

Wesley Monumental Church

Date: Friday, November 4

Time: 5:00 pm to 7:30 pm

Location: Wesley Monumental UMC, 429 Abercorn Street, Savannah, GA

Contact:

Menu: Spaghetti with meat or vegetarian sauce, salad, bread, dessert, and tea/water

Cost: \$10 for adults 11 and up, \$5 for children 10 and under. Tickets may be purchased online in advance at the following link: <http://elis-place.ticketleap.com/rockin-pasta-dinner/>

Notre Dame Academy

Please join us the evening before the inaugural Savannah Rock n' Roll Marathon/Half-Marathon for some carbo-loading family fun. Runners, walkers, family, and supporters are invited. Music will be provided by The Marshall Brothers. There will also be a Kid's Activity Room.

Date: Friday, November 4

Time: 4- 8:30 p.m.

Location: Notre Dame Academy, 34th Street and Bull Street

Contact: 912.661.3698

Menu: Dinner will include spaghetti (*vegetarian and gluten free will be available), bread, salad, sweets, and non-alcoholic drinks. Dine with us or take your pasta to go.

Cost: \$10 NOW and \$15 at the door. Children under 6 free. Tickets may be purchased online: <http://www.liamsland.org/2011/rock-the-marathon-for-liam-pre-race-carbo-loading-dinner/>

Savannah Riverboat

Runner's Recovery Brunch - now that the marathon is over, what do you do next? Eat healthy. A high carbohydrate diet in the first few days will help replenish your depleted carb storage system and protein will help to rebuild damaged muscle tissue. Let us help you! Enjoy the best views of historic River Street, and feast upon a decadent buffet that has an enormous variety of breakfast AND Lunch items.

Date: Sunday, November 6

Time: Boarding at 11:30am, Sails from 12pm-1:30pm

Location: Savannah Riverboat on River Street

Contact:

Menu: Buffet of variety breakfast and lunch items

Cost: Adults - \$39.95 and Children 12 & under - \$21.95

Gigi's Cupcakes

Gigi's Cupcakes will be offering \$1.00 off a cupcake for any race participant. The perfect reward and sweet treat after the race! The deal will be going all weekend long, we just need to see proof of participation. Our website is www.gigiscupcakesusa.com and our facebook page, Gigi's Cupcakes – Savannah, <http://www.facebook.com/#!/pages/Gigis-Cupcakes-Savannah/156988497684471>

Date: Friday, November 4 – Sunday, November 6

Time: All day

Location: Gigi's Cupcakes, Date:

Location: 5521 Abercorn St, Suite 100

Contact: Bethany Shantz, Owner at 912.349.2778

Menu: Cupcakes

Cost: \$1.00 off a cupcake for any race participant

Mulberry Inn (Restaurant)

At this Carb & Charge will give runners an opportunity to carb up their bodies and charge up their cellular phone, mp3 players, and other portable devices that may need charging. The buffet will feature A Coca Cola Station complete with all the energy drinks they may need.

Date: Friday, November 4

Time: 9 p.m. - Midnight

Location: The Mulberry Inn,

Contact: 912.238.1200

Menu:

- Your choice of pasta (angel hair, or tortellini)
- Your choice of red, or white sauce
- Your choice of meatballs, or fresh steamed vegetables
- Waffles Made to Order
- Seasoned White & Yellow Rice
- Martini Mashed Potato Bar
- Iced Water Or Your Choice Of Beverage From The Coke Station

Cost: \$15 per person. Reservations request at 912.238.1200, ext. 117

The Peanut Shop

Date: November 4,5,6

Time: Open 10:00 am to 9:00 pm Thursday, 10-10 Fri/Sat

Location: The Peanut Shop - 407 E River St, next to Spanky's

Contact: Terry or Chad at 912.232.8612

Specials: 10% off all Peanut Shop Peanuts; B2G1 all flavors Peanut Butter & Peanut Shop GA Peach Preserves and blackberry jelly with your proof of registration.

