

THEY ARE  
SURROUNDED BY  
SUCH GREAT  
CLOUDS OF  
WITNESSES, LET  
US THROW OFF  
EVERYTHING  
THAT HINDERS  
US AND SIM-  
PLY TRAIL OUR FEET  
EAGERLY, AND  
LET US RUN  
WITH  
PERSEVERANCE  
TOWARD  
THE GOAL  
WITHOUT  
FAINTING

HEBREWS 12:1

OCTOBER 1, 2011

**12:1 Run**  
[www.twelve1run.com](http://www.twelve1run.com)  
*run with PERSEVERANCE*

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*run with PERSEVERANCE*

# Message from Race Director

Greetings!

To all our runners, walkers, volunteers, and sponsors, the 12:1 Run Race Team is very excited to bring to you the 2011 event. Already into our 4th year, we promise you a weekend, done bigger and better than ever, with activities for families, kids, the recreational runner, and the serious competitor. You will notice many improvements including our fabulous new web site, redesigned kid's races, Friday night party with pasta dinner, a larger runner's expo, an awards ceremony venue with your comfort in mind, improved racer timing and finish area, and, of course, more drink and food refreshments and prize giveaways than ever before.

The 12:1 Run Race Team, a group of dedicated athletes, meticulous organizers, and faithful servants of God have always prayed continually for our Creator to use this event in a way that is pleasing to Him. And, for three years now, He has been very pleased. The proceeds from the 12:1 Run are used to purchase water filtration units and to distribute them around the world to provide the gift of clean water to those in need. A commodity that we so take for granted in our own lives, is in short supply or is non-existent in other's lives. While we flush it away, sprinkle our lawns with it, and float around a lazy river in it, there are kids and adults around the world who just want a small amount of safe, clean water for drinking and bathing. To date, the 12:1 Run has purchased and distributed 107 units and provided clean water to 535,000 people for the next 5 years. It just blows us away to meditate on those numbers and how God is using this event. What will he do in 2011? We are committed to work hard to find the answer to that question.

- **Our Purpose Statement is:** *Health, Water, Jesus.*
- **Our Mission is:** *to provide a fun, healthy, and safe running event to increase awareness of the need for clean, safe water for those in need, to raise funds for that need, and to show the love of Jesus to all involved.*
- **Our goal for you, the participant, volunteer, or sponsor:** *To take hold of a healthy lifestyle, to help others in need, and to know Jesus.*

So, we would be thrilled and honored to have you as a part of this year's event. Come and be a part of our signature 5K and 10K races, or train a little more and challenge yourself to our newer Half-Marathon, all on Saturday, October 1. Get involved in some fun training with your kids and cheer them on in their own races on Friday, September 30. Visit our ever-growing runner expo and feast on a fabulous pasta dinner that same evening, and let us treat you to entertainment and evening fireworks. Volunteer to help, we have a place for you! Be a financial sponsor, your rewards will be eternal! The Harmony Bible Church hospitality will abound during the entire weekend and we would love to have you as our guests at a special "Thank-You" service at 9:00 a.m. on Sunday morning. We can hardly wait!!

As we run to satisfy ourselves, let us also run to supply the needs of others. And, always remember, TO GOD BE THE GLORY!!

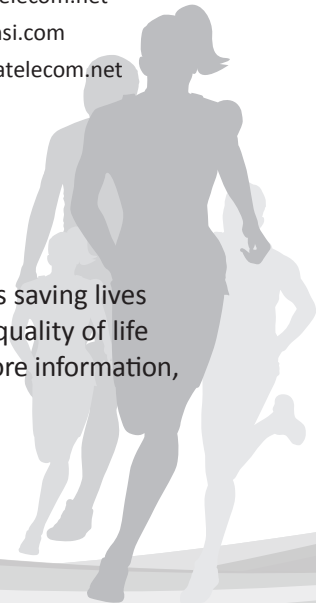
Happy Training,  
The 2011 12:1 Run Race Team

