

2018 RACE DAY INFORMATION



KAISER PERMANENTE® Corporate Run/Walk & Fitness Program



5K: Wednesday, October 24, 2018 - 7:00 p.m. Georgia World Congress Center, Building C

Dear 2018 Kaiser Permanente Corporate Run/Walk participant:

Thank you for registering for the Kaiser Permanente Corporate Run/Walk® & Fitness Program, produced by Phidippides Runners! Please carefully read this booklet prior to race day. It is important to read the instructions, Health Alert, Race Route, Event Site Map and Event Schedule in order to ensure a successful event.

REMINDERS

Find out if your company has a designated meeting place for before and after the race. Ask your team captain or go to KPCorporateRunWalk.com on October 19 for team locations and site map.

info@kpcorporaterunwalk.com or 404.843.8727

Good luck!

EVENT SCHEDULE

Interactive Zone opens.....	3:30 p.m.
Music begins	3:30 p.m.
Company teams gather.....	3:30-5:30 p.m.
Distribution of free T-shirts starts.....	3:30 p.m.
Free team photos	5:30-6:45 p.m.
T-shirt Design Contest Awards	5:15 p.m.
Kaiser Permanente Awards Ceremony..	5:30 p.m.
Kaiser Permanente team photo.....	6:00 p.m.
Kaiser Permanente warmup	6:15-6:25 p.m.
Walker lineup.....	6:30 p.m.
Runner lineup	6:35 p.m.
Elite & Seeded runners in place	6:40 p.m.
Start 5K run/walk	7:00 p.m.
Early finishers arrive.....	7:15 p.m.
Kaiser Permanente Awards Ceremony..	8:00 p.m.

BROUGHT TO YOU BY:



KAISER PERMANENTE®



randstad



GEIGER



Separate Walkers/Runners Areas

Follow
the
signs!

NO COMPANY SPACE?

Meet your team at the alphabet signage.
(A-F, G-M, N-S, T-Z)

A portion of the event proceeds will benefit the
Atlanta Community Food Bank and Back on
My Feet.



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Parking is limited this year! MARTA and carpooling is highly encouraged!

DIRECTIONS TO EVENT & PARKING

MARTA

Options: Take MARTA to the DOME/GWCC/PHILIPS/CNN Station to the VINE CITY Station, on the East-West Line.

Parking Information

Cars - \$11.30 if purchased in advance at www.gwcc.clickandpark.com. Deadline to pre-purchase tickets online is Monday, October 22 at 5:00 pm. Race Day price is \$15.

Suggested arrival time: 3:00-5:30 p.m.

Car Directions

- From 75 North (Cobb County) traveling on 75 South take the Northside exit. Continue left on Northside Drive for 3 1/2 miles to the GWCC
- From 85 North (DeKalb/Gwinnett County) traveling South on 75/85, take the Williams Street exit. At 1st traffic signal, take a right on Ivan Allen Blvd straight to Northside Drive
- From I 20 West (S Fulton and Cobb County) traveling East on I 20 take the McDaniel Street exit on the left to Northside Drive, and go right onto Northside Drive to the GWCC
- From I 20 East (DeKalb/Rockdale County) traveling West on I 20 take the McDaniel Street exit. Turn right on Northside Drive. Take a right on Northside Drive to the GWCC
- From I 75 South (Clayton/Henry County) traveling I 75 North take the International Blvd exit. Go to COP Dr. and turn left. Turn right onto Marietta St then left onto Ivan Allen to Northside Dr.

