

1/2

WAY
TO

CHRISTMAS

HALE

MARATHON

Run Festival 1ml, 5k, 10k, & Half Races



Saturday July 25, 2020, in Downtown Miamisburg, Ohio

Registration & Post-Race Party at Star City Brewery

Located at 319 S. 2nd St., Miamisburg, OH 45342

Christmas Tree Lighting at 6:30am and Races Start at 7:00am

It's the most wonderful time of the year again this July! Celebrate Santa and his elves, Christmas trees, lights, cookies & more as you run through Christmas themed music & decorations! Plus ornament finisher medals, Christmas cookies, festive aid stations, tree lighting and pictures with Santa! Join us for a jolly good time this summer!

Highlights

- Fun Christmas themed race with Christmas Tree Lighting at Sunrise!
- Aid Stations Every Mile with Christmas Music, Decorations, and Christmas Cookies!
- Christmas Ornament Medals to first 400 Registered in any Race and Beast Finisher Medal to first 75 Registered for Beast 3-Race Challenge!
- Catered Breakfast with Eggs, Meat, Fruit, Juice, Coffee, Milk, Craft Beer, Cider, Soda, Christmas Cookies & More!
- Photo Booth with Santa & Professional in-Race Photos!
- Race Pricing for Every Budget and a Portion of the Proceeds Support Hannah's Treasure Chest!
- Stylish Lifestyle tees in Men's & Women's Cut with Option for Tank Tops & Sleeveless!

Timed Races Include: Timed Races include ½ Marathon, 10k, 5k & 1-Mile, plus the Beast 3-Race Challenge!

Half Marathon Time Limit

- There is a 4 hour time limit (7:00am-11:00am) on the half marathon. Timing ends at 11:00am. If you are unable to complete the race in this time, please pick a shorter race option.

Inclement or Hot Weather

- Our race is scheduled in Ohio in July, which could mean hot weather or even potential storms. We encourage you to prepare for these potential conditions. Here are some helpful tips:
 - Hydrate Well and Fuel well in Advance: Be sure you drink plenty of fluids and eat nutrient rich foods in advance of the race.
 - Wear light clothing, a Hat and Sunscreen &: Wear apparel that's light in color, lightweight, and has vents or mesh. Wicking fabrics are a must. Consider wearing a cap—or better yet, a visor—and sunglasses to reduce heat build-up in your head. Prerun, apply a broad spectrum, sweat-proof sunscreen of SPF 30 or higher to all exposed skin.
 - Lower your Expectations: Accept the fact the race will likely be more difficult than anticipated. Every 5°F rise in temperature above 60°F can slow your pace by as much as 20 to 30 seconds per mile. Start slower than

planned, and make getting to the finish running strong your main goal. Run by perceived effort rather than mile splits.

- Use the Aid Stations: At the aid stations, take one cup of water to drink, and another to pour over your head. If necessary, slow and/or walk at aid stations to get enough fluids. Be sure you drink and eat as necessary throughout the race.
- If necessary stop and walk. If you get overheated or tired, stop and walk. Use the aid stations to rest.
- Should we have inclement weather or excessive heat the following event changes may be made:
 - Race courses may be altered or races may be shortened, delayed or have a time limit imposed.
 - Aid stations may be self-service with water and sport drink and may not play music or have decorations.
 - As a VERY LAST RESORT the race may be cancelled and will not be rescheduled.
 - Refunds cannot be given under any circumstances.

The Beast 3-Race Challenge

The Beast 3-Race Challenge is only for the strongest, bravest, and most daring athletes among us! To complete the Beast you must finish all 3 races (1-mile, 5k & 10k) in one day, inside the designated times. Complete the Beast and Get a Beast Finisher Medal (First 100 Registered for this Challenge)!

