

Marathon Volunteer Job Descriptions

Thank you for volunteering!

Station	Description	Shirt Color
Water Station	<p>See detailed directions attached</p> <ul style="list-style-type: none"> • Part Safety Officer: Our first priority is to provide a safe course for our runners. Please keep the course free of debris and communicate any medical/safety issues to your Medical Team member and Communications Team member. Water Stations can begin to clean up when the sweep bike comes by to tell you that last runner has come through. • Part Cheerleader: Cheer the runners on – it’s a long course, for some runners 26.2 miles, and you’ll be the only people they see for miles. Get up, get excited, and keep them moving. Be creative, decorate your hydration station in a theme, bring a radio to play music, wear funny hats – you’ll be part of the inspiration that keeps the runners moving. Do not tell runners they are almost there no matter where you are on the course. Use words of encouragement like “Good job!” “Keep going!” “Dig deep, you can do it!” • Runner Hydration: As runners pass by, shout what you are holding (water or PowerAde) and hand to runners as they pass. As you hold out cups to runners, hold cup at the bottom so runner can easily grasp cup from you. Continue to pick up cups that runners have discarded on course to maintain safe and clear course for runners. 	Yellow
Water Station – Medical	<p>Provide emergency medical support if needed. Communicates through HAM if EMS services are needed. Lehigh Valley Hospital Nurses, physician assistants, physicians, physical and occupational therapists, etc. will fill these posts. Will be certified in CPR and First Aid. Medical can leave when the sweep bike comes by to tell you that last runner has come through.</p>	Medical Vests/Light Blue
Course Marshalls	<ul style="list-style-type: none"> • Part Safety Officer: Our first priority is to provide a safe course for our runners. Course Marshalls are positioned throughout the course usually at intersections and are responsible for directing runners at turns. Marshalls can leave when the sweep bike comes by to tell you that last runner has come through. • Keeping Runners on Course: As soon as you see a runner, begin to signal with your hands and your voice which direction or turn they are supposed to make. Often runners get in a zone and need plenty of advance warning to know which way to head. A leg captain on a bike will pass by your location prior to the runners to verify all volunteers are in place. They will be able to tell you which direction or turn the runners are going to make at your location. If all else fails, point runners in the direction of the lead bike which will pass you just before the runners come by your post. • Part Traffic Cop: Course marshals are positioned at intersections that are blocked for traffic. Responsible for keeping cars off the course and maintaining a safe environment for runners. • Part Cheerleader: Cheer the runners on – it’s a long course, for some runners 26.2 miles, and you could be the only people they see for miles. Get up, get excited, and keep them moving. Be creative, bring a radio to play music, wear a funny hat – you’ll be part of the inspiration that keeps the runners moving. Do not tell runners they are almost there no matter where you are on the course. Use words of encouragement like “Good job!” “Keep going!” “Dig deep, you can do it!” 	Yellow & Foam Finger



