

## Welcome to the 2011 Fox Valley Marathon Races!

The Fox Valley Marathon Races staff, 5 host communities, 5 park districts, local businesses and charities are thrilled you are joining us this year.

The Advocate Dreyer Fox Valley Marathon, Half Marathon and Fall Final 20 Races have quickly become premier fall running events in Chicagoland. Combining small race atmosphere with big race amenities, the Fox Valley Marathon is ideal for both veterans looking for a fast course to qualify for as well as first time marathoners looking for an uncrowded, supportive, family-friendly race setting.

And, if you are new to the area we think you're going to love running and discovering the Fox Valley.

## Race Week Schedule At A Glance

### Packet Pickup

**Saturday September 10,** 10am - 6pm

Fleet Feet Chicago

**Friday September 16,** 11am - 8pm Baker Community Center

**Saturday September 17,** 10am - 6pm Baker Community Center

### **Sunday September 18**

**Advocate Dreyer Fox Valley Marathon, Half Marathon, Fall Final 20 & Fox Valley Kids Marathon**

1<sup>st</sup> Street & Illinois, Street. Charles IL

**6:45am National Anthem**

**7:00am Wave Start, Full/Half/Fall Final 20**

**7:20am Start, Fox Valley Kids Marathon**

## Packets & Packet Pickup

For your convenience, packet pickup is available in two locations this year.

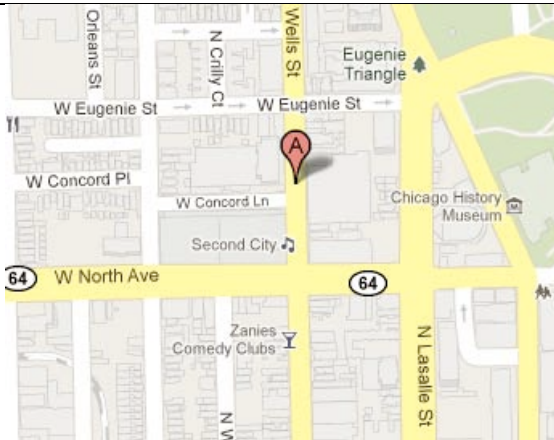
### **THERE IS NO RACE DAY PACKET PICKUP**

For our Chicago and surrounding suburban runners we will have a one day Packet Pickup at our running store sponsor partner Fleet Feet Sports.

**When:** Saturday September 10, 2011

**Where:** Fleet Feet Sports, Piper's Alley  
1620 N. Wells  
Chicago, IL 60614  
312.587.3338

**Parking:** Discounted parking is \$2 for the first hour in the Piper's Alley garage (with validation). Meter parking is also available on the street.



### **Fleet Feet**

**1620 N. Wells**

**Chicago, IL 60614**

**312.587.3338**

**Saturday September 10, 10am – 6pm**

If you're not picking up your packet at our one day Chicago pickup then you must pick up your packet at the Fox Valley Marathon Races Health & Fitness Expo on either Friday September 16 or Saturday September 17.

At packet pickup you will receive several things:

- 1) The most important items, your bib and returnable timing chip. Also your gear check label and last minute reminders and update information.
- 2) Your goody bag. Your goody bag is a special commemorative 2011 Advocate Dreyer Fox Valley Marathon sport back pack color coded to the race you are registered for. The bag includes a number of great items from our sponsors and will also serve as your gear check bag.
- 3) The last item you will receive is your official race shirt. It is a gender specific performance tech shirt. You will receive the size you indicated on your registration form.

**Please bring a copy of your drivers license to pick your packet up.** Want to pick up a friend's packet too? No problem, just bring a copy of their license also. No packets will be given out without this.