Cost:

Jersey Style Pizza

Date: November 1-7

Time: m-f 11-9, sat 12-9, sun 12-6

Location: 4827 Waters Ave, Medical Arts Shopping Center

Contact: Richard or Jamie Anchors, 912.354.2356

Menu Offer: buy one pizza at regular price, get second pizza of equal or lesser value at half price.

www.jerseystylepizza.com

Cost: \$5-\$10 per person

MacElwee's Seafood

Date: November 4

Time: Business Hours

Location: MacElwee's Seafood 101 Lovell Avenue, Tybee Island, GA 31328

Contact: Lynn Zeigler, 912.786.8888

Menu Offer: "Free Appetizer" Coupon with purchase of entrée

Cost:

Papa's Bar-B-Que & Seafood

Date: November 3-5

Time: 5- 10 p.m.

Location: 119 Charlotte Rd Suite A (31410)

Contact: 912.897.0236 or visit us on our website at www.papasbar-b-que.com

Menu: Rock 'n' Roll Rotini and Steamed Mixed Vegetables tossed with your choice of Marinara or Alfredo sauce and garlic bread. The customer can also add Grilled Chicken or Grilled Shrimp.

Cost: \$11.49 Veggie, \$13.49 w/ Chicken, \$15.49 w/ Shrimp

CoCo's Sunset Grille - Run to CoCo's!

Contact: 912.786.7810

Website: www.CoCosSunsetGrille.com

Special Offer Description:

- Friday, November 4: Load up on your carbs with pasta specials combined with our fresh local seafood and relaxing live music by Eric Britt.
- Saturday, November 5: Free Monkey Mosa for all runners! Licensed massage therapist on site offering chair massages from 3-6. Drink specials, dinner specials and live music with Keith & Ross starting at 7pm.
- Sunday, November 6: Breakfast of Champions! Try one of our soon-to-be-famous Bloody Marys along with Fresh-off-the-Docks Shrimp and Grits.

Windows Restaurant

Date: Friday, November 4

Time: 5 – 9 p.m.

Location: Windows Restaurant located in the lobby of the Hyatt Regency Savannah. (2 West Bay Street Savannah, GA 31401-1189)

Contact: Windows Restaurant, 912.238.1234

Menu: Italian dinner buffet on Friday

Cost: \$12.00 inclusive of non-alcoholic beverages. Tax and Gratuity are extra.

The Rail Pub GRILL OUT!

Date: Saturday, November 5

Time: From Noon until the food and koozies RUN out!

Location: The Rail Pub (405 West Congress Street, Savannah, GA 31401)

Contact: Trina M. Brown at 912.596.4991

www.therailpub.com or find us on Facebook: www.facebook.com/thrailpub

Menu: Hot Dogs and Hamburgers for customers

Special Offer: Buy an adult beverage and show your race number or volunteer credentials and receive a free custom Rock 'n' Roll souvenir Rail Pub koozie

Cost: Free

The Crab Shack on Tybee Island

R&R Marathon guests staying on Tybee - looking for CARBS and don't want to leave the island?

Date: Friday, November 4

Time: Dinner starts at 4 p.m.

Location:

Contact: Reservations optional. Contact us at virginia@thecrabshack.com or call 912.786.9857

Menu: Linguine with Clam Sauce and traditional spaghetti with red sauce

Cost:

Juarez Mexican Restaurant

Dates: November 3 – 6

Location: 420 E Broughton St. (31401)

Contact: Reservations welcomed at 912.236.0530 or juarezmexicanrestaurant@yahoo.com

You can also visit us online at www.RestaurantJuarez.com, check us out!

Menu: Show your race number or volunteer credentials and receive 25% off everything on the menu (not valid with daily specials.) Plus drink specials all day long.

Shane's Rib Shack

Date: November 3-5

Time: All day

Location: 6730 Waters Ave (corner of Waters and Eisenhower)

Contact: 912.354.3744 or visit our website at www.shanesribshack.com

Menu: 20% savings on the entire menu