



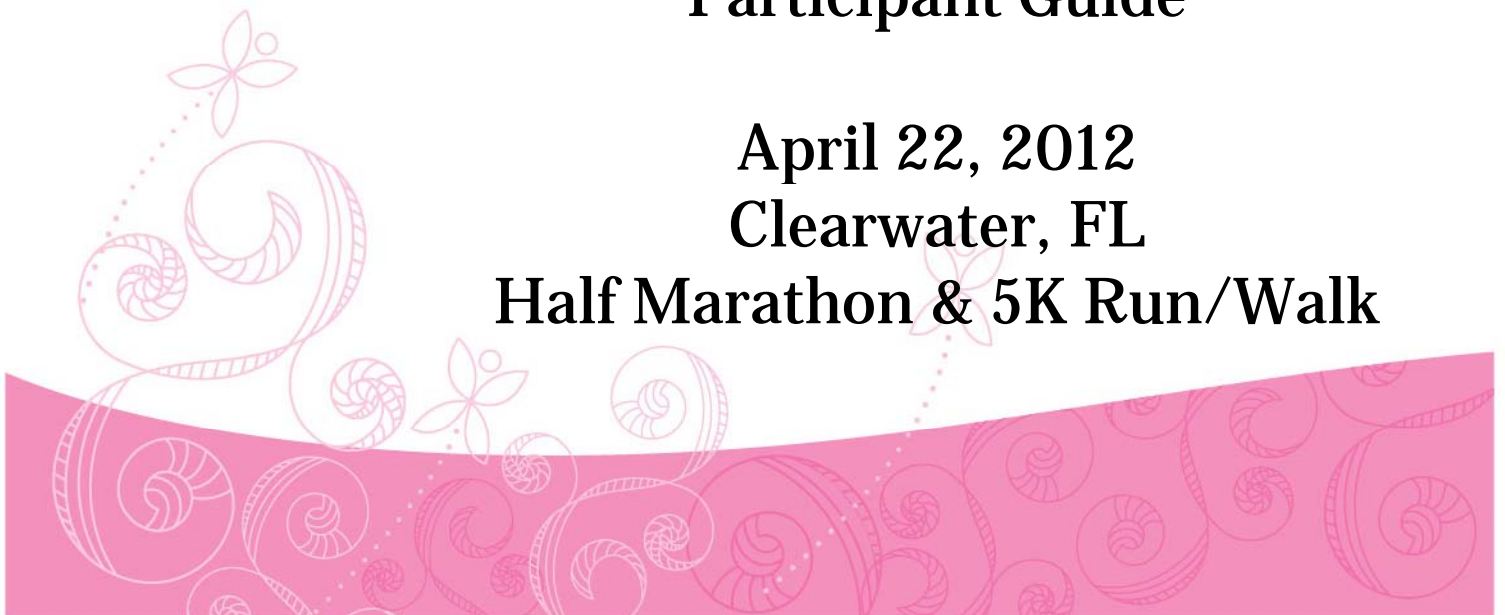
ATHLETA  
**Iron Girl**<sup>®</sup>  
Event Series

*it's who you are.*

## 2012 Athleta Iron Girl Clearwater Participant Guide

April 22, 2012  
Clearwater, FL

Half Marathon & 5K Run/Walk



# Welcome Message from Iron Girl

Welcome to the 2012 Athleta Iron Girl Clearwater Women's Half Marathon and 5K event!

Some titles you're born with, others you earn! On race day, introduce your new title, Iron Girl!

The Athleta Iron Girl event experience provides women of all ages with a chance to earn the title Iron Girl! The event is about you and for you with all touches and amenities developed with you in mind.

The event provides an opportunity for you to reach your personal goals, enjoy a new challenge and celebrate the accomplishment of your journey from training to the finish line. So whether you are doing your 100th event or your first, we are here to support you!

The success of this event would not be possible without the amazing support we receive from sponsors and local partners including the City of Clearwater, Clearwater Parks and Recreation Department, City of Clearwater Police and the community of BelleAir.

We would also like to thank all the volunteers who not only give their time to make your event day a positive one, but are there to cheer you on from start to finish.

Thank you for joining us at the Athleta Iron Girl Clearwater event. Make sure to show off Iron Girl attitude and spirit with positive energy and lots of smile.

See you at the event!

