



AKRON MARATHON

RACE SERIES

8K | 1 MILE

PRESENTED BY



Runner and Spectator Guide 2019

8K AND 1 MILE

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, June 28, 2019

Packet Pickup: InfoCision Stadium- Concourse (Gate 1, Southwest entrance)

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

Location: InfoCision Stadium– 375 E Exchange Street Akron, OH 44304

Saturday, June 29, 2019

Race Start: Union Street at InfoCision Stadium

361 South Union Street Akron, OH 44304

Race Finish: InfoCision Stadium - Summa Field

375 E Exchange Street Akron, OH 44304

7:00 a.m. – Stadium opens – Race day packet pickup available at Gate 1

7:30 a.m. – Race announcements begin

8:00 a.m. – Opening ceremony

8:00 a.m. – Race day packet pickup closes

8:30 a.m. – 8k & 1 Mile combined start

8:35 a.m. – Race finish/ Finisher Festival begins

10:00 a.m. – Awards presentation for overall winners of 8k & 1 Mile

10:00 a.m. – Course closes

10:30 a.m. – Gear Check closes

11:30 a.m. – Finisher Festival ends

PARKING AND DRIVING DIRECTIONS

Designated University of Akron lots and decks are free of charge during packet pickup hours and for race day. On race morning, it is advised to arrive no later than 7:30 a.m. to ensure arrival to the Start Line prior to the 8:30 a.m. start. Below is the list of decks and lots available for parking on Friday and Saturday of race weekend.

- 1) Lot 1 – East Campus Parking Deck
- 2) Lot 36 – South Campus Parking Deck
- 3) Lot 39 – Exchange Street Deck
- 4) Lot 9 – Lot at corner of Spicer and Exchange (Packet Pickup hours only, closed on race day)

From Cleveland and Downtown Akron:

- From I-77 South, continue onto 76 East, take exit 22A (Main Street / Downtown) and continue straight on South Street past Main Street.
- Turn left at the second light (Broadway Street) and continue ahead to Exchange Street. Turn Right on Exchange Street.

From Cuyahoga Falls and Stow:

- From Route 8 South, take exit 1A (Buchtel Avenue / Carroll Street / Exchange Street) and continue straight on Goodkirk Road.
- Turn right at the second light (Carroll Street).

From Canton:

- From I-77 North, continue onto Route 8 North
- Take the exit toward OH-18/Carroll St/Buchtel Ave merge onto fountain street
- Turn left onto Carrol Street

PACKET PICK-UP

All runners **MUST** pick up their race packet, which includes their race bib. Preferred packet pickup is on Friday, June 28th from 11 a.m. to 7 p.m. Attending packet pickup Friday will allow runners to get a sneak peak of the race Start Line, become familiar with the stadium and nearby parking, and avoid race day pickup lines. For out of town runners, there will be race day packet pickup available from 7:00 a.m. until 8:00 a.m. on Saturday, June 29th. Each runner should pick up his or her own packet and confirm that contact information on the bib is correct. 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. Parking and driving directions are on page 2.

Date: Friday, June 28, 2019

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Time: 7:00 a.m.-8:00 a.m.

BIB INFORMATION

Your race bib serves as your identification for the race. Participants must pin the bib on the front of his or her shirt. Safety pins will be provided at the time of bib pick-up. If you do not plan to utilize Gear Check, you may discard the gear check tab off the side of your bib. It is imperative that the registration data associated with your race number does belong to you, the participant. While it may seem harmless to run under an unauthorized number, it conveys serious consequences to the organizers and the 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 shirt. Overall winners will be based on Gun Time in accordance to USATF rules.

RACE START

Starting Corral

Both 8k and 1 Mile participants will line up in the starting corral together based on anticipated pace per mile. There will not be a separate corral for 1 Mile participants. There will be pace-per-mile signs along the corrals and it is advised to line up near the pace sign 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.

Wave Start

To help reduce congestion at the first turn and Finish Line, a wave start will be implemented. Those at the front will be released at the start of the race. Each of the remaining waves will be walked up to the start line and then released.

Gear Check

Gear check drop-off and pick-up are in one central location. Gear Check will be located on the west concourse of InfoCision Stadium at section 112, look for tall flags labeled "Gear Check". Runners can place their extra clothing and items not needed on the race course in the provided clear bags to be dropped off at the Gear Check location. Do not place cell phones, wallets, keys, or glass in your gear check bag. The clear gear bags will be available at packet pickup upon request on at Gear Check on race morning. Only the provided clear bags will be accepted. Items must be picked up on race day by 10:30 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

All stadium restrooms will be open on race day starting at 7:00 a.m. Restrooms can be accessed through Gates 1, 2, and 3 of the stadium.

Concessions

Concessions will be available for runners and spectators starting at 7:00 a.m. Concessions will be located on the west concourse inside Gates 1 or 2.

