



# AKRON MARATHON

## RACE SERIES

10K | HALF

PRESENTED BY



# Runner and Spectator Guide 2019

GOODYEAR HALF MARATHON AND 10K

[WWW.AKRONMARATHON.ORG](http://WWW.AKRONMARATHON.ORG)

INFORMATION PROVIDED IN THIS GUIDE IS **NOT** FINAL. FINAL INFORMATION WILL BE PROVIDED 2 WEEKS PRIOR TO THE RACE DATE.

## SCHEDULE OF EVENTS:

### Friday, August 9, 2019

Packet Pickup: John S. Knight Center- Ground level

Time: 11:00 a.m. - 7:00 p.m.

Location: John S. Knight Center- 77 East Mill Street Akron, OH 44308

### Saturday, August 10, 2019

Goodyear Half Marathon & 10k

Start – Goodyear Proving Grounds (Test Track)

394 South Seiberling Street, Akron, Ohio 44316

Finish Line- The Goodyear Tire & Rubber Co.

200 Innovation Way, Akron, Ohio 44316

5:00 a.m. – Opening ceremony / race announcements

6:30 a.m. – Combined start / Half Marathon & 10k

7:15 a.m. – Finisher Festival

8:00 a.m. – 10k awards program

9:00 a.m. – Half Marathon awards program

10:30 a.m. – Course closes

11:00 a.m. – Finisher Festival ends

## RACE DAY PARKING AND DRIVING DIRECTIONS

All lots and decks located at The Goodyear Tire & Rubber Company are free of charge race morning. It is advised to be in the Goodyear area no later than 5:00 a.m. to ensure arrival to the Start Line prior to the 6:30 a.m. start. There will be parking attendants onsite to help guide you where to park.

### From the east:

- From I-76 West
- Take exit 26 for E Market St/OH-18 toward OH-241/Mogadore Rd
- Take a slight right onto OH-18 W/E Market St
- Turn left onto S Seiberling St

### From the north:

- From I-76 East, Take exit 25B toward General St/Brittain Rd
- Continue straight onto Englewood Ave
- Turn right onto S Seiberling St

### From the south:

- From 77 North, merge onto I-76 E
- Take exit 25B toward General St/Brittain Rd
- Continue straight onto Englewood Ave
- Turn right onto S Seiberling St

### \*Auxiliary Parking (500 spots) and runner drop off location

There will be an additional parking lot on 3<sup>rd</sup> street. This lot will hold approximately 500 cars and is located just less than 1 mile away from the start line and approximately .5 miles away from the Finish Line. To access this lot traveling from the west: take 76 East and get off at exit 24 (Kelly Ave). Turn left onto Fuller St. To access this lot traveling from the east: take 76 West and get off at exit 25 (Innovation Way). Continue straight onto 3<sup>rd</sup> Street. The parking lot is located on the corner of Fuller and 3<sup>rd</sup> Street.

### Walking Directions to Start Line

To get to the Start Line from the parking garage, or auxiliary parking lots, you will walk to Innovation Way and head south. It is approximately a quarter mile from the parking garage and about 1 mile from the auxiliary parking lots.

## PACKET PICKUP

Each runner **MUST** pick up their race packet, which includes the race bib, Friday August 10<sup>th</sup>. There will be **NO** race day packet pick up available. Each runner should pick up his or her own bib and confirm contact information is correct on the bib. However, if you are unable to attend, race packets may be picked up by a friend or family member who must verify the runners contact information. Runners will also receive a shirt; sizes are available on a first come first serve basis.

Packet Pickup: John S. Knight Center- Ground level

Time: 11:00 a.m. - 7:00 p.m.

Location: John S. Knight Center– 77 East Mill Street Akron, OH 44308

Parking: Broadway Garage. Garage entrance is located on Broadway just south of the John S. Knight Center. Rates vary.

## BIB INFORMATION

Your race bib serves as your identification for the race and must be pinned on the front of your shirt. Safety pins will be provided at the time of bib pick up. It is imperative that the registration data associated with your race number belongs to you, the participant. While it may seem harmless to run under an unauthorized number, it does convey serious consequences to the organizers and participant field alike. Correct information allows medical staff to correctly identify participants in need of treatment and ensures accuracy of race results and awards.

Your race bib contains your timing chip, which is a disposable timing system for accurate timing and scoring. Please take care not to bend or cut your race bib, in doing so you may damage your timing device. The timing device remains on your bib. Make sure your bib is placed securely on the **FRONT** of your outermost layer of clothing. Overall winners will be based on Gun Time in accordance to USATF rules.

