



The Pancake Run - Half Marathon, 10k, 5k & 1-mile
January 1, 2020 in Miamisburg, Ohio
Register and Learn More at Run4pancakes.com

Highlights

1. Fun for Everyone in the Family with Themed Races Including the Beast 3-Race Challenge!
2. Post-Race Breakfast at TJ Chumps in Miamisburg, includes Pancakes, Fruit, Orange Juice, Milk, Water, Coffee, Beer, Mimosas and Bloody Marys w/ Belle of Dayton Vodka!
3. Enjoy on-course photos and a Photo Booth at the Post Race Party!
4. Finisher Medals for First 400 in Any Race, and Beast 3-Race Challenge Medals for the First 75 Registered for that Event.
5. Lifestyle Tees in Men's, Women's & Youth Cut & Sizes with Option for Long Sleeve!
6. Pricing for all Budgets & Portion of Race Proceeds Support Local Charities!

Timed Races Include: Half Marathon (13.1 Miles), 10k (6.2 miles), 5k (3.1 miles), 1-Mile & The Beast 3-Race Challenge (do the 1-mile, 5k and 10k for a total of 10.3 miles)

Half Marathon Time Limit

- There is a 3-hour and 30-minute time limit (8:30am-12:00pm) on the half marathon. Timing ends at 12:00pm. If you are unable to complete the race in this time, please pick a shorter race option.

Inclement & Cold Weather

- Our race is scheduled in Ohio on January 1st. Cold weather, snow, ice, and freezing wind chills could be a part of the race day weather. Please prepare for these conditions. Dress warmly! Clothing should provide an internal layer that allows evaporation of sweat with minimal absorption, a middle layer that provides insulation, and a removable external layer that is wind and water resistant and allows for evaporation of moisture. Toes, fingers, ears, and skin should be protected the most. Remove wet clothing as soon as practical and replace with dry, clean items. If you are doing multiple races, it is advised you have dry clothes to change into following each race. In between races, please return to your cars or other designated warmer stations to get out of the cold.

- In the case of inclement weather, cold temperatures or excessive snow the following event changes may be made:
 - Races may be shortened, delayed or have a time limit imposed.
 - Aid stations may be self-service with water and sport drink.
 - Aid stations 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.

Race Course Directions:

- Registration and Post-Race Party will be at TJ Chumps: 12 E. Linden Ave., Miamisburg, Ohio 45342
- The race start and finish line will be at Miamisburg Community Park at 550 First St. in Miamisburg, Ohio, which is a short walk from TJ Chumps.
- To get to the park from TJ Chumps
 - Head east on E. Linden Ave. toward S. 1st St.
 - Turn right onto S. 1st St.
 - The park will be about a ¼ mile down on your left.
- Runners will complete an out and back course loop that starts and finishes in Miamisburg Community Park. The course uses the Miamisburg Park Path and the Mound business park. The course is mostly flat and is hosted on paved roads and surfaces. There is a small hill on the 10k and half marathon course. Half Marathon runners will do the course loop 2 times.
- There is a 3.5 hour time limit on the half marathon. Timing ends at 12:00pm. If you are unable to complete the race in 4 hours, please pick a shorter race option.

Race Course Maps:

1-Mile Course: <http://www.mapmyrun.com/routes/view/951355487>

5K Course: <http://www.mapmyrun.com/routes/view/951353745>

10K Course: <https://www.mapmyrun.com/routes/view/2823640618>

Half Marathon Course: <https://www.mapmyrun.com/routes/view/2823635188> (complete this course 2x)

Dec. 31st Early Packet Pickup

- 3-5 p.m. early packet pickup at TJ Chumps. You have the option to use your drink ticket during this time too.

Jan. 1st Race Day

- 7:00-9:45 a.m.: Registration
- 8:30 a.m.: Half Marathon Start
- 9:00 a.m.: 1-mile Start
- 9:20 a.m.: 5K Start
- 10:00 a.m.: 10K Start
- 12:00 p.m.: Timing Ends - If you cannot complete your race by this time, please choose a shorter race option.

Results

Results will be posted on Run4Pancakes.com, which is also where you registered for the event.

Race Shirts

1. Men's Cut, Women's Cut & Youth Sizing Available
2. Shirts will be short-sleeve lifestyle tees with an option to upgrade to a long-sleeve tee.
3. To be guaranteed a race tee, you must register at least 2 weeks in advance of the race.

Awesome Finisher Medals!

There are Commemorative Finisher Medals for First 400 in Any Race! Plus Beast Finisher Medals for First 75 in that race.

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)!

1. 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

Post Race Party: After the race, all finishers will be provided a post-race breakfast at TJ Chumps in Miamisburg, that includes Pancakes, Fruit, Orange Juice, Milk, Water, Coffee, Beer, Mimosas and Bloody Marys w/ Belle of Dayton Vodka!

