

Fall Marathons 2008



September 20, 2008



October 19, 2008



October 5, 2008



Athens Marathon

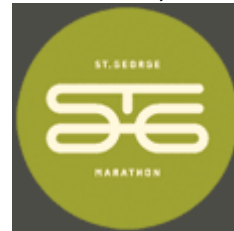
October 19, 2008



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



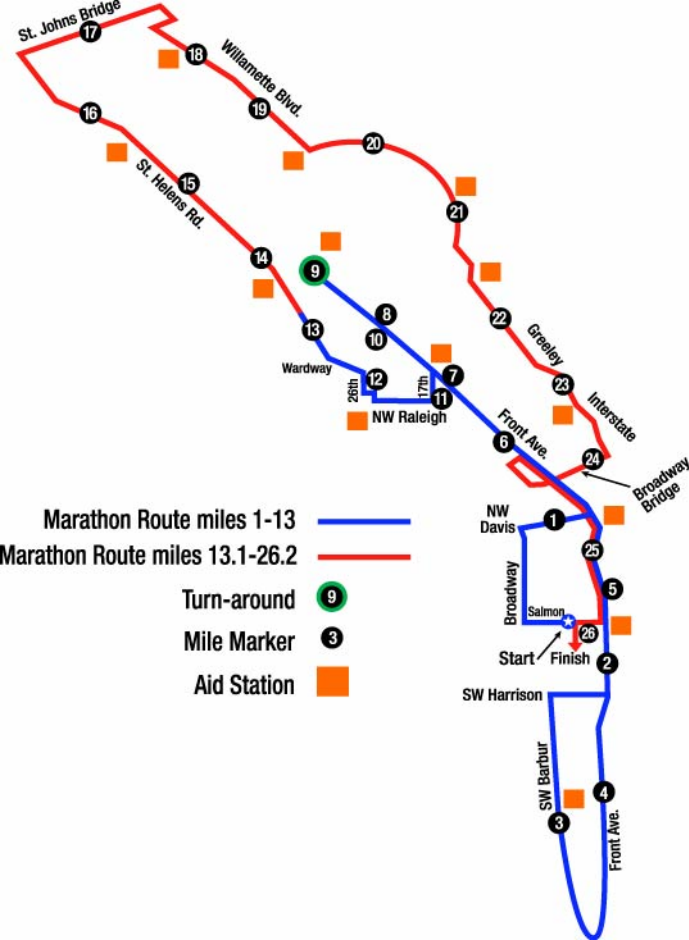
Prepared by



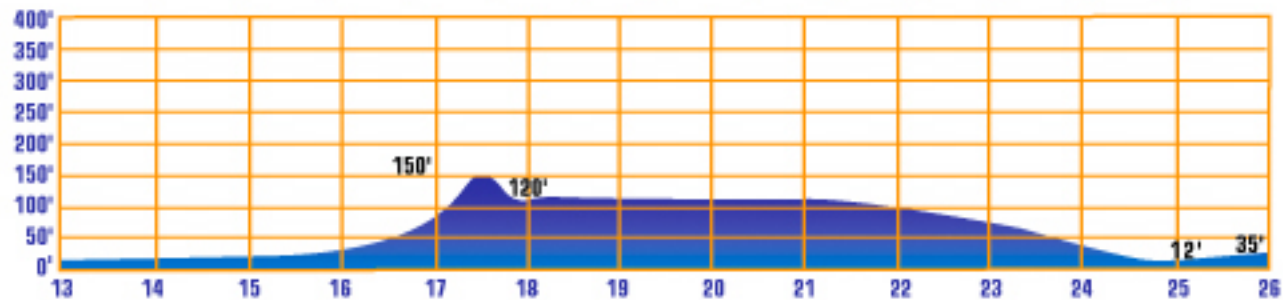
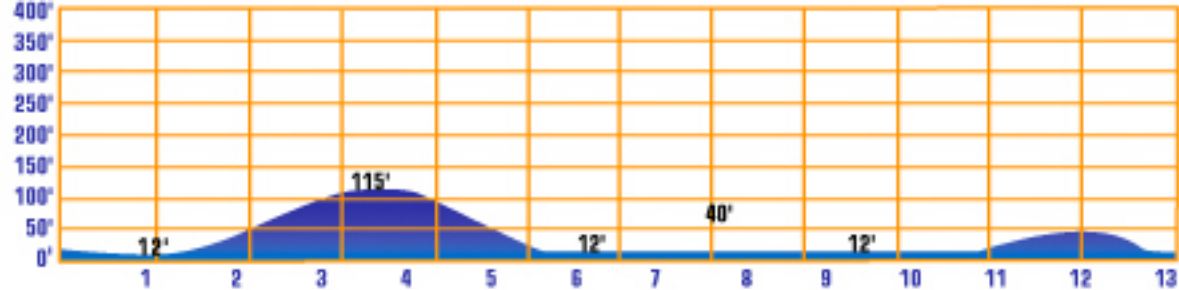
RUN FOR FUN TRAVEL
RUNNING @CAPES.COM