Station	Description	Shirt Color
Relay Team Exchange Marshall	<ul style="list-style-type: none"> • Part Traffic Cop: Relay Team Exchange Marshalls are responsible for making sure the exchange between relay runners is smooth and safe. Responsible for keeping other runners (not in the race yet) out of the relay exchange chute and helping identify runners coming in to make their exchange by calling out their team name. • Part Timing Official: EXCHANGE #1 ONLY (Parkettes, Allentown): This race uses timing chips. The first and last runner on each team will wear a timing chip to record their time. At Exchange #1, you are responsible for making sure that all incoming runners remove their timing chip and dispose of them. If not, there is the possibility that they could alter their team's recorded time if they accidentally cross a timing mat. • Part Safety Officer: Our first priority is to provide a safe course for our runners. Marshalls can leave when the sweep bike comes by to tell you that last runner has come through. 	Yellow
Food	<ul style="list-style-type: none"> • Food: Food and water at exchanges and Finish Festival is for runners and volunteers only. Runners must have bib #s or volunteer shirt visible to receive food. There is food for purchase by Panera Bread for spectators at the Finish Festival. Provide food to runners and keep the food tent organized. Keep food station free of debris and clutter. Food Volunteers can begin to clean up when the sweep bike comes by to tell you that last runner has come through. • Trash & Recycle: Monitor trash and recycling cans at exchange point. Empty and tie-up bags when needed and place next to trash cans. Replace trash/recycle bag in cans. • Food Transport: Transport any leftover food and water to finish line once sweep biker has come through exchange to indicate the last runner is through. 	Yellow
Parking/SAG Transport/Info	<ul style="list-style-type: none"> • Parking: Direct relay runners to parking at Exchange Points. Parking volunteers can leave when the sweep bike comes by to tell you that last runner has come through. • Information: Provide general information to runners and spectators, location of bathrooms, food, water, medical, etc. • SAG Transport: Provide transportation for runners who are no longer able to complete the race but are not in need of medical attention. SAG runners will notify HAM who will communicate back to the closest exchange that a runner is in need of transport. When the SAG Volunteer is relieved of duties at exchange, they will provide transportation to nearest exchange for runner. SAG Volunteers must take another person along for the transport. 	Yellow & Foam Finger
Bag Drop – Start	Pack & label bags for runners and prepare for transport to finish line. Have runners wrap duct tape around bag handle to create a label and write Bib # and Runner's name on tape. Place bags directly into vehicle that will transport bags to finish line. There will be extra empty bags if runners needed them.	Yellow
Bag Drop – Finish	Line bags up by Runner's Bib # at the finish line. Organize bags and return bags to runners who checked them at the starting line.	Yellow
Race Packet Pick-Up	Distribute assembled race packets to runners on Thursday, Friday and Saturday prior to race day. Partial shifts available.	Yellow
Awards	See detailed directions attached Set-up awards at Finish Festival. Hand out finishers medals to marathon runners as they cross the finish line. During awards ceremony, hand awards to announcer, make notes of awards not pick-up. Label and re-pack unclaimed awards.	Yellow
Race Packet Pick-Up	Shifts are available on Thursday, Friday (11:30 to 6pm) and Saturday (2:30 to 5pm) before race day. Hand out race packets to runners. Partial shifts available.	Yellow
Race Packet Assembly	Shifts are available on Tuesday and Wednesday (10 to 4:30pm) before race day. Assemble race packets for runners. Partial shifts available.	Yellow



Station	Description	Shirt Color
HAM Radio Operators	Provide event communication. HAM Radio operators are stationed at the start, water stations, exchanges and finish line. Once they arrive at location, report into HAM Command that water station is set-up and staffed by volunteers and Medical. If supplies run low, communicate back to closest exchange point need for supplies. HAM can leave when the sweep bike comes by to tell you that last runner has come through.	
	<ul style="list-style-type: none"> • Hazardous Condition/Cancellation/Alteration Plan Flags will be flown at remote water stations and exchanges indicating race day conditions. When you arrive at site, all 3 flags will be clipped to flag pole. Remove yellow and red flag and put in safe place. Green Flag indicates the marathon is on and there are no known hazards; Yellow Flag indicates to proceed with caution (in the event of moderate weather conditions such as high heat and humidity); and Red Flag indicates the marathon has been stopped and all runners should proceed with caution to the nearest exchange point or seek immediate shelter due to severe weather conditions of other emergency. Flag changes will be communicated by the EMS Command to HAM who will change the flags at Marathon water stations and exchanges if necessary. At end of race, clip all three flags back on pole.	Red
Timing	Assist professional race timing team at the finish line. No timing experience necessary.	Yellow
Finish Festival - Medical	Provide emergency medical support to runners at finish line medical tent. Lehigh Valley Hospital Nurses, physician assistants, physicians, physical and occupational therapists, etc. will fill these posts. Will be certified in CPR and First Aid.	Medical Vests/Light Blue
Finish Festival - Massage	Provide massage for runners at finish line.	
5K Walk – Check-In & T-Shirts	<ul style="list-style-type: none"> • Collect Registration Envelopes from walkers and hand out T-Shirts. • The first 500 pre-registered walkers will receive a Registration Envelope (which they were instructed to bring along with them for check-in) in the mail personalized with their name and T-Shirt size. Envelopes may contain money that the participants fundraised. • Collect Registration Envelopes from walkers and place in large Rubbermaid tote boxes. Envelopes will have the T-Shirt size listed on the label, select the appropriate shirt size and hand to participant. • Walkers without a Registration Envelope or Walkers who register on Walk Day will complete one onsite and hand-in to complete their registration. 	Yellow
5K Walk – Food & Water	<ul style="list-style-type: none"> • Set-up, serve and stock water for walkers. Work with Panera Breads will provide refreshments for the walkers to assist them in anything they may need. 	Yellow
5K Walk – Parking	<ul style="list-style-type: none"> • Direct walkers to parking. 	Yellow



