

FAQ 2012 – 2/15/12

Is this course certified by USATF?

Absolutely! Every year we usually have to make some modifications to the course - but we do get the course re-certified. We also make sure that you actually run the course we have certified.

Is this a Boston Qualifying race?

Again, absolutely! We provide our results directly to the Boston Marathon after they become official. Your BQ time at the Lakefront Marathon will qualify you for 2014. (Boston changed their registration so that it is in September of this year for 2013 so this year's race is too late to qualify for 2013.)

I qualified for Boston – how do they get my results?

First, congratulations! We provide our results to the Boston Marathon electronically as soon as our race results are final.

I got injured or decided to run another marathon. Can I get my money back, transfer my entry to someone else, or transfer it to next year?

No, you cannot - please don't ask. Entries are not transferable or refundable and cannot be deferred until another year.

Can a friend pick up my packet for me?

Yes they can. See special instructions that will be provided in your final pre-race email confirmation.

Final email confirmations with your race number, etc. will include a link to the form that you need to fill out to have someone else pick up your packet as well as instructions to do so. This confirmation will be sent approximately 3 weeks before race day.

Can I exchange my shirt for another size?

You can bring it to the finish area on Sunday and exchange it for whatever sizes are available.

Speaking of the EXPO - what about that?

We will have 30 or more booths - including national vendors. Packet pick-up will again be held at the MSOE Kern Center Friday evening (4-7pm) and Saturday (9am-6pm).

Will there be speakers at the Expo?

Yep! Stay tuned for more information.

I'm interested in being an Expo vendor - who do I contact?

Send an e-mail to the race director at lakefrontmarathon@sbcglobal.net

Do you have a pasta dinner?

Our runners will have the opportunity to participate in a pasta dinner on Saturday evening. The dinner will be sponsored and organized by Ann's Hope Foundation as part of their charity runner program – but definitely open to ALL marathon participants and their friends and families. Information is available on our Charity Runner page

Where do runners park at the finish?

FREE runner parking and bus loading to the start will be at the Italian Conference Center (ICC) 631 East Chicago Street. Access the parking lot off of Jackson Street at Menomonee Street. The buses will load in front of the building on Chicago Street. Please refer to the maps and instructions in the Runners Guide section of the web page. Do not park on the adjacent streets, please. This lot is approximately ¾ mile from the finish. We will provide shuttle service back to the parking after the race for runners who require it.

Parking is NOT AVAILABLE OFF OF LAGOON DRIVE or the War Memorial for runners or spectators.

What about transportation to the start?

Buses will leave from runner parking from 5:15 to 6:15 - you do not need a reservation and can park free in the ICC parking lot. Buses will also go from the Marriot and the Hyatt to the start – at 6:00 **SHARP**. IF you miss the bus at 6AM, you are out of luck and will have to get to the start on your own. These buses are available for all registered runners. You will be required to show your race number when boarding the buses to the Start.

Transportation to the start is available for registered runners only!!! We have no way to get spectators back from Grafton!

How do I drive to the start?

Take I-43 north to the Hwy 60 west exit in Grafton. Proceed west past Cheyenne and follow the directions of volunteers at the high school. Be aware that parking is limited near the start - LOTS NEAR AND ADJACENT TO GRAFTON HIGH SCHOOL FILL VERY EARLY! Plan for delays here.

Where do I wear the chip?

You should put it on your shoe lace – **the disposable chips used for the marathon will not function if put on an ankle band.**

Can I carry it in my hand?

If you do, you will not be scored. It must be on or near your ankle in order for the sensor to pick up the signal.

I only plan to run part of the race - just for training or fun. Should I wear my chip?

If you don't plan to finish, please do not wear your chip – it really can mess up race scoring – believe us! It would be easier for you if you inform the people at registration of this fact and return the chip before you leave the packet pick-up area. If you aren't sure, wear the chip but **DO NOT** cross the finish line or accept a medal unless you have run the entire marathon course! Doing this will delay scoring the race for everyone else and is unfair to those who ran the entire distance.

