

2011 Grand Island Trail Marathon Instructions

*****PLEASE READ*****

LOCAL TIME IS EASTERN TIME ZONE.

Packet Pick Up is 3:00 – 9:00 PM (ET), Friday, July 29, Holiday Inn Express - Lakeview

Please pick up your race number, boat ticket and t-shirt from 3:00 to 9:00 PM (ET) at the Holiday Inn Express just west of Munising, MI on M-28. The hotel overlooks Grand Island. **There is no race day packet pick up.** Please plan accordingly (or arrange to have someone pick up your race number, boat ticket and t-shirt for you).

Please note: Race entry is not transferrable. If you pick up a race number, boat ticket and t-shirt and you are not the person assigned to the race number and you run the race, you are misrepresenting yourself and you will be disqualified. Your name will be listed on the results as disqualified.

Race Start Times

Marathon starts in two waves: 6:00 AM & 7:00AM (ET)

Half Marathon starts promptly at 8:00AM (ET)

Kid's 2K starts at 6:00 PM (ET) on Friday, July 29 at Bay Furnace Campground.

Littering

Any runner who litters will be disqualified. If a family member/friend of a runner litters, the runner will be disqualified. Your name (runner) will be listed on the results as disqualified.

Whatever you carry over to the island you must carry back. This includes Gatorade bottles, styrofoam coffee cups, diapers, dog waste, etc. Do not expect to find a garbage can on the island, as this is a US Forest Service National Recreation Area with a "Pack In Pack Out" policy, and is enforced by Park Service employees and Great Lakes Endurance staff/volunteers. Plan accordingly to bring your trash back to the mainland with you and dispose of it properly. Throwing anything other than food scraps in the compost bin is considered littering.

Course Time Limit *Please be advised.*

The course is open from 6:00AM (ET) until 1:00PM (ET). If you cannot complete the marathon within six (6) hours, please make *prior* arrangements with the race director for a wave 1 start (info@greatlakesendurance.com). You can also indicate this during packet pick up. If you choose to stay on the course after the course has closed, you are advised that you will not have radio, aid station or medical support available to you and you are running/walking on the course at your own free will.

Aid Station Closing Times *Please be advised.*

4 and 7 mile	11 mile	16 mile	22 mile
9:00AM (ET)	10:00AM (ET)	11:00AM (ET)	NOON (ET)

If you do not reach the 22 mile aid station by Noon, (ET) you are required to leave the course. A U.S. Forest Service employee and/or race course officials will pick you up at the 22 mile aid station and transport you to the start/finish line. If you choose to stay on the course after the course and aid stations have closed, you are advised that you will not have radio, aid station or medical support available to you and you are running/walking on the course at your own free will.

Expo 3:00 – 7:00 PM (ET) July 29, Holiday Inn Express - Lakeview in Munising, MI

The expo will be held from 3:00 – 7:00 PM (ET) in the breakfast area. The expo will feature regular showings of an interpretive slide program on the natural history and geology of Grand Island. The sessions are provided courtesy of the US Forest Service, which oversees the care and management of Grand Island. These sessions will allow runners to learn in greater detail about the magnificent place they will be running.

Montrail and Mountain HardWear are a sponsor of Great Lakes Endurance trail running events. Montrail will have trail running shoes available for you to try out.

Backs by Popular Demand, a local massage therapy group, will be taking reservations for post marathon massage. There will be three massage therapists available after the marathon. Please sign up early.

The Alger County Chamber of Commerce will provide information on area attractions and silent sport recreation areas including sea kayaking, mountain biking, hiking, etc.

Pasta Dinner at Sydney's 5:00 – 9:00 PM (ET) on Friday, July 29th

A pasta dinner will be available to runners and their guests at *Sydney's Restaurant* in downtown Munising. The meal will include mixed greens salad, garlic bread, pasta, meat sauce, vegetarian sauce, a variety of pastry desserts, and a non-alcoholic beverage. The inclusive price is \$12. \$6 for children ages 6-10, and free to children 5 and under.

For runners who would like a meal other than pasta we suggest the *Dogpatch Restaurant*.

Race Day Bus Schedule

Carefully review the included bus schedule. The bus will pick you up from your motel or campground and deliver you to the boat dock. **The bus is round trip.** If your motel is not listed on the schedule or you are driving in the morning of the race please park at Munising High School, just west of downtown, and take the shuttle bus from there. There is no charge for runners and individuals who have pre-purchased boat tickets. **Parking at the boat dock is limited to our many volunteers and boat dock workers only.** Please do not drive to the boat dock expecting to find a parking place. If you do, you will be directed by a volunteer to drive your car to Munising High School to catch a shuttle from there.

Ferry Boat Schedule

The first ferry boat will leave the dock shortly before 5:20AM (ET). Race volunteers/timers will be the first to board the boat, then WAVE 1 marathon runners. The boat trip takes less than 8 minutes.

