

FIVE POINTS OF LIFE
RACE WEEKEND

— FEBRUARY 16 AND 17, 2019 —

LIFESOUTH
Community Blood Centers

ATHLETE INFORMATION GUIDE

**LIFE
SOUTH**

Five
Points
of Life



**CELEBRATION
POINTE**

Dear Runners:

Welcome to the Five Points of Life Race Weekend!

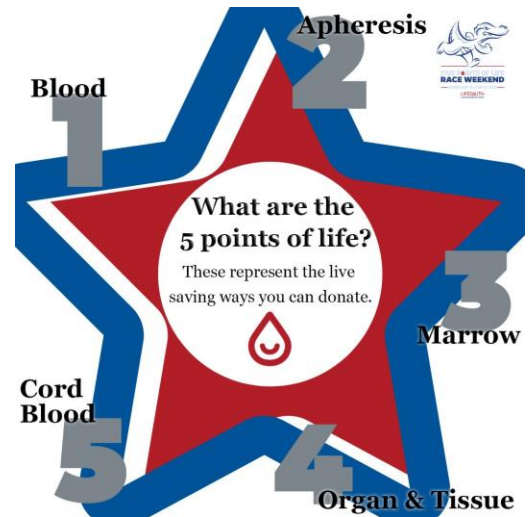
Thanks for being a part of this Gainesville tradition. This year we move to Celebration Pointe, a new and exciting location that will be sure to please. The new course is relatively flat and *FAST!* You'll enjoy all the same great amenities you've come to expect from LifeSouth, plus a whole lot more. The best part is you are running for a great cause in this 14th annual event.

The Five Points of Life Race Weekend promotes a message of life in two ways:

The Five Points of Life raises awareness of the need for lifesaving donations of **blood, apheresis, marrow, cord blood, and organ and tissue.**

In addition, setting a goal of running or walking our races is a great way to commit to a fitness plan that can make a permanent difference in someone's health and life.

Many of our participants and volunteers are donors or recipients; some are even both! We'd like to recognize and honor those who donate life, or have received the gift of life by asking you to pin or tie an orange ribbon to your race day attire if you're a donor, or a blue ribbon if you're a recipient. Ribbons will be available at packet pickup as well as on race day. Pin it to your hat, race number or back- somewhere to remind everyone that, in addition to enjoying a wonderful event, we're here to remember the importance of saving lives by sharing ours.



Enjoy Your Weekend,

Ricky Quintana
Race Director

2019 Five Points of Life Race Weekend Schedule of Events

FRIDAY, FEBRUARY 15

3:00PM-8:00PM Packet pick up for the 5K, Half Marathon, and Marathon and Expo at [The Hotel Indigo](#), 5020 S.W. 30th Lane, Gainesville, FL 32608

3:00PM-8:00PM Jeff Galloway Public Reception and Welcome at [The Hotel Indigo](#)

SATURDAY, FEBRUARY 16

5:30AM-7:15AM Packet pick up for the 5K, Southeast Regional Elementary and Middle School 5K Championships, and Team Building 5K at [The Hotel Indigo](#)

6:30AM-8:30AM: Kids Marathon registration and packet pick up at [The Hotel Indigo](#)

7:30AM: 5 Points and Team Building & SE Regional Elementary and Middle School Championship 5K Start USATF certification number [FL19018TY](#)

8:30AM: 5 Points and Team Building 5K SE Regional Elementary & Middle School Championship Awards Ceremony

9:00AM: Five Points of Life Kids Marathon Start

9:45AM: Kids Marathon Awards Ceremony

7:00AM-12:00PM: Participant and Fan Festival in Celebration Zone

9:00AM-4:00PM: Expo, Half Marathon and Full Marathon Packet pick up and Race Registration at [The Hotel Indigo](#)

2:00PM-5:00PM: Jeff Galloway Running School

SUNDAY, FEBRUARY 17

4:30AM-5:30AM: Half and Full Marathon Registration and packet pick up at [The Hotel Indigo](#)

6:00AM-12:00PM: Participant and Fan Festival in Celebration Zone

6:15AM: Half Marathon and Full Marathon Start

USTF Certification numbers [FL19023TY](#) (Half) and [FL19017TY](#) (Marathon)

6:00AM-12:00PM: Jeff Galloway Public Engagement

9:00AM: Half Marathon Awards Ceremony

11:00AM: Marathon Awards Ceremony

NOTE: Schedule subject to change

Live Phone Tracking!

