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The Official Program of the 2016 Air Force Marathon



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WELCOME

20th AIR FORCE MARATHON

PREFLIGHT BRIEF



"As you take on this challenge, please know that the cheers and support of 660,000 Airmen go with you. Good luck and have a great race!"

On behalf of the men and women of the United States Air Force, welcome to the 20th annual Air Force Marathon. This event has grown exponentially since September 20th, 1997, and brings runners from around the world with its hallmarks of dedication, pride, and enthusiasm.

Your participation grants you membership into a field of more than 15,000 runners from around the world. Each athlete represents the strength, endurance, sportsmanship and teamwork shared by 2,000 Airmen, Soldiers, Sailors, and Marines also running the marathon at deployed locations around the globe.

The marathon route offers an exciting journey—from airpower's humble beginnings to the modern might of today's Air Force. As you run through Wright-Patterson Air Force Base and the local area, you will be surrounded by some of aviation's most significant sites and heritage. From the Huffman Flying Field to the National Museum of the United States Air Force, each step will not only move you toward the finish line, but also past timeless markers of aviation's birthplace.

As you take on this challenge, please know that the cheers and support of 660,000 Airmen go with you. Good luck and have a great race!

DEBORAH LEE JAMES
Secretary of the Air Force



"Above all, a special thanks to all race participants. You are, without a doubt, the most critical cog in making this event a success"

On behalf of the men and women of Air Force Materiel Command, welcome to Wright-Patterson Air Force Base and the Miami Valley region as we celebrate this 20th anniversary of the Air Force Marathon.

An exciting weekend of marathon activities awaits you, beginning with the Sports and Fitness Expo at the Wright State University Nutter Center and the Gourmet Pasta Dinner at the National Museum of the United States Air Force. The weekend's highlight comes with the challenge of Race Day, followed by a celebration at the After Party hosted by The Greene.

A number of organizations and people must come together in the spirit of teamwork and community to make this event a success. I extend my gratitude to our many sponsors, especially our presenting sponsors -- Northrop Grumman, USAA and Boeing. Many thanks also go out to our 2,400 volunteers and spectators that offer their support. We simply could not do it without you.

Above all, a special thanks to all the race participants. You are, without a doubt, the most critical cog in making this event a success. I wish you a great marathon weekend, and all the best of luck!

ELLEN M. PAWLIKOWSKI
General, USAF
Commander, Air Force Materiel Command

12 TIPS FOR A SUCCESSFUL 2016 AIR FORCE MARATHON

1. For the latest updates, follow us on Twitter, Facebook, and Wright-Patterson social media outlets. Also, download the Air Force Marathon mobile app on the Apple App Store or Google Play.

2. No strollers are allowed inside Wright State University's Nutter Center concourse level at the Expo.

3. Bring all necessary ID and bib pick up authorization forms (if needed) to bib pickup.

4. Safety guidelines:

- No pets
- No coolers
- No glass
- No alcohol
- All carry-in items and persons are subject to search. All unattended bags and items will be removed from the premises.

5. ARRIVE at the start line **1.5 - 2 hours** prior to your scheduled start time.

6. Runner gates (Woodman, Spinning and 22B) are for entry and self-parking

ONLY. Gates open at 5 a.m. No exit until 8:30 a.m.

7. Runner Drop Off: Drop off or self-park at the Nutter Center. NO runner drop off at the National Museum of the United States Air Force.

8. The RTA will provide a shuttle service from the Nutter Center to the start line for **RUNNERS WITH BIBS ONLY**. Return service from the Air Force Museum runs from 9:00 a.m. — 2:00 p.m.

9. Runner Pick Up: Enter through the main museum gate on Springfield St. after 8:30 a.m. and meet your runner at the Family Reunion area or pick them up at the Nutter Center after 9:30 a.m.