The Iron Girl Team

# Schedule of Events

## PARTICIPANT PACKET PICK-UP AND LATE REGISTRATION

Wednesday, April 18

5:00 p.m. to 8:00 p.m.

Sports Authority – Clearwater Store  
23662 US Highway 19 North, Clearwater

Thursday, April 19

5:00 p.m. to 8:00 p.m.

Sports Authority – Westshore Store  
4900 W. Kennedy Blvd., Tampa

Friday, April 20

5:00 p.m. to 8:00 p.m.

Fit2 Run at International Plaza  
2223 North West Shore Blvd., Tampa  
Adjacent to the food court

Saturday, April 21

11:00 a.m. to 6:00 p.m.

Pier 60 Clearwater Beach

**There will be no packet pick-up or registration on race day!**

## RACE DAY

Sunday, April 22

NEW START LOCATION

COACHMAN PARK

301 DREW STREET, CLEARWATER

7:00 a.m.

½ Marathon Start

Coachman Park

7:30 a.m.

5K Start

Coachman Park

# Race Information

## Awards

Milestones Sports Jewelry will present a special piece of Iron Girl jewelry to the top three finishers in each age group and top three mother daughter teams.

We will have 16 divisions for the 5K: 9 and under; 10 - 14; 15 - 19; 20 - 24; 25 - 29; 30 - 34; 35 - 39; 40 - 44; 45 - 49; 50 - 54; 55 - 59; 60 - 64; 65 - 69; 70 - 74; 75- 79; 80+

We will have 14 divisions for the 1/2 marathon: 14 - 19; 20 - 24; 25 - 29; 30 - 34; 35 - 39; 40 - 44; 45 - 49; 50 - 54; 55 - 59; 60 - 64; 65 - 69; 70 - 74; 75- 79; 80+

## Medals

Everyone will receive a finisher's medal!

## Timing & Withdrawing During Race

You must wear your timing tag at all times while you are racing. Fasten it to your shoe and leave it on until after you finish the run. Volunteers will help you remove the tag at the finish line.

If you do not start the race, you are responsible for returning the tag to the Athleta Iron Girl Timing Tent. If you drop out or are pulled from the race at any time, turn in your tag to a member of the race staff. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your tag. Your timing tag is a loaner. When you pick up your race number and timing tag, you are guaranteeing that you will return the tag to race management.

NO TAG = NO TIME!

## Headphones

The use of personal music devices is strongly discouraged. Please be mindful of the other participants and respect the race personnel to ensure a safe and enjoyable race for everyone.

## Course Information

- \* 1/2 Marathon course will feature a scenic point-to-point course that will start in Coachman Park and finish at Clearwater Beach near the Hyatt.
- \* The 5K course starts in Coachman Park, heads over the causeway and finishes at Clearwater Beach near the Hyatt Clearwater Beach hotel.
- \* Both the 1/2 Marathon and 5K courses are USA Track and Field certified.

# Race Information

## Race Day Parking Information

Free parking is available at the local garages. They are a short walk to Coachman Park race start.

## Downtown Clearwater Parking Garages:

Garden Avenue Garage – 28 Garden Ave.

Municipal Services Garage – 640 Pierce St.

Atrium Parking Garage – west of Municipal Services Garage

County Parking Garage – 310 Court St.

City Hall – 112 S Osceola Ave.

*There will be no shuttle service from Clearwater Beach to the race start in Coachman Park.*

## Post Race Shuttle Service

Jolley Trolleys will be available to shuttle race participants and spectators from Clearwater Beach to downtown Clearwater parking garages after the race. Shuttles will continually run from 8am until noon. The Jolley Trolley stop will be located on Mandalay Avenue, north of the roundabout, directly in front of the Hilton Hotel (look for the Iron Girl tents).

## Aid Station Locations

There will be one aid station along the 5K course. There will be eight aid stations and one GU Energy Gel stop along the Half Marathon course.

Each aid station along Half Marathon course will be serving water and Power Bar Perform Sports Drink. The mile 6 aid station on the Half Marathon course will be providing GU Gel Energy Gels.