**The most important items in your bag however are your official race bib and returnable timing chip. Please safeguard these and make sure you remember to bring them on race day!**



## Fox Valley Marathon Races Health & Fitness Expo

**Baker Community Center**

**101 S. Second Street**

**St. Charles, IL 60174**

**Friday September 16, 11am – 8pm**

**Saturday September 17, 10am – 6pm**



## Bibs & Timing Chips

We are using the IPICO timing chip system. This is a reusable tag that attaches to your shoe. As you run across the various timing mats it records your number and time. **It's very important that you follow the instructions included with your chip** on how to attach it. In order for it to record your time it must be attached correctly. **And remember, no chip, no time so don't forget to bring it race morning!**

**The chips are re-useable and must be returned when you finish.**

The bibs are race specific and are colorcoded. **Volunteers and signage on the course will direct you based on the race on your bib.**

**Your bib is required throughout the race village and on the course. Do not remove it.** Bibs are required for gear check bag pickup, and access to aid stations along the course. Bibs are not required for access to portable toilets.

**If you need assistance race morning with your bib or timing chip please visit the Command Center tent located on 1<sup>st</sup> Street adjacent to the starting line in the Race Village.**





**Fox Valley Marathon Races**  
September 18, 2011  
[www.FV26.com](http://www.FV26.com)

Advocate Dreyer  
**Fox Valley Marathon**



# 2011 Runners Guide

## Parking ...

- 1** West Side Garage: 1 block Enter on W Walnut St.
- 2** East Side Lots: 2 blocks Enter on 2<sup>nd</sup> Ave
- 3** East Side Garage: 3 blocks Enter on E Walnut Ave 2<sup>nd</sup> Ave, and 3<sup>rd</sup> Ave
- 4** NorthWest Lots: 4 blocks Enter on N 2<sup>nd</sup> Street
- 5** NorthEast Lots: 5 blocks Enter on Riverside Ave N 3<sup>rd</sup> Ave, State Ave

- All city garage and lot parking is free

- Please be respectful to local businesses by keeping their lots available for their customers.



**Runners and spectators parked in the Blue Goose grocery lot WILL be towed.**

## Downtown Saint Charles

**Start / Finish / Parking / Viewing**

Note: Avenues are East of the river  
Streets are West of the river




## Race Day Info

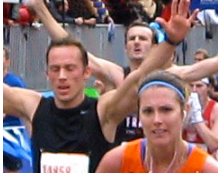



<p><b>Start Area</b></p>	<p>The start of the race is on 1<sup>st</sup> &amp; Indiana Streets. <b>Race start time is at 7:00am</b> with the National Anthem at 6:45. There's lots of space along 1<sup>st</sup> St to stretch and relax before the start. There will be an announcer letting you know when to start lining up on 1<sup>st</sup> Street. Look for the signs indicating where to line up based on your projected time per mile. That's very important.</p>
<p><b>Race Day Questions?</b></p>	<p>Volunteers are here to help! The race Command Center is located in the Race Village at 1<sup>st</sup> &amp; Illinois. <b>Look for volunteers wearing bright lime green Fox Valley Marathon hats</b> roaming the Start and Finish line areas who are there to answer your questions.</p>
<p><b>Gear Check</b></p>	<p>The gear check tent is located in the Race Village adjacent to the Command Center. Peel and stick your gear check label from your race packet on the bag you received at packet pickup. Hand the bag to one of our volunteers and we'll return it to you after you finish. Volunteers will watch your bags carefully but we don't recommend putting any valuables in them and <b>ALL BAGS ARE LEFT AT YOUR OWN RISK. You must show your race bib to get your gear check bag back.</b></p>
<p><b>Wave Start</b></p>	<p>A wave start and chip timing insure no congestion occurs once the race begins. Small waves of 100 runners will start every 30 seconds. 100 runners will cross the starting line within 15 seconds, leaving a 15 second gap between waves. <b>Your race timing starts when YOU cross the starting line. Not when the first wave starts, or when your wave starts.</b></p> <ul style="list-style-type: none"> <li>• All 3 races will start together. <b>Find your per minute mile pace sign</b> in the start corral and line up accordingly. As each wave starts, volunteers will move you slowly forward in the corral.</li> <li>• Pace based starting is very important for optimum runner spacing on the course once runners leave the roads and enter the Fox River Trail. Waves are based on the honor system. <b>Please be respectful of your fellow runners and be honest about your pace.</b></li> <li>• Particularly in a small marathon, moving up to a faster start corral does not result in a faster finish time. In fact, in a wave start, <b>being at the start of the next slower wave is the best strategy: you will have no one ahead of you and few people pushing past you as the race starts.</b></li> <li>• Age group awards are based on chip time: your start wave is irrelevant.</li> <li>• <b>Overall and Masters Overall awards are based on actual finish time. Line up in wave #1 if you are competing for an overall spot.</b></li> </ul>

