



Oklahoma City Memorial Marathon

4:30am Early Start Instructions and Tips

We are very happy that you are registered to run/walk the Oklahoma City Memorial Marathon. We want you to have the safest and most enjoyable day we can possibly provide. So with that in mind, we would like to provide some instructions and tips for a successful day this April 26th! Welcome to Oklahoma City.

General

- The Oklahoma City Memorial Marathon is designed to embrace as many participants of all levels as we safely can. The 4:30 am early start is for those of you who anticipate taking longer than the 6 ½ hour official course time to finish. **NO HALF MARATHONERS.**
- By participating in the early start, you recognize that you are assuming many risks (including but not limited to traffic on the course, darkness and lack of aid) and take full responsibility for all such risks.
- The Official Oklahoma City Memorial Race Cancellation and Alteration policy is posted at: <http://okcmarathon.com/ParticipantInfo/tabid/58/Default.aspx> - please listen race morning to the race official's morning instructions for any new updates.
- To start early and receive an official time you must be at the starting line no later than 4:15am for a 4:30am start. There is no aid on course until 6:30 am. Most, if not all roads, will be open to regular traffic from 4:30am until close to 6:30am (official race start). The course is well marked, but you are responsible for knowing the course and providing for your own fluid needs until the race officially starts at 6:30. Any 5 hour finish or less from an early starter is officially disqualified and will no be listed in the results. **NO EXCEPTIONS.**

Safety Instructions and Tips

- The Oklahoma City Police as well as others in the community are aware and working to watch out for you during this time before the actual course opening at 6:30am – however, there are safety issues and concerns you must consider when early starting:
 - **Headphones are not allowed.** Moreover, it is **mandatory that you wear reflective and/ or blinking gear** on front and back of your person. Those not complying will have their bib numbers recorded and disqualified from the race and the results.



- Buddy System. It is highly recommended that you have someone with you at all times. Many walkers walk together. Please don't be shy if you are alone on race morning at the early start line – find someone who is going to go at your pace and stick together at least for the first 2 hours until the course officially opens.
- Awareness. It will be dark and there are potential hazards that should be considered when early starting. Awareness regarding traffic and your surroundings are very important. It may be handy to have your cell phone with in case of any emergency.
- Where you are able – it is advisable to walk against oncoming traffic – however, following police or face official instructions will be first and foremost.