GPS Based Progress Alerts!

Cheer Sending!

and so much more...

Participants & Spectators
Download the App!

TRACEJOY[®]
A RunSignUp Product

Share your race experience
with friends and family!

FINISHER MEDALS



All 5K, Kids Marathon, and Full & Half Marathon finishers will receive a custom Full Color Finisher Medal commemorating the 2019 race

AWARDS

Top 3 Male and Female Overall Winners in Full & Half

Top 3 Male and Female Overall Winner in 5K

Top 3 Male and Female Master's Winners (Age 40+)



Age Group Awards:



5K Race

3 deep in 5 year age groups
10 - Under thru 80 - Up

Half Marathon

3 deep in 5 year age groups
15 and Under thru 75 and Up

Marathon

3 deep in 5 year age groups
19 and Under thru 75 and Up

Be sure to check the Preliminary Results posted on the Results Board located centrally in the front of the stage. Remember, we are giving awards out through 3rd Place in all Age Groups.

KEY REMINDERS

SATURDAY **Free Parking Available at Celebration Pointe – [Click for the MAP](#)**

- “Athlete Check-In” is open at the **Race Site** from 5:30 AM
- If you are picking up packets for others, YOU MUST bring this [Packet Pickup Waiver](#) with you.

SUNDAY **Free Parking Available at Celebration Pointe - [Click for the MAP](#)**

- All participants will be able to check a gear bag at the finish area. Just look for the information tent and drop them off before 5:45 a.m.
- Bib Numbers must be pinned on the FRONT of your clothes and visible at the finish line.
- Do NOT remove the foam on the back of your bib, this is your timing chip



Join Official Pacer's from Fit2Run to help you meet your goal!

Times for Half Marathon Pacers:

1:30
1:45
2:00
2:15
2:30
2:45
3:00

Times for Full Marathon Pacers:

3:30
4:00
4:30
4:45
5:00
5:15
5:30

The Five Points of Life Race Weekend is the 3rd Super Race in the Big Hammock Race Series!

Move one step closer to earning incredible bling and huge points by participating in our race! The Big Hammock Race Series is a 10 race series throughout North and Central Florida that allows runners/walkers of all levels to earn prizes and perks as they work to complete their fitness challenge.



The Five Points of Life Race Weekend offers the opportunity to earn more points as someone can run the 5K on Saturday and the Half Marathon or Marathon on Sunday. So in addition to doubling your points by participating in the Super Race, you can earn more points by running two races in one weekend. Plus, we offer the 5K/Half Marathon Challenge where you'll earn additional swag with your 5K and Half Marathon medal.

The year long series gives participants the ability to challenge themselves by acquiring points based on their race finish &/or simply complete each race at their own pace to achieve series prizes. There are 4 Super Races in the series. Check out more at BigHammockRaceSeries.com.

COURSE INFORMATION

The Marathon course consists of an out & back with a loop on the return.

The Half Marathon course consists of a short out & back section with a single loop.

The 5K is a double out & back section with a single loop.

The Kids Marathon is a single loop.



