

Big Island Road Runners
*******HILO TO VOLCANO*******
50km ULTRA MARATHON / RELAY
Saturday, January 21st, 2012

6:00 am Ultra runners start
6:30 am Relay runners start

(See Section 6A for Ultra runners EARLY start)

1. CHECK-IN AND BIB NUMBER PICK-UP:

Location: **Hilo Hawaiian Hotel**,
(Outside of front lobby)
71 Banyan Drive Hilo, HI 96720
(808) 935-9361 (hotel main line)

Date: **Friday, January 20, 2012**

Time: **4 - 6 pm**

If you can't find us, please call:
(808) 938-5106 - Alan Ryan
(808) 895-9793 - Keith Marrack

2. DIVISIONS AND AWARDS:

ULTRA: Male and Female Overall - Top 3
ULTRA: Male and Female Masters - Top 3
RELAY: Male, Female, Mixed and Masters - Top Team in each
RELAY: Male, Female (High School) -Top Team in each

3. SAFETY:

*******NOTE: All Ultra runners are required to wear a reflective vest/belt or similar device AND a flashing red LED light or similar (rearward facing) while running in the early morning hours (before 7 am).*******

All participants in the Ultra and Relay are highly recommended to wear bright colored clothing for the duration of the race.

4. RACE DAY PARKING:

Please park on Banyan Drive, if you are leaving your car for the day. The team car that is the support vehicle can be in the Coconut Island parking area as it will leave after the runners. We need to be respectful and courteous to the community and not occupy those parking spaces for most of the day.

5. COURSE:

Start at Coconut Island parking lot in Hilo and finish at Cooper Center on Wright Road in Volcano Village. From Coconut Island, turn **LEFT** on to Lihiwai Street, **LEFT** onto Banyan Drive and **STRAIGHT** onto Kanoiehua Avenue (Hwy 11, Volcano Hwy).

EXERCISE CAUTION WHENEVER CROSSING A STREET OR INTERSECTION!!!!!!

ULTRA RUNNERS: Proceed through the intersection of Hwy 11 (Kanoelehua Ave) and Hwy 19 (Kamehameha Ave) **with the flow of traffic.** For reference, this is 0.7 mile into the race and Ken's Pancake House and the 0 mile marker (MM 0) are on your right.

RELAY TEAMS: The 1st leg is 2.7 miles. The first hand-off is at the 2 mile marker (MM 2) in front of a local grocery store named KTA and a Pizza Hut restaurant.

Hand-offs for relay teams will follow the EVEN numbered mile markers on Hwy 11.

Relay runners should run on the sidewalk (where available) in the direction of traffic. Please be careful when you cross intersections, stay as far off the road as possible and use the shoulders of the road wisely and cautiously.

As you approach the 26 mile marker (MM 26), look for the "Volcano Village" sign on the right side of the road. Take the second right after MM 26 onto Wright road (there will be a small 0 mile marker on the Wright Road turnoff). Once on Wright Road, there will immediately be a STOP sign. Continue straight on Wright Road (about 300 meters, Cooper Center will be on the right hand side of the road). The course continues out and back on Wright Road and finishing in the Cooper Center parking lot.

ULTRA RUNNERS: Continue past Cooper Center until you see the turn around sign (it is in a deep hollow about 2 miles past Cooper Center), then go back to Cooper Center for the finish.

RELAY TEAMS: The last HAND-OFF is at the Carlson Residence on Wright Road. The Carlson Residence is on the left side (south) opposite a fenced in meadow. IT WILL BE MARKED. The last relay leg is 2.4 miles. Continue on Wright Road (westerly direction) until the turnaround sign then head back to Cooper Center.

The last runner will need to place the bib number onto the shorts or shirt in a visible location before crossing the finish line.

6. SPECIAL NOTES:

- A. **ULTRA RUNNERS EARLY START:** For runners that will take more than 6 hours (about 12 min/mi pace) to complete the 50k. You may start earlier than the official start of 6:00am. This will be done on the HONOR SYSTEM. Please inform the official timer your start time when you cross the finish line. The finish line will be set up by 9:30am so please plan accordingly.
- B. **INJURIES:** Any runner unable to continue should inform the nearest race official (or call us at the number above) and proceed with escort driver to finish line.
- C. **VEHICLES:** EACH ULTRA MARATHONER AND RELAY TEAM MUST PROVIDE THEIR OWN ESCORT. Whenever providing refreshments or rendering other aid, the escort driver must park their vehicle **WELL OFF THE ROAD.** Please park beyond the mile markers so runners can see the hand-off point. Obstruction of the highway by slow moving vehicles can be grounds for a citation. Emergency flashers are legal only when the vehicle is stopped. Emergency flares, First-Aid kit, flashlights and a set of reflectors should be carried in each support vehicle.
- D. **ULTRA RUNNERS:** Please use the odd numbered mile markers for your support locations. The even numbered mile markers will be congested as relay teams will be using that location for hand-offs.

- E. **SAFETY AND COURTESY:** The primary safety responsibility rests with each participant and escort driver. Please remember that the runner's use of the highway is only one of numerous uses. Although the police will be alerted that a race is in progress, and will assist in case of emergency, no runners, drivers of escort vehicles, or other participants will be given special considerations. Vehicles that obstruct traffic, run traffic lights or stop signs, or in any other way violate the traffic code will be subject to traffic citations the same as the general public. **RUNNERS MAY BE ASSESSED UP TO 10 MINUTE PENALTIES FOR EACH VIOLATION DUE TO THEIR VEHICLE'S RECKLESSNESS!!!!!! RACE SAFE.**

Runners shall use their own discretion when they are at intersections and have the WAIT signal or when they are crossing traffic. Participants should make every effort to be responsive to the various people encountered along the route by trying to control excess noise, littering, etc.

- F. **RELAY TEAMS:** To be eligible for awards:

- ❖ The team **MUST** contain 2 or 3 members.
- ❖ Relay legs are fixed at 2 miles each, except for the first leg (2.7 miles) and the last leg (2.4 miles).
- ❖ At the end of each leg, the runners must tag off to another runner, unless there is no other runner due to injury.
- ❖ Tag off is established by actual physical contact (hand slapping) except for exchange #1.
- ❖ Each relay team member is to run an equal number of legs (unless injury precludes otherwise). Leg order need not be fixed.

- G. **COMPLAINTS:** All violations, disputed matters, etc. incurred as a result of the race must be submitted in writing within two (2) days of the end of the race to the Race Director for consideration. The Race Director will have final decision on all alleged violations.

- H. **REFRESHMENTS AND MASSAGE:** Pre-race sports drink and water will be available at the starting area. Post-race refreshments and massage will be available at the Cooper Center finish area.

- I. **PLEASE NOTE: Post-Race Refreshments and massage are only for the RUNNERS ONLY. Please be courteous to this request. The BIRR runs this race "on a shoestring" to give you value. In fact, the Brooks Long Sleeve Technical Running Shirt is almost worth your entry fee. We want you to have fun, enjoy this memorable event, and return next year.**