Parking Lot Locations

YELLOW LOT - Entrance on Ivan Allen Blvd at Northside Drive only

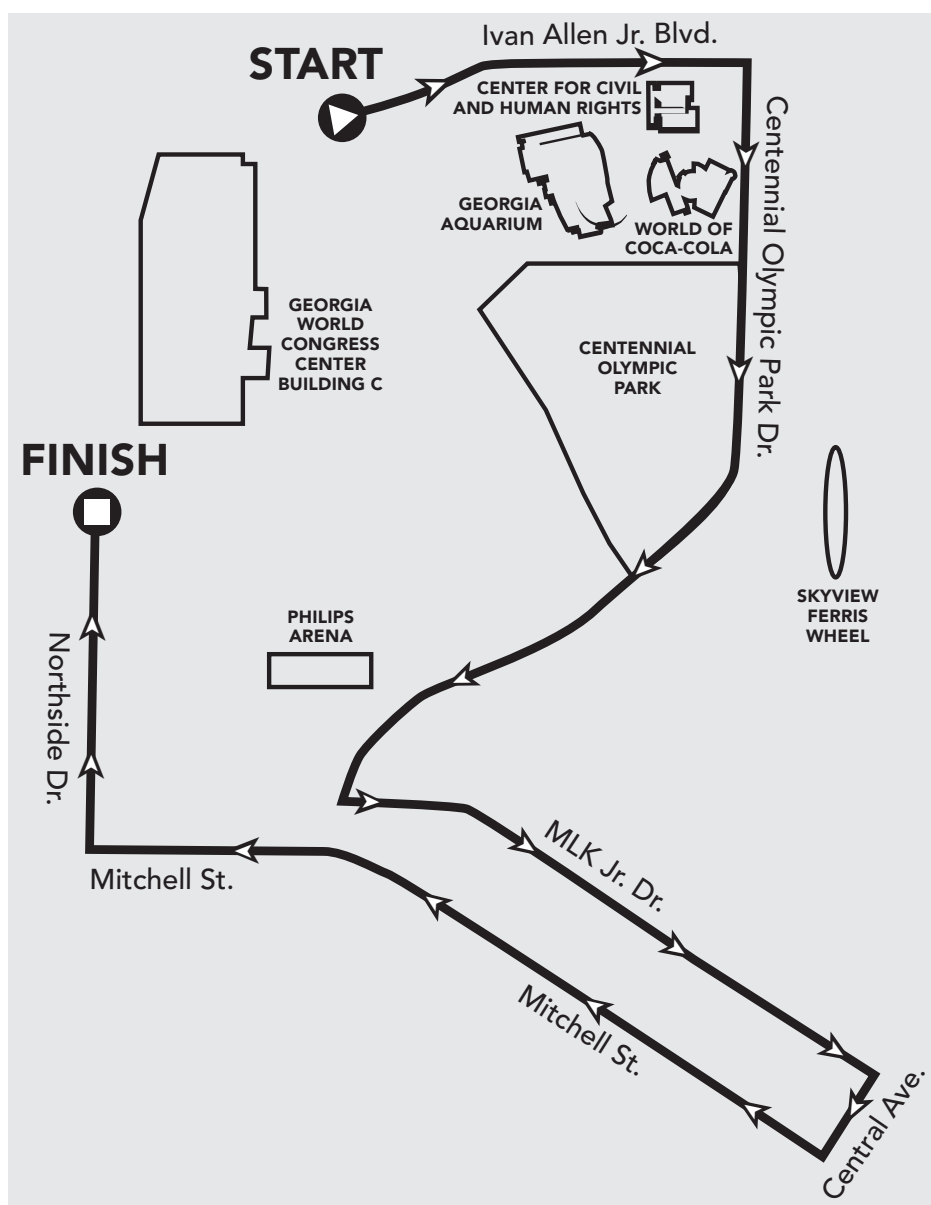
RED DECK - Entrance on Centennial Park Drive only

Buses - \$28.50 if purchased in advance at www.gwcc.clickandpark.com. Deadline to purchase tickets online is Monday, October 22 at 5:00 pm. Race Day price is \$30

Suggested arrival time: 4:00-5:45 p.m.

Bus Directions

- All buses must arrive between 3 and 6 pm.
- If the bus arrives after 6 PM, they should arrive via Williams Street, Ivan Allen, and



take a right into the **Marshalling Lot (next to the Yellow Lot)**.

Passengers will cross Ivan Allen and walk to the GWCC - C Building.

- All bus drivers must leave their buses manned, secured and locked. Any unmanned buses should not be left running.
- Team captains should provide a large sign in the window with the name of the participating company and a number.
- Team Captains and Bus Drivers should exchange cell phone numbers.

CROSSING THE FINISH LINE



It is important to replace those fluids lost during your race. Water is a great choice to help you stay refreshed and hydrated. Once you cross the finish line, keep moving on Northside Drive. Turn right into the Georgia World Congress Center for water and your event t-shirt if you haven't picked it up already.



Race Numbers

Walkers and runners will have different colored numbers. Make sure that you pin the exact Race Number assigned to you by the officials on the front of your shirt. Your company captain has the team roster with all of the assigned numbers. Check with him/her to make sure you have the correct number.

Complete the emergency information section on the back of your number!

Event Commemorative T-shirt and Kaiser Permanente Bag

T-shirt and bag distribution will begin at 3:30 pm in the Interactive Zone. Participants can pick up their number before or after the 5K. Each registrant's race number will be marked at T-shirt pickup.

Pre-Race Warm up

Pre-race warmups will be conducted on the main stage by LA Fitness and Kaiser Permanente respectively.

Only Start

Watch for directional signs to the Walker/Runner Start Lineup. For the safety of all participants, we will follow traditional running etiquette with all walkers starting after the runners. On the course, walkers should stay to the right and follow instructions of race officials.

Finish Time

Each person, whether a runner or walker, must cross the starting line and finish line in order to get a finish time.

Post Race Refreshments

All participants will receive fruit and water after the finish line. Please move out of the area quickly so others can be served.

Get Social

Don't Miss Out on the Social Media Board! Be sure to post #kprunwalk when posting on social media before, during and after the event. Take advantage of our Facebook and Snapchat geofilters for your race day selfies. Check in to "2018 Kaiser Permanente Corporate Run/Walk" as your location on Facebook and Instagram.

Free Team Photos

Ask your team captain about your Team Group Photo time and location. Please be prompt for scheduled team photo appointments! Look for roving photographers throughout the event for candid photo opportunities. Photos will be available within days after the race for free download at kpcorporaterunwalk.com.

