



November 1, 2020

Hello Twin City Marathon Participants!!!

First – THANK YOU!!! Thank you for running with us! We are EXCITED to have you all race the streets of Monroe-West Monroe this weekend!

The race is SOLD OUT! Please see below for all the detailed information regarding your upcoming race weekend! We cannot wait to have you all in Monroe-West Monroe pounding the pavement!!!

Packet Pick Up

- Day: Saturday, November 7, 2020
- Time: 10AM – 5PM
- Where: 1868 Forsythe Ave Monroe, LA 71201
 - Our local Fleet Feet is located at 1866 Forsythe Ave Monroe, LA 71201 – the suite next door is vacant and is being utilized for packet pick up so that we do not overfill Fleet Feet with racers checking in but you're still close enough to get your last minute racing gear.
 - There will be signage outside the door of the location.
- Masks are encouraged
- Multiple stations will be set up to observe COVID precautions.
 - Weather permitting, the route map will be on display outside the entry and there will be a Picture Stop to smile with your bib 😊
- Your packet may be picked up by someone other than yourself as long as they have a copy of your picture ID.
- **NO PACKET PICK UP ON RACE DAY**, Sunday, November 8, 2020.

Race Day

- Start/Finish line is at 501 Mane St West Monroe, LA 71292 at the Ike Hamilton Expo Center in the East parking lot.
- Early Starts
 - Early starts are being allowed beginning at 5:30AM – 7:00AM
 - If you choose to have an early start, you **MUST** advise the race director and provide your preferred start time (half hour windows available)
 - On course support will not be available until the official 7:30AM start time, this includes traffic support and water stations
 - ****Early starts are not eligible for Boston Marathon qualifications****



- Finish Line set up not guaranteed prior to 8:30AM
- 7:00AM – Race Announcements, National Anthem & Prayer
- 7:30AM – Rolling starts begin
 - The starting corral will open at 7:15AM with the first start sharply at 7:30AM
 - Each starting corral will have a maximum of 25 runners
 - Only those with a race bib will be allowed in the starting corral
 - Once the starting corral is cleared from the rolling wave, the next wave will be allowed to enter
 - Corrals will be started every 2 minutes
- Weather
 - The race will be run rain or shine.
 - If there is inclement weather during the race, the police along the route will communicate any delay.
 - If there is a lightning strike, there will be a 10 minute wait to verify the storm has passed through the area before resuming.

Race Route

- OPEN Course
- **6 HOUR TIME LIMIT**
 - Course support will not extend past the 6-hour time limit
 - This equates to a 13:45 minute per mile pace average.
- Running lane provided via road cones
- Participants must run WITH traffic
- All major intersections will have police presence
 - Please always remain aware of your surroundings
- Arrows will mark the race route on the streets for the entire length of the race.
 - Half Marathon arrows will be GREEN spray paint
 - Full Marathon arrows will be BLUE spray paint
 - Each intersection will have an arrow sign as well

Aid/Water Stations

- The first aid/water station will be at mile 3 and continue every 2 miles thereafter
 - Each station will have water and bathroom facilities
 - Filled water cups will be placed on tables & participants will be required to pick up their own cups
- Tailwind Electrolytes will be provided starting at Mile 7 and at every 2 miles thereafter
 - COVID precautions will be followed when mixing the electrolytes to be distributed
 - Filled cups will be placed on tables & participants will be required to pick up their cups



- Aid station volunteers will be vocal in direction on which tables have what items
- GU Gels will be available for runners to pick up starting with Mile 7 water station

Finish Line

- Tents will be set up with signage for various items
- Finisher Medals
 - Participants will have a ticket on their bib to turn in for their individually wrapped finisher medal upon completion of their race
 - Participants will be given the finisher medal to match their race bib
- Food and Drink
 - Participants will have tickets on their bib for post-race food
 - All food items will be individually wrapped
 - Post-race drink will not be ticketed
- Overall Winners Awards will be presented at the following times pending all places have crossed the finish line by said time:
 - Half Marathon – 10:00AM
 - Full Marathon – 11:00AM
- Age Group Awards will not be given in 2020
- Spectating
 - We encourage spectators to cheer in their family and friends from an acceptable social distance
 - We encourage face coverings when spectating

Please make sure to follow the Twin City Marathon Facebook page for the latest and greatest news.

See you November 7!

Twin City Marathon Race Committee