5K\*:

Mile 1.5      Water

Half Marathon\*:

Mile 1.5      Morton Plan Mease Foundation Parking Lot – water and PowerBar Perform

Mile 3      Belleview Blvd. & Indian Rocks Road – water and PowerBar Perform

Mile 4.5      Bayview Dr. & Sarasota Road – water and PowerBar Perform

Mile 6      Lentz Rd. & Grove Lane – water, PowerBar Perform and GU Energy Gels

Mile 8      Belleair Causeway & Gulf Blvd. – water, PowerBar Perform and Girl Scout cookies

Mile 9.5      Gulf Blvd. & Marina Del Rey Court – water and PowerBar Perform

Mile 11      Gulf Blvd. & Sand Key Park – water and PowerBar Perform

Mile 12      Bayway Blvd. & Gulf Blvd. – water and PowerBar Perform

**\*All aid station locations are approximate**

Sponges will be available at every aid station on the Half Marathon course and available at the finish line for everyone.



# Half Marathon Pace Requirements

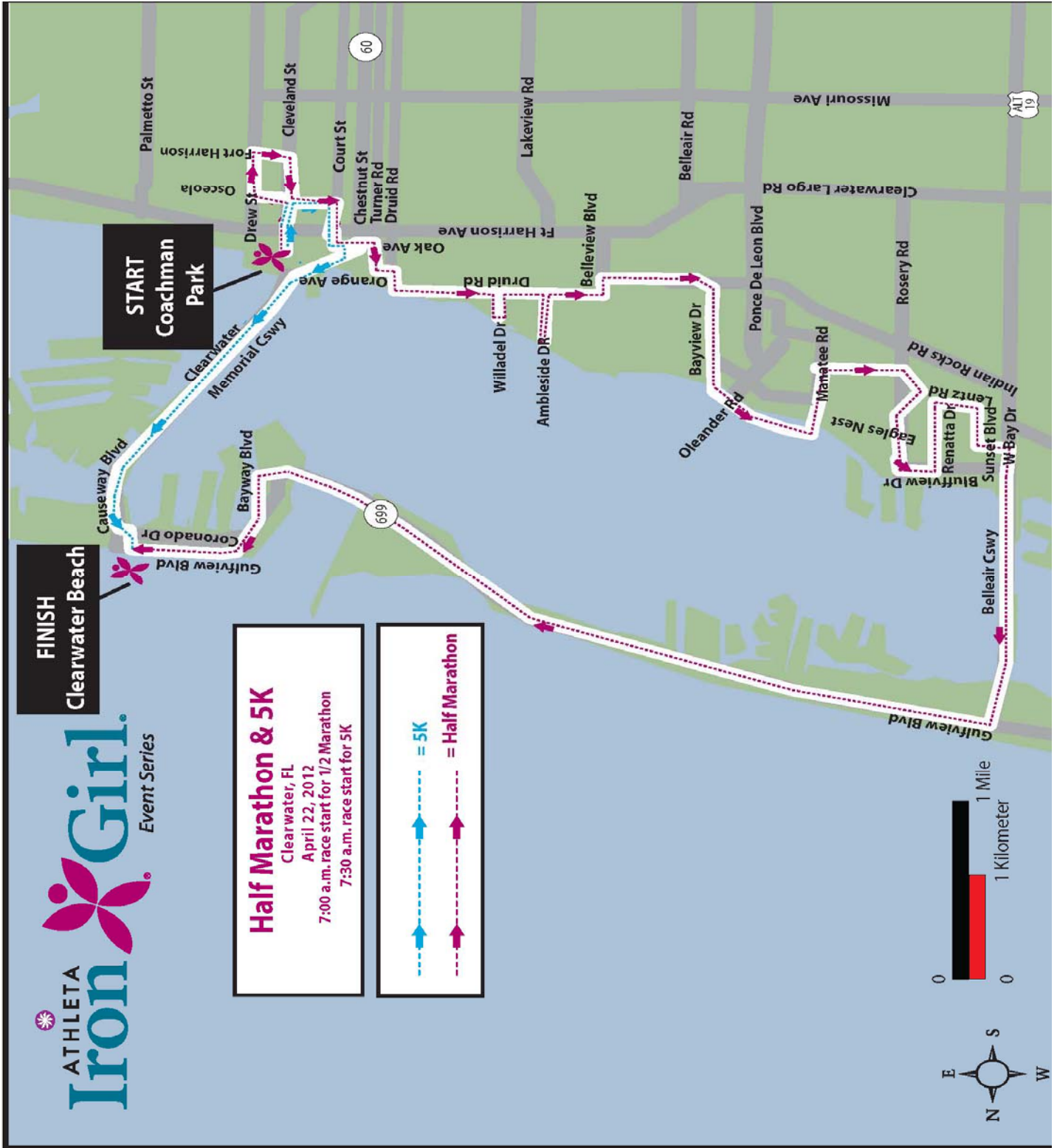
There will be a 4 hour cut-off time for the Half Marathon. You must be able to maintain a 18:18 - minute per mile pace or faster for the Half Marathon. If you do not reach mile 7.1 by 9:17 a.m. a volunteer or race official will remove your timing tag. You will not be able to continue on. You will be transported to the finish line area.