- Time Cut Offs for the Beast: You must finish each race inside these max times: 1-mile = 20 minutes; 5k = 40 minutes; 10k = 90 minutes

Race Course

- Race Course Map: <http://www.mapmyrun.com/routes/view/1389761635>
- Start / Finish Line will be at the Heritage Village in Downtown Miamisburg on W. Lock Street. This is 2 blocks South of registration at Star City Brewery.
- Registration and Packet Pickup in Downtown Miamisburg is a short walk from the Start / Finish Line.
- The course is an out and back run on the Great Miami Recreational Trail; athletes will run from Miamisburg to Franklin and back for the ½ Marathon. The 1-mile, 5 and 10k runs will also be out and back on the same path.
- There are Christmas Themed Aid Stations approximately every mile for your motivation, so you can experience Christmas while you run. Each will have its own unique Christmas theme with Christmas music & decorations, Christmas Cookies, water, sport drink, & gels.

Schedule

- 6:00am: Registration and Packet Pick-up
- 6:30am: Tree Lighting at Sunrise
- 7:00am: 1-Mile and ½ Marathon Start
- 7:20am: 5k Start
- 7:15am: Photobooth w/ Santa, & Post Race Party Music, w/ Food, Drink at Star City Brewery
- 8:05am: 10k Start
- 11:00am: Timing Ends & Runners must have Completed the Course

Parking and Restrooms

There will be parking available at Star City, Miamisburg Community Park, Miamisburg Riverfront Park, and on the streets of Miamisburg. There will be restrooms available at Star City, Miamisburg Community Park, Miamisburg Riverfront Park, the Start/Finish Line, and throughout the race course (see map).

Charity Partner - Hannah's Treasure Chest

While many families are fortunate enough to provide for their babies, toddlers and children, many parents struggle in raising their children with sufficient resources. Hannah's Treasure Chest responds to these needs by providing nonprofit and social service agencies in Butler, Greene, Montgomery, and Warren Counties with clothing, baby equipment, diapers, hygiene items, toys, books and other essential items for their clients. The assistance from Hannah's Treasure Chest greatly enhances programs already provided to children in the Miami Valley. We are asking athletes to support Hannah's Treasure Chest by donating money or items.

Race Shirts

The shirts will be short sleeve lifestyle tees in Men's Cut and Women's Cut, with an option for a tank top / sleeveless tee. To be guaranteed a race tee, you must register at least 2 weeks in advance of the race.

Awesome Finisher Medals, because Everyone Wins!

There are Christmas Themed Ornament Finisher Medals for First 400 in Any Race, plus Beast Finisher Medals for First 75 in that race!

Post Race Party: After the race, celebrate with Christmas themed music, food and drink, while you cheer on your friends and family as they finish! All finishers will get a catered Christmas Breakfast (eggs, meat, fruit, juice, coffee, milk, water), a Beer or Cider (soda and non-alcoholic drinks also available) and Christmas Cookies for Dessert! It will be the most wonderful breakfast of the year!

Pictures with Santa, Professional Photography & Photo Booth: Come get your picture with Santa or pose with your friends, family and team at our photo booth. We will also have a professional photographer out on course to take your pictures while you race. Pictures will be posted on Facebook after the race for you to like, tag and share!

Event Pricing: (1) Sept 1-Nov 30; (2) Dec 1-Feb 28; (3) March 1-May 31; (4) June 1-July 18; (5) Race Week July 19-23 & (6) July 24 & 25 Race Day. Everyone enjoys post-race party with photos, food, drinks, and a super fun race!

