

Full Marathon | 26.2 Race Course



The Sanctuary Hotel

Mile Marker

H2O Water Station

Spectators



2019 MARATHON WEEKEND

Contact: 843.768.6001
Kiawah_Marathon@KiawahResort.com



CALENDAR OF EVENTS

THURSDAY, DECEMBER 12

- 4pm - 7pm Marathon Expo: EBCC
4pm - 7pm Race shirt, B-tag/Bib pick up: EBCC

FRIDAY, DECEMBER 13

- 10am - 8:30pm Marathon Expo: EBCC
10am - 8:30pm Race shirt, B-tag, bib pick up and race shirt exchange: EBCC
10:30am - 6:30pm Holiday Market: Race Venue
2:30pm - 4pm Pre-race Bike Tour: Reservations required, bikes supplied. Meet at medical tent in race venue parking lot.
3:30pm - 5pm Pre-race Van Tour: Course Preview Tour, advanced reservations required. Meet at medical tent in race venue parking lot.
4:30pm - 5:30pm Glow in the Dark Color Run Pre-Race Party: Sanctuary Beach Access
5pm - 8:30pm Pre-race Celebration Buffet: EBCC, Walk-ups welcome
5:30pm 1-Mile and 5K Beach Color Run: Sanctuary Beach Access, advanced reservations required.
7pm Pre-Race Yoga: The Sanctuary Hotel Grand Oaks Ballroom, advanced reservations required.

SATURDAY, DECEMBER 14

- 5am Off-island shuttle: Begins from off-island parking near Freshfields Village to the race venue, and runs on demand until course closes
6:15am - 7:45am Race shirt, B-tag and bib pick up: EBCC
6:45am and 7:15am Pre-race Warm-up: All runners welcome, complimentary Governor's Hall, EBCC
7am - 9am Pre-registered bike rental pick-up: Adult 26" bikes only, Race Venue in back parking lot.

- 7am - 12pm Bike Rentals: All sizes, The Sanctuary Hotel Bike Pavilion
7:55am - 8:45am Road Closure: Kiawah Island Parkway from Night Heron Park to Vanderhorst Gate and Governor's Drive from Vanderhorst Gate to Flyway Drive
8am RACE START: Sea Forest Drive
8:30am - 12pm Heron Park Nature Center Open: Night Heron Park
9am - 12pm Family Room open: EBCC, Rutledge room, unsupervised
9:30am - 2:30pm Full and Half Marathon Party: Celebration Tent, race bib required for food
9:30am - 2pm Marathon Expo: Race Venue
10am - 2pm Party on the Pool Deck: The Sanctuary Hotel Pool Deck; Grilled sandwiches and Bloody Mary Bar. To-go options available.
11:30am Half Marathon Awards Ceremony: Celebration Tent
1pm Full Marathon Awards Ceremony: Celebration Tent
2:30pm Race course closes

SUNDAY, DECEMBER 15

- 8:30am - 1pm Lost and Found, Award Pick-up, Marathon Merchandise: EBCC
8:30am - 3pm Heron Park Nature Center Open: Night Heron Park, 843.768.6001
10am Yoga Recovery: The Sanctuary Hotel Grand Oaks Ballroom, reservations required.

KEY: EBCC-East Beach Conference Center



#KiawahMarathon

Share your Kiawah experience with our Marathon community. Tag Instagram and Twitter with #KiawahMarathon or post photos to our Kiawah Island Marathon Facebook page.

FULL MARATHON AID STATIONS

Water station miles are approximate:

- Mile 2 Water, Gatorade
- Mile 4 Water, Gatorade, Oranges, Bananas
- Mile 6 Water, Gatorade, Twizzlers
- Mile 7.5 Water, Gatorade, Oranges, Bananas
- Mile 9.5 Water, Gatorade, Oranges, Bananas
- Mile 11 Water, Gatorade, Twizzlers
- Mile 13 Water, Gatorade, Oranges, Bananas
- Mile 14.5 Water, Gatorade, Pretzels
- Mile 17 Water, Gatorade, Oranges, Bananas
- Mile 19 Water, Gatorade, Pretzels
- Mile 20.5 Water, Gatorade, Coke, Doughnut Holes
- Mile 21.5 Water, Gatorade, Oranges, Bananas
- Mile 23.5 Water, Gatorade, Jelly Beans, Oranges
- Mile 25.5 Water, Gatorade

ATTENTION SPECTATORS

Top spectator viewing points are an easy walk from the start and finish line! For more information, please consult with our course experts at the Information Table inside East Beach Conference Center.

UNOFFICIAL

Half Marathon | 13.1 Race Course



The Sanctuary Hotel



Mile Marker



Water Station



GETTING TO THE START LINE

Off Island Runners: Runners and spectators staying off-island are urged to arrive at parking fields NO LATER THAN 6am TO AVOID MISSING THE 8am RACE START. Vehicles will be directed to parking areas near Freshfields Village and shuttled to the race start via motor coach. Shuttle buses begin at 5am. To return to the parking fields post-race, (8:45am - 4pm), it is important to note the shuttle pick up is at a different location. The return shuttle pick-up is near the Roy Barth Tennis Center, located near Sanctuary Beach Drive just beyond the Celebration Tent.

