



# Kaiser Permanente Napa Valley Marathon 2012 Update

## WELCOME

Welcome to the 34th running of the Kaiser Permanente Napa Valley Marathon, “the Biggest Little Marathon in the West.” We are proud to present the RRCA Western Regional Marathon Championships. Male and female Open and Masters winners of this race will receive oversized bottles of wine etched with their championship accomplishments. The overall male and female winners of the race will also receive their “weight-in-wine”, sponsored by the Silverado Trail Wineries Association, along whose venue the marathon course runs.

Whether you entered by mail or online, you can verify the accuracy of your registration by visiting our website: [www.napavalley marathon.org](http://www.napavalley marathon.org).

Please read the attached as certain aspects of the Marathon have changed such as the finish line, bus pick up points, and the expo.

## EXPO, THE MARRIOTT, and BIB Pick-up

The Expo is located in the main ballroom of the Napa Valley Marriott Hotel and Spa (3425 Solano Ave, 707/253-7433) in Napa. Follow the arrows and directions of our volunteers who will assure you will get to where you are going.

Bibs may be picked up from 1:00 p.m. to 5:00 p.m. on Friday, March 2 and from 9:00 a.m. to 8:00 p.m. on Saturday, March 3. **There will be bib pick-up on race morning at Vintage High School. Bib pick-up on Sunday morning REQUIRES COLOR PHOTO ID. There are NO EXCEPTIONS to this requirement, no color photo ID, no bib. For legal requirements, you must again sign our waiver agreement and have a photo identification card to pick up your bib. There is no trading, selling, or bartering of bibs.** . The race will be run rain or shine. The race begins Sunday morning *promptly* at 7:00 a.m The entry limit of 2,500 runners has been reached. There is no race day registration.

## RUNNER SHIRTS

1. Shirt sizes are not guaranteed for anyone.
2. Any exchanges for sizes can be made on Sunday after 11:00 a.m.

## PASTA DINNER(S)

**Tickets for the 4:00 p.m. seating of the pasta dinner (\$30 each), at the Marriott are available for purchase. The 6:30 p.m. seating is almost sold out. If you have already ordered pasta dinner tickets, you may pick them up at the Information Booth at the Marriott on Friday or Saturday. If there are any pasta dinner tickets still available for sale, they will be at the Information Booth both days. Each seating is limited to 180 guests.**

**VIP runners will be offering inspirational words to runners, their families and friends, at pasta dinners. At the 4:00 seating, author Joe Henderson, four-time Napa Valley Marathon winner, Mary Coordt, and Amby Burfoot will speak. At the 6:30 p.m. seating, runners will hear unforgettable songs and remarks from senior age-group record-holder, John Keston, as well as from Roberta Gonzales, CBS channel 5 weather prognosticator. Also saying a few words are representatives of the RRCA, and Coach Bill Squires.**

**Good News! There will be a pasta dinner in the City of Calistoga sponsored by a consortium of Bed and Breakfast Inns. The dinner will be held at the Calistoga Community Center on Washington Street. Runners will be inspired by our featured guest and Napa Valley Marathon record holder, Dick Beardsley. This effort is headed by Judy and Doug Cook at the Brannan Cottage Inn. For information please call (707) 942-4200. There are also numerous excellent restaurants available in every town in the valley.**

### **GOODYBAGS/SWEATBAGS**

For the past eight years, the Napa Valley Marathon runners' bags have received universal praise. For this year's race, we have further upgraded the runners' bags. You will have a choice of a duffel bag or a backpack, (on a first come-first serve basis), containing sample products. Each bag will be fitted with a laminated baggage tag, upon which your race number will be written. **Please use the duffel/backpack as your sweat bag.** Take the bag with you to the start area, where the bag and its contents will be transported from the start area to the finish area at Vintage High School. Bags should be turned over to the "sweat buses" in the start area by 6:45 a.m. and **will not be returned** until they arrive at the finish line. Please do not pack anything of value in your sweat bag; secure your car key to your shoelace, topped by a double knot. The Napa Valley Marathon is not responsible for lost or stolen articles.

