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Welcome

This year marks the seventeenth annual 3M Half Marathon and Relay. This perennial Austin favorite boasts the fastest half marathon course in Texas and one of the speediest in the nation. The event draws participants from around the world. Runners range from first-time racers to top-ranked elite athletes, many in pursuit of the \$18,250 in cash prizes and bonuses to be awarded by 3M.

The 2011 3M Half Marathon and Relay event includes the half marathon and a two-person relay (6.4 and 6.7 mile legs).

Beneficiary

3M is guaranteeing a \$30,000 donation in conjunction with the event to **Any Baby Can**, a non-profit that brings help and hope to the youngest, sickest and poorest children in our community and their families.

Media Credentials

A media packet for the 3M Half Marathon and Relay follows. **If you would like to attend the race, please contact Jane Kovacs at 512-984-6747 (office) or 512-695-4967 (mobile) or jkovacs@mmm.com for your media badge.**

Post-race activities will be held at Waterloo Park. You are welcome to stay and participate as well as visit with the winners. We look forward to seeing you there!

Results will be posted to <http://results.active.com/pages/page.jsp?eventLinkageID=1578>

2011 3M Half Marathon & Relay Overview

Athletes enjoy this fast, downhill race in Austin, Texas. A perennial favorite with runners, the 3M Half Marathon & Relay is one of the capital city's largest distance road racing events. The point-to-point course starts in Austin's Arboretum area on Stonelake Blvd. and ends at Waterloo Park. The 13.1 mile course features long straight-aways and minimizes turns while passing through some of Austin's most scenic neighborhoods, including Westover Hills, Northwest Mesa Oaks, Hyde Park and the University of Texas area. The course also showcases Austin's live entertainment industry with live music and other acts along the route.

DATE: Sunday, January 30, 2011

TIMES: 6:40 a.m. start for wheelchair divisions
6:45 a.m. start for half marathon and relay

LOCATION: **Half Marathon & Relay:** Stonelake Blvd. near Baby Acapulco to Waterloo Park downtown
Note: Race awards ceremony takes place at Waterloo Park

EVENTS & DISTANCES: Half marathon (13.1 miles)
Relay race (13.1 miles: 2 legs, 6.4 miles & 6.7 miles)
Straight line distance between start & finish: 17 km
Course measured by bicycle, June 4, 2006; entire course measured twice

PARTICIPANTS: Estimated 5,750 participants, all events, ages and categories

PURSE: \$18,250 in cash prizes

BENEFICIARY: Any Baby Can will receive a guaranteed \$30,000 donation in conjunction with this year's event.

ALTITUDE Start (highest): 272 m
Finish (lowest): 170 m

ELEVATION DROP: 4.8 m/km

USATF Certification Code TX06017JF

USATF Course certification expires on December 31, 2016.

Race History

The event has been held since the early 1990s. It was originally the RunTex Half Marathon. MCI sponsored the event for a couple of years (1992-93). RunTex sponsored the event again in 1994. 3M has sponsored and owned the event since 1995. This is the 17th running of the race.

Important Notes for Participants

Pacing Groups

The 3M Half Marathon & Relay is proud to feature Official Pace Groups provided by **Twenty-Six Two Marathon Club of Austin** and **Hill Country Running Company**. The Pace Group leaders are all veteran marathoners who are members of the Twenty-Six Two Marathon Club, and will help runners reach their finishing goals – whether that is a personal best or just getting to the finish line at a specific time. The Pace Groups will provide pacers for the following finish times: **1:30, 1:40, 1:45, 1:50, 1:55, 2:00 and 2:10**. Look for the Pace Group Leaders wearing brightly colored shirts and carrying pace signs in the starting corrals.

First Aid

All water stops as well as the start and finish line will be equipped with basic first aid supplies. If you are unable to complete the course, find the nearest water stop/aid station and ask a volunteer for help. Or, wait for a SAG wagon to pick you up. Please note, SAG wagons are for non-medical emergencies.

For medical emergencies, there are roving medics along the course. If you need emergency medical assistance, contact a race official and ask them to notify the medical tent who will deploy a medic to you. The medical tent will be set up at the finish line.

