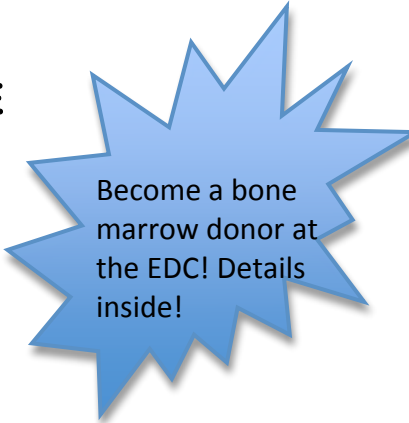


2011 EARTH DAY CHALLENGE

PRE-RACE INSTRUCTIONS



Become a bone marrow donor at the EDC! Details inside!

PACKET PICK-UP: Packets will be available for early and race day pick-up at the Kenyon Athletic Center, 221 Duff Street, Gambier OH. There is no late registration. You may pick up your packet at the KAC Lobby at times listed below. **We recommend picking up your packet on Friday or Saturday to avoid long lines and backups on Sunday morning.**

Friday, April 15 from 11:00am-5:00pm
Saturday, April 16 from 10:00am-5:00pm
Sunday, April 17 from 6:45am-7:45am

CHIP TIMING BY PREMIER SPORTS: The Earth Day Challenge will be electronically timed by Premier Sports of Columbus, Ohio. Your race number contains your chip! DO NOT BEND, FOLD, CUT, CRUMPLE, OR OTHERWISE MUTILATE YOUR NUMBER.

HOTEL INFORMATION: If you've not yet made hotel reservations, here are some resources:

Comfort Inn, Mount Vernon: 740-392-6886
Holiday Inn Express, Mount Vernon: 740-392-1900
Kenyon Inn, Gambier: 740-427-2202
Super 8 Motel, Mount Vernon: 740-397-8885

There is **NO** shuttle service to or from area hotels.

WEATHER: The average highs and lows for Gambier on April 17 are 60/34. Records are 84/20. For your safety, we use a color-coded course conditions system in case of extreme heat, or thunderstorms/lightning/tornadoes. This IS Ohio springtime, after all. Aid stations and bike marshals will post signage of the appropriate color based on USATF and American College of Sports Medicine guidelines:

GREEN:	Course conditions are safe
YELLOW:	Proceed with caution due to elevated risk
RED:	Extreme weather conditions; race cancellation or modification at medical and race directors' discretion. Continue at own risk.

Should dangerous storms exist, every effort will be made to direct participants to shelter, however, please be aware that shelter may be limited due to the nature of the course. If extreme heat is present, participants will be directed immediately back to the finish line if they want to continue walking or running, and participants will continue at own risk. Participants will receive finisher's medals but no overall awards. Participants may abandon the race at their own discretion.

COURSE MAPS AND PARKING MAPS

Course and parking maps are inserted in these instructions, and are also available at <http://premieraces.com/EarthDay/raceinfo.html>

DIRECTIONS TO STARTING LINE

From Columbus: Take I-71 north to US 36 exit (Mt.Vernon/Delaware). Follow US 36 east to Mt. Vernon. Follow US 36 (High Street) to the town square, and take the first right on South Main. Proceed south 2 blocks to Gambier St/SR 229. Turn left (east) on SR 229 (Gambier St). Follow SR 229 approximately 4 miles to Gambier. To avoid race morning congestion, pass the main Kenyon College entrance (SR 308) and stay on SR 229 to the next left, Duff St. Turn left on Duff St. The Kenyon Athletic Center is the huge glass building on the right side of the street.

From Cleveland: From Columbus: Take I-71 south to US 36 exit (Mt.Vernon/Delaware). Follow US 36 east to Mt. Vernon. Follow US 36 (High Street) to the town square, and take the first right on South Main. Proceed south 2 blocks to Gambier St/SR 229. Turn left (east) on Gambier St. Follow Gambier St./SR 229 approximately 4 miles to Gambier.

To avoid race morning congestion, pass the main Kenyon College entrance (SR 308) and stay on SR 229 to the next left, Duff St. Turn left on Duff St. The Kenyon Athletic Center is the huge glass building on the right side of the street.