Do you have Pace Teams?

This year we will have pace groups for anticipated finish times from 3:25 to 4:55 hours. We modified the times based upon 2013 Boston Marathon qualifying standards. There will be a special pace group table at the expo. Check at the expo table to see if we have been able to add additional groups. Pacers will also be identified at the start by big signs that they will carry. Note that **pace group participants MAY NOT run in a pack in a way that they would impede other runners.**

How do my sweats get to the finish?

Put them into the bag provided for this purpose – attach the day-glo sticker with your race number on it. Close the bag securely and place it in the USPS truck near the start line. The USPS delivers! If you do not pick them up after the race, they will be discarded. PLEASE do not put your car keys, cell phone, wallet, or other important stuff in your drop bag.

Will food and gel be available on the course?

Gel will be available at the water stops at approximately miles 7.5 and 20. Please deposit packs that you carry in the next trashcan - otherwise one of our volunteers has to pick it

up. We will provide Body Basix Gel on the course. Body Basix Gel is available locally at Instep stores, Performance Running, Attitude Sports, and on line at <http://mybodybasix.com/>

Where are toilets on the course?

There are toilets at every aid station - see our web site for details.

What flavor of Gatorade will be on the course?

Endurance formula - we believe it will be lemon-lime.

Can I listen to an IPOD, radio, run with headphones, Garmin or GPS device, etc.?

Our race is sanctioned by USATF and we serve as the Wisconsin Marathon Championship. We are also the RRCA 2012 Central Region Marathon Championship. If you compete for a RRCA, USTAF award, and/or for prize money, you may NOT use them and will be disqualified from the race, if you do. The USATF Rules of Competition prohibit portable headphone devices - i-pods, headphones, etc. these same rules govern the use of GPS units, often known generically as "Garmins". If there is any chance that you might compete for any of these award categories consult the USATF Rules of Competition directly. Other runners can wear them but are cautioned to consider the safety issues that they present. ANY runner who fails to heed the direction of a race official will be disqualified.

Can my friends run or bike with me?

Absolutely not. Non-registered runners are not permitted to run with you - that is called pacing and is not permitted by USATF rules – for ANY runner. Bicycles are not allowed on the course for obvious safety reasons. They will be removed from the course and you are subject to disqualification.

Can I push a stroller?

See the answer above related to bicycles. Strollers create an unsafe condition for you, the child, and other runners and also are prohibited by our insurance carrier. If you push one you will be disqualified from the race and subject to a future bar to participation. If your use of a stroller causes damage or injury to another party you would also be personally liable as you are participating in violation of the race rules.

Can I start early?

Absolutely not, this is due to safety considerations - the beginning of the course is on country roads without streetlights. It is dark until just before the race starts. If you start early, you will be disqualified and barred from participation for at least one year.

Can I walk?

You can walk or run so long as you maintain a pace to finish in 6.5 hours.

How about dogs?

See the answers above. Also note that Milwaukee County ordinances prohibit dogs in County parks - this includes the finish area and several of the water stops.

Can my friends give me water or food on the course?

Yes - but only directly adjacent to designated water stops. YOU are subject to disqualification if they impede other runners. They must be very careful about where they park and have them make sure that they do not impede other runners in their effort to help you. You may not receive fluids or nutrition outside of the designated aid stations from friends or family – except for “citizen” aid stations where the fluids or nutrition is available to all runners.

I saw someone cheat – like getting water from a friend on the course, with a bike next to them, jumping in the middle of the race, etc. What should I do?

We take cheating very seriously and will disqualify people found to be cheating. We have had to do that in the past and will do so again, if we need to. If you see someone that you think is cheating, please try to make note of the runner number and name and report it to a race official – there is one with a bright yellow shirt at each aid station. You can also send us an e-mail after the race – please be as specific as possible about the circumstances. There will also be OFFICIAL bikes on the course – they will all be wearing bright yellow Race Official shirts.