Marathon Volunteer Job Descriptions Leadership Positions

Station	Description	Shirt Color
Lead Bike – Marathon & Relay	<ul style="list-style-type: none"> Leads marathon and relay runners through course. Will have Tu-Ways for communication. Checks in with race operations through Tu-Ways at every exchange point to give status of lead runner. 	Yellow
Lead Bike - Half Marathon	<ul style="list-style-type: none"> Leads half marathon runners through course. Will have Tu-Ways for communication. Checks in with race operations through Tu-Ways at every exchange point to give status of lead runner. 	Yellow
Leg Captain	<p><i>See detailed directions attached</i></p> <p>Ride mountain or hybrid bikes on the relay leg to check on all stations and volunteers. Will do an initial sweep ride of their leg to confirm that all water stations are set-up and manned. Continuously ride leg to check safety of runners, supplies, etc. After last runner passes, pick-up mile markers and return to closest exchange point. Leg captains should ride with backpacks. Leg captains will have Tu-Ways for communication. Leg captains can leave when the sweep bike comes by to tell you that last runner has come through.</p>	Orange
Exchange Captain	<p><i>See detailed directions attached</i></p> <p>Responsible for operations at exchange. Manages exchange volunteers. Coordinates SAG transport if necessary. 2 at each exchange, one acts as MC. Review water station job description. Leg captains can leave when the sweep bike comes by to tell you that last runner has come through.</p>	Orange
Sweep Bike	<ul style="list-style-type: none"> Rides behind last runner, tells water station and other volunteers when last runner has passed. Checks in with race operations through Tu-Ways at every exchange point to give status of last runner. Pick up any leftover mile markers along course and deposit at nearest Water Station for pick-up by Operations team. 	Yellow
Mile Marker Set-Up	Sets up 3 sets of miles markers on course. One for the Marathon on left side, one for the Relay on right side and one for Half Marathon on the right side.	Yellow
Operations Team Leader	Deliver and Set-Up Water Stations.	Hot Green
Start Line Set-up & Finish Line Set-Up	Erect 15 Ft Lehigh Valley Road Runner Start Structure and hang banner. After racers marathon and relay racers start, transport structure to Finish Line and erect.	Yellow



Water Station Set-Up

Thank you for volunteering!

We truly appreciate your support in making this a community supported event helping children and adults with disabilities living in the Lehigh Valley. You are making a difference!

Volunteers should drink bottled water. Please reserve Nature Source and PowerAde for runners.

Hydration Team:

- 5 Hydration Station Volunteers
- 1 Medical Team member (CPR certified, equip with medical supplies)
- 1 Communications Team member (equip with radio)

Hydration Station Supplies:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Cups • Warning Flags (red, yellow, green) • Water Station # Sign • Water Sign • PowerAde Sign • 2 Tables • Water | <ul style="list-style-type: none"> • Bottled Water • Filled PowerAde Cooler • Ice • Garbage Can & Bags • Recycle Can & Bags • Smart Water Banner |
|--|--|

Hydration Station Set-Up:

- Place 200 cups on 1st table on table
- Place 200 cups on 2nd table
- Fill 200 cups with PowerAde
- Fill 200 cups with Water
- Continue to refill cups keeping table covered – it’s always better to have more than you think you’ll need than less.
- Do not put out too much PowerAde too early, it attracts bees.
- Keep PowerAde Cooler up on the table. If it is on the ground it will attract and fill with ants.
- Make sure the strings from the banner on the front of your table are tied around the legs of the table to avoid a trip hazard.

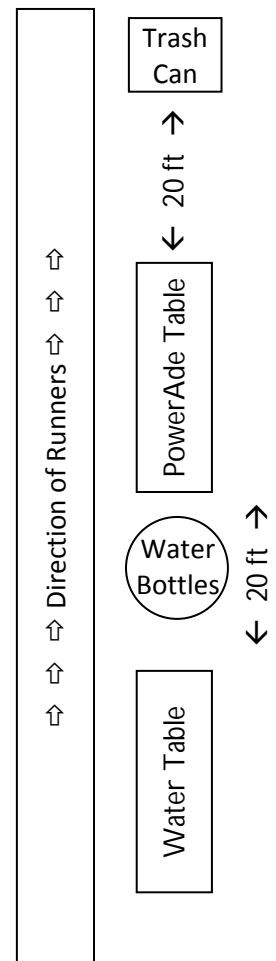
Water Stations 2, 3 & 8

All 600 runners will hit your water station quickly and in a large pack. Have 600 cups of water and 600 cups of PowerAde set up and ready to go for your first runner, see your volunteer assignments for time of first expected runner.

