

Fall Marathons 2008



September 20, 2008



October 19, 2008



October 5, 2008



Athens Marathon

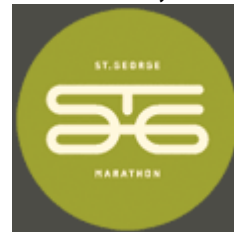
October 19, 2008



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

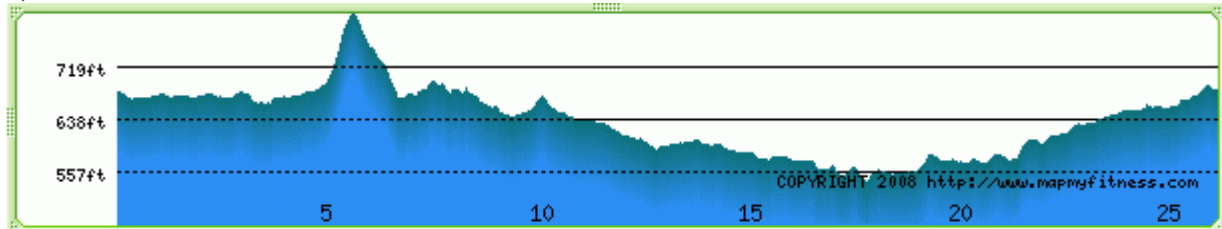
Rock 'n' Roll San Antonio Marathon

The Marathon:

1) Quick Facts:

Rock 'n' Roll San Antonio			
Location	San Antonio TX	Hills (Few->Many)	★
Next Race Date	16-Nov-08	Turns (Few->Many)	★★★
Average Temp	48 Lo, 71 Hi	Race Size (Sm->Lg)	★★★★★
Course Type	One-Way / Loop	Race Organization	Not Rated
Starting Elevation	680'	City Rating	Not Rated
Net Elev Change	0'	Overall	Not Rated

2) Elevation Profile:



3) Course Description:

2008 is the inaugural year for this event

Per the Rock 'n Roll San Antonio website: "San Antonio, known for its rich history and color, has so much to offer for the marathon and half marathon participants both on and off the course! The thoughtfully designed routes run past a variety of signature attractions in San Antonio. ... Keep your eyes open and take in the scenery!"

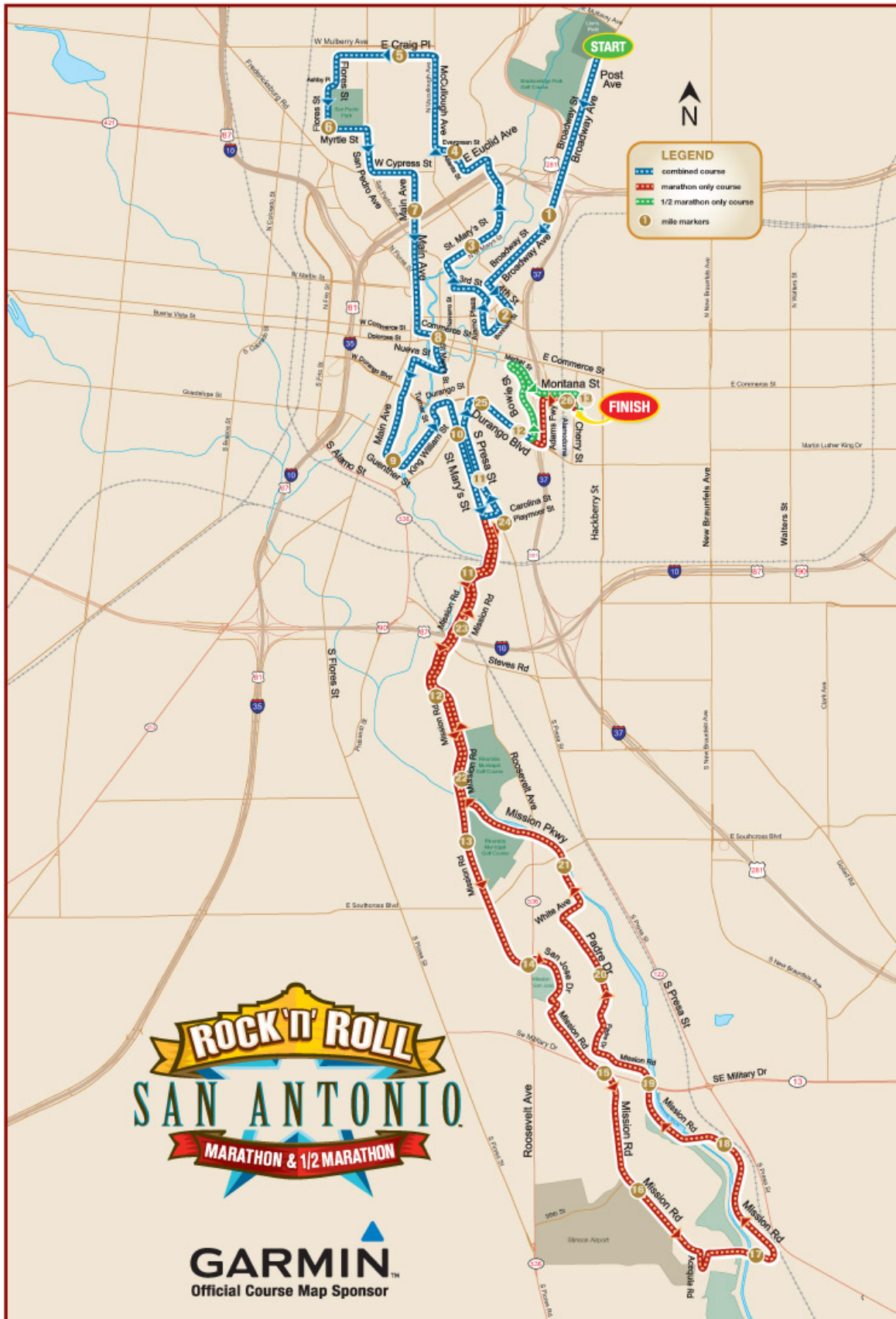
Attractions you pass include The Alamo, The Arts District, The Missions district, the Tower of the Americas, Lions Field and the Alamodome.