<p><b>Pace Groups</b></p>	<p>If you are interested in pace leaders we have arranged for MarathonPacing.com to help you reach your time goal. Whether it's to qualify for Boston, reach a personal record or just to finish your first marathon, they are here to help. Pacers will have pace time signs and will be roaming the starting line area before the race so find the pacer with the time you'd like to achieve and they'll let you know all the details. They will be at the Saturday packet pick-up if you have questions, or would just like to meet them before race day.</p> <p><b>PACE GROUPS</b> (subject to change)</p> <p>3:10 (7:14/Mile) 3:15 (7:26/Mile) 3:25 (7:48/Mile) 3:30 (8:00/Mile) 3:35 (8:11/Mile) 3:40 (8:24/Mile) 3:45 (8:35Mile) 3:50 (8:47/Mile) 3:55 (8:58/Mile) 4:00 (9:10/Mile) 4:15 (9:43/Mile) 4:30 (10:18/Mile) 5:00 (11:27/Mile)</p> <p><b>SPECIAL HALF MARATHON PACE GROUPS</b></p> <p>These three groups will have their own wave at the start. Other waves will mix half's, 20's and full marathons.</p> <p>2:00 half finish 2:15 2:30</p>
<p><b>Changing Races &amp; Bib Transfers</b></p>	<p><b>For a variety of important reasons including insurance, race logistics, race integrity and medical preparedness we must strictly enforce the following:</b></p> <p><b>You must run the race you are registered for. You cannot change races either before the start or on the course. Any runner doing so will be disqualified.</b></p> <p><b>Only the registered runner may wear the bib assigned to them. You may not transfer your bib to another runner in any way. Anyone running with a bib they are not registered for will be disqualified from the race as well as future races. This also applies to the original bib registrant.</b></p>