PORTLAND MARATHON RACE INFORMATION

- Course Map
- Elevation Profile
- Race Review
- Schedule of Events
- Packet Pickup Information
- Pace Team Information
- Pasta Dinner Information



Portland Marathon Course Elevation



Race Review

The Portland Marathon is a very well organized race. On the course you will find a few unique things.

- Balloons towers will mark the miles. This means you will see them in advance when you are approaching a mile marker. I believe these balloon towers are blue.
- Balloon towers will mark each aid station. These towers will be a different color – orange in past years. This will give you time to take an energy gel prior to the water stop.
- There will be 19 aid stations that will have water, Ultima and Gleukos. If you have not had Gleukos, try it prior to the race. It can be purchased in Dallas at Whole Foods. It is easy on the stomach and fast acting. To learn more about Gleukos visit www.gleukos.com.
- The course is most flat to downhill with one exception at mile 17. The hills early on you will barely notice, however the climb to the bridge at 17 to 18 can make or break your race. Take this climb very easy and after it you have a nice flat stretch and then downhill to finish.
- When you finish there will be a long maze that you are forced through. You will pick up medals, shirts, food, a rose, and a tree. Your hands will be full and you will be tired. If you can pick up a box and use it to collect everything.
- Pick a spot to meet friends and family. If they see you finish it is difficult to get to the end of the maze you will be going through. Find a store and agree to meet there.

This is a great race, enjoy!

Prepared by



Schedule Of Events

Friday, October 3rd

11:00 a.m. - 8:00 p.m.

Sports & Fitness Expo -- Hilton Portland (6th & Salmon): Packet pickup & late registration

The packet includes chip, race number, souvenir program and assorted promotional items. Late event registration may also be completed during the above hours. Late registration fees are as follows: Marathon \$150, Five-Miler \$30, Mayor's Walk \$25, and Marafun Kids' Run (12 and under until field of 1,500 is filled) \$10. During packet pickup, the Portland Marathon Sports & Fitness Expo will be held in the Grand Ballroom of the Portland Hilton. The Expo focuses on health screenings and demonstrations, sports medicine and fitness programs, innovative fitness clothing, shoes and training aids and periodic free lectures by noted sports medicine specialists. The Expo is also the place to buy your Marathon souvenirs, and the sign-up for the Clydesdale/Bonnydale or muscle/power competition (\$5 registration fee).

Saturday, October 4th

8:00 a.m. - 4:00 p.m.

Event Directors' College continues at the Multnomah Athletic Club.

9:00 a.m. - 6:00 p.m.

Marathon Course Bus Tour -- The Hilton Portland

A limited number of bus tours of the course will take place on Saturday, October 4th. Cost per person is \$10. Buses depart from the Hilton Portland. Sign up at the Portland Marathon Information Table at the Expo. Space is limited, so sign up early!

