



**Saturday July 20, 2019, 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**

**Timed Races include 1/2 Marathon, 10k, 5k & 1-Mile,  
plus the Beast 3-Race Challenge!**

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 600 Registered in any Race and Beast Finisher Medal to first 100 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!

**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 a 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!

### **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 give 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

### **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 600 in Any Race, plus Beast Finisher Medals for First 100 in that race!

## 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, & blocks.

## **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).

## **Friday Schedule**

- 6:00-7:00pm: Registration and Packet Pick-up at Star City (you can use your drink ticket)

## **Saturday Schedule**

- 5:45am: Registration and Packet Pick-up at Star City
- 6:30am: Tree Lighting at Sunrise at Star City
- 7:00am: 1-Mile and ½ Marathon Start at Heritage Village
- 7:20am: 5k Start at Heritage Village
- 7:30am: Photobooth w/ Santa, & Post Race Party Music, w/ Food, Drink at Star City Brewery
- 8:05am: 10k Start at Heritage Village
- 11:00am: Timing Ends & Runners must have Completed the Course

## **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.

## **Start / Finish Line**

- The Start / Finish Line is at Heritage Village or the corner of Old Main & W. Lock in downtown Miamisburg. You can follow the race signs or exit the parking lot and walk 2 blocks West on W Lock. Look for the large blue arch!



# Basic Information, Tips & FAQ for our Running Races

1. **Arrival Time:** We recommend we arrive at least 45-60 minutes before your race so you have plenty of time to park, register or pick up your race packet, and get to the start line. There is a short walk to the start line from the registration area, so please prepare accordingly.
2. **Course Markings:** The course is marked with signs and cones. There will be volunteers on the course, but they are there in case of emergency, so please know the course. You can refer to the maps in our race guide.
3. **Race Photos:** These will be posted on [facebook.com/zoomracingusa](https://facebook.com/zoomracingusa) shortly after the race. Our photographers take many pictures, and it takes time to prepare them for distribution. We will also have a photo booth, so you can stop by and get pictures taken there as well. All pictures are free of charge and will be posted online for you to tag, share and download.
4. **Race Bibs:** Please wear your race timing bib on the front of your person so the timers can get an accurate time. Your timing chip is on your bib, so please keep your bib in good condition and do not bend it. If you have a Road ID bib and are doing the fun run, you will need to keep your own time. If you are doing the Beast you will need to switch bibs between races. You can store your bibs on the Beast rack between races.
5. **Race Timing:** Everyone, except our fun runners (wearing Road ID bibs), will get a finish time. You must cross the start line at the start and the finish line at the finish to get an accurate time. Please wear your timing bib on the front of your person.
6. **Results:** These will be available immediately at the registration page and on [KeySports.net](https://KeySports.net); later in the day they will be posted at [zoomracingusa.com](https://zoomracingusa.com) and [facebook.com/zoomracingusa](https://facebook.com/zoomracingusa)
7. **The Beast:** The Beast 3-Race Challenge requires athletes to complete 3 race in 1 day. First you tackle the 1-mile, then you race the 5K, and finally you come back and do the 10K. This is a total of 10.3 miles of running. Each athlete will get a separate bib for each race and run them completely separately. We ask that you finish all 3 races (1-mile, 5K & 10K) inside the designated times (1-mile = 20 minutes; 5K = 40 minutes & 10K = 90 minutes). To get a Beast hoodie you must complete 3 Beast races in 1 calendar year.

8. **Awards & Swag:** We believe everyone is a winner at Zoom. While we may report our results to USA Track and Field with age group placing, we have decided to give everyone more swag, and boost the fun factor of our races. So we do not have any “awards” other than beer, food, swag and lots of fun for everyone! We try to order enough swag for everyone, so please be sure you sign up early, because sometimes we run out. We do make sure that everyone who registered before we run out does get their swag. We put all swag, medals and materials in your race bag. We want to be sure you get it! If you did not register in time, registered for the fun run and would like swag, or want to get extra for your friends or family, please see the registration table after the race for extras. We do not mail swag after the race, unless you signed up for the virtual race.
9. **Finisher Medals:** We put these in the race bags so we make sure those who registered for it gets one. If you did not get one, please stop by registration and ask about them. Everyone who registered for a timed race will get one. We do purchase a limited number of race medals so be sure to sign up early to get them before they sell out. We do not mail medals after the race, unless you signed up for the virtual race.
10. **T-Shirts:** We order shirts a few weeks in advance of the race, so please register early. We do not offer you shirts once we have sold out of a size, so if you registered for a tee, you will have it on race day. Because we order exact quantities of each size, we can only do size exchanges after registration closes. So come back after your race and we will see if we can help. If you do not register for a tee, but want one on race day, we will sell any extras after registration closes, so come back after your race to see what we have left over. We do not mail tees after the race, unless you signed up for the virtual race.
11. **Food and Drink Post-Race Party:** The post-race party is for all our athletes no matter which race you completed. Drink tickets will be in your race packet bag, and can be redeemed for both alcoholic and non-alcoholic drinks at the races. Please help yourself to the food, and if you need help, see one of our registration staff.
  - a. Note: For Halloween you will need a food ticket; everyone gets one, and they are in your race bag.
  - b. Note: For Pancakes and Christmas, you do not need a food ticket; there, the food is open to all our racers, just get in line and enjoy!
12. **Service Animals Welcome:** While we love our furry friends, our event insurance only allows us to welcome service animals. We are not allowed to have other animals on course. Thank you for your understanding.
13. **Strollers Welcome!** If you want to push or pull someone in the race, you are welcome to do that. You do not have to pay for your companion, and they are welcome to enjoy the post-race party as well.
14. **All Ages and Abilities Welcome!** We welcome all ages and abilities. We defer to parents and guardians to determine at what age you can compete in the event. So feel free to bring your children, young and old; this is a family event. You are welcome to walk, run or jog the event. We do have time cut offs so please be sure you can make the time limit, or we recommend you sign up for a shorter distance.
15. **Race Time Limits:** We do have time limits on our races. Out of respect for our staff, volunteers, local community and first responders we need to have a time limit. The time limit is set in advance and does keep walkers in mind. Even walkers should have plenty of time to complete the course, and you are welcome to walk the course. Please be sure you can make the time limit, or we recommend you sign up for a shorter distance.
16. **Other Questions:** All questions should be covered in the athlete guide ([zoomracingusa.com](http://zoomracingusa.com)), on the event website or on our Event Registration A-Frame Sign (at the event). If we missed something, please email us at [mick@zoomracingusa.com](mailto:mick@zoomracingusa.com)