<p><b>Aid Stations</b></p> 	<p>Aid stations are located along all three courses. Please note that only registered runners with official FVM race bibs will be served at the aid stations.</p> <p>Water, lemon-lime Gatorade, Porta-John's, medical personnel and a huge number of helpful, smiling volunteers will be at each one.</p> <p>Aid stations are approximate and subject to change</p> <table border="1"> <thead> <tr> <th></th> <th>Marathon</th> <th>Fall Final 20™</th> <th>Half</th> </tr> </thead> <tbody> <tr> <td>Mile</td> <td>2.2</td> <td>2.2</td> <td>2.2</td> </tr> <tr> <td></td> <td>4.1</td> <td>4.1</td> <td>4.1</td> </tr> <tr> <td></td> <td>5.9</td> <td>5.9</td> <td>5.9</td> </tr> <tr> <td></td> <td>7.1</td> <td>7.1</td> <td>7.1</td> </tr> <tr> <td></td> <td>9.1</td> <td>9.1</td> <td>7.8</td> </tr> <tr> <td></td> <td>10.8</td> <td>11</td> <td>9.2</td> </tr> <tr> <td></td> <td>12.1</td> <td>12.8</td> <td>10.2</td> </tr> <tr> <td></td> <td>13.8*</td> <td>14.1*</td> <td>11.1</td> </tr> <tr> <td></td> <td>15.5</td> <td>14.5</td> <td>12.1</td> </tr> <tr> <td></td> <td>17.1**</td> <td>17</td> <td></td> </tr> <tr> <td></td> <td>18.8</td> <td>18.1</td> <td></td> </tr> <tr> <td></td> <td>20.1*</td> <td>19</td> <td></td> </tr> <tr> <td></td> <td>20.5</td> <td></td> <td></td> </tr> <tr> <td></td> <td>23</td> <td></td> <td></td> </tr> <tr> <td></td> <td>24.1</td> <td></td> <td></td> </tr> <tr> <td></td> <td>25</td> <td></td> <td></td> </tr> </tbody> </table> <p>*Clif Shots location ** Orange slices location</p>		Marathon	Fall Final 20™	Half	Mile	2.2	2.2	2.2		4.1	4.1	4.1		5.9	5.9	5.9		7.1	7.1	7.1		9.1	9.1	7.8		10.8	11	9.2		12.1	12.8	10.2		13.8*	14.1*	11.1		15.5	14.5	12.1		17.1**	17			18.8	18.1			20.1*	19			20.5				23				24.1				25		
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<p><b>In Case Of Inclement Weather</b></p>	<p>The event will take place rain or shine. Only lightning, tornados, a tornado watch, or dangerously hot weather may cause race delays or cancellation. Delays or cancellations will be announced via the start area PA and through our website: <a href="http://www.fv26.com">www.fv26.com</a></p>
<p><b>Runner Safety Race Condition Flags:</b></p>	<p>Orange: Delayed start: waiting for weather or the course to clear Green: Running on schedule: Course and weather acceptable Yellow: Heat advisory: runners take appropriate precautions Red: Extreme heat, runners advised to slow or walk Black: Race is closed. Make your way back to the finish line, but no official finish times will be given</p>
<p><b>Medical</b></p>	<p>Main Medical is in the Race Village at Illinois St. It is under the direction of our Medical Director Dr. Jodi Pelegrin. There will be a staffed ambulance at the start/finish at all times.</p> <p>On the course there is a qualified physician at every aid station. If you are in need of assistance get to the nearest aid station and someone will help you. If you cannot get to an aid station alert a passing runner who will let someone know at the nearest aid station. All medical personnel will be wearing a red medical shirt as well as their race credentials.</p>

