40th Annual
Metric Marathon & 5K
2016 Runner’s Guide
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**Metric Running Volunteers**

Runners – did you know that it takes nearly **150 volunteers** in order for the Metric Marathon and 5K to be successful? That’s how many are at the start, the finish and stretched all over the course in order to ensure your safety (and that you don’t get lost or dehydrated!). A big, BIG thank you to all of the volunteers for your dedication and time in helping us make this event a fabulous runner experience all-around!

Why does it take so many? Well, here’s where you’ll find them:

- 85 Course Marshals are required (18yr or older), otherwise the event must cancel
- 40 to 50 prepping and staffing the 6 water stations across the two events
- 8 performing coning operations to give you space in heavier traffic areas
- 4 managing scoring and timing equipment
- 4 managing food for after the race
- 2 for managing bag check
- 6 for supporting general race day setup and break-down including tables, awards, supplies, emcee
- 12 for managing packet pick-up
- 6 for running the course the day before and creating the course marking arrows

When the Striders say they need your help, we mean it! It’s your commitment to the club and your time contribution that allows us to host events such as this one. Please race and have your family and friends volunteer. If you’re not racing, please give a day for the club and volunteer to support your fellow runners!
Event Schedule

Pre-Race Packet Pickup
Feet First Sports, 6420 Freetown Road, Columbia, MD

- Friday, November 11
  - 3:00PM – 7:00PM
- Saturday, November 12
  - 10:00AM – 5:00PM

Race Day
Sunday, November 13

- 07:00 – 08:00AM Packet Pickup & Bag Drop
- 08:15 MARATHON Start Gun (*START CLOSES IMMEDIATELY*)
- 08:25 5K Start Gun (*START CLOSES IMMEDIATELY*)
- 09:40 Finish Line opens
- 10:45 Awards begin! (*Approximately*)
- 11:45 Finish Line closes (avg pace < 13mpm)(3.5hr dur)
- 12:00PM Event closes

Bag Check
The Metric Running Festival recognizes that parking is a bit more removed and has instituted a courtesy bag check. Bags being checked must be a small bag or a small backpack. No item over 5lbs / 2.2kg will be accepted by the race into Bag Check. You will tag your bag with your printed name and bib number. Bags may only be retrieved by someone having the bib matching the bag – your bib is your claim ticket! This check is provided for your convenience and will be monitored for the full duration of the event. The Event Staff, nor the Howard County Striders, assumes responsibility for lost, stolen, broken or misplaced items of any kind. Any items remaining at bag check after 12:15pm (or discarded at the start line) will be donated to local charities. Tags will be provided. You will write your name and bib # on them and attach them to your bag to check.

Registration
- Online Registration closes Wednesday, November 9 at 18:00 (6:00PM).
- In-Person registration available during early packet pickup at Feet First Sports. Payment must be exact change or check made out to the “Howard County Striders”.
- There is no race day registration.
**Location**
Event Address: 10335 Little Patuxent Pkwy, Columbia, MD 21044
Race start and finish is located near the lovely Columbia Lakefront. The course will take runners through the scenic, yet challenging paths of Columbia and Ellicott City.

**Parking – Participant Parking Location**
Parking is available off Sterrett Place and Wincopin Circle. It is a short walk from here to the start/finish area of the race. We urge you to carpool as much as possible. Plan to arrive early as road closures begin at 8:00AM.

**Getting from the Parking Lot to the Race Venue**
Proceed directly south from the southwest corner of the parking lot to reach the race venue.
From MD-29 / MD-175

Proceed south on Little Patuxent Pkwy until traffic light at Mall Entrance (Exxon on left side). Turn left onto Sterrett Pl and continue to the end. Parking lot is directly at end of Sterrett and extends to the right. Walk south from the parking lot to reach the start/finish

From MD-29 Southbound

Take South Entrance Road Exit. Turn right at light onto Little Patuxent Pkwy. Continue north until the second entrance to Wincopin Cir (you will pass Copelands restaurant). Turn right onto Wincopin, proceed to end of circle and parking will be on your left.

From MD-29 / Broken Land Pkwy

Proceed west on Broken Land Pkwy to Little Patuxent Pkwy. Turn right onto Little Patuxent Pkwy. Continue north until the second entrance to Wincopin Cir (you will pass Copelands restaurant). Turn right onto Wincopin, proceed to end of circle and parking will be on your left.