<http://www.rnrsa.com/courseinfo.html>

- The course is very flat, with roughly 250' of elevation between the highest and lowest spots on the course. You have a couple of small hills from miles 5 to 10, followed by an 8 mile very slow decline and then an 8-mile very shallow climb.
- The worry on this course is the weather. With an average high on this date in the 70's, you run a risk of a warm, humid day that San Antonio is known for.
- **Half marathon and marathon start together so be prepared for 20,000+ people at the start of the race.** The race will start in a wave start with the first wave going at 7:30 and subsequently slower waves starting 1:30 to 2:00 minutes later.
- As with other Rock 'n' Roll events, the course features 70 live bands, 40 cheer teams and volunteer sponsored and decorated water stations.

Rock 'n' Roll San Antonio Marathon

4) Course Map:



Rock 'n' Roll San Antonio Marathon

5) Course Food / Hydration:

- 17 hydration stations will be staffed on the course, approximately every 2 miles through mile 18 and then every mile thereafter..
- Cytomax Performance Drink will be served with water at every hydration stations. For those wanting to train with this, it should be available at most GNC stores.
- PowerBar Gel's Cliff Shots will be available at Miles 8.6 and 14.8.

6) Other Notables:

- Post Race party features a free beer for runners, other refreshments and live music. This area is open to friends and family. A Runners-only zone exists right after the finish where drinks and food are available (as well as pictures).
- T-shirts provided to all participants and medals to all finishers.
- A Rock 'n' Roll Marathon would not be complete with out a mega-concert at the end. This year's headliner is _____ and the show will be Sunday night after the marathon.

7) First Hand Race Review:

While the marathon has not officially been run yet, one local runner has been to San Antonio over the last month and has run on most of the course. Here are her thoughts (thanks RD of Dallas TX) :

- Miles 1-6: Starts near Brackenridge Park on a nice downhill headed towards downtown. Mostly flat through downtown, but there was a nasty little hill around mile 5. However, you are rewarded with a steady downhill on the other side of the up.
- Mile 7-13: Mostly flat with a nice little run through the King William district. Mile 10 starts the "out and back" on Mission trail
- Miles 13-19: This part is mostly flat and runs through a park-like area (of the San Antonio Mission National Historic Park). This could be a hard place for support people along this part of the route. Also, around mile 18, the route crosses the San Antonio River at what appears to be a spillway. This road has been covered with water for the last 2 weeks and there does not appear to be an alternate way around it. We ran through ankle deep water. I suggest having someone at mile 19 or 20 with a change of socks and shoes.
- Miles 20-26: This part was pretty much flat. Starting around mile 22, you can see Hemisphere Tower which is close to the finish line at the Alamodome. The very last part of the run ends on a pretty nasty uphill, get to the top of the hill, turn right, and run 1 block to the finish line.

