

TRAVERSE CITY TRACK CLUB
BAYSHORE

presented by  **MUNSON HEALTHCARE**

2019 Traverse City Track Club Bayshore Newsletter

FOURTH EDITION

RACE WEEK, 2019

Welcome to the final edition of the 2019 Traverse City Track Club Bayshore Newsletter. This newsletter is meant to give you the latest and greatest news and information about the 2019 Bayshore races. Please take a few minutes to look over the information contained in this newsletter. It will answer many of the questions we receive about the race.

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BAYSHORE MERCHANDISE



We would like to welcome back Playmakers as a Bayshore sponsor and exclusive provider for official Bayshore merchandise. This merchandise is only available at Playmakers and their online store. To visit the online store click [here](#) to view their cool Bayshore items. Playmakers will also have Bayshore items for sale at packet pick up and on race day near the finish area.

PASTA DINNER

Pre-Race Pasta Dinner; Save and Relax!

There's lots of room for smart Bayshore runners (and their families) who want an easy way to fuel up the night before the big race.

Support the Traverse City Central Girls and Boys Track and Field Program and enjoy a Pasta Dinner right next to the Playmakers Runner Expo/Package Pick-up including:

Pasta and Sauce (meat and marinara) w/ fresh ground parmesan, fresh bread and butter, Caesar salad, lemonade and ice water, and home-baked desserts.

All you can eat - only \$15 for adults; \$10 for 12 and under; and 5 and under FREE!

Sign up [here](#)

BIB NUMBERS

Bib numbers have been added to the runners list on our website. We recommend you check the list to find your bib number before the Playmakers Runner Expo / packet pick up on Friday night to let your family and friends who will accompany you know. Your packets will be available numerically by race. The labels for the packets have already been printed so it is too late to request a change in shirt size. You will be given the shirt size you requested. If you wish to exchange your shirt for a different size you can do so on Saturday morning if we have enough shirts remaining in the size you would like. All 2019 runners are listed on our [website](#). A link to the list can be found on our website on the "Registration Page". You can also click [here](#) to find your bib number and for results and live tracking during the race.

PLAYMAKERS RUNNER EXPO / PACKET PICK UP

The Playmakers Runner Expo / Packet pickup will be held at the Traverse City Central High School Gym from 5:00pm to 9:00pm on Friday night May 24th and Saturday (Race Day) from 5:00am to 7:15am. Please note that we will not be able to gain access to the Gym until after classes are excused. It takes a while to set up everything and go over last minute details with our volunteers. Please do not arrive early and expect to pick up your packet, they will not be ready. The busiest times are usually between 5:00pm and 7:00pm on Friday night. If you have reserved your Pasta Dinner you may want to eat first and pick up your packet after dinner. The lines should be shorter.

When picking up your packet please have your ID ready. Please make sure all of the information on your label is correct. If you need to make a change let the volunteer at the table know and they will get it corrected. Please add your emergency contact information to the back of your bib.

To check our map for directions to Packet Pick up click [here](#).

Please note that the High School Gymnasium will be closed and locked immediately after packet pick up on Saturday morning. Do not leave anything in the school you will not be able to get it after the race.

RACE BIB AND TIMING TAG

Follow these steps and you will get an Accurate Finish Time! Race number should be pinned, horizontally on the OUTSIDE of any jacket or clothing on the FRONT, below your chest and as close to the waist as possible. Water carriers or gel packs near the number can also affect the read. Wearing the number visibly on the front will insure a finish time even if the equipment fails using video back up. Having the bib visible will also increase the chances any on course/finish line photos of you will be properly identified by the photo sorting software.

RESULTS

At this year's Bayshore Marathon we will be providing on course tracking of Marathon runners at the 5Mile, 10Mile, 13.1Mile, 16.2Mile, 21.2Mile and Half Marathon Runners at the 3.1Mile,

8.1Mile marks. 10K runners will not have on course tracking. You will be able to track your family and friends progress on your smartphone. Type in www.rftiming.com/bayshore or click [HERE](#) on your smartphone browser and enter their name or Race Number. Select their Results under their name to view their results or Track to watch their progress in the Race. You can follow multiple runners by searching for their Name/Race Number and selecting Track. For complete results, and more Live Tracking, click <http://rftiming.racetecresults.com/results.aspx?CId=16365&RId=4188> and enter runners name or bib number.

FINISH THE CORRECT RACE

To insure that the Bayshore results are accurate, any runner who starts a race they are not registered for will be disqualified and will not receive a finish time or a finisher medal. If a Marathon runner crosses the finish line without crossing the split mat on the course they will be disqualified. If you registered for the Marathon and decide that you cannot complete the entire distance and turn around on the course Please **DO NOT CROSS THE FINISH LINE.**

BANDITS

Bibs must be worn by the person who is registered because we need to be able to quickly and accurately identify any runner requiring medical assistance or otherwise needing help. In addition, age class and overall awards can be affected by a Bandit runner running with another runners bib. Runners who decide not to follow the rules may be removed from the course and will not be allowed to enter Bayshore 2020.