**FitNiche will be providing pace groups for the event.**

Pace	6:00	7:00	8:00	9:00	10:00	11:00	12:00
Mile 1	7:06:00 AM	7:07:00 AM	7:08:00 AM	7:09:00 AM	7:10:00 AM	7:11:00 AM	7:12:00 AM
Mile 2	7:12:00 AM	7:14:00 AM	7:16:00 AM	7:18:00 AM	7:20:00 AM	7:22:00 AM	7:24:00 AM
Mile 3	7:18:00 AM	7:21:00 AM	7:24:00 AM	7:27:00 AM	7:30:00 AM	7:33:00 AM	7:36:00 AM
Mile 4	7:24:00 AM	7:28:00 AM	7:32:00 AM	7:36:00 AM	7:40:00 AM	7:44:00 AM	7:48:00 AM
Mile 5	7:30:00 AM	7:35:00 AM	7:40:00 AM	7:45:00 AM	7:50:00 AM	7:55:00 AM	8:00:00 AM
Mile 6	7:36:00 AM	7:42:00 AM	7:48:00 AM	7:54:00 AM	8:00:00 AM	8:06:00 AM	8:12:00 AM
Mile 7	7:42:00 AM	7:49:00 AM	7:56:00 AM	8:03:00 AM	8:10:00 AM	8:17:00 AM	8:24:00 AM
Mile 8	7:48:00 AM	7:56:00 AM	8:04:00 AM	8:12:00 AM	8:20:00 AM	8:28:00 AM	8:36:00 AM
Mile 9	7:54:00 AM	8:03:00 AM	8:12:00 AM	8:21:00 AM	8:30:00 AM	8:39:00 AM	8:48:00 AM
Mile 10	8:00:00 AM	8:10:00 AM	8:20:00 AM	8:30:00 AM	8:40:00 AM	8:50:00 AM	9:00:00 AM
Mile 11	8:06:00 AM	8:17:00 AM	8:28:00 AM	8:39:00 AM	8:50:00 AM	9:01:00 AM	9:12:00 AM
Mile 12	8:12:00 AM	8:24:00 AM	8:36:00 AM	8:48:00 AM	9:00:00 AM	9:12:00 AM	9:24:00 AM
Mile 13	8:18:00 AM	8:31:00 AM	8:44:00 AM	8:57:00 AM	9:10:00 AM	9:23:00 AM	9:36:00 AM
Mile 13.1	8:18:35 AM	8:31:42 AM	8:44:47 AM	8:57:53 AM	9:11:00 AM	9:24:05 AM	9:37:11 AM