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

Sports & Fitness Expo -- The Hilton Portland

Packet pickup & late registration continues.

Also, a series of lectures and information sessions will be held in the Hilton. Look for sign boards to show those who will speak this year.

4:30 p.m. - 9:00 p.m.

Saturday Night Pasta Party

This year the party will be held at the Oregon Sports Hall of Fame Museum, located at 321 SW Salmon, just 3 blocks from the Hilton Portland. Parking is available on the street (metered to 6 p.m., free thereafter), as well as in several parking garages in the vicinity of the Hall of Fame. Seatings are from 4 p.m. - 8 p.m. and will feature hearty portions of pasta, refreshments, and dessert. Enjoy a nutritious pre-race meal alongside your favorite Oregon sports legends and unique memorabilia! Tickets are available at the Sports and Fitness



Prepared by

Expo and at the door, \$20 for adults and \$15 for children 12 and under. All proceeds benefit the Oregon Sports Authority Foundation. All participants, friends and family are welcome!

Sunday, October 5th -- 37th Annual Portland Marathon

NO DAY OF RACE PACKET PICKUP OR ENTRY FOR ALL EVENTS

6:20 a.m.

Clothing check-in begins. Look for the green balloons on either side of the start on SW 2nd and SW 3rd.

6:30 a.m.

Runners (3:45/8:30 pace and faster) enter the assembly area from SW Taylor on SW 2nd and proceed over to SW Salmon; slower runners 3:45/8:30 pace and slower enter from SW Taylor on SW 1st. Lineup of walkers starts on SW Salmon at SW 1st Avenue. Walkers enter from SW Taylor from either SW 1st or SW Naito Parkway. Nordic Walkers line up behind the walkers. All participants are chip-timed.

6:59 a.m.

Wheelchair race begins

7:00 a.m.

Marathon Run/Walk begins.

7:30 a.m.

Shuttle buses for Mayor's Walk begin running.

Assembly of Kaiser Permanente Five-Miler runners on SW Salmon between SW 2nd and SW 3rd. Start line at SW 3rd

7:44 a.m.

Wheelchair start for Kaiser Permanente Five-Miler

7:45 a.m.

Kaiser Permanente Five-Miler start.

7:50 a.m.

Assembly of entrants for the Marafun Kids' Run on SW Salmon between SW 2nd and SW 3rd. Start line at SW 3rd.

8:10 a.m.

Marafun Kids' Run begins.



8:00 a.m. - 10:00 a.m.

The Mayor's Walk participants begin at 8:00 a.m. at the 20-mile mark of the Marathon at the corner of North Harvard and North Willamette Boulevard. Walkers continue to leave until 10:00 a.m.

Post Race:

T-shirts and Seedlings

This year Marathoners will pick up their long-sleeved finisher shirts at a place to be announced. Show your running number to receive your official marathon finisher's shirt (no exchanges). In the finish area Marathon walkers and runners will be presented with a special Northwest seedling. They may also have their photo taken before exiting the enclosed finish area.

1:00 p.m.

Post-Race Party -- The Hilton Portland

All entrants from all events, volunteers and guests are invited. Live music and food and refreshments will be available.

3:00 p.m.

Awards Ceremony -- The Hilton Portland

Awards Presentation for the Marathon Run/Walk and Five-Miler.

Packet Pickup Information

Sports & Fitness Expo -- Hilton Portland (6th & Salmon): Packet pickup & late registration

The packet includes chip, race number, souvenir program and assorted promotional items. Late event registration may also be completed during the above hours. Late registration fees are as follows: Marathon \$150, Five-Miler \$30, Mayor's Walk \$25, and Marafun Kids' Run (12 and under until field of 1,500 is filled) \$10. During packet pickup, the Portland Marathon Sports & Fitness Expo will be held in the Grand Ballroom of the Portland Hilton. The Expo focuses on health screenings and demonstrations, sports medicine and fitness programs, innovative fitness clothing, shoes and training aids and periodic free lectures by noted sports medicine specialists. The Expo is also the place to buy your Marathon souvenirs, and the sign-up for the Clydesdale/Bonnydale or muscle/power competition (\$5 registration fee).