On Island Runners: West Beach & Inlet Cove Villas: Runners are advised to use the provided shuttle service. Beginning at 5:30am until race start, shuttles will depart every 15 minutes from the West Pool parking lot. If you wish to drive your car to the race venue, limited parking is available at the soccer fields at Night Heron Park. From there it is a .4 mile walk to the race start via the bike path.

East Beach Villas: Tennis Club, Turtle Point, Turtle Cove, Turtle Beach, Maritime guests are advised to walk to the race start. If you wish to drive your car to the race venue, limited parking is available at the soccer fields at Night Heron Park, from which it is a .4 mile walk to the race start via the bike path.

Night Heron Park Villas: Night Heron Cottages, Mariners Watch and Windswept guests are advised to walk to the race start or use the provided shuttle service. Beginning at 5:45am until race start, shuttles will depart every 15 minutes from the 3-way stop on Sea Forest Drive at the entrance to Mariners Watch Villas.

Vanderhorst gate and beyond: Guests staying past the Vanderhorst Gate may park in the soccer field at Night Heron Park, from which it is a .4 mile walk to the race start via the bike path.

Breakfast: Town Center Market (located at the race venue) will be open the entire weekend. On race morning, breakfast will start at 6am. The Market also offers a wide variety of grocery items, sandwiches, pizza, beverages and wireless internet.

RACE START

Personal Article Storage Tent: Located in the parking lot outside East Beach Conference Center. All items placed in Article Storage **must be** in a clear plastic bag measuring no more than 20"x20". A limited number of clear bags are available on race morning at the tents. Please write your bib number on the outside of the bag. Do not leave valuables in article storage. We are not responsible for lost items and/or bags. Do not leave unattended bags anywhere. Unattended bags may be removed by Charleston County Sheriff's Office, Kiawah Island Security, or race personnel. To avoid security delays throughout the race venue, we highly encourage all spectators and athletes to carry items in clear bags.

Race Start: Race start is located on Sea Forest Drive between The Sanctuary entrance and East Beach Conference Center entrance. Please line up by pace indicated by flags. **RACE STARTS PROMPTLY AT 8AM!**

Pacers: There will be 15 different pace groups. Nine pacers will lead the full marathon, with finish goals ranging from 3:25 to 5:00 hours. Six pacers will lead the half marathon, with finish goals ranging from 1:45 to 3:00 hours. Beginning at 7:30am, pacers will be lining up at the starting line holding their pace sign. Even if you are not running with a pacer, we ask that everyone line up according to their Pace.

RACE COURSE INFORMATION

Aid Stations: Water, Gatorade, oranges, bananas, etc. and port-o-lets will be located approximately every two miles, as well as at the start and finish lines. At each Aid Station, volunteers will hand out water first and Gatorade second. Volunteers distributing Gatorade will be wearing yellow jerseys.

Course: The course will be marked with signs, arrows, cones and race monitors. Digital clocks will be placed at key mile markers for split times.

Drop Zones: Immediately following each water station is a 'Drop Zone'. We ask that all cups, fruit peels, Gu packets, clothing, etc. be deposited only in these areas. To claim articles that are lost or left on the course, please visit the EBCC on Sunday morning between 8:30am and 1pm.

Medical: Medical personnel from Trident Sports Medicine, MUSC and Charleston County EMS will be available at the finish line medical tent and on the course to assist any runner in case of an emergency.

POST-RACE INFORMATION

Results: Live streaming results can be found on RunSignup.com and KiawahMarathon.com.

Finish Line Celebration: There will be a fantastic Finish Line Celebration featuring a carb re-load buffet, beer and live entertainment. The complimentary buffet is available to bibbed runners only - please keep bib visible.

Wrist bands for beer can be purchased (\$10) for non-runners at the Info table adjacent to the beer trailer. Our beer selection includes Huger Street IPA, Michelob Ultra and Angry Orchard.

Award Ceremonies: Inside the Finish Line Celebration tent, friends and family members are welcome to join runners at 11:30am for the Half Marathon awards ceremony and 1pm for the Full Marathon awards ceremony.

Lost & Found: For articles lost in and around the race venue, please check at the information/t-shirt pick-up desk in the lobby of the EBCC. Clothing lost or left on the course can be claimed Sunday morning beginning at 8:30am inside the East Beach Conference Center. Unclaimed items will be donated Monday morning.



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HALF MARATHON AID STATIONS

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- Mile 6.5 Water, Gatorade, Oranges, Bananas
- Mile 8.5 Water, Gatorade, Oranges, Bananas
- Mile 10.5 Water, Gatorade, Jelly Beans, Oranges
- Mile 12 Water, Gatorade

Special Thanks To:

- Charleston County Emergency Medical Service
- Charleston County Radio Communication
- Charleston County Rescue Squad
- Charleston County Sheriff's Office

- Kiawah CERT
- Kiawah Island Community Association
- Medical University of South Carolina
- St. John's Fire and Rescue
- Town of Kiawah Island
- Trident Sports Medicine