Pace	13:00	14:00	15:00	16:00	17:00	18:00	18:18
Mile 1	7:13:00 AM	7:14:00 AM	7:15:00 AM	7:16:00 AM	7:17:00 AM	7:18:00 AM	7:18:18 AM
Mile 2	7:26:00 AM	7:28:00 AM	7:30:00 AM	7:32:00 AM	7:34:00 AM	7:36:00 AM	7:36:36 AM
Mile 3	7:39:00 AM	7:42:00 AM	7:45:00 AM	7:48:00 AM	7:51:00 AM	7:54:00 AM	7:54:54 AM
Mile 4	7:52:00 AM	7:56:00 AM	8:00:00 AM	8:04:00 AM	8:08:00 AM	8:12:00 AM	8:13:12 AM
Mile 5	8:05:00 AM	8:10:00 AM	8:15:00 AM	8:20:00 AM	8:25:00 AM	8:30:00 AM	8:31:30 AM
Mile 6	8:18:00 AM	8:24:00 AM	8:30:00 AM	8:36:00 AM	8:42:00 AM	8:48:00 AM	8:49:48 AM
Mile 7	8:31:00 AM	8:38:00 AM	8:45:00 AM	8:52:00 AM	8:59:00 AM	9:06:00 AM	9:08:05 AM
Mile 8	8:44:00 AM	8:52:00 AM	9:00:00 AM	9:08:00 AM	9:16:00 AM	9:24:00 AM	9:26:24 AM
Mile 9	8:57:00 AM	9:06:00 AM	9:15:00 AM	9:24:00 AM	9:33:00 AM	9:42:00 AM	9:44:42 AM
Mile 10	9:10:00 AM	9:20:00 AM	9:30:00 AM	9:40:00 AM	9:50:00 AM	10:00:00 AM	10:03:00 AM
Mile 11	9:23:00 AM	9:34:00 AM	9:45:00 AM	9:56:00 AM	10:07:00 AM	10:18:00 AM	10:21:18 AM
Mile 12	9:36:00 AM	9:48:00 AM	10:00:00 AM	10:12:00 AM	10:24:00 AM	10:36:00 AM	10:39:36 AM
Mile 13	9:49:00 AM	10:02:00 AM	10:15:00 AM	10:28:00 AM	10:41:00 AM	10:54:00 AM	10:57:54 AM
Mile 13.1	9:50:17 AM	10:03:24 AM	10:16:30 AM	10:29:35 AM	10:42:41 AM	10:55:47 AM	11:00:00 AM

# Course Map



# Course Turn by Turn Directions Half Marathon

**For your safety and the safety of other participants, please stay in the designated course lane. Do not try to move out into other lanes or through the cones.**

## Turn by Turn Course Description – Half Marathon

- Start at Coachman Park on Cleveland St.
- Left on Osceola heading north, then right turn heading east on Drew
- Right onto N. Ft. Harrison and head south
- Right back onto Cleveland St., then left back onto S. Osceola Ave.
- Right onto Court St.
- Left onto Oak Ave.
- Left onto Chestnut
- Right onto Palm Ave.
- Right onto Turner St.
- Right onto Oak Ave., left onto Rogers St.
- Left onto Orange Ave., Right back onto Turner St.,
- Left onto Lime Ave., Left onto Peach Ct., then right back onto Orange Ave.
- Right onto Druid Rd. S.
- Right onto Willadel Dr.
- Right back onto Druid Rd. S.
- Right onto Ambleside Dr. (out and back loop)
- Right back onto Druid Rd. S.
- Left onto Belleview Blvd.
- Right onto Indian Rocks Rd.
- Right onto Bayview Dr.
- Continue on Bayview Dr.
- Left onto Manatee Rd.
- Right onto Ponce De Leon Blvd.
- Right onto Rosery Rd.
- Left onto Eagles Nest Dr.
- Right onto Pine Circle S.
- Continue on Bluffview Dr.
- Left onto Renatta Dr.
- Right onto Lentz Road (head south)
- Right on Sunset Blvd, follow road to W. Bay Dr. (S. Belleair Causeway)
- Right onto S. Belleair Causeway
- Right onto Gulf Blvd.
- Follow Gulf Blvd. North to S. Gulfview Blvd. and take a right
- Bayway Blvd. around the circle back to S. Gulfview Blvd.
- Cross over at Hamden Dr.
- N. on S. Gulfview Blvd. to the finish



# Course Turn by Turn Directions 5K

**For your safety and the safety of other participants, please stay in the designated course lane. Do not try to move out into other lanes or through the cones.**

**Please remember the course cut off is 75 minutes.**

## **Turn by Turn Course Description – 5K**

- Start at Coachman Park on Cleveland St.
- Right onto N. Osceola Ave.
- Right onto Court St.
- Left onto Oak Ave.
- Left onto Chestnut St.
- Right onto Palm Ave.
- Right onto Turner St.
- Right back onto Oak
- Left onto Chestnut merging onto Pierce
- Over Clearwater Memorial Causeway
- Follow sidewalk to Coronado Drive
- Turn right onto (no street name, but road located between Hyatt and paid parking lot)
- Turn Right onto Gulfview Blvd towards Finish

# General Rules

Friends and/or family members are **not** permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all participants, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DQ).

It is the participant's responsibility to know all aspects of the run course.