COURSE DETAILS

Course Information

The 8k and 1 Mile courses are certified USATF sanctioned courses. The course is run on paved asphalt and concrete streets. Runners are responsible for knowing the course. Please note the 1 Mile will stay to the left side of the road on Spicer while the 8k will stay to the right side of the road. The 1 Mile will separate from the 8k just after Exchange Street to head into the stadium for the finish.

Course Limit

The 8k course is officially open for 1 hour and 30 minutes from 8:30 a.m. to 10:00 a.m.; equivalent to an 18:06 per mile pace. The 1 Mile course is officially open for 30 minutes from 8:30 a.m. to 9:00 a.m. 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 following the 18:06 pace and close on schedule.

Course Signage

The course will be marked at each turn with cones and manned by police or volunteers. Please look for color coded signage, red for 8k and blue for 1 Mile, on Spicer Street which will indicate the split for the 8k and 1 Mile. There will be feather flags located at each mile mark along the course.

Restrooms

At the Start Line and Finish Line there will be restrooms available inside the stadium on either side of the concourse. Along the course portable restrooms will be located at each of the 2 fluid stations.

Fluid Stations

There will be two fluid stations located along the course supplying water and sports drink to participants. Additionally, fluids will be distributed at the Finish Line. We do not recommend taking food or fluids from non-official locations.

Pace Team

The Vertical Runner Pace Team is led by experienced pacers. Pacers will be available for the following paces 7:00 min/mi, 7:30 min/mi, 8:00 min/mi, 8:30 min/mi, 9:00 min/mi, 9:30 min/mi, 10:00 min/mi, 10:30 min/mi, 11:00 min/mi, 11:30 min/mi, 12:00 min/mi, 12:30 min/mi, 13:00 min/mi, 15:00 min/mi, 18 min/mi. The pace leader runs a steady pace and keeps track of that pace so the group can achieve their goal of finishing the 8k in a particular time.

Medical Aid Stations

A First Aid kit will be available before the start of the race at the information booth inside Gate 1 of Infocision Stadium. There will be a medical aid station on the field to provide aid after the race. 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 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.

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. 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.

Lost & Found

All items left at the event will be taken to the Information Booth inside Gate 2. Two weeks after the event unclaimed items will be donated to a local charity. The Akron Marathon is not responsible for lost items.

Information Booths

For our runners' convenience two informational booths will be located at the end zone concessions at Gates 1 & 2. Results can be printed at the information booth in the northwest concession.

RACE FINISH

Finish Line

The finish for both the 8k and 1 Mile will follow an access road to a tunnel entrance onto the field at the southeast corner of the stadium. Runners will enter the stadium and finish on the 50-yard line. After the Finish Line, runners will receive a commemorative medal (8k finishers only), water, and sports drink. Runners will then exit the field by taking either of the two exit ramps located on the north side of the field, or enter the spectator viewing area on the field. On the concourse level, runners will receive their post-race food and enjoy the Finisher Festival. There will be no re-entry back down on the runner-only side of the field. Runners may enter back onto the field using the spectator entry point in section 120 and 121 at the south end of the stadium.

Finisher Festival

Runners and spectators will be able to enjoy the Finisher Festival located on the stadium concourse. Runners and spectators will be able to redeem drink tickets for beers or root beer. 8k runners will have three tickets on their bib which may be redeemed for beer. Underage 8k runners can redeem tickets for root beer. 1 Mile runners will have one ticket on their bib which may be redeemed for a root beer. Runners and spectators may purchase additional tickets for \$10 for three drink tickets at the ticket office located at Gate 2. **Cash only no credit cards; photo ID will be required.**

***No food or drink, except water, will be allowed on the field in the spectator viewing area.**

AWARDS

Awards Presentation

An awards presentation will take place at 10:00 a.m. on the band stage located on the North Patio inside InfoCision Stadium. For both the 8k and 1 Mile, the overall top three men and women and top three master's men and women will receive awards at the presentation. For the 8k only, age group awards 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 event, those who win an overall award will be taken out of the age group division. Masters athletes who place in the top three overall will be taken out of the masters division.

Age Group Awards

In the 8k the top three male and female finishers in the following age categories will receive awards: 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, those who win an overall award will be taken out of the age group division.

SPECTATOR INFORMATION

The 8k & 1 Mile will start on Union Street near the intersection of Union Street and Exchange Street at 8:30 a.m. With a start and finish at InfoCision Stadium, spectators have great opportunities to see the runners from various points that require very little walking.

- Start watching the race just outside the stadium on Union St./Brown St.
- After the start, walk one block east to Spicer Street to see the runners at mile 1.
- From Spicer, head back towards the Start Line to enter the stadium at Gate 1 and head down onto the field, using stairs at section 120 or 121, to cheer on the runners as they finish.