Hours

Friday: October 3rd from 11am – 8pm

Saturday: October 4th from 9am – 7pm

Prepared by





Mike Ryan, Kristi Kind and Gary Ciment hand out pace balloons at the start.

RED LIZZARD Pacers

How were the Pacers chosen?

Our pacers are volunteers from Team Red Lizard, a running club based in Portland, Oregon. Many of our pacers have paced the Portland Marathon before and all have many years of experience running half marathons, marathons and ultras. The pacers know what it's like to be in your shoes and they're ready to lay it on the line to see you through to the finish.

What pace groups will be offered?

This year, we're trying to accommodate as many runners as possible, from the runner aiming for their first trip to Boston to the first time marathon runner hungry to reach the finish line. We are offering 14 pace groups: 3:00, 3:10, 3:15, 3:20, 3:30, 3:40, 3:45, 3:50, 4:00, 4:15, 4:30, 4:45, 5:00, and 5:30.

Is there a cost to participate?

Other than the marathon entry fee, no! You need to be a registered for the marathon, but you do not need to register with any of the pace groups.

What pace per mile will we run?

The pacers are going to run even effort splits throughout the race. Not every mile will be perfectly even, but the pacers will adjust as necessary each mile to make sure they stay as close as possible to maintaining even effort splits. By running even efforts splits, the pacers accommodate as many runners as possible and help you to avoid going out too fast. Going out too fast is the most common mistake marathon runners make! Team Oregon has developed a great [pace band creation tool](#) that you can print out and wear on your wrist, or stop by our booth at the Expo and pick up a free pace band.

Are we going to go right out on pace?

The first mile is often crowded and usually slower as a result. The pacers will try to take you out on pace, but if they are slowed down they will gradually adjust the pace over the next several miles to get back on the goal pace. Whatever happens, we'll make sure you don't go out too fast!

How do I meet up with my Pace Team on race morning?

The pace group leader will be holding a balloon high in the air with the pace time written on it. They will carry this balloon high in the air for at least the entire marathon. The pacers will also be wearing shirts with a big red lizard logo on the back. The pacers are friendly folks who are eager to lead you to the finish. Don't be shy about asking them questions or engaging in friendly conversation.



Prepared by



Paul Hoffman holds his balloon up high for the marathoners to find him.

Will we walk through the water stations?

The pacer will usually slow down to grab water or other nourishment but will probably not walk.

Will there be walking breaks?

The pacers will be focused on maintaining even effort splits in order to accommodate as many runners as possible. However, you may use any method that works for you and use the pacers as a guide for your overall pace. The pacers have been known to stop at the Team Red Lizard Mile 24 aid station for a second or two. You can't miss the aid station at mile 24. Look for the huge flag with the Team Red Lizard logo on it.

Do I have to stay with the team the whole time?

Absolutely not! Listen to your body and use whatever method works for you. You don't need to run even splits to use the pace group as your guide. If you become injured or ill, please seek aid or assistance!

Are the pacers going to run the entire marathon?

Our pace group leaders run half marathon legs and will transition to the 2nd leg pacer around the half marathon mark. The 2nd leg pacer will shadow the 1st leg pacer for about a mile or so to make sure they're on pace and then they'll take over and run to the finish.

What if I have a question that isn't answered here?

Please email the [Pace Team Director Steve Trautwein](mailto:Steve.Trautwein@cape.com).

Please stop by the information booth at the Portland Marathon Expo to meet some of the pacers from Team Red Lizard and to pick up a pace band, courtesy of Team Red Lizard and OregonLive.com.

Prepared by



Pasta Dinner

Join us Saturday evening for the official Portland Marathon Pasta party! All participants, friends and family are welcome!