## RACE START

### Start Line Corral

The Start Line will be located inside the Goodyear Test Track. Both Half Marathon and 10k runners will line up in the Start Line corral together. There will not be a separate corral for 10k participants. There will be pace-per-mile signs along the corral and it is advised to line up near the pace marker corresponding to your anticipated race pace. Lining up by pace, with faster runners in the front, creates a smoother start for all runners. All walkers should line up at the back of the corral.

### Gear Check

Gear check drop-off and pick-up are in one central location. Gear Check will be located on the east side of Innovation Way in the Goodyear parking deck on the ground level. Starting at 5:00 a.m. runners can place their extra clothing and items not needed on the race course in the provided clear gear bags to be dropped off at the Gear Check location. Do not place cell phones, wallets or keys in your gear check bag. Look for the tall flags labeled "Gear Check". The clear gear bags will be available at Packet Pickup. Only the provided clear bags will be accepted. Items must be picked up by 11:00 a.m. Any unclaimed bags will be donated to a local charity two weeks after race day. The Akron Marathon is not responsible for any lost items.

## **Restrooms**

Portable restrooms will be located inside the Test Track at the Start Line. At the Finish, Portable restrooms will be located on the west side of Innovation Way south of the Finish Line. Portable restrooms will also be located after each fluid station along the course.

## **COURSE DETAILS**

### **Course Information**

The Goodyear Half Marathon & 10k courses are certified USA Track & Field sanctioned courses. The course is run on paved asphalt and concrete streets. Runners are responsible for knowing the course. Please note the 10k will split off from the Half Marathon on Triplett. The 10K will turn to the left and make a U-turn on Triplett (mile 5) while the Half Marathon participants will stay to the right side of the street and continue straight on Triplett.

### **Course Limit**

The 10k course is officially open for 2 hours from 6:30 a.m. to 8:30 a.m.; equivalent to approximately 19:19 per mile pace. The Half Marathon course is officially open for 4 hours from 6:30 a.m. to 10:30 a.m.; equivalent to approximately 18:18 per mile pace. Those who fall behind course closure times will be asked to move to the sidewalk or board the SAG (end of race vehicle). The Finish Line, medical aid stations and fluid stations will remain open for a 19:19/18:18 pace and close on schedule.

### **Course Signage**

There will be a painted blue line on the streets to mark the entire course. Critical turns will be manned by police or volunteers. Please look for color coded signage, blue for Half Marathon and yellow for 10k, which will indicate the split for the Half Marathon and 10k. There will be feather flags located at each mile mark for both the Half Marathon and 10k along the course.

## **Restrooms**

Portable restrooms will be available at the Start and Finish Lines. Portable Restrooms will also be located on the course just past each fluid station.

## **Fluid Stations**

There are 9 fluid stations, 4 for the 10k, supplying sports drink and water. As you approach a fluid station, water will be available first followed by sports drink. Additionally, fluids will be available at the Finish Line. We do not recommend taking food or fluids from non-official locations.

## **Energy Gel**

Energy gel will be provided at mile 8.75 along the Half Marathon course. Runners that require energy gel earlier or at different times should plan to be self-supported.

## **Medical Aid Stations**

There will be medical at both the Start Line and Finish Line. There will also be three medical tents along the course. Summa Health will provide all medical assistance during this event. For your safety, it is important to print any specific medical needs and an emergency contact name and number on the reverse side of your race bib. The medical aid station will be equipped to assist runners with any basic medical needs and will also have a supply of Band-Aids and Vaseline, if needed. For medical emergencies, an ambulance will be called to transport the runner to a local hospital. NSAID's (Non-Steroidal Anti-inflammatory Drugs such as Advil, Aleve, Ibuprofen, etc.) will NOT be provided at the aid station. NSAIDs, especially in a dehydrated runner, can adversely affect the kidneys and can increase the risk of hyponatremia (low blood sodium). Tylenol will be available.

### **Pace Team**

The Vertical Runner Pace Team is led by experienced pacers. Pacers will be available for the following half marathon times: 1:30, 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:05, 2:10, 2:20, 2:30, 2:45, 3:00, 3:30. The pace leader runs a steady pace and keeps track of that pace so the group can achieve their goal of finishing the Half Marathon in a particular time. Pace leaders are experienced runners that have run several marathons and half marathons around the country.

### **Prohibited on the Race Course**

For the safety of our runners, the Akron Marathon does not permit: pets, skateboards, strollers, bicycles, roller blades, or any other types of vehicles (other than official race vehicles) on the course. Please do not bring or carry any of these items with you. The Akron Marathon reserves the right to disqualify and remove anyone from the course who has any of the above items or does not act in a safe manner. All participants agree to abide by and accept the rules of this race and abide by any decision of any race official concerning the runner's ability to safely complete the race.