Aid Stations

Water	Power Drinks	Toilet Facilities
Start Line	Mile 4	Start Line
Mile 2	Relay Exchange	Mile 2
Mile 4	Mile 8	Mile 4
Mile 6	Mile 12	Spicewood Springs Rd. Near Fire Station #21
Mile 8		Relay Exchange
Mile 10		Mile 8
Mile 12		Mile 10
Finish Line		Finish Line

Lost and found:

Personal items found along the course or at the start or finish areas will be available in the 3M Half Marathon bins at the Runtex Main Store at 422 N. Riverside Drive beginning at noon on race day.

Race Results and Pictures

Preliminary results will be posted at Waterloo Park. You have 30 minutes to protest results with the presiding USA Track and Field official. If results stand for 30 minutes without protest, they are official. After the race, participants will be able to log on to www.3MHalfMarathon.com to see race results, order pictures from Brightroom Photography and sign up for the **2012 event, scheduled for Sunday, Jan. 29**.

Event Trivia

Course features

- Rolling, urban setting
- Mostly (but not exclusively) downhill
- Long straight-aways
- 4.8 m/km drop
- USA Track and Field certified (TX06017JF)
- Point-to-Point
- Half Marathon: 13.1 miles
- Relay: 6.4 miles/6.7 miles
- Water every other mile
- Power drinks at miles 4, 8 and 12
- Mile markers every mile
- Split timers every other mile
- Dry clothing drop-off at start
- Police-controlled major intersections
- Entertainment and medical support along the course
- Food at the finish
- Return bus transport from the finish to the start

Participants

2011 Participants

- 5,750 expected
- 41 states outside of Texas and the District of Columbia are represented by half marathon participants
- more than 300 participants are from outside the state of Texas
- 50 elite athletes
- International participants from Brazil, Mexico, and the Netherlands

Historical totals of runners through 2010 event

Half Marathon	47,612
Half Marathon Relay (No. of people)	4,481
Kids' Fun Run (held 1995-2008)	1,227
5K Walk/Run (held 7 yrs., 1997-2003)	1,496
GRAND Total	54,816

First and Most Recent Year Participant Comparison

Event	First Year (1995)	Last Year (2010)
All Events	1,336	4,621

Largest: 2010 was the largest 3M Half Marathon event ever with more than 5,500 runners registered. The previous record was set in 2008, with more than 5,300 registrants. We have 5,750 participants registered for the 2011 event. This year also marks the second consecutive sell out for the 3M Half Marathon & Relay.

Smallest: 3M Half Marathon Event was **1996** with 1,719 participants in three events

Postponed: 1996 was the only year the 3M Half Marathon was postponed. Postponement was due to an ice storm on Feb. 2, 1996. The race was run on March 10, 1996.

Volunteers

Historical Totals of Volunteers thru 2010 Event

- Total Volunteers over 16-year history: **6,481**
- **Largest** Year was **2009 with 716 volunteers**
- **Smallest** Year was **1996 with 312 volunteers**
- Volunteers Expected in 2011: 550 (300 of those are 3Mers and their families)

And now a word from our sponsors ... and beneficiary

RunTex is the longest continuous co-sponsor of the 3M Half Marathon (since 1995).

This is the fourth consecutive year for **Any Baby Can** to be the beneficiary of the event. 3M is guaranteeing a \$30,000 donation in conjunction with the event to Any Baby Can of Austin, a non-profit organization whose mission is to ensure that all children reach their potential through education, therapy and family support services.

Any Baby Can Child and Family Resource Center has served Austin/Travis County and its surrounding communities for almost 30 years as a premiere, comprehensive family service organization. Any Baby Can's mission is to ensure that all children reach their potential through education, therapy, and family support services. **Each year, Any Baby Can brings help and hope to more than 5,000 of Austin's youngest, sickest, and poorest children.**

In 2008, the **Austin Chronicle** gave Any Baby Can the Critics' Pick "Best Empowerment for Families" Award.