# LEGEND Start / Finish



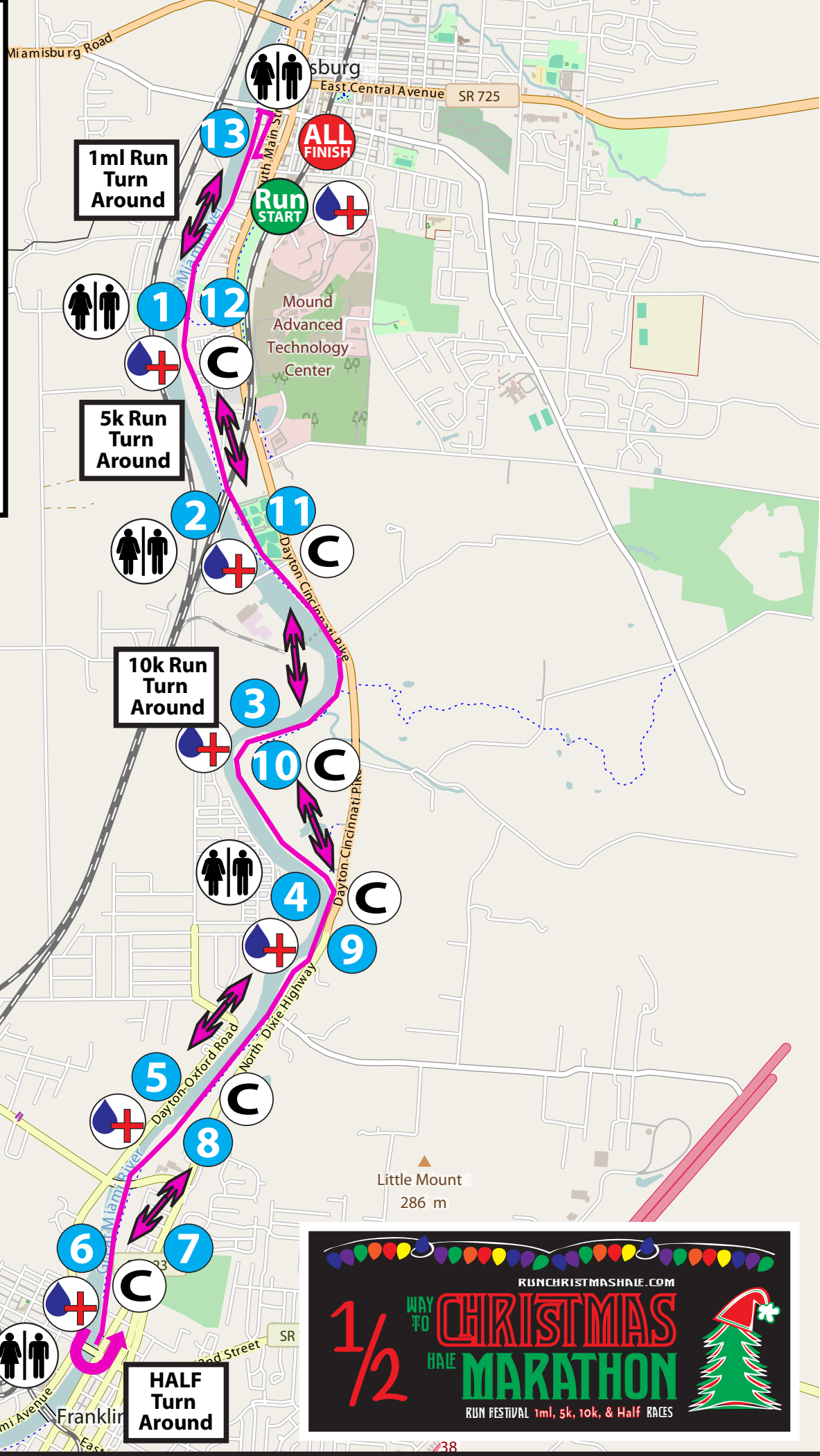
[RunChristmasHalf.com](http://RunChristmasHalf.com)



# LEGEND

## Run Course

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



RUNCHEXISTMASHALE.COM

1/2 WAY TO CHRISTMAS HALVE 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

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**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**

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

## 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.

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## 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