GPS Address: 5500 Sterrett Place, Columbia, MD 21044
**Race Premium**

The Marathon event premium is a long sleeve Technical Shirt
The 5K event premium is a short sleeve Technical Shirt

You may purchase additional Metric premiums for $15 each (LS) or $10 each (SS), payable in cash (exact change) or check made out to the “Howard County Striders” during the finish festival. Size and availability not guaranteed.

**Marathon Course Map and On-Course Support**

A total of 5 aide stations will be provided on course:

- Stations #1 & #5 will be serving water
- Stations #2 & #4 will be serving water and Gatorade
- Station #3 will be serving water and Gatorade, and have two portable toilets should nature call

Aid stations are located approximately 3 miles apart at the given locations (give or take):

- Mile 2.5
- Mile 5
- Mile 8.5
- Mile 11
- Mile 14

For an interactive version of the map, with elevation, please see:


**Known Areas of Caution:**

- Some path construction is occurring between Mile 14.75 and 15, expect some uneven surfaces.
Metric Running Festival Course

**Cue Sheet**

1. Start: First lamppost north of north side Wincopin Cir and Little Patuxent Parkway (LPP).
2. Head north/east on LPP (towards MD29).
3. LEFT at Columbia Rd (use crosswalk to become against traffic). Run against traffic, through MD108 until reaching Columbia Rd & Northfield Ln.
4. STRAIGHT onto Northfield Ln run against traffic.
5. RIGHT onto Crescent Rd, run with traffic.
6. RIGHT onto MacAlpine Rd, run with traffic.
7. RIGHT onto Dunloggin Rd, run with traffic.
8. RIGHT onto Frederick Rd, run with traffic.
9. RIGHT onto Toll House Rd, run with traffic. Remain in shoulder around bend until reaching next intersection.
10. LEFT onto Columbia Pike, crossing street to run with traffic.
11. RIGHT onto Autumn Hill Dr, run with traffic.
12. RIGHT onto Bali Rd, run with traffic.
13. RIGHT onto Britney Dr, run with traffic.
14. RIGHT onto Stonecrest Dr, run with traffic.
15. LEFT onto MD103, run with traffic.
16. RIGHT onto MD104, run with traffic.
17. RIGHT onto MD108, run with traffic.
18. CROSS at high school crosswalk to footpath on left side. Using footpath/sidewalk continue to Phelps Luck Dr.
19. LEFT at Phelps Luck Dr, run on footpath/sidewalk.
20. LEFT onto High Tor Hill, run with traffic in the roadway.
21. RIGHT onto Drystraw Dr, run with traffic.
22. RIGHT onto Besthold Garth, run with traffic.
23. ENTER footpath at end of cul-de-sac.
24. Make the following turns on the footpath: LEFT, LEFT, RIGHT (cross bridge), LEFT, STRAIGHT, LEFT, RIGHT, RIGHT (cross bridge), LEFT (under Tamar Dr). See upper left insert.
25. Make the following turns on the footpath once under Tamar Dr: LEFT, LEFT,
5K Course Map and On-Course Support

- One water station will be provided along the 5K route. It will be located approximately halfway, at Mile 1.55.

Cue Sheet

- Runners will use the same starting line as Metric, departing 10 minutes after the marathon start. The start line is the south side curb of the top level parking deck at what used to be Copelands.
- They will run up LPP to Vantage Point.
- They will immediately double back to the right onto the CA pathway down to the lake.
- At the fork, they will continue down the MD29 side of the lake
- At the bottom of the lake, turn left out onto the pedestrian bridge spanning MD29.
- Continue out the pathway until they reach Stevens Forest / White Acre roadway.
- Perform a "turn-around" in order to head back to the lake.
- At the bottom of the lake, veer left along the Little Patuxent Parkway side of the lake and around to the finish line.

For an interactive version of the map, with elevation, please see:

http://www.mapmyrun.com/routes/fullscreen/1297679035

Time Limit

- Runners must finish the 26.2K course in 3.5 hours.
  - This means the average pace must be under 13:00mpm to be officially scored.
  - Any runner on the course at a pace greater than 13mpm will be regarded as a pedestrian by the police.
  - Water stops and other aide open and close on a rolling schedule expecting runners at paces between 5mpm and 13mpm.
- Runners must be past Mile 1 of the 5K course within 15 minutes and must complete the 5K course within an hour (19mpm pace).
Overall and Age Group Awards

- Top 3 Overall Male and Female
- Top Male and Female in 5-year age groups.
  - See website for specific brackets.