COURSE SUPPORT

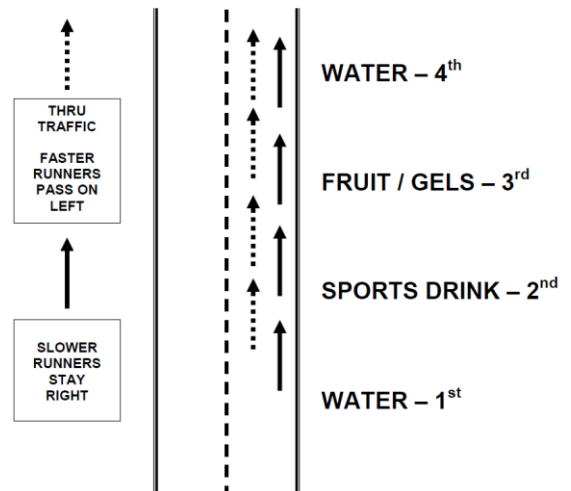
Water and Gatorade is at each water station. Energy gels and Clif bars will also be available at designated hydration stations after 4 miles of the half marathon and marathon courses. Medical tents are strategically placed seven times along the course to ensure your safety and comfort. A main medical tent will be stationed at the start/finish area in the parking garage. Medical tents will not have water and Gatorade.

RESTROOMS



There will be Port-O-Lets around the Registration / Starting Line area. Regular bathroom facilities are available at Celebration Pointe for athletes and spectators. There will also be Port-O-Lets located at each Aid Station along the Run Course.

Aid Station Set-Up



Course Cutoff Times

The Half Marathon course will close 3 1/2 hours after the start time at 9:45 a.m. The Marathon course will close 6 hours after the start time at 12:15 p.m. Participants will be allowed to continue after these times on the sidewalks at their own risk.



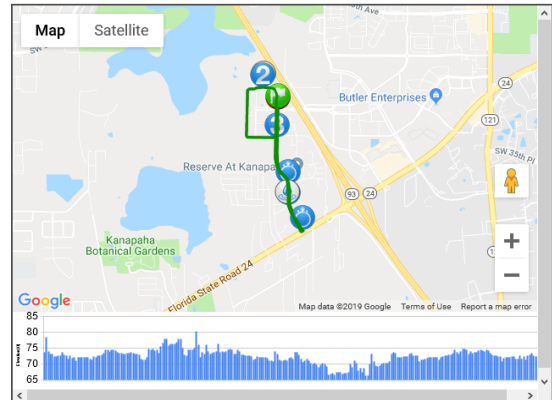
COURSE MAPS

Click on Map to see Larger Image

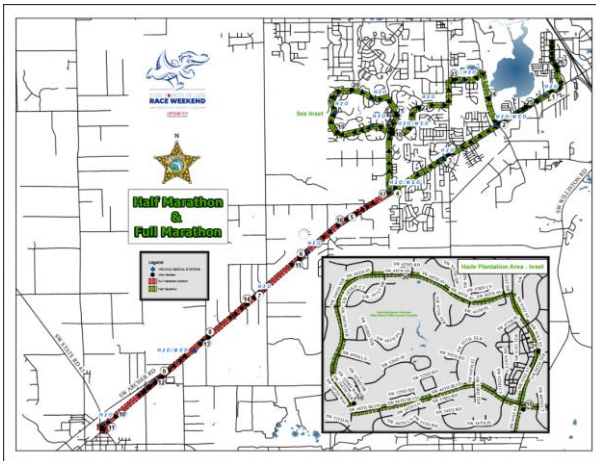
5K Course Map Download



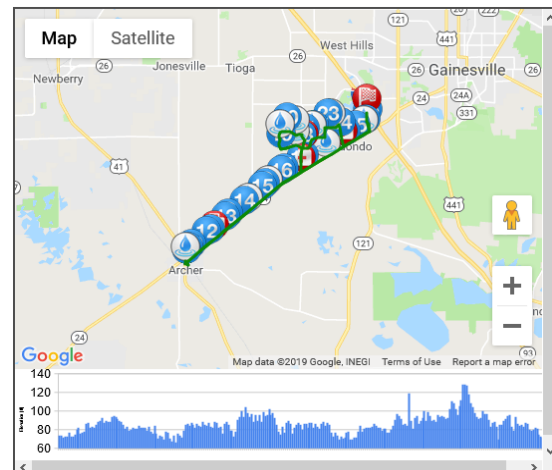
5K Course Elevation Map



Half and Full Course Map Download



Full Course Elevation Map



Half Course Elevation Map