PARKING: You will be directed to parking areas by the parking attendants on Duff St. Please see the insert for available parking areas near the start and finish. Both to ease congestion and to “keep it green” we recommend carpooling to the start or walking from Gambier accommodations. Lots A and C will be filled first, then other lots as needed.

If arriving on State Route 229/Duff Street: Use Lot A first

If coming from downtown Gambier: Use Lot C first

STARTING LINE AND START TIME: All participants will begin at 8:00 am.

The race will begin promptly on the hour at Kenyon College’s Wilder Track, located at 121 Duff Street, Gambier OH. The track is directly adjacent to the Athletic Center. At the start, we will post mile paces. Be courteous to the other runners and ease starting line congestion by lining up behind the pace you are planning to run!

TIME CUT-OFFS: Due to the need to keep the streets of Gambier, the Kokosing Gap Bike Trail, and Wilder Track available to the public, as well as for the safety of our participants, the Earth Day Challenge will be enforcing time cut-offs:

11:30am: All runners and walkers must have crossed Duff St near the 13 mile marker. Full marathon participants who have not completed 13 miles in 3.5 hours will be directed to the finish line for completion of the half-marathon.

3:00pm: Course closes for all athletes.

INTERSECTIONS: While every effort is made to post volunteers at each intersection, it is still the participant’s responsibility to be aware of traffic. Please walk and run defensively. Roads are **not** closed for the marathon. While our volunteers are instructed to politely pause traffic for runners, it is possible that vehicles may continue through the intersection. We want you to be safe! Minor intersections in Gambier may not have coverage.

COURSE INFO: The initial 4.1-mile loop through the village of Gambier is marked with orange cones, directional arrows, and volunteers. The course surface is asphalt on all roads and the bike path; smooth lime on Middle Path, Kenyon’s scenic central thoroughfare. All miles are marked, and the course is USATF certified. Course maps are available at <http://bfec.kenyon.edu/EDCFrameset-1.htm> and in your packet.

When walking or running on the streets of Gambier, please stay to the LEFT.

When walking or running on the bike trail, please stay to the RIGHT. There is a double out-and-back on the bike trail, so there is two way foot traffic. Please yield to faster participants coming in the opposite direction!

FINISH LINE: The race finishes where it starts, Wilder Track at 121 Duff Street, Gambier. Upon crossing the finish, you’ll receive your finisher’s medal or mug and any awards you may have won:

1st, 2nd, and 3rd place overall male and female, full and half
1st place overall Clydesdale and Athena, full and half
1st place age group, male and female, half and full

FINISHER’S AWARDS: All marathon and half marathon participants will receive your choice of a finisher’s medal or mug, and a 2-year old pine seedling to commemorate your efforts for years to come!

POST-RACE PARTY: After the hard work, it’s time to celebrate. You’ll be treated to sandwiches, snacks, a variety of soups, and beverages. Vegetarian options are available. Please present race number to receive your food. After

grabbing some grub, you can walk (limp?) around the Earth Day Festival (11-3pm) to visit the expo's vendors and displays. Each participant receives 1 free meal (soup, sandwich, drink, cookie); additional items may be purchased at the Earth Day Festival for family members.

BONE MARROW REGISTRY: The Kenyon College Football and Womens' Soccer teams are sponsoring a "Be the Match" bone marrow registry drive to help in the fight against leukemia and other life-threatening illnesses. YOU can help by registering your bone marrow! It's a painless cheek swab, and we've started the process for you by including your registry paperwork in this packet. Just bring your completed form to the Bone Marrow Registry Table at the post-race festival and get your cheek swabbed. Five minutes of your time could save a life!

MEDICAL AID/SECURITY/VOLUNTEERS: Medical and EMS personnel will be on standby at the start/finish area and on course, near the 17.5- and 21.5 mile mark. Each aid station on course is stocked with first aid supplies. In addition, first aid personnel will be on the course, on bicycle. Officers from the Knox County Sheriff's Department and Kenyon College Security and Safety will be securing key intersections on the course. Other intersections and aid stations will be staffed by our generous student and community volunteers. Please thank them as you run by!