1. Participants are expected to follow directions and instructions of all race officials and public authorities.
2. Course marshals shall have authority to disqualify any participants.
3. Medical personnel shall have **ULTIMATE** and **FINAL** authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in disqualification.
4. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification and will result in athlete being suspended from competing in any Athleta Iron Girl event in the future.
5. If a participant decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the timing tent located at the finish line and turn in their bib number and timing tag immediately. It is essential that race officials know where participants are on the course at all times.
6. For additional information regarding training sites, safety procedures and general information questions regarding the race, contact a volunteer or race official.
7. Iron Girl does not allow the transfer of a participant's registration - no exceptions.
8. For the safety of all participants: strollers, in line skates, roller blades, bicycles and dogs are **NOT** allowed on the course at any time.

## **Pace Requirements**

There will be a 4 hour cut-off time for the half marathon. You must be able to maintain a 18:18 - minute per mile pace or faster for the half marathon.

5K must finish in 75 minutes or less.

# Post Race Information

## **Awards Ceremony**

The awards ceremony is scheduled for after the race (pending final results being available) and will be located at Pier 60 on Clearwater Beach.

5K awards will start around 9:30 a.m. and the half marathon will start around 10:30 a.m.

## **Race Results**

On race day you will receive a personalized email with your results.

## **Post Race Recovery with FitFul**

The participant post-race breakfast cafe will open after the first finisher and will be located at Pier 60 on Clearwater Beach. The breakfast cafe is for PARTICIPANTS ONLY. You will have a tear tag on your bib that to get you access to the food tents.

This year we feature the new FitFul meal, that offer a balanced post race snack.

## **Race Photography**

FinisherPix is proud to serve as the official photographers for the 2012 Athleta Iron Girl Women's Event Series. Photos available to view and order online after the race. A few days post race you will receive an email with your photos.

So what do you need to do for a good photo?

1. Be sure to have your race/bib number visible at all times.
2. Smile when you cross the finish line!
3. Visit at [www.finisherpix.com/](http://www.finisherpix.com/) to view and order photos.

## **Post Race Shuttle Service Returning to Downtown Clearwater Parking Garages**

Jolley Trolleys will be available to shuttle race participants and spectators from Clearwater Beach to downtown Clearwater parking garages after the race. Shuttles will continually run from 8 a.m. until Noon.

The Jolley Trolley stop will be located on Mandalay Avenue, north of the roundabout, directly in front of the Hilton Hotel (look for the Iron Girl tents).

# Frequently Asked Questions

**Q:** Can someone pick-up my race packet for me?

**A:** Yes, just make sure they know your bib number.

**Q:** Are strollers, dogs, bicycles, headphones, in line skates, roller blades or skateboards, etc. allowed on the course?

**A:** For the safety of all participants we do not allow strollers, dogs, bicycles, roller blades or skateboards, etc. on the course. As a participant in the event you must wear your bib number on course at all times.

**Q:** Are headphones allowed?

**A:** The use of personal music devices is strongly discouraged. Please be mindful of the other participants and respect the race personnel to ensure a safe and enjoyable race for everyone.

**Q:** Where does my timing tag go?

**A:** Your timing tag can be tied to your shoelace on either shoe. When you pick up your race packet, there will be directions on the package. No timing tag, no finish time! You must return your timing tag after the event, or you will be charged.

**Q:** Where does my race bib go?

**A:** Please affix your race bib to the FRONT of your shirt or with a race belt. We need to see that bib number at all times.

**Q:** Will I receive an award for completing the race?

**A:** Whether you finish first or last, all race participants will receive a custom finisher's medal as soon as you cross the finish line. We believe all athletes should be awarded for their success.

**Q:** Where can I find results after the race?

**A:** Results will be posted at [www.IronGirl.com](http://www.IronGirl.com) on the event specific Web site under the results tab. Your personal finishing time will be also be emailed to you following the race.

**Q:** What if I need to use the restroom before, during or after a race?

**A:** If you gotta go, you gotta go! There will be Port-O-Lets throughout the race venue and located on course.

**Q:** When are the Awards?

**A:** We try to wait until the last racer is off the course to start awards, but we may start awards prior to then if weather dictates (heat or rain). You must be present to get your award.

1/2 Marathon will start around 10:30 a.m.

5K awards will start around 9:30 a.m.