Food and drink for athletes

- 3,600 bananas (that's more than 1,000 lbs.)
- 4,095 Clementines
- 54,000 cups
- 600 gallons of Gatorade
- 6,000 cookies from Tiff's Treats
- 4,000 breakfast tacos
- 2,400 gallons of water, supplied by Water Monster.
- 300 volunteers handing out water and Gatorade at water stops

Now we're just bragging ...

- Named "Best Schwag" by *Runner's World* in 2008 for legendary goodie bag that comes loaded with 3M products like Scotch tape, Post-it pads, insect repellent, lint rollers and bandages.
- Named **Austin Race of the Year** (15K & longer) by Austin runners in 2007 and 2002.
- Selected by *Competition Texas* magazine as the top half marathon in 2006.
- One of the largest stand-alone half marathons in Texas.
- Named to *Austin Monthly's* list of 159 top galas and fundraisers for 2010.
- Each year, more than 500 volunteers work to ensure the 3M Half Marathon & Relay runs smoothly.
- Nearly 75 volunteers during a three-day period work to stuff the popular 3M Half Marathon & Relay goodie bag with 3M products and sponsor giveaways.
- For 2011, the 3M Half Marathon & Relay will give out more than 7,700 packages of Scotch® Crystal Clear tape, which equates to almost 80 miles of tape.
- There are also close to 9,900 bottles of Scotch® Strong & Precise Glue to put in this year's race bag, which is the equivalent of 154 gallons of milk.
- For the 2011 race, Nexcare™ Waterproof Blister Pads will also be in some of the bags – perfect for long distance runners – and with more than 13,400 bandages equaling the length of 5.8 miles, one could almost run a 10k lined in adhesive bandages.

Keeping it Green

- Water stops will be supplied by Water Monster delivery service, reducing plastic waste. In the past, the eight water stops along the race route were stocked with hundreds of plastic water jugs. This year, Water Monster will supply bulk drinking water in 125-gallon reusable tanks, eliminating the need for plastic jugs. Water not supplied by Water Monster will be made available in recyclable containers or large, reusable water coolers.
- We also eliminated 10,000 plastic bottles at the finish line.
- The finish area features onsite recycling. ... **make sure you look for the recycle bins for your trash.**
- In addition, paper and plastic trash collected along the race course will be recycled.
- All participants for the 2011 race registered online, cutting down on paper waste. To encourage online registration, race administrators instituted a surcharge for paper registrations. In addition, race instructions, race maps and additional race details have been made available almost exclusively online.
- A majority of promotion also moved online this year, including direct e-mail, Facebook and Twitter.
- The race reuses about 120 signs each year, ranging from massive 6 foot by 24 foot banners to 12 inch by 18 inch directional signs.
- Public transit and carpooling are encouraged wherever possible. For participants, bus transportation is provided from starting line to relay exchange point and from the finish line back to the starting area.
- The portable toilets from Austin Outhouse are “green outhouses” and feature a product that uses an all-biological process with special enzymes and bacteria (no harsh chemicals). The environmentally friendly process is also beneficial to waste-water treatment plants! Additionally, the "green outhouse" features toilet tissue made from recycled paper products.

Elite Athlete Stats

3M Half Marathon Event Records

Division	Time	Record Holder	Year Set
Open Male	1:01:05	Martin Fagan	2009
Open Female	1:09:35	Jacqueline Nyetipei	2008
Masters Male	1:04:13	Juan Martinez	2005
Masters Female	1:13:04	Tatiana Pozdniakova	1999

2010 3M Half Marathon Winners

Division	Winner	Time
Open Male	Westly Keating	1:03:22
	Bado Worku-Merdessa	1:03:51
	Abiyot Endale	1:04:17
Open Female	Hirut Mandefro	1:14:24
	Aziza Aliyu	1:14:32
	Claudia Carmargo	1:16:52
Masters Male	Brad Seng	1:09:46
Masters Female	Catherine Barrerra	1:26:03
Wheelchair Male	Brad Ray	53:22
Wheelchair Female	Sandi Rush	1:08:58

2009 3M Half Marathon Winners

Division	Winner	Time
Open Male	Martin Fagan	1:01:05
Masters Male	Sergey Kerimov	1:08:36
Wheelchair Male	Brad Ray	53:04
Open Female	Belainesh Gebre	1:11:17
Masters Female	Albina Gallyamova	1:17:19
Wheelchair Female	Kristen Messer	1:33:02

Elite Athletes to Watch

Athletes that are all scheduled to appear at the 2011 3M Half Marathon as of Jan.26.