AID STATIONS AND RESTROOMS: Aid stations will be located approximately every two miles. Due to the out-and-back nature of the course, aid stations are not located precisely at the mile markers. Aid stations will be stocked with water and lemon-lime Powerade. Hammer Gel will be available at aid stations 6 and 7 (miles 17/19 and 20/22). Restroom facilities are available approximately every 4 miles on course, and inside the Kenyon Athletic Center.

GEAR STORAGE: Participants are offered the option of gear storage during the race. Your race bag contains a numbered label corresponding to your race number. Please place this label on one bag (which you provide). Drop off the bag on race morning at the gear drop-off table in the KAC. Your gear will be available for pick up following the race at the marathon food area of the Expo. To claim your bag YOU MUST PRESENT YOUR RACE NUMBER TO THE GEAR ATTENDANT. The Earth Day Challenge is not responsible for any harm or loss sustained by your property during storage or transport. The Earth Day Challenge will not mail back any unclaimed items, but they may be retrieved at a later time.

FOR YOUR SAFETY: Heat Illness and Hyponatremia Information from the National Athletic Trainers Association:

1. Gradually increase activity in terms of intensity and duration in the heat.
2. Intersperse periods of rest during activity and assure adequate rest between exercise bouts. Rest breaks are an important defense against heat illness, and proper sleeping habits decrease your risk as well.
3. Begin outdoor activities only after you're properly hydrated. Drink water or sports drinks throughout physical activity in the heat.
4. A darker urine color is a quick indicator of dehydration. Your urine should look more like lemonade than apple juice.
5. Exercise during cooler portions of the day (early morning or late evening), if possible.
6. Do not participate in intense exercise if you show signs of an existing illness. Back off on exercise intensity or duration if not feeling well

Heat-related ailments

1. Exertional Heat stroke is an extremely serious illness that can result in death unless quickly recognized and properly treated. Signs and symptoms include an increase in core body temperature (usually above 104°F/40°C); central nervous system dysfunction, such as altered consciousness, seizures, confusion, emotional instability, irrational behavior or decreased mental acuity; nausea, vomiting, or diarrhea; headache, dizziness, or weakness; increased heart rate; decreased blood pressure or fast breathing; dehydration; and combativeness.

What to do: It's very important that treatment for exertional heat stroke be both aggressive and immediate, provided adequate medical personnel are on site. Key steps to take when exertional heat stroke is identified include immediate

whole-body cooling, preferably through cold-water immersion, followed immediately by medical treatment in an emergency room or trauma center.

2. Heat exhaustion is a moderately serious illness resulting from fluid loss or sodium loss in the heat. Signs and symptoms include loss of coordination; dizziness or fainting; profuse sweating or pale skin; headache, nausea, vomiting or diarrhea; stomach/intestinal cramps or persistent muscle cramps.

What to do: Heat exhaustion patients should immediately be transported to a cool, shaded environment with feet elevated, and fluids should be replaced. If their condition worsens or does not improve within minutes, they should be transported to the emergency room for evaluation and treatment. Those suffering from heat exhaustion should avoid intense activity in the heat until at least the next day. NATA also recommends a trip to the doctor to rule out any underlying conditions that predispose them to heat exhaustion.