### **Unauthorized Runners**

Non-registered runners are not permitted to run or walk within the boundaries of the official race course. It is important that family and friends NEVER cross the Finish Line or enter the finish zone which begins approximately 2/10 mile before the Finish Line. Course monitors and police will be stationed throughout the course, assuring only registered runners are on the course. Please be sure your race number is visible from the FRONT at all times during the race.

### **Information Booths**

For our runners' convenience, Information Booths can be found in the Goodyear parking deck on the ground level near the Finish Line and at the entrance of the test track prior to the race and in the plaza west of the Finish Line following the start of the race.

### **Lost & Found**

All items left at the event will be taken to the Information Booth located in the plaza at the finish line. Two weeks after the event unclaimed items will be donated to a local charity. The Akron Marathon is not responsible for lost items.

## **RACE FINISH**

### **Finish Line**

The finish for both the Half Marathon and 10k will be located at 200 Innovation Way. After the Finish Line runners will receive a commemorative medal, water, sports drink and a banana. Runners will need to keep making their way out of the finisher's chute. Once runners clear the chute there is room to cheer on finishing runners, enjoy the band, and redeem food tickets at the various food vendors located on the street just north of the Finish Line.

### **Finisher Festival**

Runners and spectators can enjoy the live band and a variety of vendors and displays. Also, in the plaza, check out your official race results and ring the Acme Fresh Markets PR Bell. Food vendors will open at 7:15 a.m. to runners and at 8:30 a.m. to spectators. Spectators can purchase available menu items beginning at 8:30 a.m. Runners can refuel by choosing from various options from the Swenson's food truck and an ice cream sandwich. Each runner, 21 and over, will receive 1 free beer ticket located on their bib. The beer ticket is good for one 16oz beer. An additional beer ticket can be purchased for \$5, cash only.

## RESULTS

Live results will be available on race day and can be easily accessed by visiting the results page at [AkronMarathon.org](http://AkronMarathon.org) on your smart phone. For your convenience a results tent will be located just west of the Finish Line. Results will be posted for the 10k following the awards presentation at 8:00 a.m. and again at 9:00 a.m. for the Half Marathon.

### Awards

An awards presentation will take place on the band stage located near the Finish Line. The awards will be presented at approximately 8:00 a.m. for the 10k and 9:00 a.m. for the Half Marathon. For both the Half Marathon and 10k, the overall top three men and women and top three master's men and women will receive awards. Age group awards, for both the Half Marathon and 10k, will also be given to the top three men and women in each age group and will be mailed out 4-6 weeks after the race. You are eligible to win awards only for the event in which you are registered.

### Age Group Awards

Top three male and female finishers in all age categories will receive awards for both the Half Marathon and 10k: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+. You can win only one award.