10. There is no designated motorcycle parking.

11. All handicapped runners and spectators with a handicap placard enter through the main museum gate on Springfield St.

12. Only clear runner bags will be allowed at the start line. We recommend using the one provided at the Expo.

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2016 EVENT SCHEDULE

Thursday, Sept. 15

11am-7pm

Sports & Fitness Expo, Bib pickup
FREE and open to the public!
Speakers will be on the arena floor.
Wright State University's Nutter Center
3640 Colonel Glenn Highway
Dayton, OH 45435

12-1:30pm

Yoga for Runners with Jessica Hardisky
from the Yoga Loft of Dayton, *Arena Floor*

4-5pm

Jim Crist, Pace Team Captain
Arena Floor -Stage

5:30-6:30pm

Dr. Mark Cucuzzella, AFM Chief Medical
Consultant, *Arena Floor -Stage*

Friday, Sept. 16

8-10am

Breakfast of Champions
Holiday Inn Dayton Fairborn
2800 Presidential Drive
Fairborn, OH 45324

10am-8pm

Sports & Fitness Expo, Bib pick-up
FREE and open to the public!
Wright State University's Nutter Center

11am-12:30pm

Yoga for Runners with Jessica Hardisky,
Arena Floor

2-3pm

Jim Crist, Pace Team Captain

3:30-4:30pm

Meb Keflezighi, Three-time Olympian

5-6pm

Dr. Mark Cucuzzella, AFM Chief Medical
Consultant, *Arena Floor-Stage*

5:30-8:30pm

Gourmet Pasta Dinner
National Museum of the US Air Force
1100 Spaatz St. WPAFB, OH 45433

6:15pm

Opening Ceremony - Air Force 5K Race
hosted by Wright State University

6:30pm

5K start: *Setzer Pavilion, behind Nutter*
Center

7:30pm

Overall 5K Award Presentations

Saturday, Sept. 17

There will be no bib pickup on Race
Day. All events take place at the *National*
Museum of the U.S. Air Force

4:30-6am

Runner drop-off buses scheduled
RUNNERS ONLY, MUST HAVE BIB TO GET
ON BUS

Wright State University's Nutter Center

5am

Runner entry gates open

7:10am

Marathon and 10K Opening Ceremonies

7:25am

Wheeled Marathon Start

7:30am

Marathon and 10K Start

8:15am

Half Marathon Opening Ceremony

8:30am

Half Marathon Start

8am-2:30pm

Post-Race Festival

9am-2pm

Return Shuttle Service to Wright State
University's Nutter Center
RUNNERS ONLY, MUST HAVE BIB TO GET
ON BUS

12pm (NOON)

Overall Award Presentations, Festival Tent

5pm

After-Party at The Greene
Free and open to the public

All times subject to change.



Our mission is to glorify God by
KNOWING Christ, GROWING in Him, and
GOING in service to Him.

Worship & Sunday School
9 am & 10:30 am



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Fairborn Chamber
fairborn.com

