

2023 Seabrook Lucky Trails Marathon - Race Day Instructions

Race Details - Website: <http://www.seabrookmarathon.org/>

Announcements and Updates - Facebook: <https://www.facebook.com/RunningAllianceSport/>

Welcome to the Seabrook Lucky Trails Marathon, Half Marathon, Quarter Marathon, 5K , Kids K and Relay, hosted by **Running Alliance Sport** and our generous sponsors! We thank you for your support!

Trail Etiquette:

- The trails are narrow so please use caution and be courteous to other participants!
- PLEASE remember this is a trail run, expect your times to be slower than a road race. Please line up at the start according to your pace.
- Stay to the right on the trails.
- Be mindful of on-coming runners and runners behind you.
- PLEASE do not run more than 2 abreast. If you see others approaching you, then move to single file.
- If someone comes up behind your group, move to single file as they pass.
- Additionally, let people know that you want to pass them. If you are using headphones, keep the volume down low enough so that you can hear the runner wanting to pass.
- If the course is wet, and muddy in areas, DO NOT attempt to run on Todville road! This is a narrow city street and very dangerous to foot traffic. YOUR safety matters most!
- Course monitors are there to help, please communicate problems or issues you may encounter in a friendly way!
- Give a big "THANK YOU" to the event volunteers, they like supporting you!!

Bib and Timing System: All participants must wear their bib on the front in a way that it can be seen by course officials. The timing tag is attached to the back of your bib. DO NOT FOLD YOUR BIB it may prevent your time from being recorded. Do not forget your bib on race morning. NO BIB, NO TIME. If you forget your bib, you will need to pay **\$10** to replace it. Non-registered runners and/or bandit runners will be removed from the course. No one will be allowed to finish the race without a bib.

Arrival Time and Parking: **Note: Parking is limited, if possible, please car pool.**

Please allow yourself ample time to find a parking space and get to the race start area. Roads on the race course will be CLOSED by 6:45 am for Saturday and Sunday races. Follow the signs and direction from parking assistants. Parking is available at the following locations: **Seabrook Intermediate School, Seabrook Sports Complex.** (Additional overflow parking is available at James Bay Elementary). **PLEASE do not block any driveways and be courteous to the residents of the area.**

Bag Drop: Available under the Pavilion

Race Day Packet Pickup: Since we realize not everyone can pick up their packet ahead of time, race day packet pickup will be available (under the Pavilion), for your race *that day* (Friday packet on Friday, Saturday packet on Saturday, Sunday packet on Sunday). Picking up your packet during scheduled packet pick-up times in advance is ALWAYS preferable, both for you, and for everyone on race morning.

Race Starting Location: Rex Meador Park -2100 Meyer Rd. Seabrook TX 77586

Start Times:

FRIDAY

Kids K - 5:15 pm
5K - 5:30 pm

SATURDAY

Early Marathon Walker Start ONLY – 6 am

Marathon - 7:15 am
4-Person Relay - 7:15 am
Half Marathon 7:30 am
Course closes at 2 pm

SUNDAY

Half & Quarter Marathon – 7:15 am
5K – 7:15 immediately after the Half Marathon start
Sunday course closes at 11:15 am

Course Description: The 26.2-mile course starts at Meador Park (see race map). The course closes at a graduated pace, approximately 14:53 minutes per mile pace. The first mile, approximately, will be on city streets. Streets will be closed to vehicle traffic for approximately 30 minutes. The remainder of the course is run on the Seabrook Trails, which will also be open to the public. There will be police stationed at the major street crossings (street crossings are E. Meyer, Red Bluff, and Todville Road entering Pine Gully Park). See course map for more details. **Please use caution when crossing all streets and be courteous to the residents of the neighborhood.**

Marathon: Four loops on the Seabrook Trails starting at Meador Park, proceeding north to Pine Gully Park and returning to Meador Park.

Half Marathon: The Half Marathon consists of two loops of the course.

1/4 Marathon: 1/4 Marathon consists of one loop of the course.

4-Person Relay: Each person completes one loop. Each relay team will be issued bibs for each individual team member. A timing tag is attached to the back of each bib. Each relay team will be timed according to the team's name. The team will receive split times for each lap. Individual team members will know their time from the team's split time for their leg of the relay.

Each participant on a relay leg can only start after the preceding relay leg has completed his leg. Otherwise, the team will be disqualified (no time recorded). The transition area will be to the right, across the trail from the finish chute. Team members need to be ready to transition when their preceding teammate is coming in.

5K: Friday 5K course will be on the Seabrook Trails. Sunday 5K course consists of 2.7 miles on the streets and 0.4 miles on the trails. Sunday participants must complete the first 2.7 miles by 8:30 AM (1 h time limit). After 8:30 AM, the streets will be opened to traffic.

Course Closure: Saturday the course will be open for 6-1/2 hours based on 7:30 AM start. Early starts are not allowed (unless you registered for the Saturday Marathon 6 AM early walkers start). Runners and walkers who have not finished by 2:00 pm. will be responsible for their own safety.

Sunday the Half Marathon course will be open for 4 hours. **NO EARLY STARTS are allowed on Sunday.** Only official/authorized vehicles are allowed on the course. No bicycles, baby joggers, pets, in-line skates.

Course Certification Number: TX04012ETM

Course Markers: Visible markers will be positioned along the course.

Photography: Official race photographer will be on the course and at the finish – smile!

Aid Stations: Aid stations will be located at approximately every 1.5 miles. Medical aid station will be located at the start/finish area. Gatorade (Lemon-Lime Flavor) and water will be provided at each aid station.

Safety: Runners and walkers will be expected to follow directions and instructions of race officials. EMT personnel may be riding the course on bicycles. Please let them or any aid station personnel know if you are having any problems. Headphones are allowed. However, **volume should be low enough so that you can hear the race officials' instructions.** NO pets are allowed on the course.

Finish Line: Keep moving after you cross the finish line. Results will be posted at the park and also on the official marathon website at www.seabrookmarathon.org. Finisher's medal will be awarded just outside the finish chute.

Post-race Party in the Park: After you finish your event, stick around and cheer in your fellow runners and walkers and party in the park with us, there will be lots of food, fun, and entertainment for your enjoyment.

Stay overnight in Seabrook for Friday, Saturday and/or Sunday night and RAS will give you \$10 per night!

- Send us a copy of your actual hotel invoice
- Cut off to claim is April 15th
- Allow two weeks for processing

Race Morning:

Donate your gently used shoes: bring them with you race morning, donations will be transported to Christus Our Daily Bread Galveston

**HAVE FUN AT THE POST RACE PARTY! HAVE A GREAT RACE – ENJOY THE TRAILS!
THANK YOU, CITY OF SEABROOK!**