<p><b>Finish/Race Village</b></p>  <ul style="list-style-type: none"> <li>• Medals</li> <li>• Food</li> <li>• Massage</li> <li>• Race Apparel</li> <li>• Endurance Award Medal</li> <li>• Sponsor Booths</li> <li>• Friends / Family Re-unite</li> </ul>	<p>Even though you've seen a lot of great scenery along the Fox River during your race, nothing will look as good as the finish line across the Illinois Street Bridge! Take it all in as you are about to accomplish something very special that you have worked hard to achieve.</p> <p>After crossing the finish line and timing mat, volunteers will be there to direct you to the Race Village where you will get your Finishers Medal, water etc. Medical personnel will be at the finish line to help you if needed and the Main Medical tent is at the entrance to the Race Village.</p> <p>We have great finishers medals for you! You earned them and congratulations! <b>You will need to have a valid bib and returnable timing chip to receive your medal.</b></p> <p>Also at the finish line will be our Official Photographers, Action Sports Images. In addition to taking photos of you crossing the finish line you can have a posed photo taken with your medal!</p> <p>Once you are in the Race Village proceed to the Food Tent for some much needed recovery food. <b>Only registered runners with race bibs are allowed in the food tent.</b> As you exit the food tent there will be complimentary post-race massages. Porta-Johns are also in the Village as well as booths from our Sponsors, Charity Partners and Host Communities. This is an excellent location re-unite with family and friends after the race.</p>
<p><b>Endurance Award</b></p> 	<p>To recognize our runners who are strong enough to come back year after year we are proud to introduce the Fox Valley Marathon Races Endurance Award. An extra medal for each of our multi-year finishers showing how many years you've been running Fox Valley.