



2014 Heart & Sole Race Day Information

- First aid:** Basic first aid will be available on the course at the four water stops (approx. miles 1.5, 2.4, 2.7 and 3.7). EMS support will also be available. A medical tent will be located at the Finish Line and will be staffed with a physician and certified athletic trainers. Our staff will be available to assist your medical needs from 7:45 a.m. to 11 a.m.
- Race bibs:** Please remember to get your race bib and safety pins at Packet Pick-Up. On race day, **your bib number must be clearly displayed on the front of your shirt at all times. Do not remove your number**, and please memorize it in case it is lost. Both runners and walkers will wear bibs.
- Race chips:** All five-mile runners will use Chronotrack's D-tag™ race tag system instead of race chips. These disposable, peel-off tags are located on the front of your race bib and should be removed and placed on your shoelaces on race morning. Instructions for attaching the tag to your shoe are found on the back of the tag.
- Shoes:** Bring any "gently used" sneakers and shoes (female or male) to Packet Pick-Up on Friday, April 25 or on race morning. We will donate these shoes to needy people in the Midlands.
- Parking:** Ample free, convenient parking is available. Refer to the [parking map](#) on the Heart & Sole website.
- Course:** A [map of the course](#) is available on the website. All miles will be marked with signs and red, heart-shaped balloons. Splits will be given at every mile. Only registered female runners and walkers will be allowed on the course. **Because this is an all-female event, no males will be allowed to pace any runners or walkers on the course. The course will remain open until 11 a.m.**
- Start:** The Start Line is located at Arsenal Hill at 1800 Laurel Street near the intersection of Laurel and Lincoln Streets.
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| Start times are: | Opening Ceremony | 8 a.m. |
| | 5-Mile Run | 8:30 a.m. |
| | 3- and 5-Mile Walk | 8:35 a.m. |
- Finish:** The finish line is located at Finlay Park (Taylor Street side). A Post-Event Celebration and Expo will be held there from 9 to 11 a.m. The food tent will be open from 9 a.m. until 11 a.m.
- Restrooms:** Portable restrooms are located at the start line, finish line and on the course at the corner of Lady and Assembly Streets and at the corner of Gervais and Marion Streets.
- Fluids:** Water will be available along the course at the four water stops at approximately 1.5, 2.4, 2.7 and 3.7 miles. Water, Gatorade and food will be available at the finish area until 11 a.m.
- Awards & Expo:** Join Dawndy Mercer Plank and other WIS News 10 personalities in Finlay Park for a very special post-event celebration and expo featuring refreshments, music, health screenings and local vendors. The Awards Ceremony will take place at approximately 9:30 a.m. for runners. Awards are based on gun time, not chip time. Post-race ceremonies for walkers are scheduled to begin around 10:30 a.m. The BlueChoice Health Plan Health & Wellness Expo will take place from 9 to 11 a.m. in Finlay Park.
- Results:** Preliminary results will be posted in the stage area in Finlay Park. Final race results and photos will be posted on the website as soon as they are available. Please remember, runners must cross the finish line with their race tags on their shoes and their race numbers on the front for their time to be recorded. Although walkers are not timed, the names of all registered walkers will be posted on the Heart & Sole website.

Thank you for your participation. We hope you enjoy this year's Heart & Sole!

www.HeartAndSoleRun.com

www.HeartAndSoleWalk.com