### **BASKET DRAWINGS**

On Saturday at 2:30 p.m. following the keynote presentation by **Joe Henderson, Bill Squires, Amby Burfoot and Dick Beardsley**, at the Kaiser Permanente Marathon College, there will be a drawing for baskets filled with Napa Valley gifts. Tickets for these baskets will be available at the information booth on Friday and all morning Saturday. All baskets must be picked up by the winner by 8:00 p.m. Saturday night.

Additional baskets will be offered to runners at 12:30 p.m. just after the awards ceremony at the Vintage High School quad on race day. The Sunday baskets will be awarded using bib numbers of runners present.

### **RACE MERCHANDISE**

Official Kaiser Permanente Napa Valley Marathon merchandise will be on sale at the Expo at the Marriott on Friday and Saturday and on Sunday in the Quad area. NVM logo'd ASICS clothing for running and more casual clothing for men and women will be available.

### **CHIP TIMING**

The Napa Valley Marathon has listened to our runners wishes and we are happy again to offer disposable timing chips. There will be a timing mat at the 13.1 mile mark. To follow a runner please sign up at our link <http://www.xacte.com/templates/napavalley-marathon/>

### **UNOFFICIAL RUNNERS**

Unofficial runners are neither authorized nor welcome to be on the course. Runners must be registered and have an official race bib to run the race. The CHP, local law enforcement and course marshals will assist us in this matter. Absolutely no early starts are permitted, both for scoring and for public safety. Unofficial runners and early starters will be disqualified and removed from the course.

### **RACE CONTROL BY CHP**

The California Highway Patrol has organized the traffic and race control around a "rolling road closure" of the course. It is the responsibility of each participant to understand and abide

by the on-course control guidelines created by the CHP. Among the highlights: runners will have the full width of the highway for the first 12.5 miles as in years past. Just before the Rutherford Cross Road (SR128) and Silverado Trail intersection, runners will be directed onto the southbound (right) lane where they are to remain for the remainder of their time on the Silverado Trail. The northbound lane is for emergency, local law-enforcement, and CHP vehicles, official race vehicles, and restricted local traffic only. No spectator cars will be allowed on the course. Spectators parking illegally on streets or blocking driveways will be cited and/or towed. Anyone failing to follow the road-use guidelines set by the CHP will be disqualified and potentially cited. If you have questions for the CHP, officers will be available at the 10:00 a.m. Marathon College panel. There will be maps available at the Expo Information Booth outlining areas where spectators can view the action on the course. Also, you may download a full-color map from our website.

### **BUS SERVICE**

Complimentary bus service is provided to transport runners from the finish area at Vintage High School (1375 Trower Avenue.) to the start area in Calistoga. (See maps on the website or at the Information Booth at the Expo.) Buses leave Vintage High School between 5:15 and 5:30 a.m. Sunday morning. You do not need a bus stamp for Vintage High School. **Do not drive to the start.** Parking in Calistoga is extremely limited. Buses will wait at the start until 6:45 a.m. so that runners can stay warm inside.

For runners (**only**) staying at one of the hotels listed below, you may take a bus directly from the hotel lobby to the start line in Calistoga on race morning. You must get your **bib stamped "BUS"** at the Expo on Saturday in order to get on the bus at your hotel. You must show your room key in order to get your bib stamped. Runners staying at the Hilton Garden Inn should walk over to the Marriott lobby to be transported. All Buses leave at 5:15 am.

- Embassy Suites
- Marriott / Hilton Garden Inn
- Napa River Inn
- River Terrace Inn

There will be a bus available for guests of the B&B's in Calistoga and other pre-registered runners that returns to Calistoga. Contact Judy Cook (707) 942-4200 for a reservation and ticket.

**The Napa Valley Marathon absolutely, positively does not offer any transportation back to Calistoga after the race.**

### **GOING GREEN**

Napa Valley Marathon winds down one of the most beautiful wine regions in the world. In an effort to be good stewards of this valued resource and to the local community, last year, Napa Valley Marathon began taking additional steps to make this weekend more environmentally sustainable and green. This year, we will continue to reduce, re-use, recycle, compost and limit activities to keep the valley a desired destination for future marathon generations.

