



IMT Des Moines Marathon Tips to Remember on Race Day

The IMT Des Moines Marathon is known as a fun race in an enthusiastic city. The scenic beauty along the course provides a lasting impression for many of our athletes. We hope that this a race you will want to come back to year after year. To help make your IMT Des Moines Marathon experience go as smoothly as possible, we encourage first-time athletes to remember the following:

> Please make sure to read all IMT Des Moines Marathon race materials and check for race announcements as race day approaches. Check your registration confirmation for correct name, gender, address, e-mail and other information.

> Your athlete packet contains your IPICO Sportag™ timing device and race number/bib. All athletes must wear a race number/bib during the race. Your race number/bib should be pinned on the FRONT of your shirt/shorts for timing officials and race photographers. This could impact the number of photos you may choose from following the race for purchase.

Do not tear off any tags from your bib before the race. You may need one of the tags on your bib to claim your personal items if you utilize the baggage check that will be available outside of Capital Square. Your IPICO Sportag™ timing device will have instructions on how to attach the timing device to your shoe laces.

> Line up according to your expected pace at the start of the race. Pace signs are posted on the side of the start line area. It can be frustrating and even dangerous for faster athletes to weave around slower athletes at the start of the event when the athlete pack is thick. Pay attention to pre-race instructions. Walkers should line up towards the back of the pack.

Have Fun! You have spent months training for this day. Enjoy it. There will be thousands of spectators and volunteers cheering you on as well as live music, food and a post race village celebration. Rain or shine, fast or slow, be proud of your accomplishment! Feel free to shout words of encouragement to the other athletes sharing the course with you.

> Once the race has started, run or walk no more than two abreast. Many people will get off to a fast start due to the excitement of race day and the pack of runners around them. Remember to run or walk your race and not that of those around you. Many runners will burn out along the course after starting too fast. It is better to save your energy for the race ahead. Try to pay close attention to your training pace and stick to it on race day.

> It takes some time to master drinking and running at the same time. If you need to walk or stop to drink water at the aid stations along the course, be sure to glance in back of you and/or pull off to the side. Do not become a hazard for other runners. Toss your cup safely to the side or better yet, put it in the many trash barrels available at each aid station.



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> Fluids on race day can make or break you. Elite athletes know the importance of keeping hydrated and you should too. Don't make the aid stations a part of your finishing time. Be patient, slow down and don't miss an aid station if you are thirsty.

Many athletes will practice drinking during the long run portions of their training. You may want to purchase a fuel belt of 'drop' water out on a training course so that you may stop to drink as you run by. This can be true for energy drinks and gels as well. The IMT Des Moines Marathon will have Gatorade Endurance Formula at every aid station and energy gels at the aid stations along the course.

If you need to spit, move to the side of the road and do so, same goes for throwing up. If nature calls, pull off the course and use the port-a-potty or a kind neighbor.

Move to the side of the course if someone behind you says, "Excuse me" or "Coming through", If you need to tie your shoe or stop or want to take a breather at a water station. Make sure to pay attention to what is going on around you during the race.

As you approach the finish line, follow the instructions of the race officials. Only registered athletes are allowed in finish line area. Spectators who want to congratulate you at Nollen Plaza need to wait until you clear the finish line chute before they can join you in your celebration of the day.

Once you have crossed the finish line mats, don't stop. Keep moving to the end of the finish line area. Race day volunteers will assist in the removal of your IPICO Sportag™ timing device from your shoe, place a finisher medal around your neck and offer you a heat sheet if you desire one. A First Aid Station will also be present at the finish line if you need medical assistance.

Enjoy the post-race refreshments and festivities. Root on other finishers and listen for any post-race announcements. Finisher results will be posted at Nollen Plaza. You may want to stick around for the Awards Ceremony...who knows...you may have won your age division!

> If you should have any questions over the course of race weekend, don't be afraid to ask an IMT Des Moines Marathon race committee member or race day volunteer. They are happy to assist you.

You Might Be A Runner If...

You can convert kilometers to miles in your head.

You have clumps of 4 safety pins in your car.

A 3 mile run is a warm up.

Acronyms like PR and DNF are verbs.

Your blood pressure is 92 over 56 and you are conscious.

You call other sports cross-training.

You visit runningintheusa.com regularly.