100 | n/a | \$6-11 for meals, beverages are free |
| NORTHWEST | \$15/\$15 | \$25/\$25 | \$100 | 51-70 lbs: \$50 | 63-160 in: \$100 | \$100/\$200 | \$15/\$30 | \$75 non-stop \$100 connecting | \$80 | \$5-\$35 (exit row and bulkhead) | \$3-\$10 for a la carte meals |
| SOUTHWEST | \$0/\$0 | \$0/\$0 | bag 3: \$25 bags 4-9: \$50 bag 10 + \$110 | 51-70 lbs: \$25 71-100 lbs: \$50 | 62-80 in: \$50 | \$0 (flight credit good for one year) | \$0 | \$0 | n/a | n/a | \$4 for alcoholic beverages |
| SPIRIT | \$15/\$25 | \$25/\$25 | bags 3-5: \$100 | 51-70 lbs: \$50 71-99 lbs: \$100 | 62-79 in: \$100 80 +: \$150 | \$80 online (\$90 otherwise) | \$20/\$20 | \$75 | \$85 | \$15 exit row \$10 aisle \$5 middle | \$2-4 for snacks and beverages, \$5 for alcoholic beverages |
| UNITED | \$15/\$15 | \$25/\$25 | bags 3-6: \$125 bag 7+: \$250 | \$125 | 63-115 in: \$125 | \$150/\$250 | \$25/\$30 | \$99 | \$125 | \$14-\$109/flight \$349/year | \$5 for snacks, \$6 for alcoholic beverages |
| VIRGIN AMERICA | \$0/\$0 | \$25/\$25 | bag 3 +: \$50 | 51-70 lbs: \$50 71-99 lbs: \$100 | 63-100 in: \$50 | \$75 | \$10/\$10 | \$75 | \$100 | \$50 for premium seats | \$8 for meals, beverages are free |
| US AIRWAYS | \$15/\$15 | \$25/\$25 | bags 3-9: \$100 | 51-70 lbs: \$50 71-99 lbs: \$100 | 62-80 in: \$100 | \$150/\$250 | \$15/\$20 | \$100 | \$100 | \$5-\$30 (aisle and window at front of economy cabin) | \$5 for snacks, \$7 for sandwiches, \$2 for beverages |

MARATHON TRAVEL INFO

Use this section to keep track of your confirmation numbers and other important notes.

| <u>Business Name</u> | <u>Confirmation #</u> | <u>ADDRESS</u> | <u>PHONE #</u> |
|----------------------|-----------------------|----------------|----------------|
| | | | |
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RUNNER INFO

Use this section to collect travel information of fellow runners you may need to contact while at your marathon.

| <u>NAME</u> | <u>HOTEL</u> | <u>PHONE NUMBER</u> |
|-------------|--------------|---------------------|
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