Have your ticket ready! If you do not have a boat ticket, you do not board the boat. No exceptions. If you are a runner and do not have your ticket you will have to purchase another one. Boat tickets are available for purchase through the Grand Island Ferry Service on race day.

Half Marathon runners start boarding the boat at 7:00AM (ET). If you are a half marathon runner and show up at the boat dock before 7AM (ET) you will **NOT** be allowed to board the boat. Early boats are for marathon runners, marathon spectators, and volunteers ONLY.

Spectators who have pre-purchased boat tickets may ride with the runners on the boat, unless you choose to ride a later boat. The last boat over to the island departs at 7:30AM (ET).

Spectators who have not pre-purchased boat tickets can purchase them during packet pick up. Cost is \$16. On race day, spectators may purchase a boat ticket through the Grand Island Ferry Service.

Return boats will run from 10:00AM to 2:00 PM (ET). Boats depart when full. You must be a runner or have pre-purchased a boat ticket to ride the boat. If you are a runner and want to return before 10:00AM or after 2:00PM (ET) you need to purchase a separate ticket from the Grand Island Ferry Service at the dock office.

Spectator Bus on Island

There will be two shuttle buses on Grand Island that will transport spectators to several locations on the race course. The two buses will leave shortly after the 7:00 AM (ET). The cost is \$10 per person. Seats are limited to 18 for each bus for a total of 36 bus tickets available. Spectator bus tickets will be available for purchase during packet pick up only and sold on a first come first serve basis.

Start Line Services

There will be a large tent set up so that you can leave extra belongings there. This is a self serve area with no surveillance. Do not leave valuables. Great Lakes Endurance (GLE) and the US Forest Service is not responsible for any losses.

Water will be available near the Start area for runners to fill their water bottles.

There will be six (6) porta-johns and two (2) outhouses near the start/finish area. Please use these facilities instead of the wooded areas. ***PLEASE DO NOT THROW TRASH IN THE PORTA-JOHN***S. Great Lakes Endurance has difficulty securing porta-john service because in the past, trash has been dumped in the porta-johns. As part of the Park Service agreement, porta-johns are required on the island for the races. If GLE is no longer able to secure porta-john service, the Park Service will no longer offer an agreement to run Grand Island.

Marathon Protocol

Aid stations are present at 4, 7, 11, 16, 22 mile marks.

All runners must carry a 20 oz minimum water bottle that can then be refilled at aid stations.

If you do not have a water bottle you will not start the race. There will be NO paper cups at any aid station, including the Finish line. Water and HEED (Hammer Nutrition's High Energy & Electrolyte Drink) will be available at each aid station. The HEED flavors are lemon-lime and mandarin orange. Volunteers will have pitchers filled with both water and HEED ready to refill your water bottle. Please open up the top of your bottle before reaching the aid station to facilitate refilling. We have found this method has the advantage of keeping you provided with hydration between aid stations.

Hammer Gel packets will be available at the 11, 16 and 22 mile aid stations. Either consume the gel at the aid station and give the package to a volunteer, or, take it with you. If you take the gel packet with you, plan on carrying the package with you until the next aid station or to the finish line. Do not litter on the island. The littering policy is enforced.

If you elect to drop out of the race, for any reason, please try and make it to an aid station. You will be transported back to the start/finish area.

Half Marathon Protocol

The Half Marathon starts at Williams Landing. Aid stations are located at 4 miles and 9 miles. All half marathon runners are required to carry a 20 oz water bottle that can be easily refilled at aid stations. If you do not have a water bottle you will not start the race.

Timing & Results

We will use chip timing provided by Superior Timing Services. You will pick up your chip at the start area before the race. You will leave your chip at the finish area. Volunteers will assist you if needed. If you do not return your chip, you will be charged \$75.00.

Results will be on the web at www.superiortiming.com Saturday afternoon.

Awards

You will receive a results receipt upon finishing. This will provide you with your time, overall finish and age group finish. All marathoners will receive a custom made medallion at the awards table. If you finish in the top three in your age group in the marathon or in the top three in your age group in the half marathon, there will be a special award for you at the awards table.

Bikes and Dogs

Bikes (of any kind) and dogs (of any kind) are not allowed on the course at any time during the marathon and half marathon race. If you are a runner and are found to have a family member/friend riding a bike with you on the course you will be disqualified. Those who are riding bikes on the course are GLE volunteers and are sweeping the course and providing aid to all the runners. (Continued on the next page)

Dogs are allowed on the island, but they must be on a leash and in your control at all times. Do not bring your dog(s) to the island and tie them up to a tree. Dog(s) must be supervised at all times. Please note: All dog waste must be picked up and disposed of properly, so plan accordingly. This means returning to the mainland with your dog's waste for proper disposal.

Revised Monday, July 18, 2011