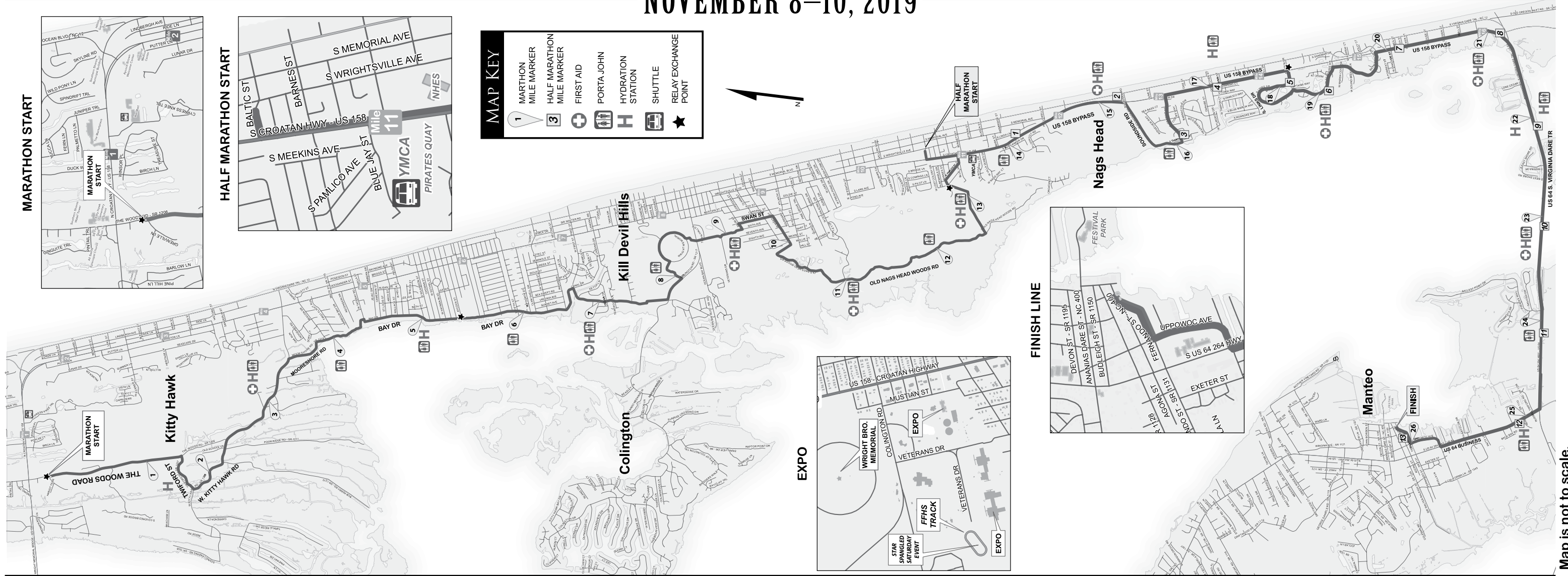




# 14<sup>TH</sup> ANNUAL TOWNEBANK OUTER BANKS MARATHON & SOUTHERN FRIED HALF MARATHON

NOVEMBER 8–10, 2019



Map is not to scale.

## ► RACE EXPO & PACKET PICK UP

### First Flight Middle School:

109 Veterans Drive  
Kill Devil Hills, NC 27948

Friday, November 9th from 6 PM – 9 PM

Saturday, November 10th from 9 AM–6 PM

### Expo and Additional First Flight School Parking

1. From US 158, turn west at the Colington Road/Ocean Bay Blvd. traffic light (MP 8.5).
2. Take a left at the traffic light onto Veterans Drive. Go south on Veterans Drive to First Flight High School, First Flight Middle School or First Flight Elementary School Parking Lots.

**FREE RACE PARTICIPANT FOOD & BEER AT THE FINISH**  
Bar-B-Que and Sweet Potato Fries will be provided for runners located across from the Beer Garden. Food for purchase will also be available for those not participating in the races.