## 12:1 Run Race Team

|                  |                         |                                     |
|------------------|-------------------------|-------------------------------------|
| Libby Samples    | Race Director           | sampschic@gmail.com                 |
| Amy Whitaker     | Food                    | awhitaker@mediapolissavingsbank.net |
| Jean Francy      | Food                    | jeanfrancy@gmail.com                |
| Carol Schmidgall | Kids Races              | cardon@mchsi.com                    |
| Gina McSorley    | Expo                    | margin3@yahoo.com                   |
| Hollie Schuff    | Race Shirts/Merchandise | hollieschuff@hotmail.com            |
| Jacqueline Baugh | Volunteers              | jdalc@aol.com                       |
| Jason Lambert    | Course Bands            | j Lambert@iowatelecom.net           |
| Margie Ward      | Training Runs           | mward@lisco.com                     |
| Jeff Chase       | Course                  | chasefamily@mchsi.com               |
| Mitch Timmerman  | Course                  | mtimmerman@mepotelco.net            |
| Sheila Lamm      | Registration            | sheila@harmonybiblechurch.org       |
| Kathy Scott      | Registration            | a4iowascotts@gmail.com              |
| Liz Wilcox       | Marketing/Kids Races    | lizard@geticonnect.com              |
| JD Smith         | Marketing               | jdsmith@mchsi.com                   |
| Judy Kuisle      | Marketing               | kuisle123@mepotelco.net             |
| Mandi Milks      | Graphic Design          | amandamilks@iowatelecom.net         |
| Lucas Gourley    | Website                 | lucasgourley@gmail.com              |
| Mike Jones       | Race Day Announcements  | mike.jones@nlcsd.org                |
| Kent Lamm        | Facilities              | klamm@iowatelecom.net               |
| Shirley Smith    | Finances                | jdsmith@mchsi.com                   |
| Brandy Foster    | Pasta Dinner            | foster24@iowatelecom.net            |

## Our Cause

All proceeds from the 12:1 Run events will go towards saving lives by making drinking water safe and to create a better quality of life by treating water supplies all around the world. For more information, go to [www.hayspurewaterforallfoundation.com](http://www.hayspurewaterforallfoundation.com).



# Schedule of Events

ALL 12:1 RUN EVENTS WILL TAKE PLACE AT HARMONY BIBLE CHURCH LOCATED ON HIGHWAY 79 APPROXIMATELY 12 MILES DUE WEST OF BURLINGTON, IA (HBC, 21589 Hwy. 79, Danville, IA 319-392-4229)

## FRIDAY, SEPTEMBER 30, 2011 PRE-RACE PARTY

|  |                        |
|--|------------------------|
| 12:1 Run Health & Fitness Expo Set-Up .....            | 12:00 noon - 4:00 p.m. |
| 12:1 Run Health & Fitness Expo .....                   | 5:00 p.m. - 8:00 p.m.  |
| 12:1 Run Registration & Participant Packet Pick-Up.... | 5:00 p.m. - 8:00 p.m.  |
| Pasta Dinner .....                                     | 5:00 p.m. - 8:00 p.m.  |
| Kid's Races .....                                      | 6:30 p.m.              |

## SATURDAY, OCTOBER 1, 2011

|  |                        |
|--|------------------------|
| Registration & Packet Pick-Up .....          | 6:30 a.m. - 7:30 a.m.  |
| 12:1 Run Health & Fitness Expo .....         | 7:00 a.m. - 12:00 noon |
| 12:1 Run 5K & Half-Marathon Start .....      | 8:00 a.m.              |
| 12:1 Run 10K .....                           | 9:00 a.m.              |
| 12:1 Run 5K Awards Ceremony .....            | 9:15 a.m.              |
| 12:1 Run 10K Awards Ceremony .....           | 10:30 a.m.             |
| 12:1 Run Half-Marathon Awards Ceremony ..... | 11:30 a.m.             |

## FEE SCHEDULE

|  |                        |
|--|------------------------|
| <b>Half-Marathon</b> .....                                   | \$35 to Sept. 1        |
| .....  | \$50 Sept. 3 to Oct. 1 |
| .....  | \$60 Race Day          |
| <b>10K &amp; 5K (with shirt)</b> .....                       | \$25 to Sept 22        |
| .....  | \$30 after Sept. 22    |
| <b>10K &amp; 5K (without shirt)</b> .....                    | \$15 to Sept. 22       |
| .....  | \$20 after Sept. 22    |
| <b>Kid's Races</b> .....                                     | FREE                   |
| Children's shirt sizes: (2-4), (6-8), (10-12), (14-16) ..... | Shirt cost: \$7.00     |