Water Stations 8 to 17:

The half marathon starts at 7:45am at Main and Market Streets in Bethlehem. After your first wave of runners (half marathon runners), you will experience a short lull while waiting for the relay teams and marathon runners to reach you. Take this time to replenish your supplies of PowerAde and water. Your 2nd wave of runners will hit about an 15 minutes after the first wave.

If you need to mix more PowerAde, do so at this time. Pour in 5 gallons of water. Pour in PowerAde powder. Put lid on PowerAde cooler and shake cooler. Mix as well as possible. Two people can do this, one on each side of the cooler. Add in 5 gallons of water, put lid and shake again.



Water Station Set-Up (continued)

Hydration Station Clean-Up (All remaining supplies will be taken to finish line by Operations Teams):

- When notified by Sweep Biker that last runner has passed, it's time to break down.
- Scan entire area for garbage and place in trash can
- Dump filled cups and throw cups in trash cans
- Put empty water jugs in recycle bags
- Remove PowerAde and Water signs and throw away
- Remove banner from front of table and gold neatly. Throw away paper PowerAde & Water signs.
- Collapse and stack tables, chairs and banner.
- Stack unused cups on top of table & repackage for pick-up
- Leave PowerAde in thermos for pick-up
- Leave unused water jugs on of table for pick-up

Your Responsibilities:

- **Part Safety Officer**
 - Our first priority is to provide a safe course for our runners. Please keep the course free of debris and communicate any medical/safety issues to your Medical Team member and Communications Team member.
- **Part Cheerleader**
 - Cheer the runners on – it's a long course, for some runners 26.2 miles, and you'll be the only people they see for miles. Get up, get excited, and keep them moving.
 - Be creative, decorate your hydration station in a theme, bring a radio to play music, wear funny hats – you'll be part of the inspiration that keeps the runners moving.
 - Do not tell runners they are almost there no matter where you are on the course. Use words of encouragement like "Good job!" "Keep going!" "Dig deep, you can do it!"
- **Runner Hydration**
 - As runners pass by, shout what you are holding (water or PowerAde) and hand to runners as they pass.
 - As you hold out cups to runners, hold cup at the bottom so runner can easily grasp cup from you.
 - Continue pick-up cups that runners have discard on course to maintain safe and clear course for runners.
 - A good team set-up is to designate half of your hydration team to refill cups and hand off to the other half to your team that passes the cups off the runners.
 - Just a note: not every runner will take water or PowerAde at every hydration station.

Thank You for your time and energy today – we appreciate your support in creating success every day for the people we serve. Via of the Lehigh Valley is a non-profit human service agency that provides services for children and adults with developmental disabilities like autism, Down syndrome and mental retardation. Serving the community since 1954, Via helps individuals and families from birth through retirement focusing in Children's Services, Community Connections and Employment.



Awards Job Description

Set-up awards at Finish Festival. Hand out finishers medals to marathon runners as they cross the finish line. During awards ceremony, hand awards to announcer, make notes of awards not pick-up. Label and re-pack unclaimed awards.

Finish Festival - Awards - Medals to Half & Full Marathoners

- As runners cross the finish the line, Marathon and Half Marathon runners are presented with a medal.
 - Marathoners wear blue bibs and get medals with blue ribbon.
 - Half Marathoners wear green bibs and get medals with green ribbon.
- If they have a yellow sticker on their bib, they do not receive a medal when they cross the finish line. Yellow sticker (late registrants) runners may pick up their medals at 12:30 at the Awards Band Shell.

Finish Festival - Awards Ceremony

8:45 am, first ceremony, every 45 minutes after that

- As people place in award categories, the MC (Paul Pierpoint) will receive a print out from the race timers with who has won.
- Award winners will be announced and should come to the stage to receive their award.
- There are labeled boxes with each race awards – Marathon, Half Marathon and Relay.
 - Awards are organized by age for the Marathon and Half Marathon.
 - Awards are organized alphabetically for the Relay by category.
- Any awards that are not claimed when they are announced should be labeled with the award winners first and last name (for relay, team name). All unclaimed awards should be boxed at the end of race day.
- Photos: Each person or team will have their photo taken. There are signs with each award that say their race category and place. They should hold the sign while they have their photo taken. Runners should make sure their bib # is visible when the photo is taken.



