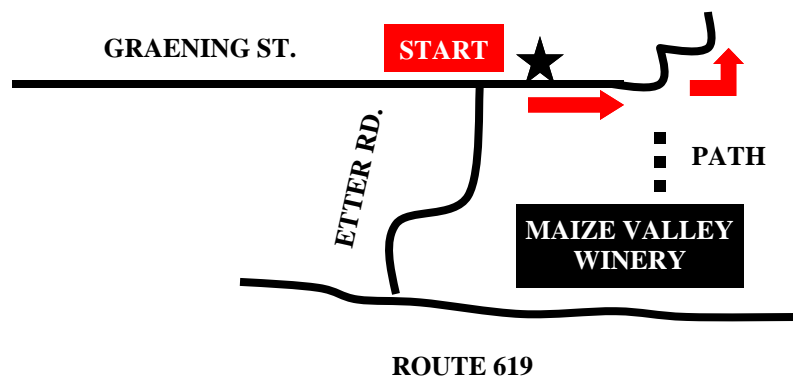
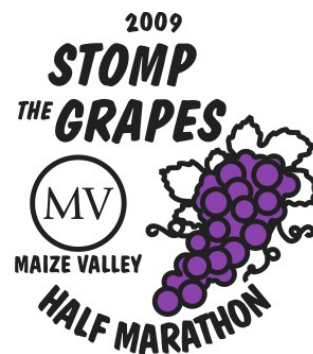


2009 “Stomp the Grapes” 1/2 Marathon Guidelines for 1/2 Marathon

1. Race Starts Promptly at 9:00am.
2. Traffic will be maintained on the course. *Please exercise caution!*
3. Runners will be lead by a lead vehicle and/or bike. Please look for the signs with arrows along the road plus white markings on the road at turns. Key intersections will have race volunteers.
4. Water & Gatorade will be served at 6 locations. *Mile 2, Mile 4, Mile 4 3/4, Mile 5 3/4 (Same as Mile 4), Mile 8 1/4 (Same as 4 3/4), & Mile 11 1/4 (Same as Mile 2).*
5. The starting line is behind the winery. You can walk across the mowed path to the start & finish area, ride the wagon to the start and back after the race, or jog to the start by going West on 619 to Etter-a little less than a mile. *Please watch traffic on 619!!!*



6. Miles will all be marked with mile markers. There will be a clock at mile 5, Mile 9, & at the finish. Make sure to cross the Gators at Mile 4 & 9 to record your split times and relay times.
7. Runners will make two loops in Quail Hollow State Park. Slower runners may be lapped by faster runners. The first time out of the Park, Runners will go to the **RIGHT** toward Mile 6. The second time out of the Park, Runners will go to the **LEFT** toward Mile 10 and back to Maize Valley.
8. Your race number is your entry to the post race party. Kid’s 10 & under are FREE. All others are \$10.00 at the entrance to the patio.
9. *If you cannot stay for awards, please have someone pick up your award. They will not be mailed.*
10. All cash awards for course records will be mailed the week following the race.



2009 “Stomp the Grapes” ½ Marathon Relay Guidelines

1. The three Relay Legs are 5 miles, 4 miles, & 4.1 miles.
2. All relay runners must wear their bib number on the front plus the word **“RELAY”** on the front & back. Nothing is worse than running a longer race & a fresh runner blows by you as if you were standing still! The word **RELAY** is to let the ½ marathoners know you are part of a relay team.
3. **Each relay runner is to wear his/her own “D-Tag”.** You do not pass a strap or Tag. After you cross the gator at the exchange point, you tap your team mate. There will be a Relay Coordinator at each exchange point.
4. Each runner’s split will be recorded in the results.
5. Both exchange points are within 1/2 mile of the main parking area in Quail Hollow State Park. I would suggest that runners two & three ride together to Quail Hollow. **Make sure to arrive before 9:15 am so that you do not interfere with the other runners!** Runner 2 & Runner 1 can then return in the same vehicle to the Maize Valley Winery after runner 2 completes the second leg.
6. Directions to Quail Hollow State Park are as follows: **Leave Maize Valley Winery (turn right out of the driveway) and head west on Route 619. As you come into Hartville, turn right on Congress Lake Road and proceed North until you see the entrance to Quail Hollow State Park on your right. Proceed to the main parking area on your left. Volunteers will be there to direct you.**
7. To return to the Winery, please follow the same directions exercising care not to interfere with runners on the course in the park.