Course Rules (don’t get DQ’d!)

It is expected that each runner be familiar and know the following rules of the race:

- No strollers, pets or other non-mobility assist devices are permitted to be used on the course (This is an RRCA national mandate).
- It is the policy of the Howard County Striders to **strongly discourage the use of headphones or similar hearing impairment devices**. This cannot be emphasized enough. We know you enjoy running with music, but all runners must be able to hear and understand verbal directions issued along the course by Police, Marshals, Aide Stations and Event Staff.
- Any runner deviating from the course route will be disqualified
- All runners/teams must start with the mass start. Once the start line closes, any runner or team not registered as beginning the race will be disqualified
- When a coned lane is established, you must remain within the boundaries of the cones. We work hard so that coned lanes are at least 4 feet wide and therefore can fit two runners abreast. *We request that when in a coned lane you run single file – this allows advancing runners the ability to safely pass.*
- Unless you are in a coned running lane you are **required to run with the direction of traffic**.
  - One exception – White Acre Rd will not be coned, but you will be directed to run against traffic on the left side of the road.
- If your pace falls below the minimum needed in order to complete the course within the time limit, you will be considered a pedestrian and be requested to move from the roadway onto the sidewalks (this is a requirement of our permits).
- You/your team must cross the finish line with your bib and timing chip intact in order to be recorded and scored.
- There will be a coned running lane on Brittany Dr as you approach the relay exchange – this lane is for your safety and to be a signal to vehicular traffic. We ask that you stay within the running lane positioned on the right-hand side of the road until it ends after the exchange and halfway timing location.
- Follow all instructions given by race staff at the start/finish, exchange location, on-course marshals, bike marshals and police. Failure to do so will result in a DQ.
Metric Running Festival Sponsors

The Metric Running Festival Race Staff and the Howard County Striders want to express our gratitude to all of our sponsors for this year’s event. Without them, it would not be possible to host such a fantastic race for our runners.

*Please remember that these companies support your passion. When you are in need of their services or products, please thank them with your business.*

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<thead>
<tr>
<th>Feet First (<a href="http://www.feetfirstsports.com">www.feetfirstsports.com</a>)</th>
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<tbody>
<tr>
<td>Feet First is the exclusive Metric apparel provider and hosts our location for packet pick-up again this year and also wants our runners to sport the latest gear by providing many product giveaways and gift certificates during the random drawing. They are proud sponsors of the Metric Running Festival and Howard County Striders for over 28 Years. Visit Feet First Sports your Athletic Footwear Specialists for all your running needs.</td>
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<th>Howard County Chiropractic Spine &amp; Sports (<a href="http://www.hocochiro.com">www.hocochiro.com</a>)</th>
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<tbody>
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<td>Howard County Chiropractic, a longtime friend of the Howard County Striders and local running community at large provides integrated conservative care for the treatment of musculoskeletal conditions. Drs. Antico have helped countless Striders overcome injury and reach running goals ranging from a first time 5k to a 25th marathon. As athletes themselves, the doctors understand the importance of integrating, efficient, focused care plans so as to minimize any disruption in training. Howard County Chiropractic will be providing free massages to runners in the Finish Festival in addition to sponsoring the Relay Exchange location!</td>
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Lululemon athletica Mall in Columbia
(http://www.lululemon.com/columbia/columbia)
Elevating the world from mediocrity to greatness. Founded in Vancouver BC in 1998, the first lululemon shared its retail space with a yoga studio. We've been growing ever since, and our technical yoga and run clothes are now available in countries all over the world. Come check us out at our store in the Mall in Columbia (just across the street from the race!).

Lululemon is providing winner’s prizes for each event’s top finishers!

Grant Zhang Acupuncture
(www.grantzhangacupuncture.com)
Dr. Grant Zhang graduated from the Shanghai University of Traditional Chinese Medicine (TCM) in 1984 with a Bachelor of Medicine degree. He received his Masters in herbology in 1987 and his Ph.D. in molecular oncology in 1994. He has been a Maryland licensed acupuncturist since 1995. Consistent with the principles of TCM, he views each patient as a unique individual whose physical and mental well-being is equally important in determining the outcomes of the treatment. Dr. Zhang is well known for his gentle needling technique, efficient follow up, and compassionate interaction with patients. Our office is at mile 2.5 on the course, just off Dorsey Hall Dr. For more information, please call our office or visit http://www.grantzhangacupuncture.com

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