STAY TO THE RIGHT

Runners that meet other runners on the course are asked to stay to the right. One of the areas that has the most congestion is along Bluff Rd. where the Marathon runners going out meet up with the Half Marathon runners coming in. The pavement will be marked in this area but please be aware of oncoming runners at all times.

Slower runners should stay to the right at all times and if they are with other runners/walkers they must be not more than two abreast. Please be aware of faster runners from other races coming up behind you and do not hinder their progress.

ON THE COURSE

In the event of an emergency on the course please notify an EMS person (they will be patrolling the course on bicycles), a SAG driver, or someone at an Aid Station. **All runners should include their emergency contact information on the back of their race number.**

If you are unable to finish the race and it is a non-emergency, please drop out at an Aid Station. They will be able to arrange for transportation back to the Finish Area.

There will be Porta Johns near all of the Aid Stations on the course as well as the Start/Finish Areas for all three races.

RUNNER SAFETY

For the safety of runners, volunteers, and race staff, delays, postponements, or cancellation may occur due to weather. Every year we meet with local police and emergency workers and review our safety/security policies, if they suggest changes we implement them. Safety has been and always will be our greatest concern.

All bags are subject to search by the police. No bags are allowed in the infield area. Any bags left outside the “bag drop area” will be removed by race personal or police.

Grand Traverse County has instituted a CodeRED system. This system can be used to notify you of possible dangerous situations. To learn more about CodeRED click [here](#). To sign up for CodeRED click [here](#). To download the mobile alert app scan QR code below.



The advertisement features a smartphone displaying the CodeRED Mobile Alert app interface, which includes a map of Grand Traverse County with various alert icons. To the right of the phone, the text reads: "Download the CodeRED Mobile Alert app to receive free emergency, community and weather alerts on your phone". Below this text is the CodeRED logo, the text "Mobile Alert app", and icons for the App Store and Google Play. A QR code is positioned to the right of the app icons, with the URL "ecnetwork.com/coderedmobilealert/" printed below it. In the bottom left corner of the advertisement, there is a circular logo for "EMERGENCY MANAGEMENT Grand Traverse County MI 49701 HAZELAND SECURITY".

MARATHON

The Marathon start time is 7:15AM. The Marathon start area is located on College Drive and will finish on the Traverse City Central High School Track. Please note that West College Drive will be closed to vehicle traffic on race day morning so please use East College Drive to access campus parking lots or better yet take one of the shuttle buses available from downtown or one of the area hotels. See list of stops below.

HALF MARATHON

The 2019 Bayshore Half Marathon will start at 7:30AM.

Buses for the Half Marathon start will be loading from the East side of the Traverse City Central High School Parking lot between the Gym entrance (Packet Pick up entrance) and the tennis courts. The parking lot is located off of Eastern Ave.

The first bus will leave for the Half Marathon start area at 5:15AM with the last bus leaving at 6:20AM. The ride to the start area will take about ½ hour so runners should plan accordingly to

allow themselves plenty of time for warm-up, bagging warm-up clothing, and last minute bathroom breaks at the start area. We need to get 3500 runners to the start area and not everyone can take the last bus so please arrive early so that this process can go as smoothly as possible. Only registered runners in the Half Marathon will be allowed to board the buses. Runners must show their Half Marathon bibs before they will be allowed to board. Please have your bib visible or handy for the bus loading crew.

Those who have purchased Half Marathon Start Area Parking Passes must arrive at the Half Marathon start before 6:45Am on race day.

10K

The 10K start time is 7:30AM. The 10K start area is located on College Drive (same as Marathon start) and will finish on the Traverse City Central High School Track. Please note that West College Drive will be closed to vehicle traffic on race day morning so please use East College Drive to access campus parking lots or better yet take one of the shuttle buses available from downtown or one of the area hotels. See list of stops below.

LODGING SHUTTLE BUSES

We will be providing shuttle buses from area hotels to the TCCHS and back. Shuttle Bus pickup times and stops are listed below. Those staying at other hotels can walk from their hotels to the stops listed. You are strongly encouraged to take advantage of this service; traffic around the high school is extremely heavy, parking is extremely limited and the whole area is extremely congested. You will have a much more enjoyable Start and Finish for your Bayshore by taking a bus!

RUNNERS: There will be a “straggler bus” run covering both west and east sides shortly after the initial pickup.