Male Open Division		City	State	Half Marathon Time (if known)
Derese	Deniboba	Bronx	NY	01:03:00
Girma	Tolla	Albuquerque	NM	01:04:00
Stephen	Muange	Las Cruces	NM	
Carlos	Handler	Alamosa	CO	01:06:00
Chass	Armstrong	Boerne	TX	01:06:00
Ezkyas	Sisay	Flagstaff	AZ	01:07:00
Gurmessa	Mergessa	Washington	DC	01:07:29
Demese	Tefera	Washington	DC	01:07:53
Joe	Beisner	Irving	TX	01:09:55
Joshua	Trevino	Irving	TX	01:10:00
Curtis	Begley Jr	Boulder	CO	01:10:00
Jerry	Faulkner	Edmond	OK	01:10:00
Jeremy	Daum	San Antonio	TX	01:10:00
Roberto	Mandje	Boulder	CO	01:10:04
Ewen	North	Louisville	CO	01:11:00
Benson	Osoro	Dallas	TX	01:12:00
Chris	Strait	McKinney	TX	01:14:00
Joshua Kipkosgei	Busienei	Georgetown	TX	
Joseph	Ngetich	Kenneshaw	GA	
Pat	Hayburn	Havertowen	PA	
Philip	Kamau	Hebron	KY	
Matthew	Russell	Austin	TX	
Male Masters		City	State	Half Marathon Time (if known)
Rene	Guillen	McAllen	TX	01:06:00
Osmani (Oz)	Hofstatter	Cedar Park	TX	01:11:00
Steve	Anderson	Logan	UT	01:12:00
Lon	Breitenbach	Austin	TX	01:13:00
Brian	Schmidt	Sachse	TX	01:15:00
John	Reich	Scottsdale	AZ	01:15:00
Paul	Zimmerman	Phoenix	AZ	

Elite Athletes to Watch

Athletes that are all scheduled to appear at the 2011 3M Half Marathon as of Jan.26.

Female Open Division		City	State	Half Marathon Time (if known)
Svetlana	Demidenko	New York	NY	01:11:00
Yihunlish	Delelecha	Albuquerque	NM	01:13:00
Hirut	Mendefro	Flagstaff	AZ	01:14:00
Ludmilla	Stepanova	Hebron	KY	01:16:05
McKale	Davis	Stillwater	OK	01:17:00
Elizabeth	Malesich	San Antonio	TX	01:18:00
Kara	Roy	Fort Collins	CO	01:21:00
Amy	Baker	Austin	TX	01:21:20
Christina	Sheehan	Albuquerque	NM	01:23:00
Katie	Drinane	Roseville	MN	
Truphena Jemeli	Tarus	Georgetown	TX	
Laurie	Shea	Prosper	TX	
Female Masters		City	State	Half Marathon Time (if known)
Sheila	Natho	Dallas	TX	01:28:00
Terri	Cassel	Tulsa	OK	01:29:00
Chris	Kimbrough	Austin	TX	
Lori	Stich	Colorado Springs	CO	

Entertainment

Starting Line

CPHS Choir, National Anthem; Color Guard, ROTC

The CPHS Choir has established itself as an excellent, award winning choral program. Students in the CPHS Choir have earned numerous U.I.L. Sweepstakes Awards, Solo and Ensemble Medals, and scholarships to some of the finest universities in the nation.

Mile 3.5 (Spicewood Springs & Mesa Dr)

Texas Juggling Society

The Texas Juggling Society is devoted to furthering the practice, study and appreciation of juggling and related manipulative arts and equilibristic disciplines.