1. All ages, Any Race, Fun Run: Does NOT include timing, event shirt or finisher medal = \$20
2. All ages, 1-Mile Race: Includes all the Christmas Swag and Timing = \$35-38-40-43-45-50
3. All ages, 5k Race: Includes all the Christmas Swag and Timing = \$40-43-45-48-50-55
4. All ages, 10k Race: Includes all the Christmas Swag and Timing = \$45-48-50-53-55-60
5. The Beast 3-Race Challenge (10.3 miles: Run the 1-mile, 5k & 10k): Includes all the Christmas Swag and Timing + 1 Beast finisher Medal = \$65-68-70-73-75-80
6. Half Marathon: Includes all the Christmas Swag and Timing = \$90-93-95-97-100-105

*** If you skip the event tee, you can save \$5.**

NOTE: Registration is not refundable under any circumstances. Those registering for the low-cost race option do not receive event timing, event tee, and finisher medal. Everyone receives jingle bells, race meal and drink, and cookies.

QUESTIONS: Please contact Zoom Multisport Racing for additional accommodations or questions at mick@zoomracingusa.com or 937-572-5018

Emergency Contingency Policy & Plans: Races and events will be held unless race management, in consultation with local safety officials, determines that race conditions are too dangerous. Every effort will be made to conduct the race and to ensure the safety of all participants. Events may be held in the rain or snow or if there is snow on the course, so please prepare in advance. If the race is cancelled there will be no refunds. This position is consistent with USAT & USATF recommendations and with the protocol of sharing the risks associated with the sports of running, biking, swimming, triathlon, duathlon, aquabike and aquathlon. Each athlete must accept any such risk for their entry fee paid including other amenities paid for such as T-shirts, insurance, and online administrative fees. All fees collected are used to develop and produce the event, including all race supplies. In the event of inclement weather, Acts of God, or unforeseen circumstances, we reserve the right to alter, cancel or eliminate any/all portions of the race. The following procedure will be followed:

- The race director in consultation with local safety officials will make the final decision to delay, adjust or cancel the race.
- The decision will be posted on the website, in social media and communicated at the race venue via the PA announcing system.
- In the case of an emergency please dial 911. Volunteers will be instructed to contact 911 in the case of an emergency.

IN THE CASE OF A HUMAN CAUSES THREAT: CALL 911, Then Run, Hide, or Fight

Purpose: In the case of an incident at one of our events, we have prepared a simple response plan, based on recommendations created by the Department of Homeland Security and local Law Enforcement. These events often happen without warning, and can be unpredictable. We have created this plan in the event of such an incident.

You can learn more at: <https://www.dhs.gov/what-to-do-bomb-threat#> & <https://www.dhs.gov/private-citizen>

The Basics

1. First, if you experience any type of an emergency at one of our events please first call 911. You can also alert a race official, staff member or volunteer. They will have a direct line of communication with emergency officials. We will alert the appropriate authorities and enact the appropriate response plan (detailed below).

2. Second assess the situation, and, if able, get to safety. If you feel a threat, please first get to safety. This may include, running, hiding, ducking, laying down, going off course to shelter, or getting away from the threat. If you are in the midst of a race event, please stop racing and get to safety. Your time is not more important than your safety.
3. Third, report into family, friends and race officials. Once you have found a safe place, and if able, please alert family, friends, and race officials. You can email, call, text us at 937-572-5018 or mick@zoomracingusa.com. We request you touch base with our staff so we know you are okay and safe.
4. Someone will contact you about collecting your belongings. If you have to leave in the case of an emergency, we will find a way to get you all of your belongings. We will secure them until you or someone you know is able to retrieve them. We will work with local law enforcement and authorities to secure your things.

Run, Hide, Fight: The Department of Homeland Security has developed the run, hide, fight protocol. In the case of an emergency, there might not be time to enact an emergency plan. Chaos may ensue, and things move very quickly. With that in mind, Department of Homeland Security recommends you take any of the following actions. Run. Hide. Fight. There is no right way to respond, and each situation is different. So, they recommend doing any or all of the following:

- Run: Get away from the threat as soon as you can.
- Hide: Get out of the line of sight or the vicinity of the threat. This may mean ducking, finding shelter, barricading yourself in, or using natural obstacles to hide from the threat.
- Fight: Should the threat be imminent or should you feel called to engage the threat, you can fight. This can take many forms, but it has the goal of stopping the threat and saving additional lives.