*The Outer Banks®*  
VISITORS BUREAU



## BEAT THE BRIDGE!

NC DOT requires that a 16 min. per mile pace must be maintained. The bridge will close to runners @ 1:30 PM. There will be various checkpoints to insure this pace.

See other side for checkpoint details.

## DRIVING THE COURSE

If you plan to drive the marathon/half marathon course prior to race day, please note that a number of areas along the course cannot be accessed by vehicle. Visit YouTube for a detailed overview of traffic patterns on Marathon Sunday – [youtu.be/s0qMPHmoNg4](https://youtu.be/s0qMPHmoNg4)

## COURSE SUPPLIES

	COURSE INFO					
	26.2 Mile	13.1	WATER	GATORADE	GELS	FIRST AID
Southern Shores Realty	1					PORTA JOHN
	1.5		X			X
	3		X			X
	4					X
	5		X			X
	6					X
Delta Kappa Gamma	7		X	X	X	X
Midgett Insurance	8					X
Sea Ranch Resort	9		X			X
	10					
Spectrum Communications	11		X	X		X
Stack 'Em High Restaurant	12					X
Kitty Hawk Kites	13		X	X	X	X
	14	1				X
	15	2	X			X
	16	3				X
	17	4	X	X	X	X
	18	5				
Dunkin Donuts	19	6	X	X		X
	20	7				X
Sugar Creek Restaurant	21	8	X	X	X	X
	22	9	X	X		X
Pirates Cove	23	10	X	X		X
NC Aquarium	24	11				X
MHS Students	25	12	X	X		X
	26	13				

# 2019 TOWNEBANK OUTER BANKS MARATHON & SOUTHERN FRIED HALF MARATHON WEEKEND SCHEDULE OF EVENTS

## ► SCHEDULE OF EVENTS *At A Glance*

### FRIDAY, NOVEMBER 8TH

6:00 PM – 9:00 PM – Race EXPO & Packet Pick-Up  
Hosted by First Flight Middle School

### SATURDAY, NOVEMBER 9TH

#### Super Saturday Festival 9 AM – 12 PM

#### 8K, 5K, FUN RUN - Sponsored by Surf Pediatrics & Medicine

7:30 AM – Outer Banks 8K Start  
9:00 AM – 6 PM – Race EXPO & Packet Pick-Up  
8:45 AM – 8K Awards  
9:00 AM – Family Festival  
9:30 AM – Outer Banks 5K Start  
10:30 AM – 5K Awards  
11:15 AM – Outer Banks Fun Run

### SUNDAY, NOVEMBER 10TH TOWNEBANK OUTER BANKS MARATHON & SOUTHERN FRIED HALF MARATHON

7:00 AM – Southern Fried Half Marathon Start  
7:20 AM – TowneBank Outer Banks Marathon Start  
8:30 AM – 2:30 PM Post Race Party  
8:30 AM – 2:30 PM – Live Band - The Ramble  
8:45 AM - Southern 6 Start  
10:30 AM – 11:00 AM – Southern Fried Half Marathon Award  
12:15 PM – 12:45 PM – TowneBank Outer Banks Marathon Awards

#### 8:45 AM – SOUTHERN 6 Start

Tanger Outlet Center, 7100 South Croatan Hwy, Nags Head 27959

## ► BEAT THE BRIDGE!

NC DOT requires that a 16 min. per mile pace must be maintained.

The bridge will close to runners @ 1:30 PM.

There will be 5 check points to insure this pace.

Checkpoint 1 is @ mile 3.5 - cut off time is 8:30 AM. (*Mooreshore Rd. mid-point*)

Checkpoint 2 is @ mile 8 - cut off time is 9:40 AM. (*Entrance to Airport path at Pilot Facility*)

Checkpoint 3 is @ mile 13.1 - cut off time is 11:00 AM. (*Town Park exit of NH Woods/Barnes Street*)

Checkpoint 4 is @ mile 18 - cut off time is 12:15 PM. (*Links Drive/Cleek Ct.*)

Checkpoint 5 is @ mile 20 - cut off time is 1:00 PM. (*Finch St. & 158*)

8K finish time = 1.5 hours | 5K finish time = 1 hour

*All stragglers who fail to meet these checkpoint times will be swept from the course.*

## ► SATURDAY RACES

### 8K • 5K • FUN RUN

**LOCATION:** First Flight High School Track/Football Stadium  
100 Veterans Drive, Kill Devil Hills in front of the grandstand, with parking available at First Flight High School and Middle School, a short walk from the track (see map).