FOC
fairborndevelopment.org

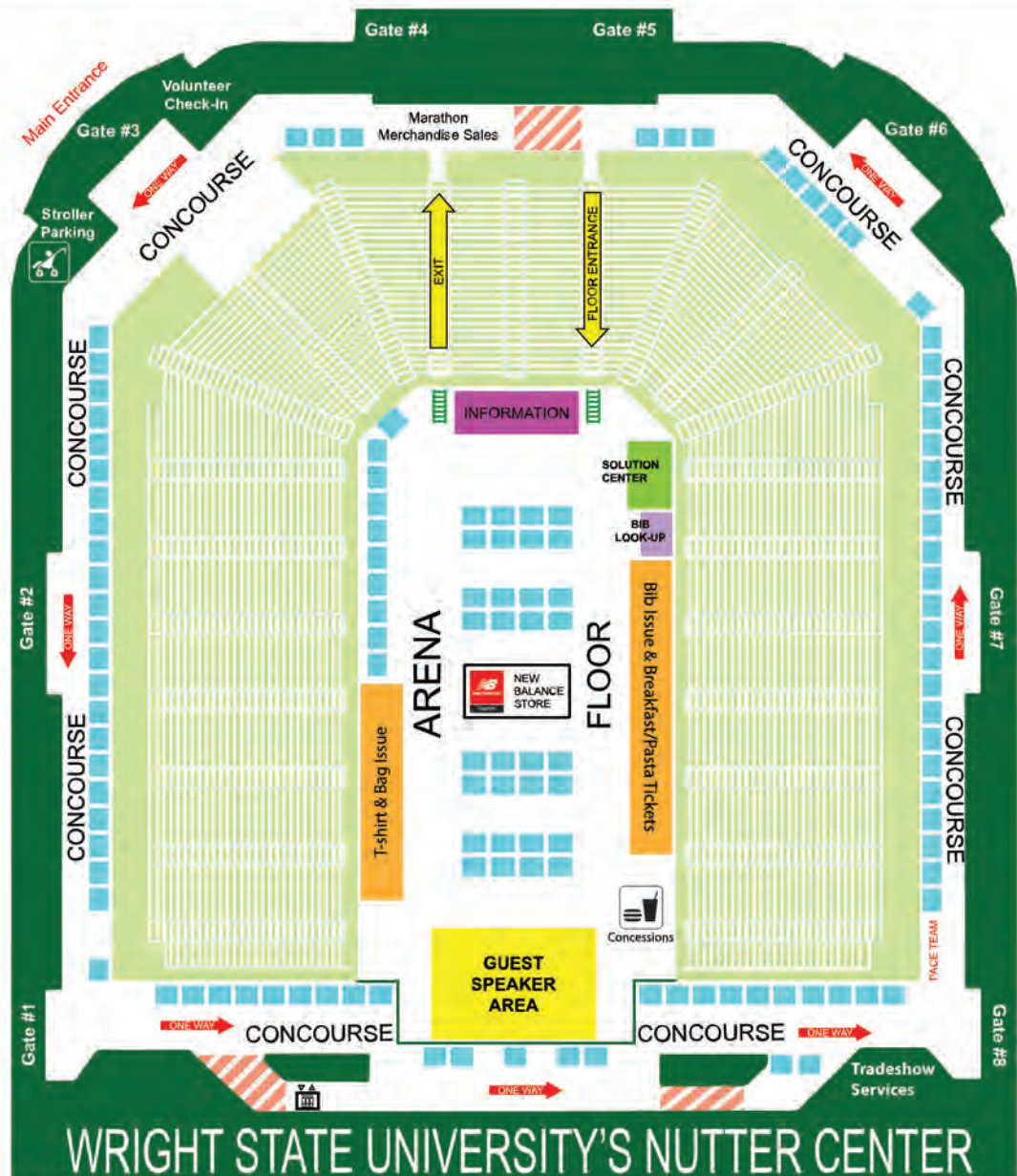
City of Fairborn
ci.fairborn.oh.us

2016 AIR FORCE MARATHON EXPO

Sept. 15 & 16, 2016

VENDORS

- 26.2 Apparel
- 3:16 Athletic Wear
- A Christmas Story Run
- Air Force Enlisted Village
- Air Force Museum Foundation, Inc.
- Airfeet Insoles
- Auria
- Bandi
- Boeing
- Bondi Band
- Carmel Marathon
- Chica sport/Chica Bands
- Cincinnati Flying Pig Marathon
- Creative NRG
- Dayton Children's Hospital
- Dayton Convention & Visitors Bureau
- Dayton Hoopla
- Dayton Magazine
- Detroit Metal Works
- Digestive Specialists, Inc.
- Enovative Technologies
- Express Scripts Federal Pharmacy Services
- Fairborn Fly Zone
- Fitletic
- FlipBelt
- Fond Memories Graphics
- Freedoms Run
- G&G Fitness
- Geico
- General Atomics Aeronautical
- Greene County Convention & Visitors Bureau
- Gypsy Runner
- HB Tune
- Honor Run Half Marathon
- Horse Capital Marathon
- Indianapolis Monumental Marathon
- Integrative Health and Sports Performance
- Juice Plus
- Kentucky Derby Festival
- Lasik Vision Institute
- Lula Roe
- M3S Sports/The Ohio Health Capital City Half Marathon
- Mercy Health Glass City Marathon
- MSA
- National Aviation Heritage Area
- National Running Center
- Naute Sport/USA - Sport
- Navy Federal Credit Union
- New Balance Dayton
- Northrop Grumman Systems Corporation



