



Dear Athletes;

It's almost here! The Inaugural *Beaver Island Marathon* is fast approaching! The popularity of this event is enormous as we have registrations from around the Nation.

We are so thankful to have the amazing support from the **Beaver Island Boat Company**, **Fresh Air Aviation**, **Island Airways**, the **Charlevoix County Sheriff's Department**, **McDonough's Market**, the **Northern Islander News** for their reporting, and the hard work of the **Beaver Island Chamber of Commerce** and their help promoting our sport and supporting the athletes. It will be very evident on race day that Beaver Island is supporting you!

The Beaver Island Sports Booster's is offering a pasta dinner on Friday evening September 4, 2009 from 5:30 – 7:30. **Donations to the Sports Boosters are requested and greatly appreciated.** We will be reviewing the course and taking your questions during dinner.

The *Beaver Island* marathon course has been certified as a **Boston Marathon** qualifying course. We look forward to meeting you, your families and celebrating with you at the finish line. Thank you again for participating in the very first *Beaver Island Marathon*.

Best Regards,

*Jeff, Sharon and Ron*

**Good Boy Events**

[www.goodboyevents.com](http://www.goodboyevents.com)

# OFFICIAL SCHEDULE OF EVENTS

## Friday September 4, 2009

- Packet pick-up will be held at the Holy Cross Hall (by the starting point on Main Street), **has been changed to 1:30 to 5:30pm** September 4, 2009. On race day, you may pick up your packet at the starting line from 7:00AM until 8:15AM.
- There will be a pre race pasta dinner at the Holy Cross Hall from 5:30 - 7:30 September 4<sup>th</sup>; - reservations are appreciated. They will be serving, spaghetti, rolls, beverages, salad and dessert. This is also a good time to meet the other athletes. **Donations to the Beaver Island Sport Boosters** are accepted and greatly appreciated.

## RACE DAY

### Saturday September 5, 2009

- **7:00AM until 8:15AM** Late Package Packet pickup at Holy Cross Hall
  - **8:00 AM** Early Start for Marathon Walkers (*Notify our Timer Friday*)
  - **8:45 AM:** National Anthem and quick questions/answers
  - **9:00 AM:** **MARATHON START**
  - **9:15 AM:** **½ MARATHON START.**
  - **9:30 AM:** 5k start
  - **2:00PM** Awards
  - **3:30PM** Finish Line removed from the street  
(Note: Late finishers should finish on the sidewalks)
  - **TBD** Sunset Cruise to Charlevoix (*probably around 6:00*)
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- **2:00 PM Awards:** Join us for the *Beaver Island Marathon* awards ceremony. Pizza, soda, beer (for those 21 and older), chips, trail mix, pretzels, Myoplex drinks, Gatorade, and nutrition bars are available for participants. Finisher's medals will be awarded at the finish line for the ½ and marathon.

### Sunday September 6, 2009

- **8:00 – 12:00** AM VETS breakfast at the Holy Cross Hall. Eggs, sausage and pancakes. By donation. Don't miss this breakfast!
- **9:30** Light House Fellowship will have church service at the Public Beach across from the Holy Cross Hall. All are welcome.

## Frequently Asked Questions:

1. **Where are the porta potties?**
  - a. At the start / finish line at Holy Cross Hall. Various points along the course.
  
2. **How many aid stations and how are they stocked?**
  - a. All stations will be staffed by an adult and 3 – 4 students. All stations will have GU, water, pretzels, Gatorade and a candy snack. There are aid stations approximately every 1 ½ miles with the longest distance being 1.7 miles; 4 total aid stations + the finish line since the course is a double out/back.
  
3. **Will the course be marked?**
  - a. Yes, very well marked with yellow chalk mile markings and signs. There will be an aid station at the 5k turn, at the marathon turn and 2 others for a total of 4 aid stations. We will also have volunteers on bikes keeping all on track.
  
4. **Will we receive a Finishers Medal? Are there age group awards.**
  - a. The full and ½ marathon participants will receive finishers' medals "specific" to the Beaver Island area. The marathon and half marathon events will have age group awards. The top 3 finishers in the 5k event will be recognized.
  
5. **What about shirts? Will I receive a Beaver Island Marathon shirt?**
  - a. Yes. All racers will receive a commemorative Beaver Island Marathon Zorrel Z1050 Tech shirt.
  
6. **Is the course hilly?**
  - a. Almost too late to be worried about that now!! I believe everyone will be happy with the course and the beauty of Beaver Island. The course is relatively flat however you will experience several inclines at about mile marker 4 and "short" hills.
  
7. **Where specifically, are the turns for each event?**
  - a. **The 5k** turn is the first aid station; 1.55 mile mark on Main Street after looping the lighthouse
  - b. **At the ½ marathon/marathon** turn there is an aid station however runners continue **past** the 4<sup>th</sup> station about 200 yards, down a **path** and up

short a hill. This is the only trail running on the course. There will be a sign indicating the turn point.

**All turns are at an Aid Station and are clearly marked.**

**8. What time will the finish line come down and can I start early?**

- a. The finish line will be removed from the street at about 3:00PM. Runners may finish on the side walk after 3:00 if necessary. The timing mats will be on the sidewalk for late finishers. Walkers should start at 8:00AM and we need to know who you are.

**9. Can we use headphones or iPods? Can I push a child in a stroller?**

- a. The course is not closed entirely to traffic and for your safety, no headsets until you hit the bike path! We encourage you to only use headsets after mile marker 2. Strollers are permitted on the 5k only.

**10. What will the temperature be?**

- a. In northern Michigan we must expect the “unexpected”! At 9:00AM the temps should be in the mid 60’s, sunny and slight breezes off the lake. By noon, the temps could be in the high 70’s to the low 80’s.

**11. Is this race a Boston Qualifier and what about timing?**

- a. Yes, the marathon is certified as a Boston Marathon qualifying race; the half is certified also. All runners will be timed using the latest in timing technology equipment from ChronoTrack Systems. No chips to return and instant results!

**12. How many people are you expecting?**

- a. This is the first year for the Beaver Island Marathon. We will have 250+ in the marathon and half marathons. The course could support more and we believe this race will become an “instant classic” in Northern Michigan! .

**13. What other events does Good Boy have in Michigan? What about Red Rock Company?**

- a. We host the “coolest” Turkey Trot in the Nation on Thanksgiving morning. Ann Arbor, Michigan (America’s top college sports town as ranked by Forbes.com) is home to our Annual Thanksgiving Day Turkey Trot!
- b. Each spring we host the Charlevoix Marathon which is growing in popularity. In the spring of 2009 we hosted over 930 runners in Charlevoix.

- c. This fall we will donate our time and equipment to the **5K for K9s and Friends** supporting the Dearborn Animal Shelter. All proceeds support their efforts.
- d. Yes, Red Rock is doing the Tempe, Arizona triathlons.