Where can my friends see me on the course?

See the information in the Runners Guide. Please note that the course is effectively inaccessible for about the first 16 miles of the run (except at Concordia University). Spectators going to Concordia must expect (and be able) to walk a half mile or more. Please ask them to be careful when driving on or near the course – runners and drivers are very distracted. Also please ask them not to park in areas posted for “No Parking” and ask them to be courteous to residents whose patience we value. On-street parking is prohibited in the city of Mequon and Villages of Bayside and Fox Point (approximately miles 5-18) and is **not available at the Bayside Village Hall**. Police

WILL ticket those who violate parking restrictions or engage in unsafe behavior. Their good behavior will help us get permits for the race again next year!

I see that you advise spectators to pick one of three spots to see me in the middle of the race. What is up with that?

We receive more complaints about spectator conduct than all other issues COMBINED. Imagine 1500 cars driving from place to place all intent on seeing their runner – distracted by the demands of time and some who are unfamiliar with the area. All municipalities in the first 18 miles of the race prohibit parking on the street. The municipalities will ticket spectators parked in prohibited areas – really – they will. The Village of Fox Point, Wheel & Sprocket, Associated Bank, and Highland House have graciously made some parking available to spectators. This parking is limited so PLEASE have your friends and family pick just one spot and leave room at the others for other spectators.

What happens to the clothes I dropped on the course?

IF you drop them at an aid station, we will TRY to get them to the finish for you to pick up. Do not drop anything out there that you really like – as we can't guarantee its return. Due to the number of items and their condition (sweaty, dirty ...) we will discard clothing left on the course. Sometimes clothing left on the course is brought to the finish by volunteers or spectators. You can check at the runner bag pick-up prior to 2:00 to see if your stuff is there .

How do my friends get to the finish?

See the directions in the Runners Guide and breaking news on the web site. Note that Lincoln Memorial Drive will be VERY congested near the finish area. Spectator parking is available in the O'Donnell Park parking structure across from the Milwaukee Art Museum or in other structures or street parking south and west of the finish area. Spectators are not allowed to park in the area off Lagoon Drive or at the War Memorial parking lot just north of the Milwaukee Art Museum – really... If your spectators get north of the Art Museum looking for parking, they will just have to turn around.

I heard that there will be a company at the Finish that will engrave my medal – really?

My Medal will have a tent at the finish where they will engrave your finisher medal with your marathon time. They are a vendor so make sure that you put your credit card or a little cash in your pocket.

I heard that you have a special FINISHER jacket for sale – what gives?

Special FINISHER jackets will be available for sale at the expo and in the merchandise tent at the finish.

What about transportation from the finish?

We do not provide transportation back to Grafton after the race. There will be a shuttle bus back to the Marriott and Hyatt from 9:30 to 2:00 PM. Spectators can take this bus from the hotels to the finish and back to the hotels, too. Shuttles to runner parking at the ICC will begin at approximately 11:30.

When and where will the results be posted?

They will be posted on the web site <http://www.milwaukeeelakefrontmarathon.org> and <http://www.smaresults.com> on Sunday afternoon after the race. The Results Book will be posted on-line within 4 weeks.

Can my friends and family follow me on-line?

We will be posting a link to a special Facebook app that will allow them to track your progress in the race. Stay tuned for more information.

Will merchandise be available for sale at the finish?

Yes – whatever we have left.

Will you provide transportation from the finish back to my car at the start?

No.

Where does the money collected for the race go?

It goes primarily to pay the costs of the run – nice technical shirts without ads, tents, buses, tables, soda, porta-potties, shirts for volunteers, permits, beer, pace teams, rental of the high school, etc. Funds remaining support the activities of the Badgerland Striders Running Club - beginning running, fun runs, newsletter, etc.

What is the date for 2013?

Sunday October 6, 2013. Entry information will be available on our web site in early 2013.

I have a suggestion - who do I contact?

lakefrontmarathon@sbcglobal.net or the hotline at 414-291-2647.