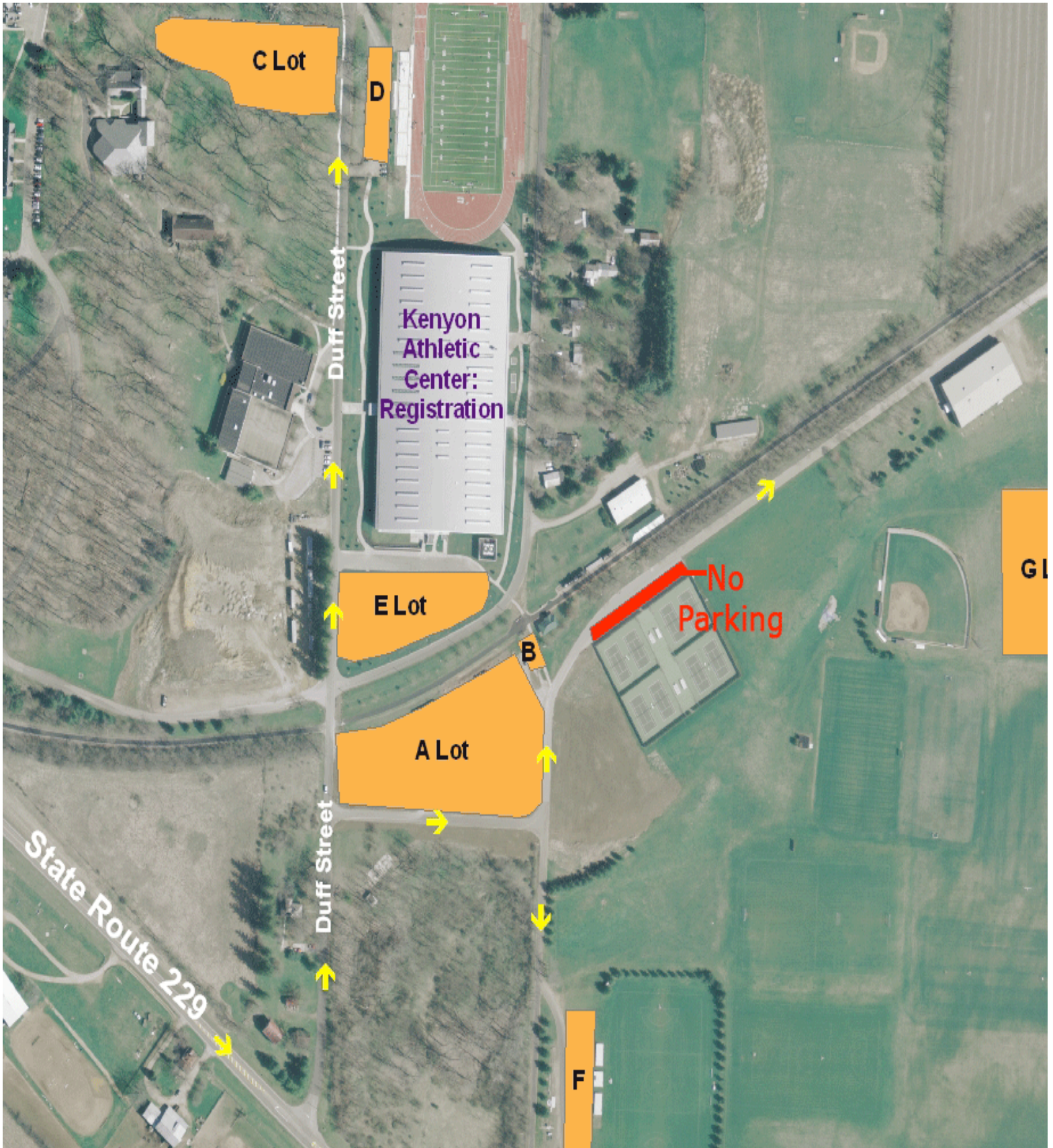
3. Heat cramps are often present in those who perform strenuous exercise in the heat. Conversely, cramps also occur in the absence of warm or hot conditions, which is common in ice hockey players. Signs and symptoms include intense pain (not associated with pulling or straining a muscle) and persistent muscle contractions that continue during and after exercise.

What to do: People suffering from heat cramps should cease activity, consume high sodium food, a sports drink and stretch the affected muscle. They should also be assessed by a certified athletic trainer to determine if they can return to activity. If cramping progresses in severity or number of muscle groups, patients should be transported to the emergency room for more advanced treatment.