Mile 4 (North Loop Blvd. between Burnet Rd. & Lamar)

Jason Marbach, Acoustic

Jason is a Texan, a songwriter and a performer, but he's not another "hat act." He's at home in the country. Music is both his occupation and his passion. He likes to say "I live to write songs and I write songs to live."

Mile 5 (Spicewood Springs Road at MoPac)

Silver Thistle Pipes and Drums, bagpiper

Formed more than 30 years ago, the Silver Thistle Pipes and Drums has developed quite a following for their performance of both traditional and non-traditional tunes.

Mile 6

Bahama Billy Duo, Steel Drums

Billy is a fun-loving Brit who's been performing throughout the world for the last 30 years. He has developed a fun filled interactive show featuring his guitar, harmonica, steel drum, congas and bass synthesizer to form a complete sound covering many styles of music. Billy's music covers Jimmy Buffet, Bob Marley, UB40, Eagles incorporating reggae, rock, country, calypso and British pub music.

Mile 7 (6918 Burnet Road) and Mile 13 (Trinity St. & MLK)

Woode Wood, Acoustic Guitar & Harmonica

Born in Virginia, Woode Wood lived on multiple coasts (Los Angeles, Baltimore, and Key West) before arriving in Austin, Texas, in 1994. For the past 12 years, Woode has performed extensively throughout the greater Austin area and Texas as well as performing for the morning runners and walkers on the Town Lake hike and bike trail. His music has been featured on KUT, KGSR, the Austin American-Statesman, and several local and national television stations.

Mile 7.5 (5624 Burnet Road)

Conjunto Los Pinkys, Texas-Style Conjunto Music

Conjunto Los Pinkys play traditional, Texas-Mexican style dance music known as "conjunto music." The music features the button accordion and bajo sexto (12-string baritone guitar) that encompasses and blends many international and regional musical styles.

Mile 9 (North Loop Blvd. between North Loop and Burnet Rd.)

Steve Carter Duo, Acoustic

Steve Carter relocated to Austin from Baltimore in 1979. He performed with The Lotions and Pressure, both popular reggae bands. He was inspired to write country songs and sold more than 400,000 copies of his CDs in Europe, earning him gold, platinum and double platinum CDs. His songs have been covered on 28 CDs and he is well respected among Austin and European songwriters.

Mile 10 (Ave. F & North Loop)

Peter Nalda, Piano Accordionist

Peter Nalda is a piano accordionist playing original and traditional instrumental music in a swing European style.

Mile 11 (45th St. & Duval)

Joe Klaus, Polka/Accordian

Joe Klaus plays many styles including great Texas polka standards and rock-n-roll polkas. He is the only German Zydeco accordionist in Austin. He is currently president of The Central Texas Accordion Association. He has been playing an accordion since 1964 and has been performing as a solo artist and in bands for the past five years.

Mile 12 (San Jacinto & Duval)

Los Brillantes, Mariachi

Austin's most popular Mariachi provides entertainment for weddings, quinceañeras, corporate events, reunions, birthdays as well as ceremonial music.

Finish Line

Reunion

With a mix of classic rock, Motown, hard-core funk, '70s disco, and timeless ballads, Reunion plays tunes that appeal to both baby boomers as well as their kids.

3M News

For More Information, Contact:

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FOR IMMEDIATE RELEASE

Sold Out 2011 3M Half Marathon Keeping Road and Lane Closings to a Minimum

AUSTIN, Texas – Jan. 27, 2011 – Watch for road closures and restrictions on the morning of Sunday, Jan. 30 as organizers prepare for the seventeenth annual 3M Half Marathon & Relay.

For the second consecutive year, the race has sold out, this time with 5,750 participants expected for the the 13.1 mile course.

Although traffic safety devices will be dropped as early as 3 a.m., lane restrictions and road closures won't occur until 5 a.m. There will be lane and road closures from Stonelake Blvd. in the Arboretum area through central Austin, ending on Trinity and 11th streets. Roads will reopen on a rolling basis as soon as runners have passed each intersection. The entire event is scheduled from 6:40 a.m. to 11 a.m., although traffic will be heavy in the Arboretum prior to the race start.