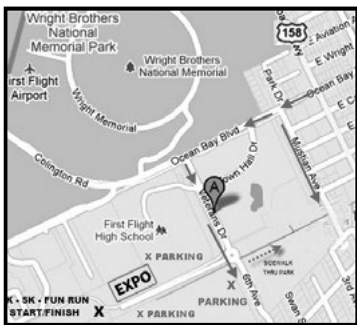
**DIRECTIONS (TO THE TRACK):** US 158 go west on Ocean Bay Blvd/Colington Road (MP 8.5), turn left at first traffic light on to Veterans Drive. Continue south on Veterans Drive past First Flight High School (FFHS), bear right at the circle, go past FFHS parking lot on the right and First Flight Middle School (FFMS) on the left. Parking is available at FFMS and FFHS. The track is located past the parking lots, at the end of this road.

### RACE DAY PACKET PICK-UP & REGISTRATION:

Challenge, 8K, 5K and Fun Runners may register and pick up their race number, race bag and race shirt at the Race EXPO on Friday, November 8th, from 6 PM – 9 PM.

Fun Run race day registration and bib pick up is available at the First Flight High School track from 9:30 AM – 11:00 AM.

**There is no race day registration for 8K or 5K.**



**8K:** 6:30 AM–7:15 AM bib pick up  
7:30 AM Start, 1.5 hour cutoff to finish, stragglers will be swept

**5K:** 7:30 AM–9:15 AM bib pick up  
9:30 AM Start, 1.0 hour cutoff to finish, stragglers will be swept

**Fun Run:** 9:30 AM–11:00 AM bib pick up and registration  
11:15 AM Start

### SUPER SATURDAY FAMILY FESTIVAL • 9:00 AM–12 PM

Come for the Run...stay for the Festival! The Super Saturday Festival offers food and fun for all!! Located on-site at the First Flight High School track, **it is free and open to the public**, with activities beginning at 9:00 AM.

#### *Activities include:*

Corn Hole • 2 Bounce Houses • Kitty Hawk Kites Rock Climbing Wall and lots more!

## ► SUNDAY RACES

### MARATHON • HALF MARATHON • SOUTHERN 6

#### MARATHON

#### 7:20 AM START

## 26.2

**START LINE:** 5300 The Woods Road, Kitty Hawk.

**RUNNER DROP OFF:** Kitty Hawk Elementary School – a short walk to the Start.

**DIRECTIONS:** From Hwy 158 (the Bypass) in Southern Shores, turn onto Dogwood Trail. Turn right into the parking lot of Kitty Hawk Elementary School, 16 Dogwood Trail, Southern Shores. Runner drop-off is at the school, and walk to the Start.

**MARATHON SHUTTLES:** Park near the Start (at Walmart), take a shuttle to the Start and catch a shuttle back to your car after the race OR park near the Finish, take a shuttle to the Start, run the race and then take a shuttle to your car parked near the Finish.

#### ★ PARK NEAR START OPTION:

Walmart: 5400 N Croatan Highway, in Kitty Hawk, NC 27949  
Shuttles departing every 10 minutes beginning at 6:30 AM.

#### ★ PARK NEAR FINISH OPTION:

Manteo High School: 616 Wingina Avenue, Manteo NC 27959  
Shuttles depart promptly from Manteo High School at 5:45A M to take you to the Marathon Start. Shuttle service is not available after 5:45 AM. Shuttles run all day until 3:00 PM from finish.