## Life-Giving Entry Package

Includes: entry fee, tee shirt, and a water filter shipped to a needy village in your name .....\$300

*If you would like to give in this way, please call Sheila at 319-392-4229.*

# PRE-RACE DAY

## REGISTRATION PROCEDURES

Register early for the 12:1 Run events! Pre-registration can best be done online at [getmeregistered.com](http://getmeregistered.com) which can be accessed from our event web site: [twelve1run.com](http://twelve1run.com). You may also use our new simplified registration form available as a download and mail to our event office: 12:1 Run, 21589 Highway 79, Danville, IA 52623

## RACE DAY REGISTRATION

Race Day Registration (Oct. 1) will be available for all events from 6:30 a.m. to 7:30 a.m. at the church worship center.

Race day fees are \$30 for the 5K/10K and \$60 for the half-marathon. Allow at least 20 minutes for the registration process. For any questions regarding race day, please refer to the 'Question Table.'

## RACE PACKET PICK UP

All participants in the road events will receive an event packet. Packet pick-up times will be Friday, Sept. 30 from 5:00 p.m. to 8:00 p.m. and Saturday, Oct. 1 from 6:30 a.m. to 7:30 a.m. A packet pick-up table will be available in the church foyer during these times.

## IMPORTANT PRE-RACE AND COURSE INFORMATION

- The 12:1 Run 5K and 10K courses will be run on hard-surface roads, is an out-and-back course which consists of flat to rolling terrain. The Half-Marathon event will be on hard surface roads and will be quite hilly and challenging. Complete maps of the courses will be available online at [www.twelve1run.com](http://www.twelve1run.com) as race day approaches. Walkers will be allowed in the 5K/10K events, but not in the half-marathon. All participants are encouraged to stay to the right side of the roadway for the duration on their event. All children's races will be in the church parking lot. Distance will be determined by age. There will be separate boys and girls races.
- Aid stations with water and/or GU products will be made available to all participants as follows: 5K - turnaround (1.5 mile mark). 10K - 1.5 mile, 3 mile, 4 mile, 5 mile. Half-marathon - every 1.5 miles. First aid station will be available at mile 6 and 9 of the half-marathon course.
- Pre-race fluids, vaseline, bandaids, bib pins, etc. will be made available in the church prior to all events. A runner bib will allow entry into this area.

- All road event participants must wear an official event bib pinned to their shirt or attached to their race belt. Each event has a unique colored bib and these are not transferrable. All bibs must be visible on the front of the body, not the rear. Timing tags must be attached per instructions. Do not detach or move these tags. These are crucial for proper and accurate timing of each event.
- The 5K/10K events do not have a time limit for participants. The half-marathon event will have course support until 12:30 pm. This equates to a 16:47 per mile pace. Anyone traveling slower than this pace will be encouraged to pull out of the event. Walking the entire half-marathon event will not be allowed.
- The 12:1 Run Race Team discourages the use of headphones from our road events. If using these during your race, please be responsible. Pets are not permitted on the race course.
- Each mile marker will be plainly marked for each road event and timers will be announcing times at various locations throughout the course. A digital clock will be used at the finish line.
- Timing for each road event will be provided by Accu-Split Timing Co.

## **HEALTH & FITNESS EXPO**

The 4th Annual 12:1 Run Health & Fitness Expo will take place on September 30 from 5:00 p.m. - 8:00 p.m. and October 1 from 7:00 a.m. to 12:00 noon in the Harmony Bible Church foyer. Booths will be available from several area health and fitness vendors. These vendors can be viewed online at [www.twelve1run.com](http://www.twelve1run.com) as race day approaches.

# Training

Go to [www.twelve1run.com](http://www.twelve1run.com) for complete training programs for the 5K, 10K and half marathon races. We also offer free group training runs to prepare for your event. See website for more details.