On Race Day

- Drink water all day long; avoid caffeine and other drugs; eat small meals which are low in fat at least 2.5 hours before the event; wear clothing that is light and loose; stay cool and start very slowly. At the first sign of heat build-up or any problem, slow down, cool off and get help!
- If you are a diabetic, asthmatic or have severe allergies that could require an Epi-Pen, please remember to bring your glucose tablets, inhaler or Epi-Pen.
- Join us after the 5K to enjoy the Awards Ceremony and Entertainment.

Lookout for Yourself & Others

If you, or anyone around you, experience any symptoms of heat injury get help immediately. All official participants may receive a T-shirt, even if they are unable to complete the course, by going through the T-shirt line at the event site. If the sum of the heat and the humidity is over 150, don't participate without obtaining prior medical approval.

Info@KPCorporateRunWalk.com
404.843.8727

Race Day Questions: Go to Information Area

HEALTH/SAFETY ISSUES

Safety Instructions – Please Read!

- Kaiser Permanente Medical Tents will be located near the Start Line.
- Kaiser Permanente will also have mobile medical teams on the course. If you or any of your coworkers do not feel well, slow down and go to one of the medical tents. If it is especially warm and you know of any co-workers who should not participate due to physical or medical problems, please ask them to rest and cheer for fellow workers.
- Above all, we want to have a safe and healthy event. Because of the possible heat and/or humidity, we want everyone to start slowly for the first half of the race. By taking it easy, you can safely improve your fitness and enjoy the picnic and fun afterward.
- Drink Water! Water will be available in the Staging Area before and after the 5K. There will be two water stations on the course. Drink 4 to 6 ounces of water during each of the two 60-minute periods prior to the start of the race. If it is hot and/or humid, please pour some water on yourself and drink some from these stations. During the two days prior to the race, try to drink 4 to 6 ounces of water every hour you are awake. If you wait until you are thirsty to drink, you are already showing signs of dehydration.
- ARRIVE EARLY! There is no way to avoid some traffic congestion in the event area, despite excellent traffic control by the City of Atlanta Police Department.
- Please take MARTA or carpool to the Race. Parking is limited.
- Due to insurance restrictions, **children under the age of 13**, headphones, baby joggers, animals, skates or other vehicular apparatus are not permitted on the race course.

Symptoms of Heat Injury

- Intense heat build-up in the head
- General confusion and loss of concentration
- Over-sweating and then cessation of sweating

Be Prepared!

- Before beginning any strenuous physical activity, including a 3-4 mile run/walk, you should talk with your physician and prepare your body with regular exercise.

Risk Factors

- Dehydration (avoid alcohol and caffeine)
- Severe sunburn, skin irritation
- Occurrence(s) of heat injury in the past
- Taking medications-especially the following: cold medicines, diuretics, medicines for diarrhea, tranquilizers, antihistamines, atropine and scopolamine
- The following medical conditions: high cholesterol, high blood pressure, under extreme stress, asthma, diabetes, epilepsy, drug use (including alcohol), cardiovascular disease, smoking and unfit lifestyle.

Talk to your physician if you have any of these conditions, and, if you do, discuss your plans to participate in a run/walk event.

AWARDS

The following awards will be presented at the main stage on race night after the race.

5:15

- **T-Shirt Design Contest Awards** in the following categories:

- Most Colorful
- Most Original
- Most Creative Use of Company Logo
- Best Incorporation of Event Logo

- **Jeff Galloway Spirit Video Contest Award**

- **Best Company Space Award**

Corporate Cup Awards

- Kaiser Permanente will present the **Kaiser Permanente Corporate Cup – Most Fit Company awards** to four companies who have demonstrated a significant commitment to employee health. The winners were selected based on the results of the Kaiser Permanente Cup Survey sent to metro Atlanta businesses this summer. The companies have proven their dedication to improving employee health and reducing costs through their wellness programs.

- **Participation Award** to the company with the largest number of registered participants

8:00

- **Fastest Overall Male and Female**

- **First Place Fastest Masters Male and Female**

Team Awards will be mailed to the first three Men's, Women's and Coed teams after the results and employees have been verified

Industry Participation Awards will be mailed to the winning Company Captains.

Look for results at KPCorporateRunWalk.com.

Award winners will be listed in the Race Results Booklet, which will be mailed to Company Captains several weeks after the race.

Race Day Nutrition from Good Measure Meals

Fuel for your day and your race with a balanced breakfast and lunch including lean protein, heart healthy, plant-based fats, and complex carbohydrates

- Start hydrating early in the day and drink water with each meal and snack.
- Race day foods should be familiar foods that you are used to eating; this is not the day to try something new!
- Carbohydrates are your body's preferred source of fuel during running. To prep for the event, have a complex carbohydrate-based snack 1-2 hours before the race. Wash it down with a glass of water.
- For best recovery, refuel and rehydrate within 30-60 minutes after finishing with water and a meal or snack containing lean protein and complex carbohydrates. Use electrolytes as needed.
- A 150 pound person burns about 100 calories per mile, whether walking or running. Remember you have burned about 300 extra calories during this event, so refuel accordingly.