★ **RELAY RACE EXCHANGE POINTS** If you are participating or will be dropped off at a Relay Exchange Point, the locations are as follows:

- **EXCHANGE #1:** Mile 6ish- on 5th St. and Bay Dr. Lot accessible from HWY 158 via W. Durham St. -Shuttle to finish at end of 5th St. and Bay Dr. across from the Exchange at approx. 8:20 AM.
- **EXCHANGE #2:** Mile 13-Towne Park on West Barnes. Runners must walk up from on 158. – Shuttle to finish area in DMV lot approx. 9:15 AM.
- **EXCHANGE #3:** Mile 18-Seachase/ Epstein & 158. Shuttle to finish at BB&T Bank lot at approximately 10:40 AM.

### HALF MARATHON

#### 7:00 AM START

## 13.1

**START LINE:** E. Baltic in Nags Head.

**RUNNER DROP OFF:** Get dropped off at the Start From Highway 158 (the Bypass) or Highway 12 (Beach Road) in Nags Head, turn onto Bonnet Street, then turn north onto Memorial Avenue. Runner drop-off is on Memorial Avenue between Bonnet and Barnes Street in Nags Head.

**HALF MARATHON SHUTTLES:** Park at Nags Head Elem. School (a short walk to the Start) and catch a shuttle back to your car after the race; OR, park near the Finish, take a shuttle to the Start, run the race and the take a shuttle to your car parked near the Finish.

#### ★ Park near Start option:

Nags Head Elementary School  
3020 Wrightsville Avenue, Nags Head, NC 27959  
Overflow Parking: YMCA 3000 S. Croatan Hwy., Nags Head, NC 27959  
Shuttles depart from Nags Head Elementary every 10 minutes beginning at 6:15 AM.

#### ★ Park near Finish option:

Manteo High School: 616 Wingina Avenue, Manteo, NC 27954  
All shuttles depart Manteo High School at 5:45AM to take you to the Half Marathon Start. Shuttle service to Start is not available after 5:45 AM. Shuttles from finish run until 3:00 PM

## ~6

### SOUTHERN 6

#### 8:45 AM START

**START LINE:** Tanger Outlet Center: 7100 South Croatan Hwy, Nags Head.

Park at Nags Head Elementary or Walmart and take a shuttle to the Southern 6 Start.

• No parking at Tanger Outlet Center - park across the street at Super Wings.

• NEW THIS YEAR-you must check in with the S6 Race Director at the start before departing 8:45 gun start time issued.

## ► NEED2KNOW INFO

### RACE NUMBER & TIMING CHIP

Your race number (aka race bib) will have two tear-off tickets: one to be used to pick up your race shirt at the EXPO, and another to be used as a label for your gear bag for Marathon and Half Marathon. Please attach your race bib to the front of your shirt so photographers can i.d. you for race photos AND to receive an accurate time. Your timing chip is attached to the back of your bib.

#### GEAR BAG SERVICE (26.2 & 13.1 ONLY)

UPS will be at the Start of the Marathon and Half Marathon to collect your bags and transport your gear to the Finish. Use the tear-off label attached to your race number as your gear tag, address your tag and attach it to your bag (ties available at packet pick up). If you plan to utilize our Gear Bag service, please use a closeable bag, such as a small duffel bag or backpack (zippered or drawstring closure, keeping the bag size to 16"x20" or less).

★ **Runner Tip:** If you are wearing warm-up gear to the start of the race, we are not responsible for clothing or personal items left or forgotten, and all items will be discarded or donated.

### FAMILY REUNION AREA

Family members and friends can meet up with runners at the OBSE retail tent beyond the finish line in downtown Manteo, or call (252) 255-8097 for assistance in locating a family member.

### LOST & FOUND

All lost and found items, excluding discarded clothing along the course, will be taken to the OBSE retail tent on Queen Elizabeth Street. Discarded clothing along the course will be thrown away or donated.