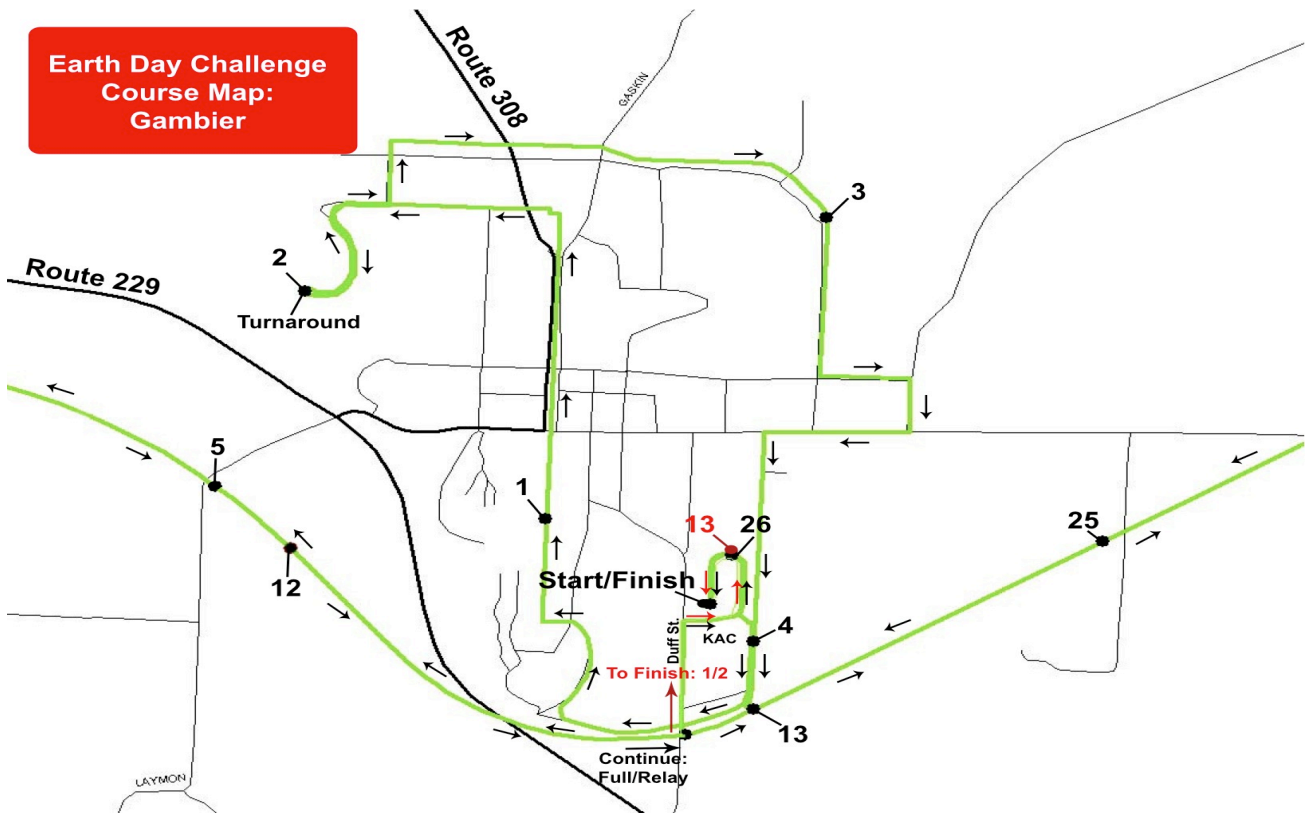
4. Hyponatremia is a potentially fatal illness that occurs when a person's blood sodium levels decrease, either due to over-hydration or inadequate sodium intake, or both. Medical complications can result in cerebral and/or pulmonary edema. Signs and symptoms of this illness include excessive fluid consumption before, during and after exercising (weight gain during activity); increasing headache; nausea and vomiting (often repetitive); and swelling of extremities (hands and feet).

What to do: Hyponatremia cases that involve mental confusion and intense headache should be seen by a physician so proper treatment can be administered. A physician should also be consulted prior to resuming outdoor activity in the heat. Always listen to your body. If you are participating in any fitness routines or general activity in the heat, and you start to feel ill or strange, you should stop immediately and seek medical attention, as needed.