Parking and Restrooms

There will be parking available at Miamisburg Community Park, Miamisburg Riverfront Park, and on the streets of Miamisburg. There will be restrooms available at TJ Chumps, Miamisburg Community Park and Miamisburg Riverfront Park.

In-Race Photos & FREE Photo Booth: We will have a photographer out on course to take your pictures while you race. Then after your race you can pose with your friends, family and team at our FREE photo booth. We will post all pictures on Facebook after the race for you to like, tag and share!

Event Pricing: (1) September; (2) October; (3) November - December 23; (4) Dec 24-Dec 30; (5) Dec 31-Jan 1.

Everyone enjoys post-race party with photos, food, drinks, and a super fun race!

- All ages, Fun Run, Does NOT include timing, event shirt, or finisher medal = \$20
- All ages, 1-Mile Race: Includes Swag and Timing = \$30-35-40-45-50*
- All ages, 5K Race: Includes Swag and Timing = \$35-40-45-50-55*
- All ages, 10K Race: Includes Swag and Timing = \$40-45-50-55-60*
- The Beast 3-Race Challenge (10.3 miles: Run the 1-mile, 5k & 10k): Includes Swag, Timing, Pancake & Beast Finisher Medals = \$60-65-70-75-80*
- Half Marathon: Includes Swag and Timing = \$85-90-95-100-105*

* If you skip the event tee you can save \$5; upgrade to long-sleeve tee for \$10.

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 post race meal and drink.

Directions to TJ Chumps at 12 East Linden Ave. in Miamisburg, Ohio 45342

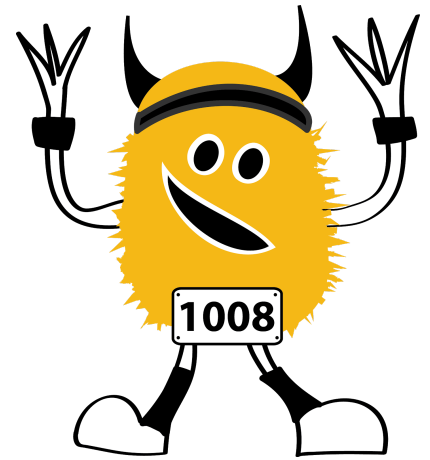
From East: Take Rt. 725 West from I-75 (Dayton Mall Area). Follow to Historic Downtown Miamisburg (about 3 miles). Once you cross First St., proceed around the market square turning left onto Main St. (one-way street). Go about one block and TJ Chumps is on the left corner of Main St. and Linden Ave.

From West: If you are on Rt. 725 heading East, turn right onto Main St. and proceed to Linden Ave., turn left. TJ Chumps on the right, corner of Linden Ave. and Main St.

From North: Go South on old Dixie Dr. from West Carrollton. Stay on Dixie as it becomes Main St., TJ Chumps is on the left corner of Main St. and Linden Ave. in Downtown Miamisburg.

From South: Go North on Dayton-Cincinnati Pk. from Franklin. Follow to Downtown Miamisburg. Turn left on Linden Ave., TJ Chumps on the left corner of Linden Ave. and Main St.

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 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.

Registration
& Post Race Party
at TJ Chumps
12 E. Linden Ave.
Miamisburg, OH 45342

LEGEND

-  Start
-  Restrooms
-  Finish
-  Aid Station
-  Race Course
-  Mile Marker



THE **Pancake** RUN

1-MILE
5K
10K
HALF / 13.1



RUN4PANCAKES.COM

PANCAKES & RESOLUTIONS 5K, 10K & 1-MILE RUN & WALK

Heat Restrooms at Riverfront Park



TJ Chumps
Buzzing sports bar
American restaurant
Main drive - hon

Indoor Restrooms at TJ Chumps

Registration, Packets & Food at TJ Chumps



**Star City
Company**

To Start & Finish Line

Dairy Queen Store



South St

Mound Ave

S 2nd St

S 3rd St

Start & Finish at Community Park

START

FINISH



Porto Johns



Emergency Action Plan for Pancakes & Resolutions 5k, 10k & 1-mile Walk/Run
Start / Finish at Community Park 550 S. 1st Street, Miamisburg, OH 45342
Post Race Party at TJ Chumps 12 E Linden Ave, 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.