**Q:** What if the weather is bad on race day?

**A:** There are no rain dates if the event is cancelled and there are no refunds if the event is cancelled.

**Q:** During the race, I decided I can't complete the 1/2 Marathon and I finish in the 5K. What do I need to do?

**A:** Please make sure that once you come across the finish line, you find the timing tent and let them know you didn't do the 1/2 Marathon and came in with the 5K instead, so they can make the switch. This is important because if you registered for the 1/2 Marathon but come in with the 5K your time will likely be the fastest of the 1/2 Marathon finishers. This would take an age group placement away from someone who did the 1/2 Marathon.

**Q:** What time do I need to arrive on race day?

**A:** At least 75 minutes before the race starts.



# To Do's On Race Week – By Marni Sumbal

We all know *that* athlete who remains calm on race week, no matter what obstacles are thrown in her way. Are you the type that begins to mentally unravel on race week? You thought the day would never come fast enough and now you are finding yourself mentally and/or physically drained.

Certainly, if you care about your performance it is natural to feel overwhelmed on race week. Avoid wasting your energy on negative thoughts and uncontrollable circumstances. Although you may not be able to escape your worries, you can undoubtedly plan ahead.

Here's your list of to-do's which will allow you to welcome race week mentally prepared and physically primed.

## 6-7 days out:

Develop mindful eating practices and maintain a healthy relationship with food. Choose your carbohydrates healthfully, prioritizing wholesome items which will offer more nutritional value and satiety over the heavily processed alternative. Reduce unnecessary added sugars by reading produce ingredients and emphasize a balance diet, rich in foods containing natural forms of fat, sugar, sodium, fiber and protein. Eat every few hours, combining your carb selections with protein and/or fat to stabilize blood sugar levels. Maintain optimal hydration status by drinking water and eating an electrolyte rich diet, filled with fruits and veggies. **DO NOT** weigh yourself on race week. Don't let a number on a scale validate your ability to taper smart and have a great race day performance.

## 5-6 days out:

Review your training schedule and taper appropriately. As you reduce volume but maintain a burst of intensity, remind yourself that it's better to go into a race feeling slightly undertrained than to squeeze in a few more workouts that may only sabotage your race day performance.

## 4 days out

Review past training logs. Identify your current level of fitness and how you will pace your race (ex. perceived exertion, power, heart rate, pace). What you want to do on race day is solely dependent on what you trained your body to do on race day.

# To Do's On Race Week - Continued

## 3 days out

Start packing. Don't wait until the last minute to decide what you will wear, charge your Polar Heart Rate Monitor, download old data and wash your race day outfit. Check, re-check and always have a back-up item. By now, you should feel more rested in both mind and body.

## 2 days out

Take the day off from exercise/training and sleep-in until you feel rested. Yoga and light stretching is recommended, as well as an Epson salt bath or light (very light) massage. Review all course maps and the event schedule.

MapQuest any directions and double check all reservations. Write down your personal schedule for the next two days so you know exactly what you will be doing, eating and going from now until you cross the finish line. Not a planner? Start now.

## 1 day out

Warm-up first thing in the am (not sacrificing sleep but not wasting the day away), followed by a filling breakfast. Give yourself 30 minutes (alone) to reflect on the past few weeks and to visualize your race. Review weather so you can be prepared for race day. Don't waste any energy on things out of your control.

## Race day

Have fun! Don't be afraid to discover your limits. Today is all about you! Don't forget to thank the volunteers and anyone who helped you along the way.

## **Marni Sumbal, MS, RD, LD/N**

Marni works as a PRN Clinical Dietitian at Baptist Medical Center Beaches, is the owner of Trimarni Coaching and Nutrition, LLC and provides one-on-one consulting at Spa Me in Jacksonville, FL. Marni is a Registered Dietitian, holding a Master of Science in Exercise Physiology, is a Certified Sports Nutritionist (CISSN) and holds a certification by the American Dietetic Association in Adult Weight Management. As an elite endurance athlete, she is also a Level-1 USAT Coach and a 5x Ironman finisher. Marni is a 110% play harder and Oakley Women ambassador. Marni enjoys public speaking and writing, and she has several published articles in Fitness Magazine, The Florida Times-Union Shorelines, Lava Magazine, Hammer Endurance News, CosmoGirl magazine and Triathlete Magazine, and contributes monthly to IronGirl.com, USAT multisport zone and Lava online.

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