Exchange Captain Job Description

The Exchange Captain is the lead supervisor for the Exchange. All volunteers report on duty to the Exchange Captain. Exchange Captains are responsible for the following tasks:

- Operate an orderly and safe exchange operation.
- Oversee the food and beverage operation at the exchange.
- Work affectively with the Leg Captain to ensure the designated leg is fully operational and safe for runners.
- Coordinate the process of relay team's exchanges in an orderly manner.
- Announce incoming runners over the PA to alert runners at the exchange to prepare to be tagged.
- Keep the running course open at all times and maintain crowd control.
- Assist the race timing crew as needed.
- Execute specific tasks that may be unique to the exchange (see below).
- Communicate with race administration effectively to ensure a well run race.
- Oversee SAG Transportation program.
- Assist all runners as needed.
- Report any emergencies to the Lehigh Valley Amateur Radio Club volunteer (red shirt) or EMS personnel.
- Assign volunteers to post and remove parking signs. Review driving directions and determine good locations for parking signs.

Race Status Flags - Hazardous Condition/Cancellation/Alteration Plan

- Flags will be flown at remote water stations and exchanges indicating race day conditions.
- When you arrive at site, all 3 flags will be clipped to flag pole. Remove yellow and red flag and put in safe place. Green Flag indicates the marathon is on and there are no known hazards; Yellow Flag indicates to proceed with caution; and Red Flag indicates the marathon has been stopped and all runners should proceed with caution to the nearest exchange point or seek immediate shelter due to severe weather conditions of other emergency. Flag changes will be communicated by the EMS Command to HAM and Exchange Captains who will change the flags at Marathon water stations and exchanges if necessary. At end of race, clip all three flags back on pole.

Checklist:

- | | |
|--|--|
| <input type="checkbox"/> Exchange Zone Set-Up | <input type="checkbox"/> Food Set-Up (Panera) |
| <input type="checkbox"/> Race Status Flags in ground at front of exchange zone | <input type="checkbox"/> Relay Exchange Marshalls in place and briefed |
| <input type="checkbox"/> Timing Clock Set-Up | <input type="checkbox"/> Port O-let Signs hung on bathrooms |
| <input type="checkbox"/> Hydration Station Set-Up | <input type="checkbox"/> Timing Clock Set-Up (Super Race Systems) |
| <input type="checkbox"/> Parking Signs placed | <input type="checkbox"/> All volunteers in place |



Exchange Captain Job Description (continued)

Bring with You:

- Duct Tape
- Zip Ties
- Knife
- Scissors
- Paper
- Marker

Exchange Supplies will be delivered by Operations Team:

- 1 - 10x 10 Medical/Food Tent
 - 2 table & 2 chairs
 - Medical Ice Chest with 2 bags of ice
 - Panera Food volunteers will set up food
 - PowerBars & Gel
- 1 Timing/Exchange Operations Table & 2 chairs
 - PA System will be set-up here
- 3 Garbage, 3 Recycling Cans & Liners
- Hydration Station (see Water Station Volunteer Description for Set-Up, Water Station volunteers handle set-up)
 - 2 tables & 4 chairs
 - Water & PowerAde Cups
 - Nature Source Water
 - Bottled Water
 - PowerAde Cooler
 - Back-up PowerAde Concentrate

Special Notes:

Exchange #1, Parkettes

- Removal of Timing Chips: Relay Exchange Marshalls will need to remove timing chips of incoming relay team members before they leave the exchange area.
- Parking is at the corner of Martin Luther King/Union Street and 3rd/4th Street, one block down Martin Luther King Drive towards Bethlehem. Parking volunteers will report to Parkettes and then report to parking lot with Parking Signs.

Exchange #2, Main Street Depot Restaurant

- Exchange Captain is responsible for starting the Half Marathon at Main and Market Streets.
- Section of the course at River Drive and the bridge to Sand Island between the Ice House and Fritch Fuel will have 3-way runner traffic. The volunteers in this section need to be very aware of their duties and which way runners should be directed (map attached).

Exchange #3, Freemansburg Canal Park

- Because of bee issue, PowerAde will **NOT** be available at this exchange (mile 17). It will be available at mile marker 15.8 and 18.6
- Exchange Captain needs to put cones in front of Willow Grove Hotel to reserve 3 parking spots for Hotel staff.