### **BYOB**

Stands for "**Bring Your Own Bottle**" and represents an effort on the part of race organizers to reduce the usage of paper cups at aid stations. If you wish to participate, you may carry one or more bottles that can be refilled at the BYOB stations on the course.

While not mandatory for runners, BYOB is a great alternative for those out there to enjoy the beauty of the course. We strongly encourage all runners to participate in BYOB.

### **AID STATIONS**

As you approach the aid stations and aid station tables, fluids at tables will be set up in the following order:

1. Gatorade Endurance
2. Water
3. Special fluids you have asked to be placed at certain aid stations

Please dispose of your GU packets at an aid station, not on the course!

### **MEDICAL HELP**

Medical personnel are stationed at each aid station starting at mile 9. Should you need medical attention proceed to the nearest aid station and look for the medical sign. There is also a medical center at the finish line.

### **NO ANALGESICS**

The marathon does not provide analgesics along the course or at the finish area. If you use analgesics (aspirin, Tylenol, etc.) you do so at your own risk and must provide your own.

### **GU PACKETS**

GU packets will be handed out at two aid stations in the second half of the marathon (at close to mile points 14 and 18). If you carry GU packets with you, please drop off the empty packet at the next available aid station. Do not litter the surrounding vineyards.

### **BOSTON MARATHON QUALIFICATION**

Because of the race's close proximity to the Boston Marathon race date, the NVM is not a qualifier for the 2012 Boston Marathon. Runners can, however, qualify at Napa for the 2013 Boston Marathon.

### **USATF RULES / NO PACING**

***USATF Rules of Competition:*** As an event sanctioned by USA Track & Field (USATF), the marathon will be conducted according to ***USATF Rules of Competition***. According to USATF rules, athletes are subject to disqualification for rules infractions such as pacing, other forms of prohibited assistance, intentionally "cutting" the course, interference, the use of headphones/MP3 players, and other prohibited actions. The course features 4 roving course marshals to ensure all runners respect the rules of the course. There are two USATF Officials onsite and will serve as Referees. USATF rulings are final and not disputable.

***No Pacing:*** There is no pacing allowed, whether by other runners, bicycles, or automobiles. Runners who are paced by anyone—except by ***official*** pacesetters who are ***specifically identified*** and approved by the Napa Valley Marathon for this purpose—will be subject to disqualification.

### **NO HEADPHONES / MP3 PLAYERS**

The 2012 Kaiser Permanente Napa Valley Marathon is a RRCA Western Regional Marathon Championship event and in keeping with RRCA guidelines and USATF rules of competition, headphones are prohibited on the course.

***USATF Rule 144.3(b): The visible possession or use by athletes of video or audiocassette recorders or players, TV's, CD or DVD players, radio transmitters or***

***receivers, mobile phones, computers, or any similar devices in the competition area shall not be permitted.***

The Board of Directors has designated the Kaiser Permanente Napa Valley Marathon a headphone free race. We ask that you respect our decision.

### **NO BICYCLES, STROLLERS, DOGS, OR UNAUTHORIZED PERSONS**

Only registered runners are allowed on the course. Dogs, bicycles, strollers, or unauthorized persons are not allowed at the start area, on the course or at the Vintage High School campus. It is illegal in California to bring a dog onto a school campus. Violators will be cited.

### **TIME LIMIT - 6 HOURS**

The race course is officially open from 7 a.m. to 1:00 p.m. Runners on the course after the race course closes are on their own and will not be timed, scored, or listed in the official results. Runners who have not reached mile 17 by 11:00 am will be escorted off the course and transported to the finish line. Runners on the course after 1:00 p.m. will be picked up and transported to the finish line.

### **ARTWORK DESIGN**

This year's Kaiser Permanente Napa Valley Marathon and Kiwanis 5K Fun Run T-shirts and medal design was once again created by San Rafael artist and marathoner, Tina Cash.