</p> <p>If you've officially finished a Fox Valley Marathon race 2 or more years in a row, any distance, any year you're an Endurance Award Winner. After you finish and get your 2011 race medal be sure to stop by the Endurance Award table at the race village to get your 2 year medal.</p> <p>With medals for each year and trophies for 5-10-15 years in a row you'll want to keep your streak alive year after year!</p>
<p><b>Photos</b></p> 	<p>The Official Photographer for the Fox Valley Races is Action Sports Images. They are very experienced at marathon photography. They will have two photographers at the Start &amp; Finish lines as well as 4 on the course between miles 2 – 26 at ideal places to catch you during your race! After you finish they will also take posed shots of you with your medals.</p> <p>Within 1 week after the races they will post your images online and send you a postcard with samples of your images.</p>
<p><b>Spectators</b></p> 	<p>The Fox Valley Marathon Races offer excellent opportunities for spectators. Because it runs up and down the river the course parallels IL 25 &amp; IL 31 allowing easy access to multiple spots to cheer your runner on!</p> <p>We have produced an excellent Spectator Guide that can be downloaded from the <a href="http://foxvalleymarathon.com">foxvalleymarathon.com</a> website and will be sent to all registered runners. Tell your friends and family to come out and cheer you on!</p>



**Fox Valley Marathon Races**  
September 18, 2011  
www.FV26.com

Advocate Dreyer  
**Fox Valley  
Marathon**



# 2011 Runners Guide

## Timing



The races are being timed by End Results. Your unofficial finishing time will be available to you by them in the Race Village. Un-official results will be online that evening and can be accessed through the Fox Valley Marathon website. All timing results are subject to review before they become official and you will be notified when they are.

Since we are a certified Boston qualifier we will submit race results directly to Boston once they are official.

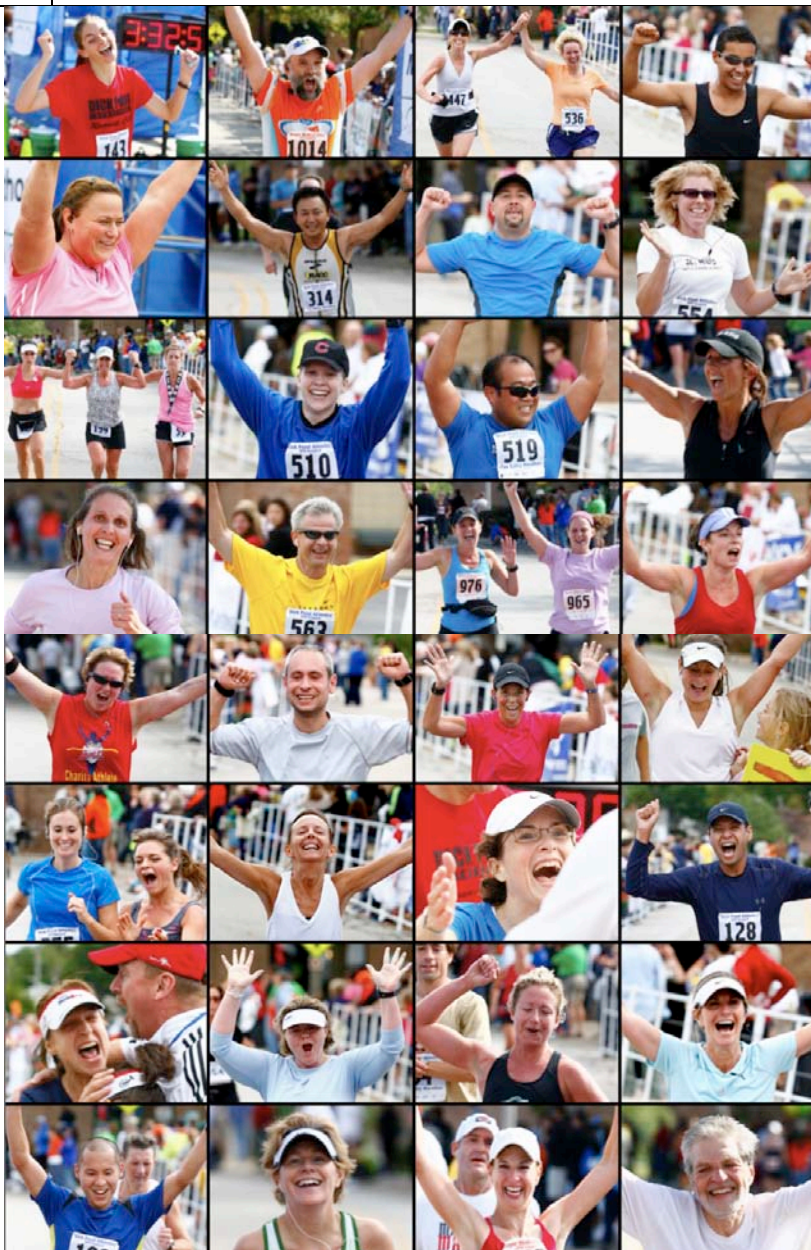
## Post Race Party!