Exchange Captain Job Description (continued)

Exchange #4, Riverview Park

- There are 2 parking lots at Riverview Park; the first lot immediately off of Lehigh Drive is for race participants and spectators. The 2nd lot that runs along the baseball field is for the exchange. Put cones across the entrance to the from the first parking lot to the second to stop cars from entering.

Finish Line, Center Square Easton

- Operations Site Manager
 - Help vendors get set-up in right positions using Finish Festival Map.
 - Deliver/Transport to Finish Line
 - Awards, deliver to awards band shell
 - Towels, deliver to Finish Line
 - LVHN Sunscreen, deliver to LVHN tent
- Volunteer Site Manager
 - Volunteers will check in with you, make sure they get to right spot, refer to their job descriptions.
 - Banners, hang on awards band shell.
 - Oversee Medical HUB set-up and tear down.



Leg Captain Job Description

The Leg Captain rides the assigned leg to ensure the hydrations stations are functional and operating and Course Marshalls are in their assigned posts. Additionally the Leg Captain inspects the leg for any unsafe condition and reports the condition to race administration and the Lehigh Valley Amateur Radio Club operator nearest the condition.

- Assist all hydration station volunteers as needed to ensure proper operation of the station.
- Check that Course Marshalls are in their assigned posts and know which way to point the runners.
- Put out any street barricades along the course that have not been placed.
- Monitor race activity along the leg with attention toward safety and any runners that may need assistance.
- Assist the Exchange Captain and Assistant Exchange Captain as needed.
- Assist runners as needed.
- Report any emergencies to the Lehigh Valley Amateur Radio Club volunteer (red shirt,) EMS personnel or the Exchange Captains.
- Collect Marathon and Relay Mile Markers along your leg of the course and leave at closest water stations.

Special Note: As you are passing runners, loudly announce your presence by saying “Biker, passing on your left.” Always try to pass runners on the left.

- **Leg 1 - 5.5 miles**
 - ⇒ Lehigh Valley Hospital, Cedar Crest & I-78 (Allentown) to Parkettes, Martin Luther King Dr. & S. 4th St. (Allentown)
 - ⇒ Ends at mile marker 5.5
 - Marathon Mile Markers - 1 to 5
 - Relay Mile Makers - 1 to 5
- **Leg 2 - 6.5 miles**
 - ⇒ Parkettes, Martin Luther King Dr. & S. 4th St. (Allentown) to Main St. Depot Restaurant, Main & Lehigh St. (Bethlehem) Marathon
 - ⇒ Ends at mile marker 12
 - Mile Markers - Miles 6 to 12
 - Relay Mile Makers - Miles 1 to 6
 - ⇒ **Special Instructions:**
 - **Hamilton Street Bridge (Allentown):** Runners will use the left side of the Hamilton Bridge which will be closed to traffic. The volunteers in this section need to be very aware of their duties and which way runners and traffic should be directed (map attached).
 - **Ice House/Sand Island Bridge (Bethlehem):** Section of the course at River Drive and the bridge to Sand Island between the Ice House and Fritch Furl will have 3 way runner traffic. The volunteers in this section need to be very aware of their duties and which way runners should be directed (map attached).



Leg Captain Job Description (continued)

- **Leg 3 - 4.8 miles**
 - ⇒ Main St. Depot Restaurant, Main & Lehigh St. (Bethlehem) to Canal Park, Main St. & Lockhouse Rd. (Freemansburg)
 - ⇒ Ends at mile marker 16.8
 - Marathon Mile Markers - Miles 13 to 16
 - Relay Mile Makers - Miles 1 to 4
 - ⇒ **Special Instructions:**
 - **Ice House/Sand Island Bridge:** Section of the course at River Drive and the bridge to Sand Island between the Ice House and Fritch Furl will have 3 way runner traffic. The volunteers in this section need to be very aware of their duties and which way runners should be directed (map attached).

- **Leg 4 - 5.8 miles**
 - ⇒ Canal Park, Main St. & Lockhouse Rd. (Freemansburg) to Riverview Park, Lehigh Dr. (Palmer Township)
 - ⇒ Ends at mile marker 22.6
 - Marathon Mile Markers - 17 to 22
 - Relay Mile Makers - 1 to 5

- **Leg 5 - 3.6 miles**
 - ⇒ Riverview Park, Lehigh Dr. (Palmer Township) to Center Square, 3rd St. & Northampton St. (Easton)
 - ⇒ Ends at mile marker 26.2
 - Marathon Mile Markers - 23 to 26
 - Relay Mile Makers - 1 to 3