Saturday, October 4, 2008

5pm - 8pm

Hilton Salon Ballroom in the Executive Tower, 545 SW Taylor

This year's hearty meal will feature:

Caesar Salad
Bread Sticks or Garlic Bread
Pasta with a choice of red and white sauce
Meatballs on the side
Cookies
Bottled Water & Gatorade

Tickets will be available at the Sports & Fitness Expo or at the door (space is limited):
\$20 per person

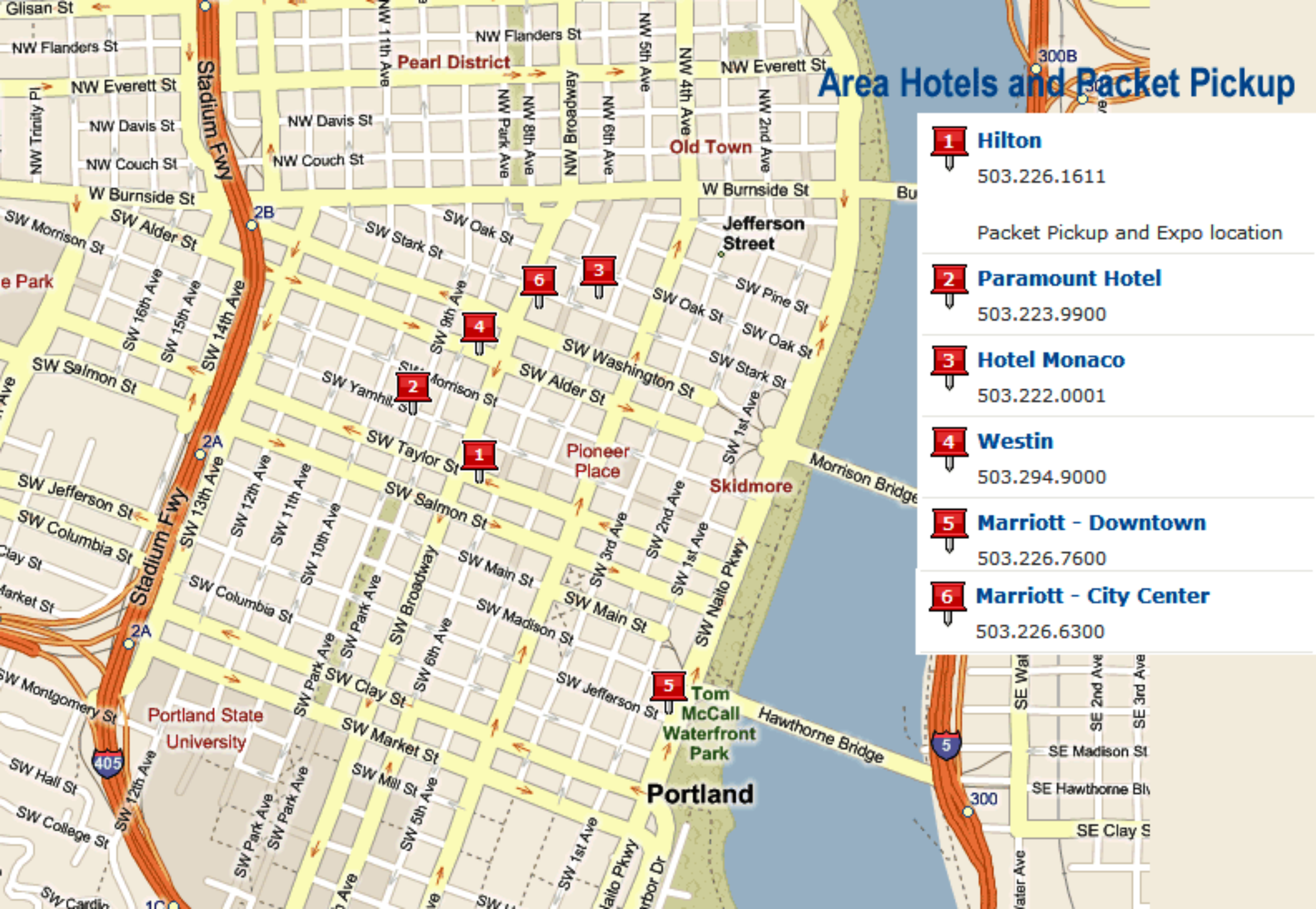
Prepared by



PORTLAND MARATHON LOGISTICS INFORMATION

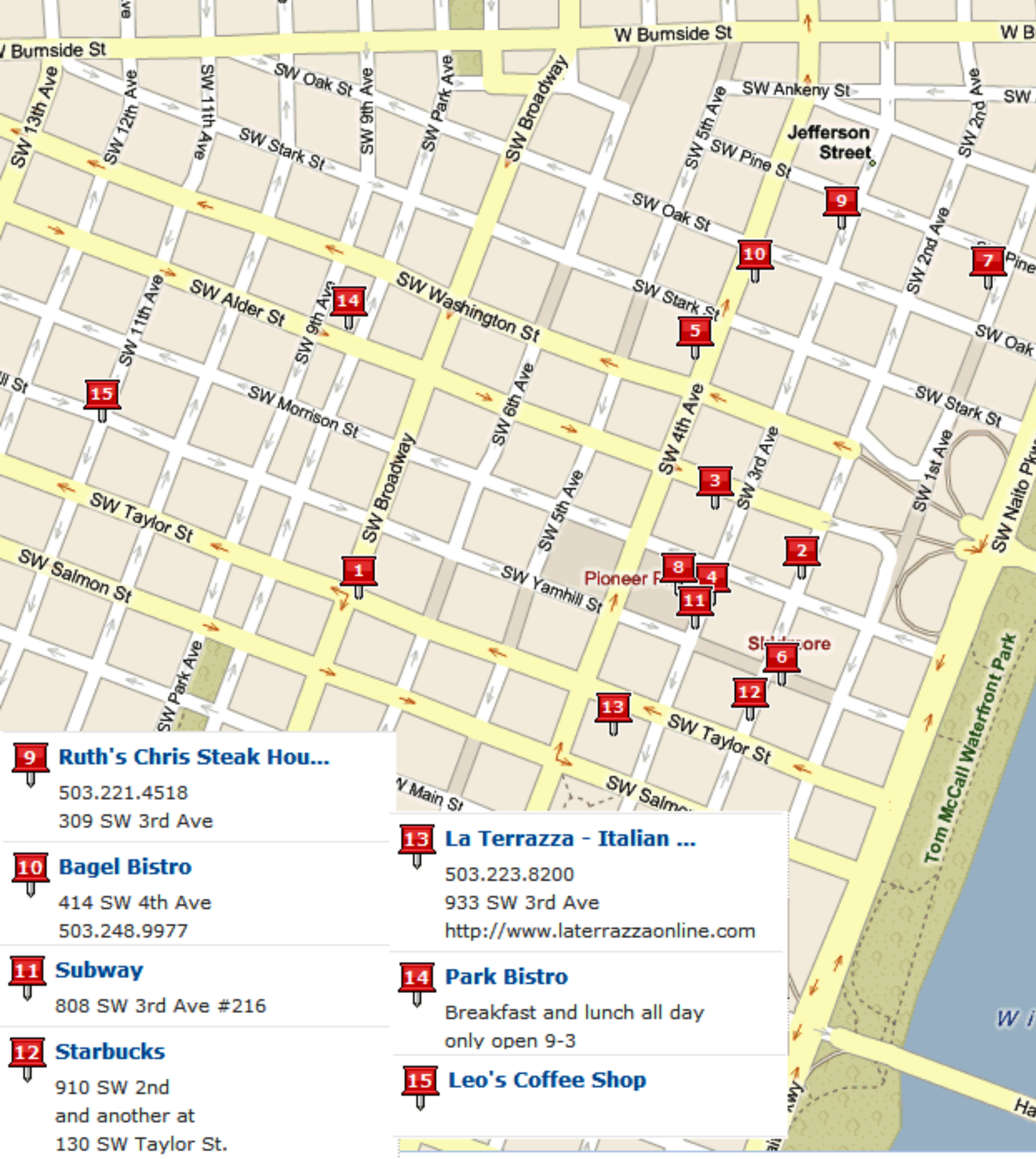
- Getting downtown from the airport (including a light rail map)
 - Map of Hotels and Packet Pickup
 - Area Restaurants