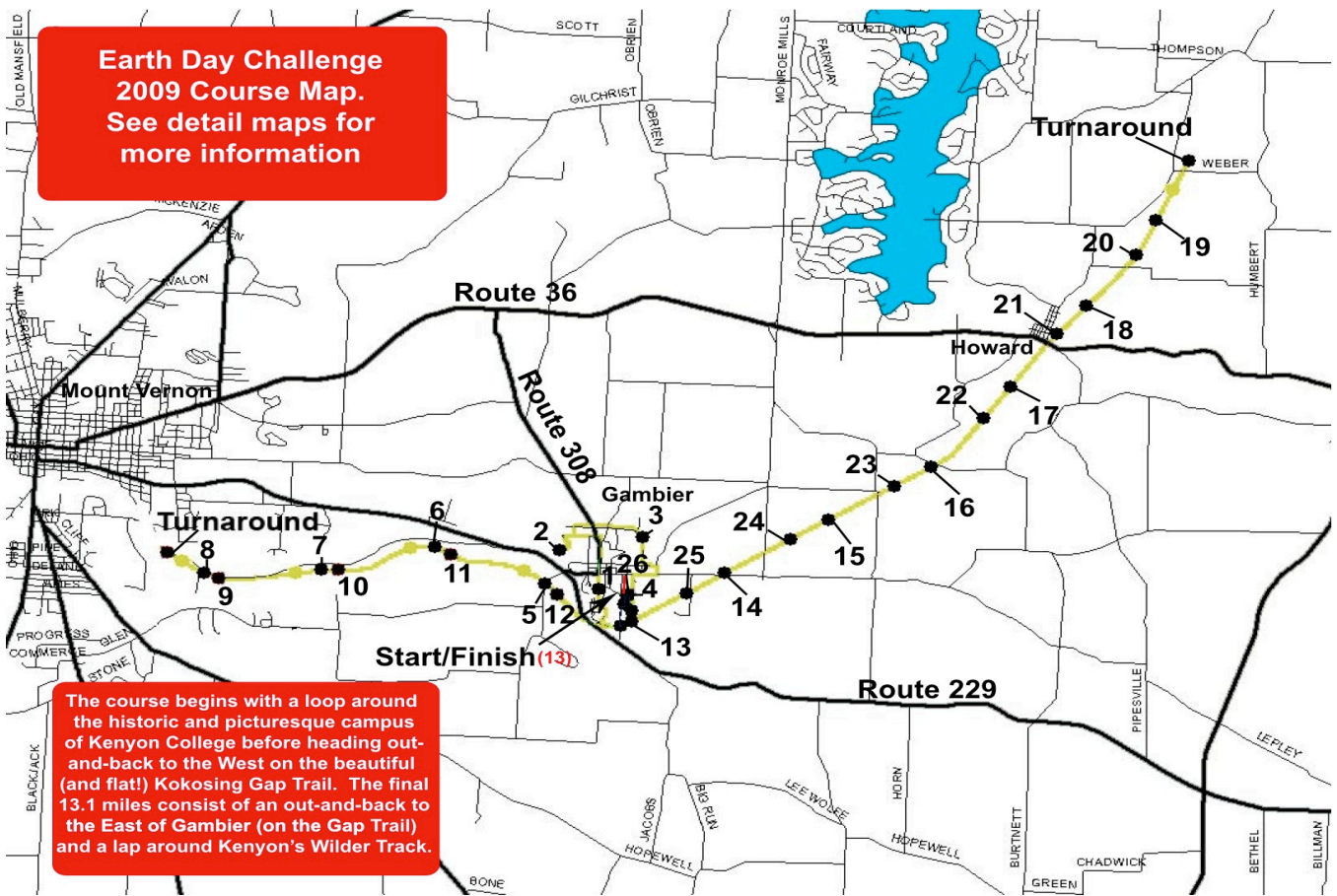
Earth Day Challenge Parking Map



**Earth Day Challenge
Course Map:
Gambier**



**Earth Day Challenge
2009 Course Map.
See detail maps for
more information**



The course begins with a loop around the historic and picturesque campus of Kenyon College before heading out-and-back to the West on the beautiful (and flat!) Kokosing Gap Trail. The final 13.1 miles consist of an out-and-back to the East of Gambier (on the Gap Trail) and a lap around Kenyon's Wilder Track.