Pocket card found at: https://www.dhs.gov/sites/default/files/publications/active_shooter_pocket_card_508.pdf

Our Emergency Protocol: In the case of an emergency, threat and/or an uncertain situation that could potentially endanger lives, we will call 911 and alert the appropriate authorities. In conjunction with local authorities, we will assess the threat and take appropriate action.

1. In the face of a threat, we may need to stop the race. We will consult local law enforcement in this decision. In this case, a race official, staff member or law enforcement officer will inform you that the race is stopped. They may hold you on course and not allow you to proceed until the threat has been eliminated. This is for your safety. If the race is stopped or cancelled we will give you further directions on how to return to the start finish line or parking area to retrieve your things. We will additionally stop all timing, and results will reflect this. We will make a note in the results to reflect this situation. We will only post times for people who completed the entire race before the race was stopped. We will not be able to provide refunds under these circumstances; we apologize for any inconvenience this may cause.
2. In the face of a threat, we may need to delay the race. We will consult local law enforcement in this decision. In this case, a race official, staff member or law enforcement officer will inform you that the race is delayed. They may hold you on course and not allow you to proceed until the threat has been eliminated. This is for your safety. Should the race be delayed, we may allow you to continue racing once the threat has been eliminated. This is optional. If the race is delayed, we will not be able to adjust your finishing time. Should you want your finishing time, we will make a note in the results to reflect the delay. We will not be able to provide refunds under these circumstances; we apologize for any inconvenience this may cause.
3. We may need to cancel the race. We will consult local law enforcement in this decision. In this case, a race official, staff member or law enforcement officer will inform you that the race is cancelled. This is for your safety. Should the race be cancelled due to a serious threat we will not be able to provide refunds under these circumstances; we apologize for any inconvenience this may cause. Race cancellation is a last resort, and will only be used for your safety.