Area Hotels and Packet Pickup



- 1 Hilton**
503.226.1611
Packet Pickup and Expo location
- 2 Paramount Hotel**
503.223.9900
- 3 Hotel Monaco**
503.222.0001
- 4 Westin**
503.294.9000
- 5 Marriott - Downtown**
503.226.7600
- 6 Marriott - City Center**
503.226.6300

Area Restaurants



- 1 Hilton**
- 2 Rock Bottom Brewery**
503.796.2739
<http://www.rockbottom.com/>
- 3 Alessandro's - Italian**
503.222.3900
<http://alessandros.yppguides.net/>
- 4 Chipotle**
- 5 3 shops - sandwiches ...**
Rovente Pizza - 503.224.9408
512 Sw 4th

Gerald's Italian Eating Place - subs - 518 SW 4th
503.224.1865

Bon Appetit - sandwiches
503.241.7970
520 SW 4th
- 6 Salad World**
503.222.9726
837 SW 2nd
- 7 Mc Cormick & Schmick's**
Seafood
503.224.7522
235 SW 1st
- 8 Macaroni Grill**
300 SW Yamhill St.
503.546.3040

9 Ruth's Chris Steak Hou...
503.221.4518
309 SW 3rd Ave

10 Bagel Bistro
414 SW 4th Ave
503.248.9977

11 Subway
808 SW 3rd Ave #216

12 Starbucks
910 SW 2nd
and another at
130 SW Taylor St.

13 La Terrazza - Italian ...
503.223.8200
933 SW 3rd Ave
<http://www.laterrazzaonline.com>

14 Park Bistro
Breakfast and lunch all day
only open 9-3

15 Leo's Coffee Shop

PORTLAND MARATHON GENERAL INFORMATION

- What to pack list
- Airplane Stretches
- Phone Numbers of other Runners
 - Airline baggage fee chart

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!

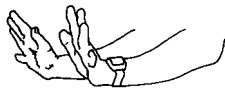
ON THE ROAD: AIRPLANE STRETCHES

Stretch

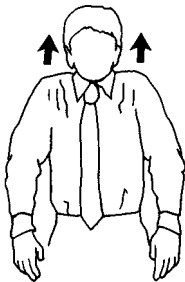
Approximately 3½ min

- 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



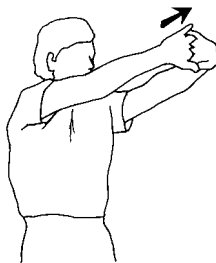
5
5 sec
each side
p. 84



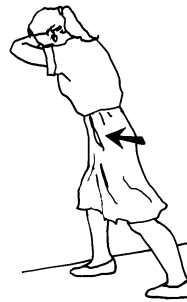
6
10 sec
each arm
p. 81



7
10 sec
p. 82



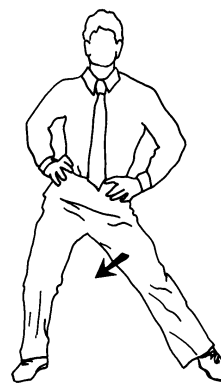
8
15 sec
each leg
p. 79



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



Excerpted from *Getting in Shape*,
©2002, Shelter Publications, Inc.,
Bolinas, California 415 868-0280

Distributed in bookstores
by Publishers Group West.

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 (transpacific)	\$25/\$17 (interisland)	bags 3-6: \$80 (\$25 interisland)	51-70 lbs: \$25-\$100 (\$17-\$25 interisland)	63-80 in: dependant on what transporting	\$150-\$200 (\$30-\$50 interisland)	\$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