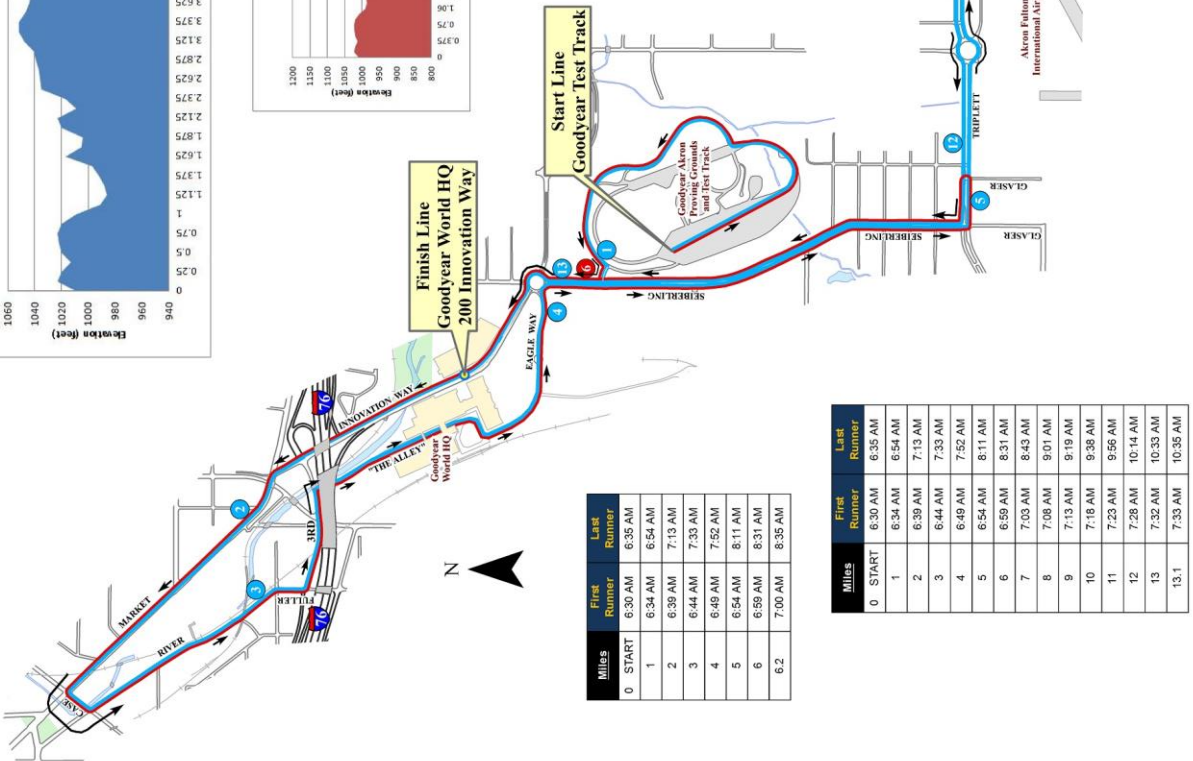
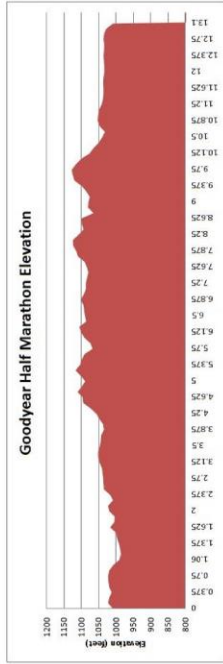
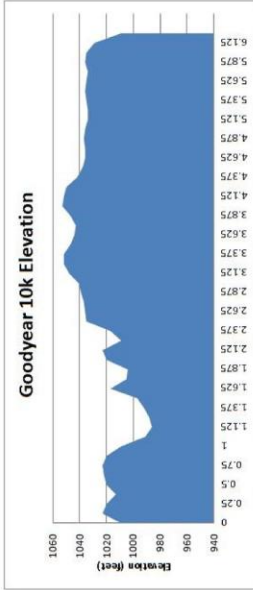
## SPECTATOR INFORMATION

The Goodyear Half Marathon & 10k will start inside the Goodyear Test Track located at 394 South Seiberling Street, Akron, Ohio 44316 at 6:30 a.m. The Finish Line is located at The Goodyear Tire & Rubber Company, 200 Innovation Way (Approximately a quarter mile north of the start). Spectators have many great opportunities to see the runners multiple times with very little walking.

- Spectators who choose to go to the Start Line have two options. Option one: Spectators can watch the start of the race inside the Test Track and see the runners again as they exit the Test Track at mile 1. Please note if you choose to stay inside the Test Track for the start you have to remain inside the Test Track until the last runner exits (approximately 20 minutes after the start) Option two: Exit the Test Track just prior to the start and watch the runners as they exit at mile one.
- Spectators can remain just outside the Test Track and watch your runner again at mile 4.25
- Head .25 miles north to see your runner cross the Finish Line.
- Spectators who choose not to watch the start of the race can remain near the Finish Line. You will see your runner at mile 1.3. Walk .1 mile south to the traffic circle to see your runner at mile 4 and then head back to watch the finish.

It is recommended that runners and spectators choose a meeting location prior to the race, to meet up at after the race.

# Half Marathon & 10k Course



Miles	First Runner	Last Runner
0	START	6:30 AM
1	6:34 AM	6:54 AM
2	6:39 AM	7:13 AM
3	6:44 AM	7:33 AM
4	6:49 AM	7:52 AM
5	6:54 AM	8:11 AM
6	6:59 AM	8:31 AM
6.2	7:00 AM	8:35 AM

Miles	First Runner	Last Runner
0	START	6:30 AM
1	6:34 AM	6:54 AM
2	6:39 AM	7:13 AM
3	6:44 AM	7:33 AM
4	6:49 AM	7:52 AM
5	6:54 AM	8:11 AM
6	6:59 AM	8:31 AM
7	7:03 AM	8:43 AM
8	7:08 AM	9:01 AM
9	7:13 AM	9:19 AM
10	7:18 AM	9:38 AM
11	7:23 AM	9:56 AM
12	7:28 AM	10:14 AM
13	7:32 AM	10:33 AM
13.1	7:33 AM	10:35 AM

- Start/Finish Lines
- Half Mile Markers
- 10k Mile Markers
- 10k Course
- Half Marathon Course