Rock 'n' Roll San Antonio Marathon

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 for the first 10.5 miles before turning to head back to the start/finish line on the last 2.5 miles of the marathon course.

3) **Expo & Race Packets:**

Alamodome
100 Montana St
San Antonio, TX 78203

Hours:

Friday - 11:00 a.m. to 7:00 p.m.

Saturday - 9:00 a.m. to 5:00 p.m.

4) **Pasta Dinner:**

Saturday – 5:00pm or 7:00pm (two seatings)

Sunset Station

(Next to Alamodome)

\$15.00 fee for all inclusive pasta dinner (tip not included).

Dinner includes Salad, 3-type of Pasta, bread, desert & beverages.

5) **Race Day Shuttle:**

As of September 1, no information is available on shuttles to get you to the start of the race. The course starts at Lions Park, which is about a 3 to 4 mile drive from the Alamodome. Other Rock'n'Roll have featured busses from the finish line to the start line and we expect that to be the case here.

City & Travel Logistics

1) **Host Hotels**

The Staybridge Suites and the Westin Riverwalk are the 2 host hotels, but both show as sold out. The Staybridge is across from the Alamodome while the Westin is located about 1.2 miles from the finish line on the famed Riverwalk.

2) **Other Hotels**

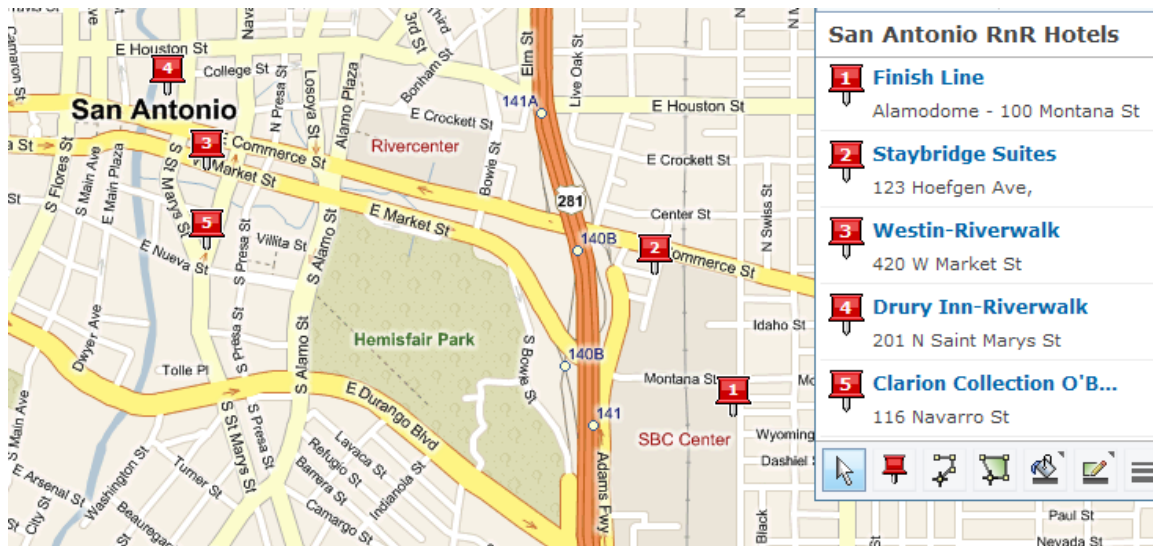
San Antonio has a lot of hotels in the downtown area. We would recommend two and have blocks of rooms still available at this time. Please reserve ASAP as we have limited numbers left.

Drury Plaza Hotel (7 blocks from the finish line)

Clarion O'Brien Hotel (6 blocks from the finish line)