- Ohio Air National Guard
- One Up Bands
- Owl Be Sweatn
- PowerStep
- Pro Football Hall of Fame
- Raymond Szymanski
- Renewal by Anderson
- Rite Aid Cleveland Marathon
- Roo Sport
- Run The Bluegrass
- Runners Plus
- RUseeN Reflective Apparel
- Shoe Frosting
- Snowball Express
- Snuggbuds Sport Headsets
- Soin Medical Center
- Sparkle Skirts
- Starbucks
- SureSport - Athletic Performance Gear
- Team Fisher House
- Team Red, White and Blue
- The Buck Fifty
- The Running Party
- The Stick.com
- The Vacation Van
- The Yoga Loft
- theRunnerstickers.com
- Toyota
- Turtle Gloves
- Up and Running in Dayton
- USAA
- USAF Recruiting
- US Military Endurance Sports
- USO of Central & Southern Ohio
- Wright State University AthleticsUSAA
- Water Step
- Wright State University Athletics

Vendors subject to change

SPEAKER PROFILES



Widely acclaimed as one of the greatest runners of our time, **Meb Keflezighi** brings a higher meaning to “going the distance”. From his arrival in America as a refugee from war-torn East Africa, through his victorious finish at the emotionally charged 2014 Boston Marathon, Meb has become a cherished figure in the history of his sport. Now a proud and patriotic American citizen, he has secured his place in the hearts and minds of millions.

Meb is the only athlete in history to win the New York Marathon, the Boston Marathon, and an Olympic medal, impressive feats for someone who had never run a mile until middle school. A graduate of UCLA, his record also includes four NCAA championships, 22 national championships, and a place on three US Olympic teams. None of these achievements came easily. Only his resilience, determination, and faith led Meb to prevail following some of life’s most challenging and heart-breaking circumstances.

Transcending his own athletic achievements, Meb maintains an unwavering commitment to helping others go the distance in their own lives physically, professionally, personally, and spiritually. Every day he inspires individuals of all ages and athletic abilities to achieve their own personal best. A sought-after motivational speaker and author, he emphasizes that real victory lies in balancing a healthy, active life that emphasizes education, community, and a strong moral fabric. By serving as a role model and source of inspiration, audiences worldwide are learning to Run to Overcome, no matter the odds or challenges they face in their everyday lives.

Today, Meb resides in San Diego with his beautiful wife Yordanos and their three daughters, where they are surrounded by his large and supportive family. In between training, competing and making personal appearances, he oversees the MEB (Maintaining Excellent Balance) Foundation, which is committed to promoting youth health, education, and fitness.



Jessica Hardisky is the founder of The Yoga Loft (yogaloftdayton.com) and Purpose Yoga. She is an ERYT-500 hour level and has taught in Dayton for more than 10 years, including classes, workshops and training programs. Hardisky also holds many other certifications in group fitness and personal training including AFAA and ACE.

Jim “Pacer Jim” Crist is a nationally recognized pace team director, running coach and speaker at full and half marathons across the country. He has directed pace teams in dozens of marathons, has paced thousands of runners to successful finishes, and has helped hundreds of runners achieve a Boston Marathon qualifying time.