### **FINISH AREA**

In order to facilitate smooth operation of the finish area, family and friends of runners must remain outside of the fenced-in finish line area. Only runners are allowed on the course and in the finish line area. In 2011 we introduced our new finish line location, which will be utilized again this year. The new finish line is located in the front parking lot area of Vintage High School. Spectators now have great viewing opportunities and can cheer their runners on as they approach the finish line. Spectators can meet their runners at the exit gate of the finish line that leads out to the Quad area at the center of campus. There is no parking in the front parking lot area of the school due to the finish line location and the large crowds in the area. From the finish line, runners may pick up their sweat bags, take showers, and get a massage all located in the large gymnasium at the back of the school. Pack your clothes, towel and soap in your Napa Valley runner's sweat bag. As in past years, MarathonFoto will take photos of the finishers. The photos will be offered for sale online from MarathonFoto following race weekend. The Napa Valley Marathon has contracted with Arturo Ramos, a local sports enthusiast and photographer. Arturo's pictures of the Napa Valley will be available for purchase online at [www.napavalley-marathon.org](http://www.napavalley-marathon.org).

### **KIWANIS CLUB 5K FUN RUN**

Entries for the Kiwanis Club 5K Fun Run can be downloaded from the marathon website. This year we are featuring a new course. The 5K begins at 8:00 a.m. and ends at the marathon finish area at Vintage High School on Sunday morning March 4. The race is sponsored by the Greater Napa Kiwanis Club and benefits local charities, as does the Marathon. All 5K runners must be off the course by 9:15 a.m. Don't forget to pick up 5K course maps at the expo as the course has changed slightly. We suggest you pick up your bib and packet on Friday afternoon or during the day Saturday at the Kiwanis booth at the expo.

### **AWARDS**

The awards that will be presented at the 12:30 p.m. awards ceremony in the quad are open male and female (etched wine bottle and STWA weight-in-wine), and first masters male and

female (etched wine bottle). All other awards will be mailed subsequent to the race, so that the scoring personnel have time to make the times official. Also, by mailing the awards, it allows us to etch the runner's name on the plaque. All wine won in the winners' weight-in-wine promotion must be taken by the winners on Sunday. The marathon will not ship wine.

### **COMPLIMENTARY SHUTTLE TO HOTELS**

Shuttle vans between the finish area and the Napa Valley Marriott, Hilton Garden Inn, Embassy Suites, River Terrace Inn, and the Napa River Inn will run throughout race day from 10:30 a.m. to 1:30 p.m. The vans will be marked as to destination and will be in the front parking lot of Vintage High School on Trower Avenue.

### **DONORS**

The Kaiser Permanente Napa Valley Marathon, local merchants, hotels and restaurants in the Napa Valley welcome you and thank you for your participation in the 2012 event. Please support the businesses you see at the Expo and on our website as we couldn't produce this event without them. As you patronize these merchants, please mention that you are here for the Marathon. We wish you the best of luck and good health.

### **KPNVM is Going Green - The Virtual Goody bag**

In an effort to reduce our use of paper the Napa Valley Marathon will be providing a "Virtual Goody bag" to all runners as well. Download an electronic package containing an assortment of coupons, specials, and information about other marathons. The virtual goody bag is approximately 6.5 MB and requires Adobe Acrobat. It is found on our website at:



<http://www.napavalley-marathon.org/expo/goodybag.asp>

### **MARATHON & BEYOND SUBSCRIPTION SPECIAL FOR KAISER PERMANENTE NAPA VALLEY MARATHONERS ONLY**

Greetings from your friends at *Marathon & Beyond* magazine!

You all obviously have great taste. We know *that* because you signed up for the Kaiser Permanente Napa Valley Marathon! We trust that you are also equally discerning about the running magazines you read, which is why we're excited to tell you about a subscription special from *Marathon & Beyond*, the bimonthly magazine for the serious long-distance runner. When you visit our Web site—[www.marathonandbeyond.com](http://www.marathonandbeyond.com)—and subscribe for 1, 2, or 3-years, you will receive a very special thank you gift—one of our *Marathon & Beyond* microfiber jackets. In the Comments/Gift Message box at the bottom of the order form, just type "2011 Napa Marathon Jacket offer" + your size (unisex sizing), and we'll send the jacket to you. It's that simple. You can also receive this special offer by calling the *Marathon & Beyond* office at 217/359-9345 or toll-free: 877/972-4230.