To book these or any other hotel, please contact us at judy@run4funtravel.com

Rock 'n' Roll San Antonio Marathon



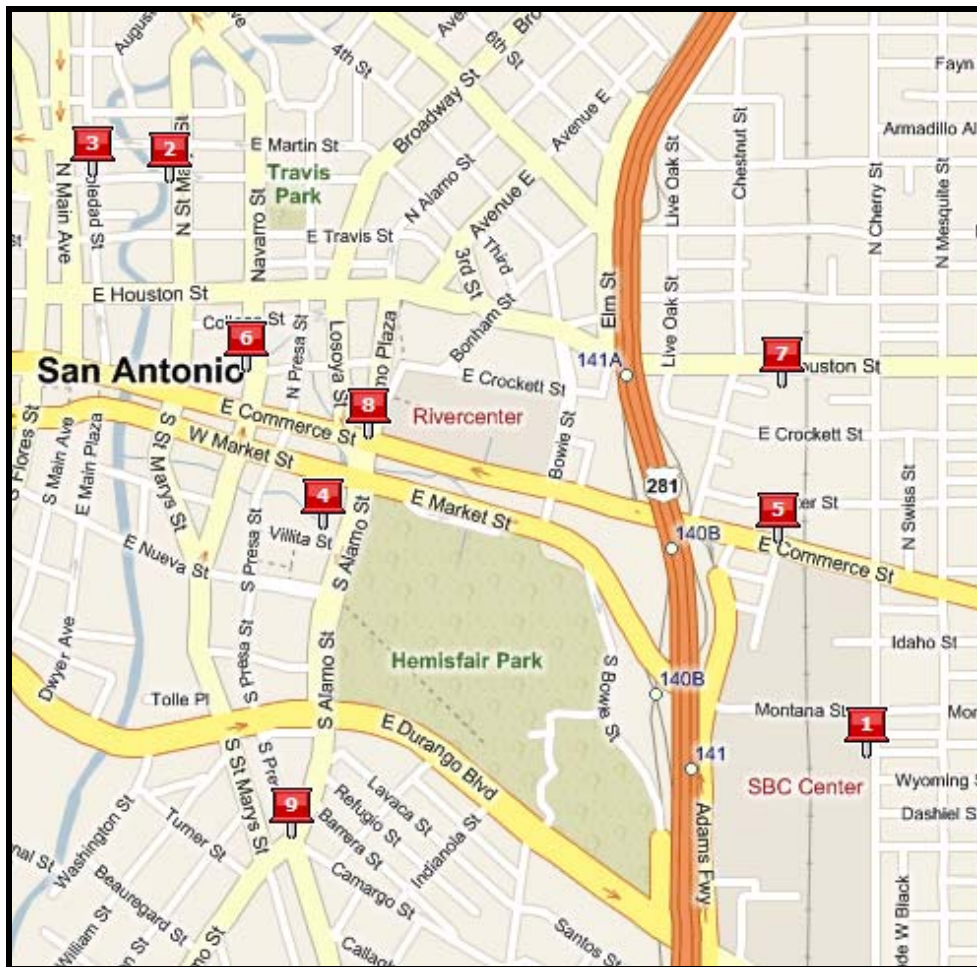
3) Restaurants

Along with hundreds of hotels are thousands of places to eat. There are 150 places within a mile of the Alamodome. On the next page is 5 restaurants that consistently rank in San Antonio's "best places to eat". Also shown are 3 Italian restaurants for carb loading the night before.

San Antonio is known for great Mexican food as well as great dining locations on the Riverwalk featuring food of all type. If you do not find something appealing on the list below, and these are just a blind sampling based on the menu, then go to maps.live.com, search initially on your hotel to center the map and then search for "restaurants".

One other dining option worth noting is the Rivercenter Mall. While it has 6 real restaurants (including Luciano's on the map), it also has a food court with mall food that serves beer and allows you to walk around with your beer in the food court. The mall is also the start of the River Taxi which goes along the Riverwalk. So, you could walk to the mall, grab a beer, then take the River Taxi to another restaurant or your hotel.

Rock 'n' Roll San Antonio Marathon

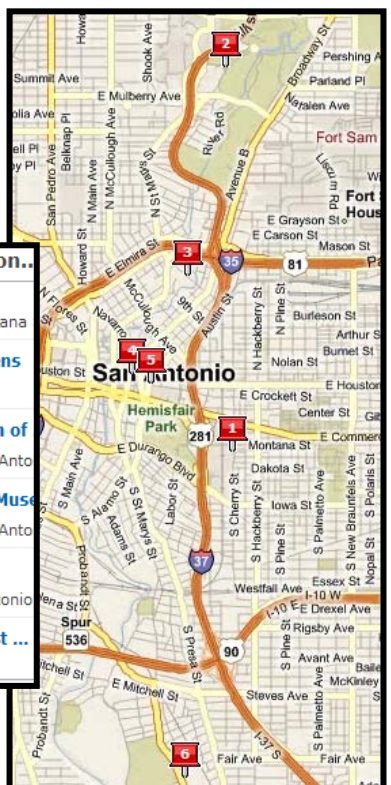


San Antonio R'n'R Rest...