Air Force Reserve Lt. Col. (Dr.) **Mark Cucuzella** has been running for over 30 years and is a national-level masters runner. He has finished more than 100 marathons and ultra-marathons and has won the Air Force Marathon twice. Since 2009, Dr. Cucuzella has been the Air Force Marathon’s chief medical consultant. He also designs running programs with the USAF Efficient Running Project, owns Two Rivers Treads in his West Virginia hometown, and is the director of the Natural Running Center.

US Air Force Marathon Weekend: Where to Stay, Where to Play

BY TIMOTHY WALKER

Visitors from all fifty states and from countries worldwide will be traveling to the Dayton area for the 20th Air Force Marathon in September. Some will come to participate, some will come to lend their support, but for all of them two questions will have to be answered: where will I stay, and where can I play?

The Holiday Inn Dayton Fairborn I-675, located at 2800 Presidential Drive in Fairborn, is comfortable and conveniently located about four miles from the start/finish line. An added benefit – this hotel will also be hosting the Marathon's Breakfast of Champions on Friday, Sept. 16th, with featured speaker

and 3-time Olympian Meb Keflezighi in attendance.

Other area hotels conveniently available to travelers include the Wingate by Wyndham Dayton-Fairborn, the Extended Stay America, and Country Inn & Suites. All are located in Fairborn, and none is further than 4 miles from the start/finish line.

With accommodations secured, a traveler's next question might well be this – "So what is there to do around here?" Luckily, the area offers a number of fun and exciting locations to those who may need time away from marathon activities.

For shopping enthusiasts, nearby mall

areas offer shopping, restaurants, and diversions galore. The Greene, at 4452 Buckeye Lane in Beavercreek, is just down the road from the course and offers well-known shops, a theater, restaurants, and nightclubs. The Greene will also be hosting the official Marathon After-Party on Saturday, September 17th from 5pm-10pm, an outdoor event complete with a beer garden and live music from Funky G & the Groove Machine.

Also located in nearby Beavercreek, The Mall at Fairfield Commons, at 2727 Fairfield Commons Drive, is another popular destination point for area visitors. Shops, theaters, bookstores, and numerous restaurants are



STAY & PLAY



The Greene in Beavercreek offers shopping and will be hosting the official Marathon After-Party.

available to those seeking a quick getaway on race day.

For the more adventurous traveler, Warped Wing Brewing Company, at 26 Wyandot St.

in Dayton is a highly recommended microbrewery with a tasting room, located in an old industrial building downtown. The nearby Century Bar, on Jefferson St. downtown, is nationally recognized as one of the top bourbon bars in the country, and stocks over 87 different brands of bourbon in house – while there, pay attention to their beautiful stained glass and cherry back bar, built in 1862. Just around the corner from the Century, Dayton's Historic Oregon District, on 5th Street between Wayne Ave. and Patterson Blvd., offers hospitality and its own old world charm, with cobblestone streets and numerous taverns and watering holes offering libations to quench the deepest thirst.

Two local organizations are always available to help travelers interested in learning more about what the area has to offer. The Greene County Convention and Visitors Bureau (937-429-9100), and the Dayton Convention and Visitors Bureau (937-226-8211) are both available to answer questions and provide information to interested visitors to the area. ■