WEST SIDE

Great Wolf Lodge: 4:55am

Baymont: 4:45am

West Bay Beach/Holiday Inn Resort: 5:10am

EAST SIDE

Grand Traverse Resort & Spa including the Shores: 4:50am

Sleep Inn Suites: 4:50am

Cherry Tree: 4:50am

Pointes North: 4:50am

Tamarack Lodge: 4:50am

Grand Beach: 4:50am

Days Inn & Suites: 4:50am

The Beach Haus: 4:50am

Park Shore Resort: 4:50am

Traverse City State Park: 5:00am

Red Roof Inn: 5:00am

Country Inn and Suites 5:00am

Mitchell Creek Inn: 5:00am

SPECTATORS:

PARENTS: Michigan state law requires all children under 3 years of age must be belted in a car seat that is fastened to the bus seat. Bring your car seat.

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Great Wolf Lodge: 5:55am

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Park Shore Resort: 6:00am

Traverse City State Park: 6:00am

Red Roof Inn: 6:00am

Country Inn and Suites: 6:00am

Mitchell Creek Inn: 6:00am

RETURN SHUTTLES

Return shuttles to area lodging begins at 9:30 AM by the tennis courts at Central High School. Last shuttle leaves CHS at Noon.

SPECTATORS

All of the Bayshore races will finish on the Traverse City Central High School track. Only registered runners will be allowed inside the fence around the track. All family members and spectators must meet runners outside of the fence. There will be limited handicapped parking for vehicles with the appropriate hang tag or license plate available off of Milliken Dr. Volunteers will assist you. We do have a handicapped accessible bus available up to Gray Rd. Please let Bayshore know ahead of time if possible if this service is needed.

Spectator Buses: PARENTS: Michigan state law requires all children under 3 years of age must be belted in a car seat that is fastened to the bus seat. Bring your car seat.

-6:45am for Gray Rd.

Load bus from driveway near Gym doors. This bus will run a continuous loop from TCCHS with no stops until 9:00am. Last bus leaves Gray Rd. at 10:30am to return to TCCHS. Watch for Gray Rd. tall sign indicating where to wait.

-7:30am for Bluewater Rd.

Load bus from driveway near west corner of the school. Watch for Bluewater tall sign indicating where to wait. This bus will run a continuous loop from TCCHS to Bluff Rd. Race Course until

9:00am. Last bus leaves Bluewater Rd. at 10:00am for TCCHS.

Strollers and pets of any kind are NOT permitted on buses. Service animals are welcome. A wheelchair accessible bus is available. Please let us know ahead of time by EMAIL if this is a need.

BAG DROP / DISCARDED CLOTHING

Bags will be available at packet pick up and near the start lines for Marathon, Half Marathon and 10K runners. Please make sure your bib number is printed on your bag (markers will be available). You can drop the bags at the designated area near the respective starts and they will be waiting for you near the finish line. Please do not place any valuables in the bags. The Bayshore will not be responsible for lost or stolen items placed in the bags.

All apparel dropped along the course including at aid stations will be donated to local charities. The only apparel we will keep after the event is completed will be anything left in the bag drop area. All unclaimed bags will be kept for a week, and then what's left will be donated to local charities. If you forgot to pick up your drop bag, email the website and we will work out the details of how to return it to you.

MOOMERS ICE CREAM

Once again the 2019 Bayshore will feature Moomers homemade ice cream at the finish line food area. In case you haven't heard, Moomers was voted the best ice cream in America by the viewers of Good Morning America. Moomers received over 50,000 votes.

REDUCE WASTE

Bay Area Recycling will be helping the Bayshore recycle the waste generated by the Bayshore at aid stations, start and finish areas. They will be collecting items such as cups, paper and plastic and recycling these items. Please use the containers available to help minimize our impact.

Also, in an effort to reduce paper consumption and waste at the Bayshore, we will not be loading the race packets with race entry forms, sponsor flyers, or other items that are often glanced at and thrown away by many runners. These items will be available at the Traverse City Downtown Running Fit store.

AGE GROUP MEDALS AND PRIZE MONEY

Age group medals will be engraved and mailed out to all age group winners within 4-5 weeks after the race. Prize money checks will be mailed out soon after the race. **Please make sure your address is correct on your bib label when you pick up your race packet.**

RUNNER SURVEY

Soon after the race we will be sending out a link to the 2019 Bayshore Runners Survey. Please take a few minutes to complete the survey to let us know what you thought of the 2019

Bayshore. We will use this information where possible to improve future Bayshore events.

2019 SPONSORS



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ADDITIONAL INFORMATION

Additional information can be found on our website on the [FAQ](#) page.

Race Information [Page](#).

And Course Information [Page](#).

We will see you this weekend.