- 1 Finish Line**
Alamodome - 100 Montana St
- 2 Le Reve Cuisine**
152 E Pecan St Ste 100,
- 3 Sandbar**
102 E Pecan St
- 4 Fig Tree Restaurant**
515 Villita St
- 5 Ruth's Chris Steak Hou...**
1170 E Commerce St
- 6 Pesca On the River**
212 W Crockett St
- 7 Spaghetti Warehouse**
1226 E Houston St
- 8 Lucianos Ristorante & ...**
849 E Commerce St
- 9 La Focaccia Italian Gr...**
800 S Alamo St

4) Area Attractions: (All are on/near the marathon route)

- **Japanese Tea Gardens / Zoo:** Located near the Start line of the race, Brackenridge Park is a 350 acre park and golf course. The Zoo features the 3rd largest collection of animals in North America, behind the Bronx Zoo in New York and the San Diego Zoo in California. The Japanese Tea Gardens features gardens, waterfalls, bridges and ponds, all connected with walkways (and its free).
- **San Antonio Museum of Art:** This is a well-respected museum in a small city. The special exhibits during the 2008 marathon are A Photographic Exhibition on Chocolate and an Exhibition on German / American Folk Art.
- **Buckhorn Saloon & Museum:** A must-see for Wild West Enthusiasts. It is over 120 years old and features the saloon where Teddy Roosevelt recruited his famed Rough Riders.
- **Alamo:** It's the Alamo. Enough said.
- **San Antonio Missions National Historic Park:** The marathon paces 3 of the 4 missions protected in this National Park. Plan on spending at least 4 hours walking the grounds and leaning the history of the San Antonio Missions



San Antonio Attraction...

- 1 Finish Line**
Alamodome - 100 Montana
- 2 Japanese Tea Gardens**
3800 N Saint Marys St,
- 3 San Antonio Museum of**
200 W Jones Ave, San Anto
- 4 Buckhorn Saloon & Mus**
318 E Houston St, San Anto
- 5 Alamo**
300 Alamo Plz, San Antonio
- 6 SA Missions Natl Hist ...**
2202 Roosevelt Ave

Rock 'n' Roll San Antonio Marathon

5) Other Attractions

Further removed from downtown San Antonio are San Antonio's more renowned attractions including both Sea World and Six Flags. Ripley's Believe it or Not is also found here.

6) City Tours

If you have extra time and want to let someone else do the driving numerous city tours are available which will explore many of San Antonio's attractions. For more information, please contact us at judy@run4funtravel.com

7) Airport Transportation

From the airport, a shared-ride shuttle service can be obtained through SATRANS (210-281-9900) for \$18.00 one-way to most downtown hotels. If you buy a round-trip ticket, it is \$32.00. Many hotels provide their own complimentary shuttles so check with them when you book your room. If you decide to take a cab, fares go up a little but still should be under \$25 each way.

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!

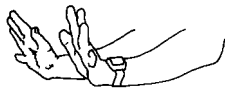
ON THE ROAD: AIRPLANE STRETCHES

Stretch

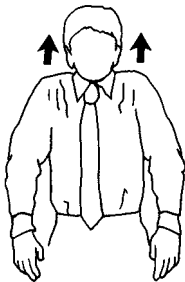
Approximately 3½ min

- 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



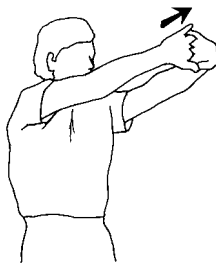
5
5 sec
each side
p. 84



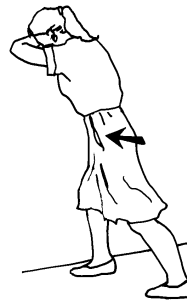
6
10 sec
each arm
p. 81



7
10 sec
p. 82



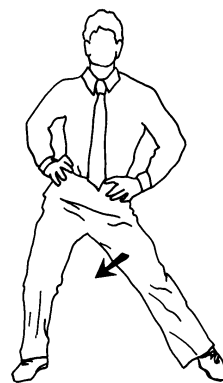
8
15 sec
each leg
p. 79



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



Excerpted from *Getting in Shape*,
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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 (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

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>

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>