LEGEND Start / Finish

  Start/Finish

 Aid Station

 Registration

 Run Course

 Law Enforcement

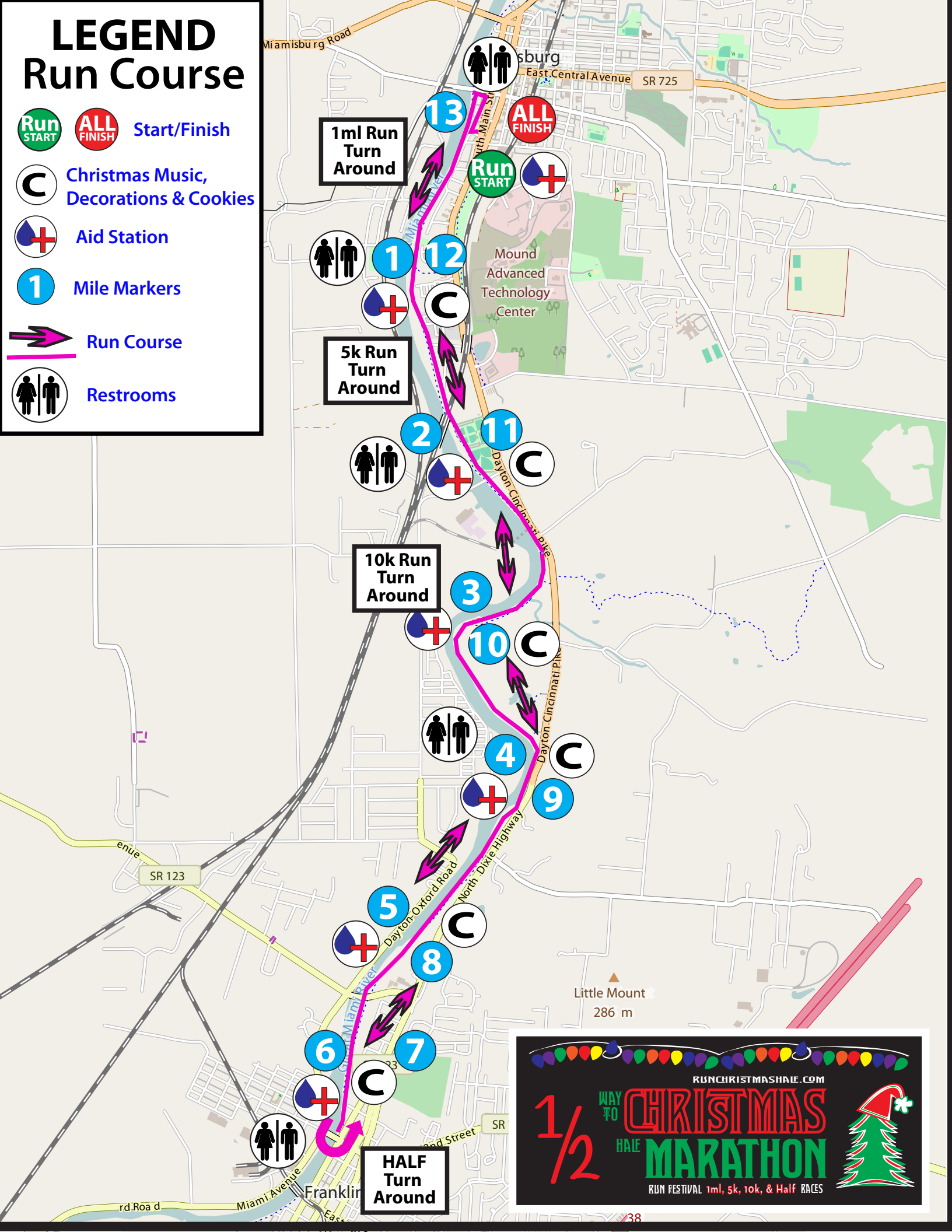


RunChristmasHalf.com

LEGEND

Run Course

-   Start/Finish
-  Christmas Music, Decorations & Cookies
-  Aid Station
-  Mile Markers
-  Run Course
-  Restrooms




RUNCHRISTMASHALE.COM
 WAY TO **CHRISTMAS**
 HALF **MARATHON**
 RUN FESTIVAL 1ml, 5k, 10k, & Half RACES


Emergency Action Plan for ½ Way to Christmas ½ Marathon & Run Festival
Start / Finish at Heritage Village in Downtown Miamisburg, corner of S. Main & W. Lock Street
Post Race Party at Star City Brewery Located at 319 S 2nd St, Miamisburg, OH 45342

In the Case of Emergency
Call Race Director 937-572-5018 (Mick) and/or 911

Introduction: The purpose of the emergency action plan is to guide athletic personnel, emergency medical services, and event volunteers in the event of an emergency situation.

Medical Personnel: Medical personnel may include, but not be limited to, ambulance, licensed physicians (MD/DO/DC), EMT's, certified athletic trainers, physician assistants, and lifeguards. Volunteers and athletic training students may also be present assuming the role of a first responder with basic first aid training.

Emergency Equipment: First Aid Kits at the Registration Tent & Aid Stations

Role of First Responders

1. Establish safety of scene
2. Immediate care of the athlete
3. Assess the ABC's (Airway, Breathing, Circulation)
4. Activate the Emergency Management System (EMS), when necessary
5. Call to medical director and/or 911
6. Control scene: limit scene to first aid providers and EMS. Direct other athletes around scene and move any bystanders away from the area.