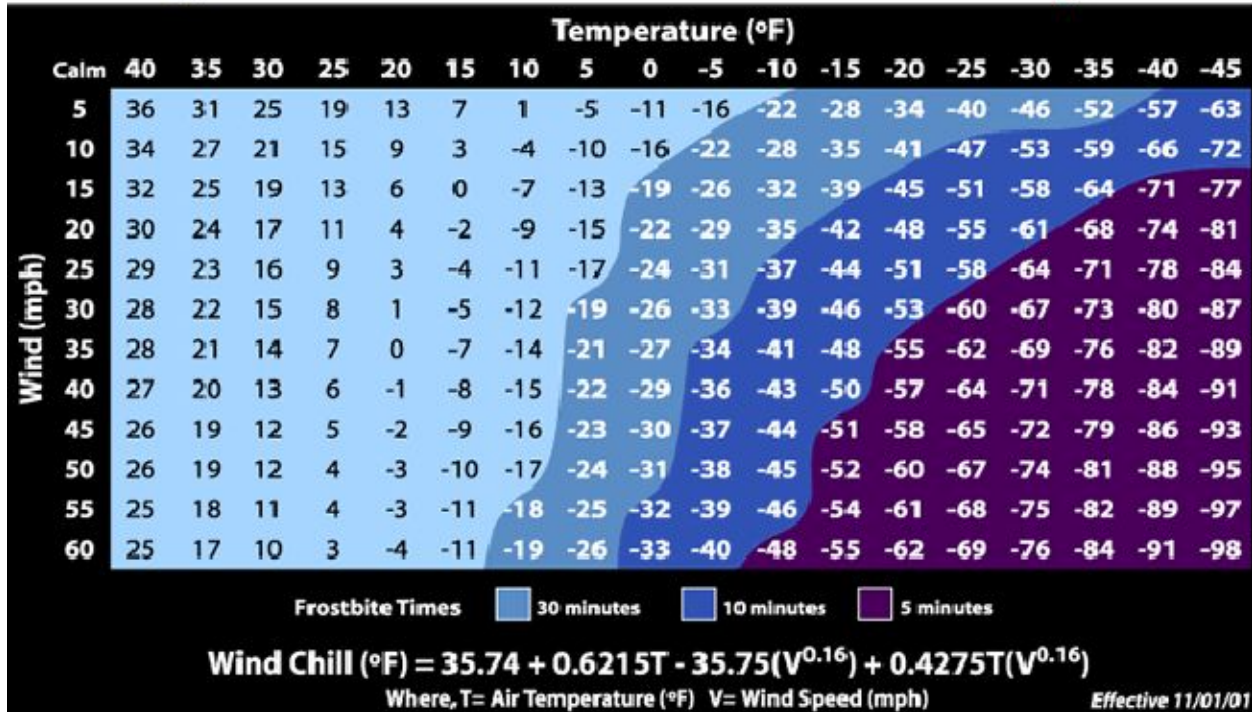
On-field Management

If Conscious...	If Unconscious....
If Head/Neck Injury <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
No Head/Neck Injury <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	
In case of severe orthopedic trauma: <ul style="list-style-type: none">- Call Medical Director and EMS	

Extreme Cold: If race conditions put athletes at risk for Frostbite, post-pone or reschedule the race.



NWS Windchill Chart



If you suspect a participant has Frostbite, Hypothermia or other cold related illness contact the medical director, race director or call 911 and get the patient indoors immediately.

Frostbite – Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in the affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage body tissues, and severe cases can lead to amputation. In extremely cold temperatures, the risk of frostbite is increased in athletes with reduced blood circulation and among athletes who are not dressed properly.

Frostbite Symptoms

- Reduced blood flow to hands and feet (fingers or toes can freeze)
- Numbness
- Tingling or stinging
- Aching
- Bluish or pale, waxy skin

Frostbite First Aid

- Don't walk on a frostbitten foot. You could cause more damage.
- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes-this increases the damage.
- Immerse the affected area in warm-not hot-water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Warm the affected area using body heat; for example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub or massage the frostbitten area; doing so may cause more damage.
- Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.
- Frostbitten skin will become red and swollen and feel like it's on fire. You may develop blisters. Don't break the blisters. It could cause scarring.
- If your skin turns blue or gray, is very swollen, blistered or feels hard and numb even under the surface, go to a hospital immediately.

Hypothermia - When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and will not be able to do anything about it.

Hypothermia Early Symptoms

- Shivering
- Fatigue
- Loss of coordination
- Confusion and disorientation

Hypothermia Late Symptoms

- No shivering
- Blue skin
- Dilated pupils
- Slowed pulse and breathing
- Loss of consciousness

Hypothermia First Aid

- Move the victim into a warm room or shelter.
- Remove their wet clothing.
- Warm the center of their body first—chest, neck, head, and groin—using an electric blanket, if available; or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages may help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After their body temperature has increased, keep the victim dry and wrapped in a warm blanket, including the head and neck.

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, $30 \div 5 = 6$ 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 Start / Finish Line at Community Park 550 S 1st Street, Miamisburg, OH 45342

Directions:

1. Head North on S 1st Street / Main Street
2. Go about 4 blocks and take a RIGHT on OH-725 E/E Central Ave
3. Continue to follow OH-725 E
4. Turn right. Destination will be on the right