# Medical/Safety Information

## **WEATHER CONDITION/ALERT INFORMATION**

The month of October in southern Iowa can find a weather scenario from hot and humid to cold and blustery. All participants must be prepared for either type of weather day. If we have extreme heat or cold conditions, participants will be made aware of steps to take to protect themselves. The 12:1 Race Team has the right to shorten, eliminate, or end any event due to weather extremes.

## **EVENT MEDICAL SUPPORT**

The 12:1 Run events will have medical support from trained personnel. An ambulance and EMT will be onsite throughout the duration of the event.

## **MEDICAL/CONTACT INFO ON BIB NUMBER**

Each participant is mandated to correctly and carefully include all medical conditions and contact information on their event bibs. In case of emergency this information will allow event volunteers to assess the situation and contact the correct individuals.

## **RUNNER DROP-OUT SERVICE**

A sweep vehicle will be traveling the half-marathon course at the pace equal to the end of course support (approx. 16:47 per mile pace) If a runner makes a decision to end their participation, or if they are going to exceed the time for course support, this service will be available to return them to the church. Replacement fluid will be made available on the sweep vehicle.

# Race Day

## SCHEDULE

|   |            |
|---|------------|
| Registration and Packet Pick-Up Open .....  | 6:30 a.m.  |
| Pre-Race Fluid and Supplies Area Open ..... | 6:30 a.m.  |
| Call for 5K Run/Walk .....                  | 7:50 a.m.  |
| 5K Run/Walk & Half-Marathon Start .....     | 8:00 a.m.  |
| Call for 10K Run/Walk .....                 | 8:50 a.m.  |
| 10K Run/Walk .....                          | 9:00 a.m.  |
| Awards Ceremony for 5K Run/Walk.....        | 9:15 a.m.  |
| Awards Ceremony for 10K Run/Walk .....      | 10:30 a.m. |
| Awards Ceremony for Half-Marathon .....     | 11:30 a.m. |
| Course Support ends for Half-Marathon ..... | 12:30 p.m. |

**All events begin and end in parking lot of Harmony Bible Church**

## PARTICIPANT/VOLUNTEER PARKING

Parking will be provided in the main parking lot of Harmony Bible Church for all participants and their families. Parking attendants will aid with traffic flow. All event volunteers are asked to park in the church office parking area. No parking will be allowed along Highway 79 at any time.

## RESTROOM FACILITIES

Restroom facilities for all participants, family members, expo participants, and volunteers will be in the church. Outdoor portable toilets will be available in the parking lot situated close to the start area and will be made available mainly for run/walk participant use.

## CHILD CARE SERVICE

Child care service will be provided Saturday, free of charge, for children of event participants ONLY. This service will be located in Harmony Acres to the right as entering church foyer. Ages for this service will be newborn to 10 years old. Information to register your child(ren) will be available upon arrival.

## RACE START LOCATION, PROCEDURES, AND INSTRUCTIONS

Friday night Kid's races will take part in the main church parking lot and all races will finish in the main finishing chute. The 5K and 10K Run/Walk and the Half-Marathon will begin on Highway 79 next to the church

parking lot. A call for each event's participants to proceed to the start areas will occur 10 minutes prior to gun time. These announcements will be heard both inside and outside the church facilities.

### **COURSE INFORMATION AND ALERTS**

Portions of all three road events will take place on County Highway 79 and within Lake Geode State Park. All miles of all events are on hard-surface roadways. We have experienced very little traffic during our previous years of this event. Ample volunteer and police support will be in force during all of the events durations. The half-marathon course support will be in place until 12:30 pm. After that time, participants will be encouraged to ride the bus back to the finish. Any other course alerts or notices will be announced pre-race.

### **RACE FINISH AREA AND INSTRUCTIONS**

All of our 12:1 run events will be using one main finish chute/line. We will be using RFID (radio frequency I.D.) timing devices attached to the participant. As each participant crosses the finish line, their time will be electronically recorded and sorted to the correct results for their specific event. We will be using the gun time at the beginning, we will not be capturing start times (everyone will have the same start time). Times will be captured at the finish line for award results. Upon crossing the finish line, all participants must proceed down the length of the finish chute. No passing within the chute or exiting under the chute roping will be allowed. Volunteers will be available in finish chutes for any medical issues. Participants may immediately proceed to the post-race refreshment area reserved for "racers only" for fluid, fruit, etc. A participant bib will allow entry into this area.