On-field Management

If Conscious...	If Unconscious....
<p>If Head/Neck Injury</p> <ul style="list-style-type: none">- Check Airway/Breathing/Circulation- Stabilize C-spine- Call Medical Director and EMS- Determine need for spineboard	<ul style="list-style-type: none">- Check ABC's- Assume Head/Neck Injury- Call Medical Director and EMS- Medical Director and EMS spineboard athlete- Monitor ABC's and transport to hospital
<p>No Head/Neck Injury</p> <ul style="list-style-type: none">- Quick assessment of condition- Determine need of EMS- If minor injury, give basic first aid and notify Medical Director	
<p>In case of severe orthopedic trauma:</p> <ul style="list-style-type: none">- Call Medical Director and EMS	

Extreme Heat

Heat Cramps – symptoms include painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating. Rehydrating and stretching is the proper course of treatment.

Heat Syncope – symptoms include weakness, fatigue, and fainting due to loss of salt and water in sweat and exercise in the heat; predisposes to heat stroke. Lay down athlete in cool place and rehydrate.

Heat Exhaustion – symptoms include reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache, and sometimes unconsciousness. May also accompany nausea and vomiting. Move athlete to cool place and take action to lower body temperature and rehydrate. Notify Medical Director and EMS immediately.

Heat Stroke – abrupt onset, headache, fatigue, flushed skin, reduced sweating, increased heart rate, increased respiratory rate, rapid rise in body temperature. Take immediate emergency action to reduce temperature (ice bath, ice towel). Notify Medical Director and EMS immediately and athlete is to be removed to the hospital as soon as possible.

NOAA's National Weather Service

Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger

If conditions fall into the “B” category, extra precautions should be taken to ensure athlete hydration and cooling off. Ice baths and towels should be placed at the base tent and ice towels at hydration stations.

If conditions fall into the “C” or “D” category, actions should be taken to post-pone or reschedule the race.

Lightning

Proximity of lightning will be determined by a lightning detector or by the Flash-to-bang method. Using the flash-to-bang method, distance of lightning is determined by counting the seconds between the flash of lightning and when the thunder is heard. That number is then divided by five (5) to calculate the distance in miles the lightning is occurring. (Ex: 30 seconds is counted between the flash of lightning and bang of thunder, 30 divided by 5 = 6 miles way)

- Flash-to-bang count that is at 30 or less (6 miles) there is inherent danger and race should be suspended and situation should be monitored
- Flash-to-bang count at 15 or less (3 miles) there is immediate danger, seek shelter immediately
- All athletes should be moved to their cars, find shelter in the closest building or shelter facility.
- If unable to reach shelter, assume a crouched position with head down and arms hugging around your knees (avoid trees and other tall structures)
- 30 minutes will be allowed from the last lightning flash seen or the last flash-to-bang count greater than 30 before the race will be permitted to continue
- If inclement weather approaches during the course of the race, all emergency contacts will be notified to help assist athletes to safety

Heavy Winds

In the event of heavy winds, the Race Director should make certain no race apparatus or equipment being used will topple and cause injury to anyone in the area. This includes tents, speakers, finish/start lines, bike racks, banners, etc.

Tornado

In the event of a tornado, the Race Director should communicate with all athletes, volunteers, and other personnel that a tornado warning has been issued. All parties at the race site should be instructed to move to a safe location and take shelter, in the closest building or shelter facility. If it is during the course of the race and shelter is unavailable, all should be instructed to lie flat in a ditch or depression and cover their head with their hands. It is advised to all athletes to wear their helmets at all times.

Heavy Rains

While rain itself is not a danger to athletes and volunteers, rain slicked road ways, standing water and poor visibility are all dangers that may result from heavy rainfall. The Race Director will communicate with local law enforcement to determine the condition of the roadways and running trails.

Directions to Nearest Hospital/Medical Facility

Sycamore Medical Center

Address: 4000 Miamisburg Centerville Road, Miamisburg, OH 45342

Phone: (937) 866-0551

Distance: 4 Miles from Star City Brewing

Directions:

1. Head North on S 2nd Street
2. Go RIGHT on OH-725 E/E Central Ave
3. Continue to follow OH-725 E
4. Turn right. Destination will be on the right