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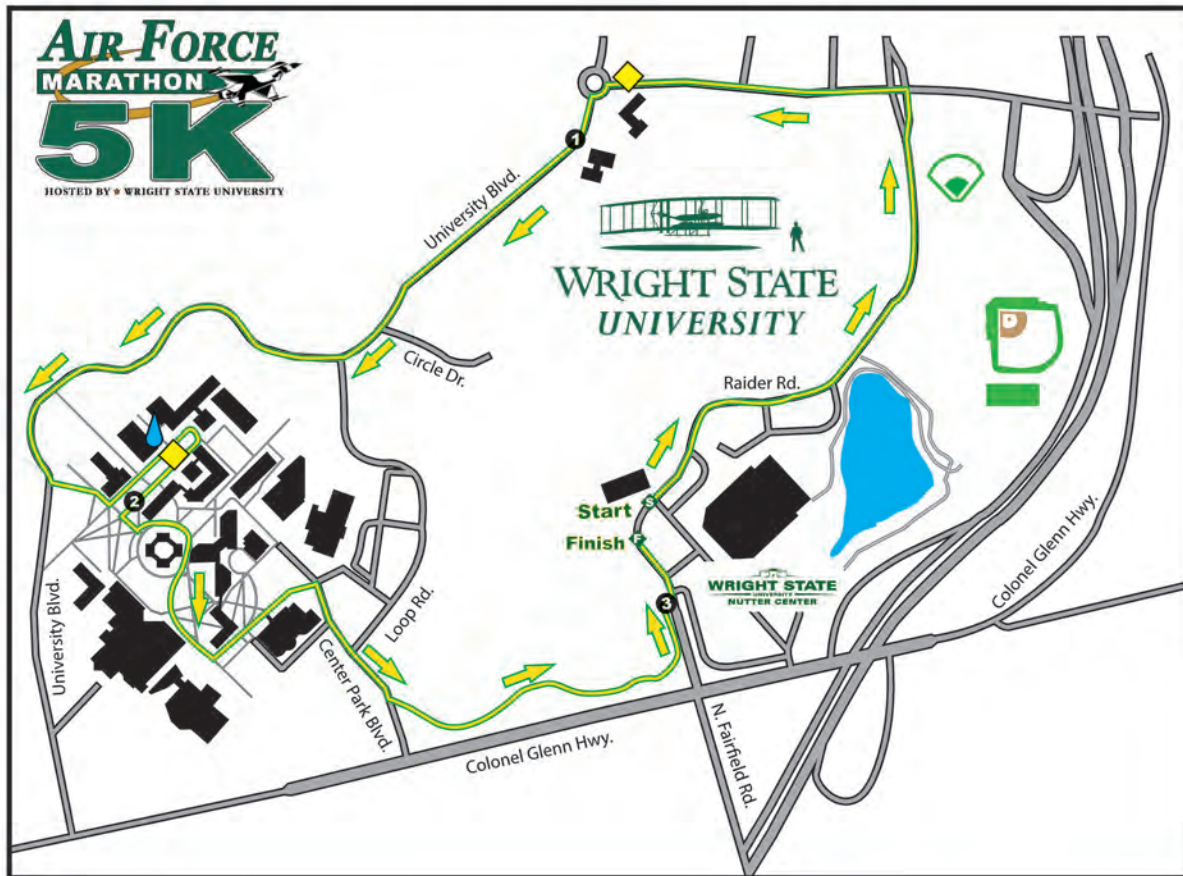
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5K MAP