## *Pre-Race Party*

### **FRIDAY, SEPT. 30TH, 5:00 P.M. - 8:00 P.M. AT HARMONY BIBLE CHURCH**

Please join us Friday night from 5:00 p.m. - 8:00 p.m. at Harmony Bible Church for a Pre-Race Party. The evening includes packet pickup, race registration, a delicious pasta dinner, and new & improved Kids Races. The Health & Fitness Expo is also open for your viewing and shopping pleasure. Top off the night with a motivating speaker and live music. Bring the whole family for a fun filled evening. It will serve as a great motivator for your Saturday morning race. Please check our website for updates at [www.twelve1run.com](http://www.twelve1run.com).

# Post Race

## EVENT RESULTS

Entire event results will be posted at [twelve1run.com](http://twelve1run.com) shortly after the events.

## OVERALL, AGE DIVISION, AND SPECIAL AWARDS

An awards ceremony for each event will take place according to posted times above. Overall, age division, and special awards will be presented.

Overall winners are not eligible for age group division awards. Prizes will be awarded to the top overall male and female finishers of each race. Medals will be awarded to the top two male and female finishers in each age division. Age divisions: 13 and below (5K and 10K only), 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60 and up. All half marathon participants will receive a finisher medal.

# Promotions and Services

## EVENT MERCHANDISE

The 12:1 Run has a wonderful line of merchandise for purchase. Check out the complete line at [twelve1run.com](http://twelve1run.com) or at the Health & Fitness Expo.

## HOSPITALITY AND ENTERTAINMENT

The 12:1 Run will be providing food and drink for all participants and their friends and family members present. Hot dogs, sandwiches, cookies, fruit, and drink will be served under the church main entry portico following the run events. A special participant fluid and refreshment area will be made available before and after each run/walk event. A participant's bib will provide entry into this area. Musical entertainment will once again be made available at the finish area and at points along each race course for the motivation and enjoyment of participants.

# Event Rules and Guidelines

Each of the 12:1 Run road events are staged on courses that have been certified and sanctioned by the United States Track & Field Association. This signifies that each course has been measured and marked according to stringent standards set forth by the USATF.

National and world overall and age division records will be made official if set on these courses. Therefore, it is the responsibility of each road race participant to run or walk in a way that is fair and recognized as following all rules set forth by our sanctioning body. Most important is that all road race participants stay to the right side of the road at all times and never leave the hard surface of the roadway.

# Event Sponsors

For a complete list of the 2011 12:1 Run Sponsors, please go to [www.twelve1run.com](http://www.twelve1run.com). The 12:1 Run Race Guide is brought to you by Amanda Milks Design, [www.amandamilksdesign.com](http://www.amandamilksdesign.com), and Doran and Ward Printing at [www.doranandward.com](http://www.doranandward.com).

# Local Accommodations

## CAMPING AVAILABILITY

Camping is available approximately 2 miles from our event site within Geode State Park. This park is located due west of Harmony Bible Church at the end of Hwy. 79. Our 10K and Half-marathon races run by these campgrounds.

## SHOWERS

Showers will be available at the Geode State Park Campground for a cost of \$2. As parking near the shower house is limited, please park at the lot near the campground entrance. To pay, place your money into the envelope and in the box near the entrance.

Towels will not be provided.

## HOST HOTEL

The 12:1 Run Official Host Hotel is the AmericInn. The hotel is approximately 14 miles east of Harmony Bible Church. To reserve your room at a reduced rate of \$59.95, please call The AmericInn at 319-758-9000, and mention the 12:1 Run. The AmericInn is located at 628 S. Gear Avenue in West Burlington, Iowa 52655.

**For information about Harmony Bible Church, please go to [www.harmonybiblechurch.org](http://www.harmonybiblechurch.org).**