### CAN'T FINISH?

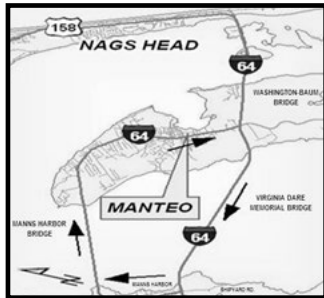
Please call or ask a course volunteer to call 911 if you are in need of immediate medical assistance. First Aid tents will be located along the course. **In a non-emergency situation**, call (252) 473-1368 to arrange complimentary transportation to the Finish, where you can catch a shuttle to your vehicle (Manteo High School, Nags Head Elementary, YMCA, Kitty Hawk Elementary or Walmart) or meet friends and family at the Family Reunion/Information table at the OBSE retail tent past the finish line.

## ► SPECTATOR

## INFORMATION

### RACE DAY TRAFFIC PATTERN

Visit YouTube for a detailed overview



#### of traffic patterns on Marathon Sunday – [youtu.be/s0qMPHmoNg4](https://youtu.be/s0qMPHmoNg4)

To help spectators get to the Finish line and post-race festivities, all traffic entering Manteo/Roanoke Island after 7:30 AM on race day will use the Virginia Dare Memorial Bridge. Turn right and travel through Manns Harbor, cross the Manns Harbor Bridge and enter Manteo from the west side of the island. This will add an additional 20-25 minutes to your trip to the Finish area, and directional signs will be out for you to follow. Note: the Washington-Baum Bridge will be open to traffic.

### SPECTATOR SHUTTLES TO THE POST RACE PARTY

Free shuttle service is available for all spectators. Shuttles will depart from Manteo Schools every 15 minutes beginning at 7:15 AM and run until 3:00 PM.

• Manteo High School 616 Wingina Avenue, Manteo

• Manteo Elementary School 701 US Hwy. 64/264, Manteo

#### ★ START LINE

Immediately following the start of the Marathon and Half Marathon, a limited number of shuttles will be available to take spectators from the Starts to the Finish area in downtown Manteo (there are a limited number of these shuttles making only one trip to the Finish). A shuttle will also be available to return spectators to Walmart, Kitty Hawk Elementary, Nags Head Elementary, YMCA or Manteo Elementary and High School. Return shuttles will run all day, starting at 7:45 AM.

#### ★ FINISH LINE

For Finish line spectators, ample parking and convenient shuttles are available at Manteo School locations, see above.

## SPECTATOR SPOTS

All areas provide direct viewing and off-road parking immediately adjacent to the course.

### MARATHON COURSE:

• RPC Contracting, 934. W. Kitty Hawk Road, by MM2, Kitty Hawk

• Wright Brothers Memorial, US 158, MP7, Kill Devil Hills

• First Flight Elementary & High School, 100/109 Veterans Drive, by MM9, Kill Devil Hills

• Nags Head Woods Visitor Center, 701 W. Ocean Acres Drive, by MP9.5, Kill Devil Hills

### MARATHON AND HALF MARATHON COURSE:

• YMCA , 3000 S. Croatan Hwy., by MP11, between MM13 & MM14, Nags Head

• Outer Banks Mall, 5000 S. Croatan Hwy., MP14, between MM17 & MM18, Nags Head

• Dare County Justice Center, 962 Marshall Collins Drive, before MM25, Manteo

• Chesley Mall , US Highway 64, between MM25 & MM26, Manteo

• College of the Albemarle, 205 US Highway 64, before MM26, Manteo

**Key:** MM = Marathon Course Mile Marker

MP = Milepost along US 158 (Croatan Hwy.)

### POST-RACE PARTY – It's Southern Fried!

Join us for a post-race celebration and party in downtown Manteo on Queen Elizabeth Street! Bring your family and friends to enjoy a festival atmosphere including live music, good eats, OBSE retail and more!

### POST RACE PARTY SCHEDULE

8:30 AM–2:30 PM – Block Party

8:30 AM–2:30 PM – Live Band - Jonny Waters & Company

10:30 AM – Southern Fried Half Marathon Awards Ceremony

12:15 PM – TowneBank Outer Banks Marathon Awards Ceremony

**Can't stay to collect your award?** Print out the award claim form from our website and mail it to us with the fee.

### GET THE APP!

Download the free ITSYOURRACE app on your mobile device. Search ITSYOURRACE for Outer Banks Marathon, click open and find important information about our upcoming race weekend!