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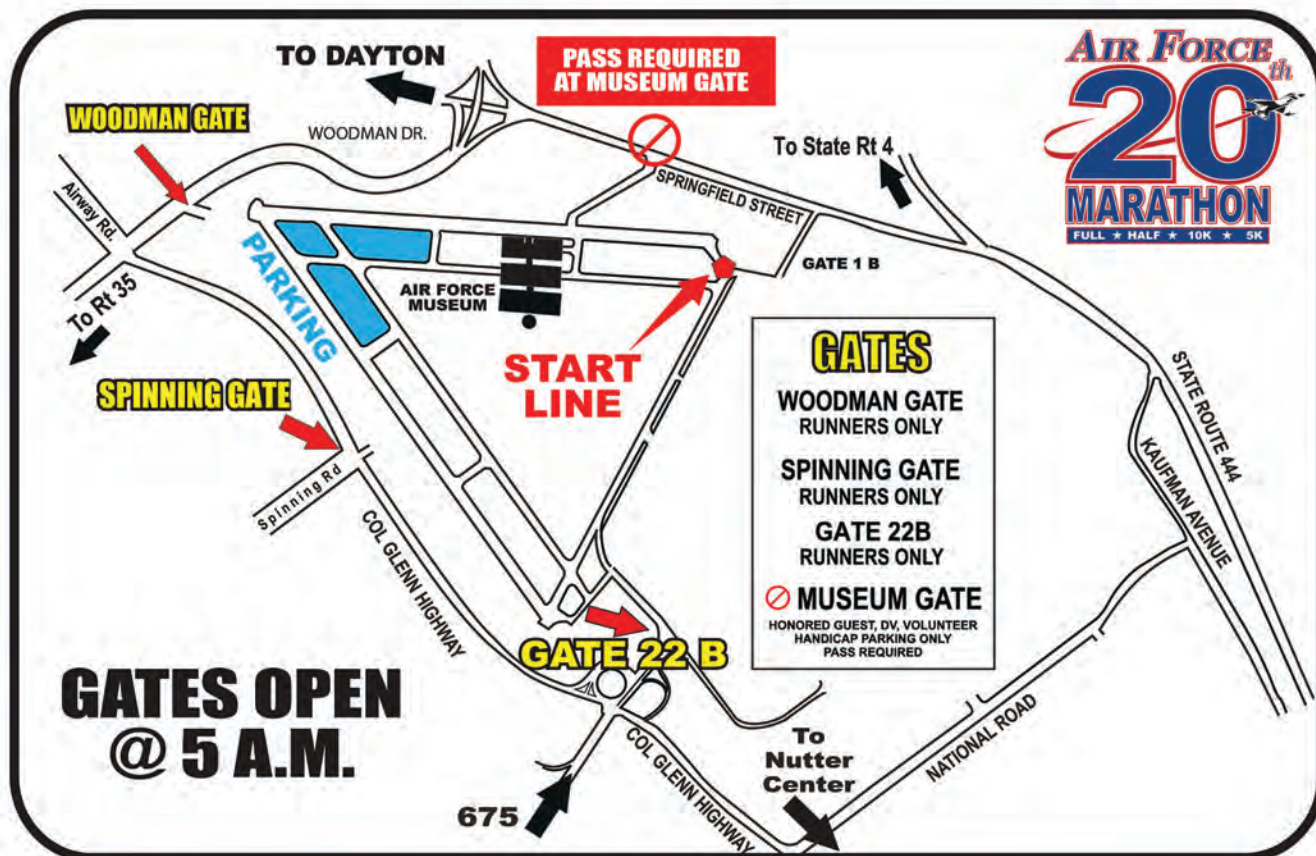
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EVENT PARKING



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HALF MARATHON/FINISH LINE MAPS



FULL MARATHON/10K MAPS

FULL MARATHON COURSE



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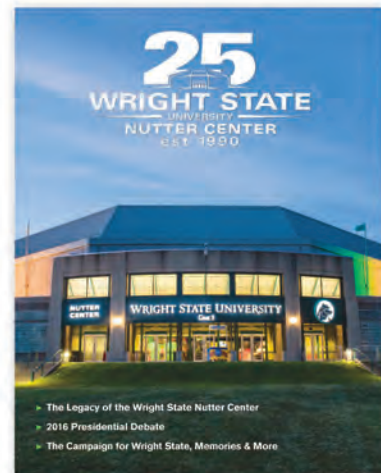
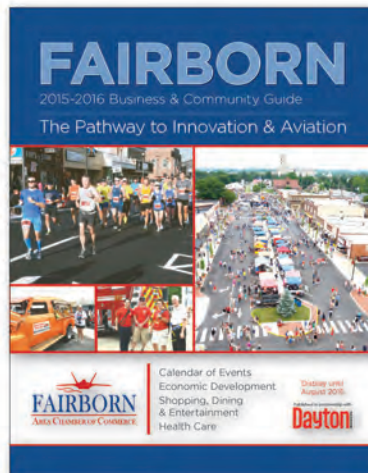


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AIR FORCE MARATHON

FULL • HALF • 10K • 5K

September 16, 2017

Registration opens January 2, 2017
usafmarathon.com



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Wright State University serves 18,000 students from 50 states and 60 countries—including more than 1,000 military-connected students.

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