You've trained for months to finally cross the finish line and now it's time to celebrate!

Join your fellow runners, friends & family and toast your huge accomplishment at the official Fox Valley Marathon Races Post Race Party at Bistro One West. Convenient to the finish line with a beautiful view of the Fox River and finishing runners with live music and more!

Bistro One West • 1 Illinois Street • St. Charles • IL



FoxValleyMarathon.com



## Course



Specific course maps can be downloaded from our website:  
[www.fv26.com](http://www.fv26.com)

There are three races taking place at the same time and they each have a different colored bib:

**Advocate Dreyer Fox Valley Marathon – BLUE BIB**

**Fox Valley Marathon Races Fall Final 20 – ORANGE BIB**

**Fox Valley Races Half Marathon – GREEN BIB**

The different courses are shown on the course overview map in this guide. It is very important that your bib be in full view at all times. Volunteers and course signage will direct you based on your bib color.

### IMPORTANT:

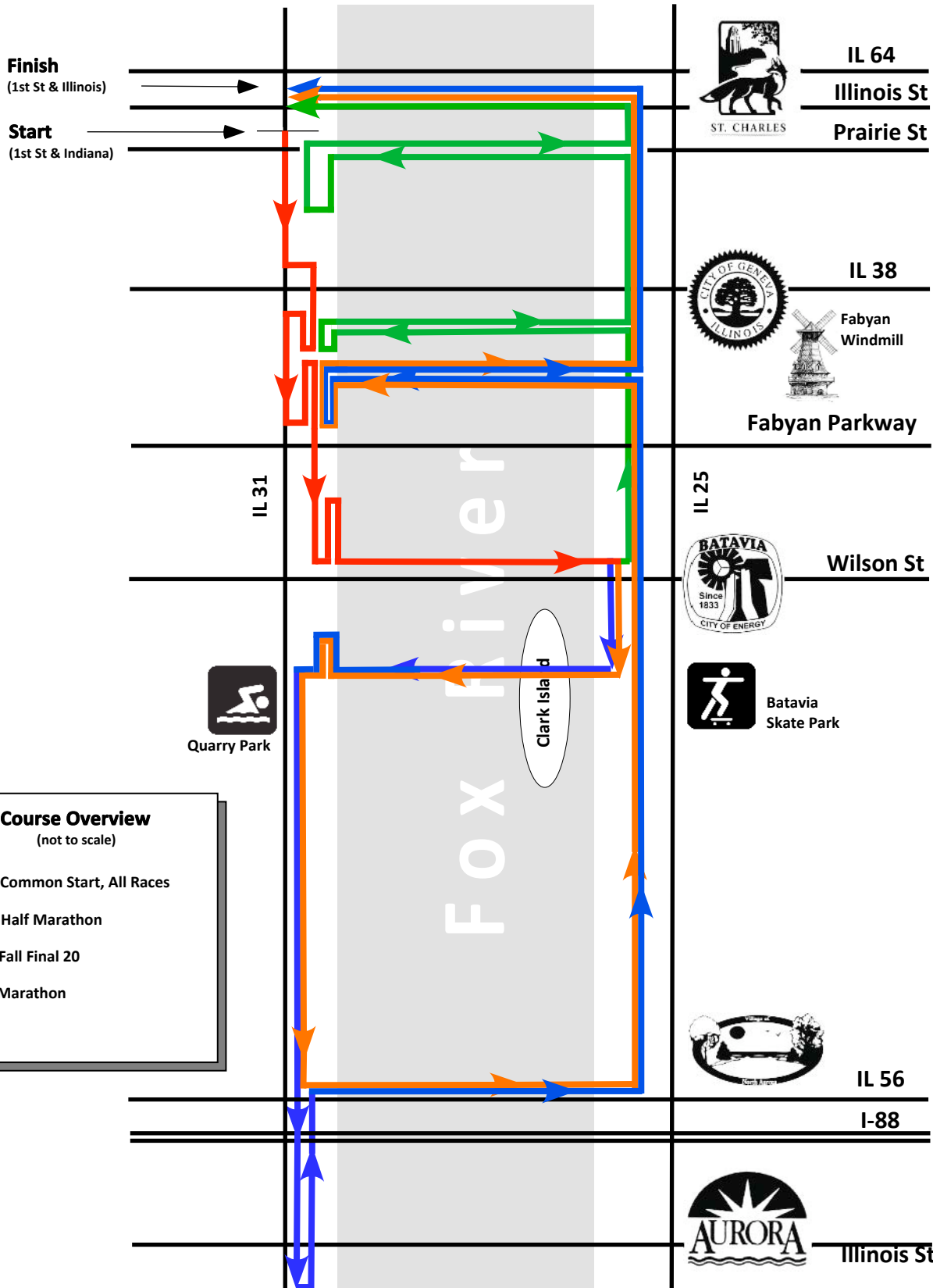
Most of the courses are on the Fox River Trail. This is a public trail system and although we have taken many steps to inform the public of the races there will be bikes and others on the path that morning. **Proper etiquette suggests staying the right side of the path to make it easier for passing runners and runners coming the other direction.**

Use of iPods on the course is now at the Race Directors discretion per recent USATF rule changes. The Fox Valley Marathon Races allow the responsible use of iPods but please be aware of those around you on the course for everyone's safety.

**Make sure you cross each timing mat on the course in order to assure you receive an official time.**

Volunteers will be placed at important points on the course to guide and help you through the few tight spots on the course. They are there to help you so please help them by listening to their instructions where necessary!







# 2011 Runners Guide

Marathon Title Sponsor



Gold Sponsors



Silver Sponsors



Bronze Sponsors



Participating Sponsors

- Kimmer's Ice Cream, St. Charles
- The Dailey Method, St. Charles
- Villa Verone Ristorante, Geneva
- Francesca's By The River, St. Charles
- Monterey Place, Geneva
- la Za Za's Trattoria, St. Charles
- Communications Direct Inc

Fox Valley Marathon Health & Fitness Expo Exhibitors

- Advocate Dreyer
- Dick Pond Athletics
- Illinois Heart Association
- Cute Running Shirts
- Skechers Fitness Group
- Briggs Wealth Management
- Dane Raushenberg, sponsored by the Illinois Beef Council
- Chiro One Wellness Centers

