

Top 10 reasons why Last Chance BQ.2 is your best Boston Qualifying race...

We know how important Boston is to runners. We've been there. We've helped thousands of runners get there in our 10 years with the Grand Rapids Marathon Races. And we know what it takes. Your Last Chance BQ.2 team is **here to give you every little advantage that we can** to help you to your best qualifying time possible.

1. Scheduled to match the Boston 2015 registration window

It will be late summer before the BAA announces and we know for sure, but based on last year's registration schedule, **finishers will still be in Boston's Early Registration window** (runners more than 5 minutes below their qualifying standard), with General Registration opening the Monday after the race.

2. Complete focus on your Boston qualification

As the old saying goes, "It takes a race village." Alright, that's not the old saying. But it's close. And it's our mission statement on race day. (OMG. Really? They have a mission statement?) **Everything about the race** - date, time of day, course, fellow runners, start, aid stations, pace teams, bibs, finish village, ..., **is designed to get you into 2015 Boston** with a time far enough below your qualifying time to make the final cut.

3. Flat, Fast, Shady course

A starting spur on a wider road will take you out the first 1.3 miles to the main loop of our course, then you'll follow the wide, scenic Fred Meijer Millennium Trail, gently rolling for about .75 mile before settling in on a nice flat course for the remainder of the 4.08 mile loop. After six loops (a total of 12 aid stations) you'll make the turn for the finish line for the final half mile.

4. Cool early dawn start

If the shade and the trail don't keep temperatures low enough, the race starts at 7:00am, as soon as it's light, so you can take advantage of the coolest part of the day. The **average temperatures** for September 13th in Grand Rapids range from a **low of 53 to a high of 70 degrees**. The shaded trail should hold the morning temps longer, and many of our runners will be finishing between 9:30 and 11:00, long before the warmest parts of the day.

5. All runners (up to 330 of them) are attempting to qualify

It's a small race, but everyone with you on race day has the same goal as you: qualifying with a time good enough to get to Hopkinton on April 20, 2015. Because it's easiest when you work together, we'll arrange it so that you can quickly **recognize your fellow Boston age group hopefuls by their bib numbers**. (And whether or not they are wearing a running bra.)

6. Race day packet pickup

For the convenience of our out-of-town runners, **packets will be available at the start village race morning** (Saturday). For those who like to leave nothing to chance, pick up your packet at one of our running store partner Gazelle Sports on Friday so race morning is as stress free as possible.

7. Enjoy elite runner perks

We've all seen the perks - early starting corral, **tables for your own drink mix**, elite bib designation, name on your bib, callout by name as you cross the finish line ... They seem all small, but they add up to a memorable race experience, a faster finish time, and a big smile on your face that will last the weekend and beyond. At the Last Chance 26.2 race, **you will all be treated like elite runners**, with those same perk's. (Sorry, free entry is the one elite perk that you all will not be getting.)

8. Start line food table

We'll have some of **your pre-race favorites**, including bananas and coffee for all of you Jonesing for your pre-race potassium or caffeine fixes, peanut butter and bagels for a little substance, or gels for anyone already in race mode.

9. Ready Made Pace Team

The first three digits of your race number will be your 2015 BQ time (Example: Bib #33011 is has a BQ time of 3:30. You'll line up according to pace and the be able to work with your fellow Boston-bound colleagues in setting the pace together.

10. Water, Gatorade, gel, bananas, oranges, and ice on-course.

"Hold the pickles, hold the lettuce..." But everything else will be available as the **16 Aid Stations** (2 per lap) will keep you hydrated, fueled, and cooled, providing you with water and Gatorade at each, **and all the extras you need to do your best** at selected times and stations.

11. A registration kiosk right at the finish village

For those 5 minutes or more under their qualifying time who become eligible for Boston's Early Registration, there's no need to wait until Monday, or even until you get home. **Register for Boston right in Race Village**, at one of the highlight spots of the day. (Assuming BAA criteria is similar to last year.)