City of Austin Right of Way Management, the Austin Police Department, and Turnkey Operations, a traffic control device company, and 3M Company have worked together for the past 11 months to make traffic flow as smooth as possible and that traffic safety devices are removed as quickly as possible.

Further, 3M has worked with churches, neighborhood associations, civic groups, and government agencies since last March in an effort to minimize the impact of the event on traffic, which also accounts for the earlier than usual start time for an Austin road race. Residents along the racecourse will have access to their homes via police-controlled barricades, although they are asked to work with law enforcement officers to maximize safety and convenience. Major intersections along the route will be police controlled.

Drivers are encouraged to add a minimum of 30 minutes to travel times on Sunday morning and to pay attention to police directions around the racecourse. A complete list of impacted streets and intersections is available at from the City of Austin.

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About the 3M Half Marathon & Relay

Athletes enjoy this fast, downhill race in Austin, Texas. A perennial favorite with runners, the 3M Half Marathon & Relay is the capital city's second largest distance road racing event. The seventeenth annual 3M Half Marathon & Relay benefits Any Baby Can of Austin, a non-profit organization whose mission is to ensure that all children reach their potential through education, therapy and family support services. Any Baby Can will receive a guaranteed \$30,000 donation in conjunction with the event. The race starts at 6:45 a.m. on Sunday, Jan. 30, 2011 in the 9500 block of Stonelake Blvd. For more information on the 2011 3M Half Marathon, visit <http://www.3Mhalfmarathon.com>.

The 3M Half Marathon starts at 6:45 a.m. on Sunday, Jan. 30. The rolling, urban course is certified by USA Track and Field (Certification No. TX06017JF) that begins 272 meters (892 feet) above sea level and finishes at 170 meters (557 feet) above sea level. With a 4.8 m/km drop, this fast, mostly downhill course is ideal for setting personal records. The 3M Half Marathon offers \$18,250 in prizes and bonuses covering open, masters and wheelchair divisions as well as a military/police/fire/EMS division. No declaration is necessary to win money.

An Austin favorite for a favorite cause

Austin Monthly named the 3M Half Marathon & Relay to its list of 159 top galas and fundraisers for 2010. The event will benefit [Any Baby Can of Austin](#) for the fourth consecutive year. 3M guarantees a \$30,000 donation in conjunction with the event.

Each year, Any Baby Can serves more than 5,000 of the youngest, sickest, and poorest children and their families in the Central Texas area through family literacy, tutoring, parenting education, and childbirth classes. In 2008, the *Austin Chronicle* awarded the Critics' Pick "Best Empowerment for Families" Award to Any Baby Can.

Race features

This year, all registered participants for the 3M Half Marathon and Relay will receive a technical moisture-wicking T-shirt. The race's legendary goodie bag, named "Best Schwag" by *Runner's World* in 2008, will not disappoint. Popular 3M products such as Scotch® Tape, Post-it® Pads, insect repellent, Scotch® Lint Rollers, Scotch-Brite™ Shammy Towels and Scour Pads and Nexcare™ Bandages will keep runner's stocked like an office supply store.

Registration is [online](#) through Jan. 27. Additional details about registration and packet pickup are available at www.3MHalfMarathon.com.

3M produces and sponsors the 3M Half Marathon and Relay from its Austin headquarters. The diversified technology company manufactures about 50,000 products around the world.

Gold sponsors of the 2011 3M Half Marathon include 3M Scotchlite Reflective Materials, Scotch Blue Painter's Tape, Post-it Products, Futuro Products, Nexcare Products, Liaison Resources, Proof Advertising, Reunion Band, RunTex, Mighty Fine, Fairfield Inn and Suites, Jet Blue Airways, The Westin, and Rudy's Country Store and Bar-B-Q.

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2011 3M Half Marathon and Relay Sponsors

Gold Sponsors

3M Scotchlite Reflective Materials
Futuro Products
Nexcare Products
Post-it Products
Scotch Blue Painter's Tape
Fairfield Inn and Suites
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