A limited amount of beer/root beer tickets will be available for spectator purchase starting at 8:45 a.m. on a first come first serve basis. Tickets may be purchased at the ticket office located at Gate 2. Tickets will be sold for \$10 for three tickets (cash only). Identification will be required to purchase beer tickets.

Concessions will be open inside the stadium on the west concourse from 7:00 a.m. until 11:30 a.m.

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

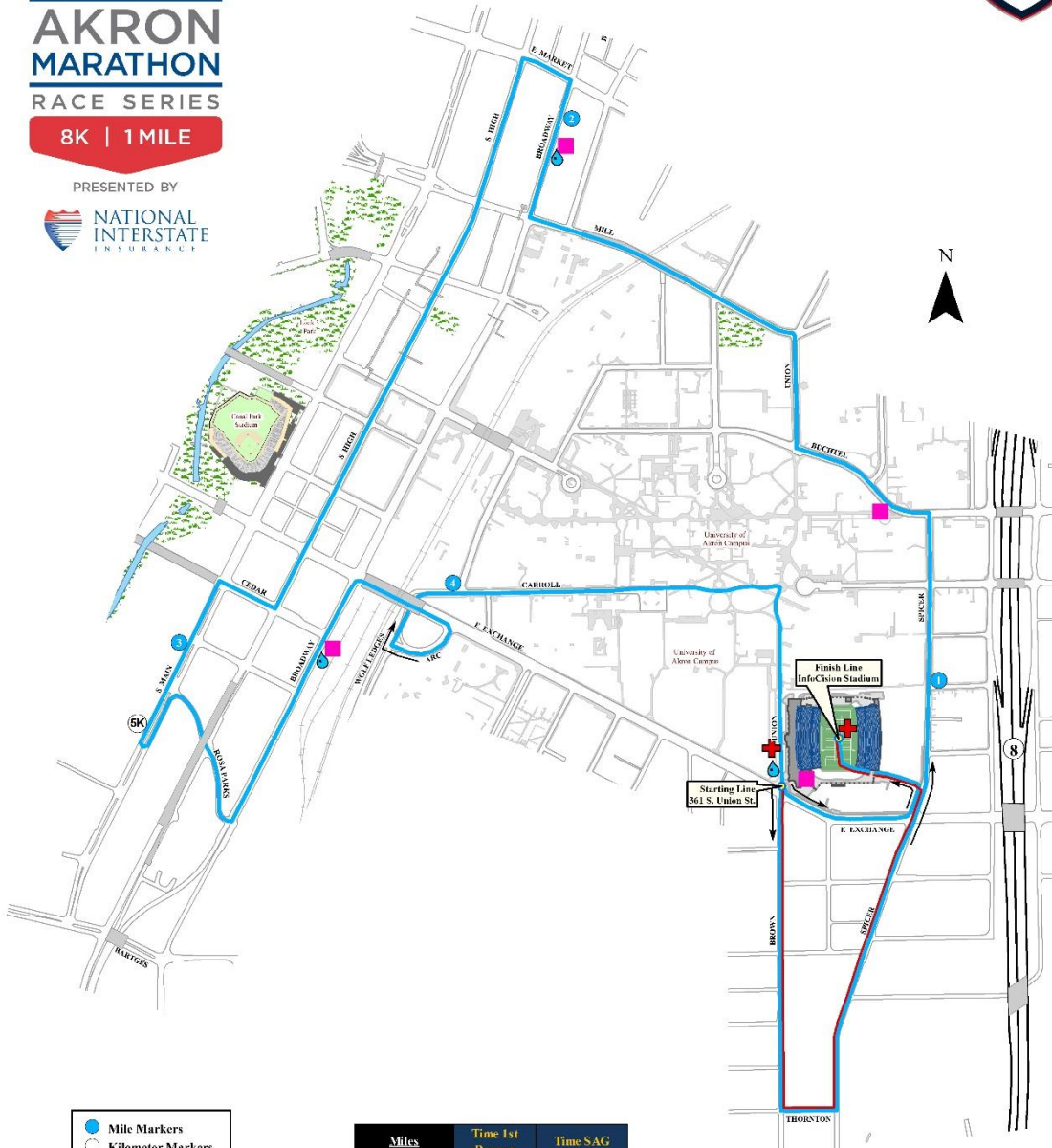
2019 - 8k & 1 Mile Course



AKRON MARATHON RACE SERIES

8K | 1 MILE

PRESENTED BY



- Mile Markers
- Kilometer Markers
- Fluid Stations
- + Medical Aid Stations
- Restrooms
- 1 Mile Course
- 8k Course

Miles	Time 1st Runner	Time SAG
0 START	8:30 AM	8:35 AM
1	8:34 AM	8:53 AM
2	8:39 AM	9:11 AM
3	8:43 AM	9:29 AM
4	8:48 AM	9:47 AM
4.97	8:53 AM	10:05 AM

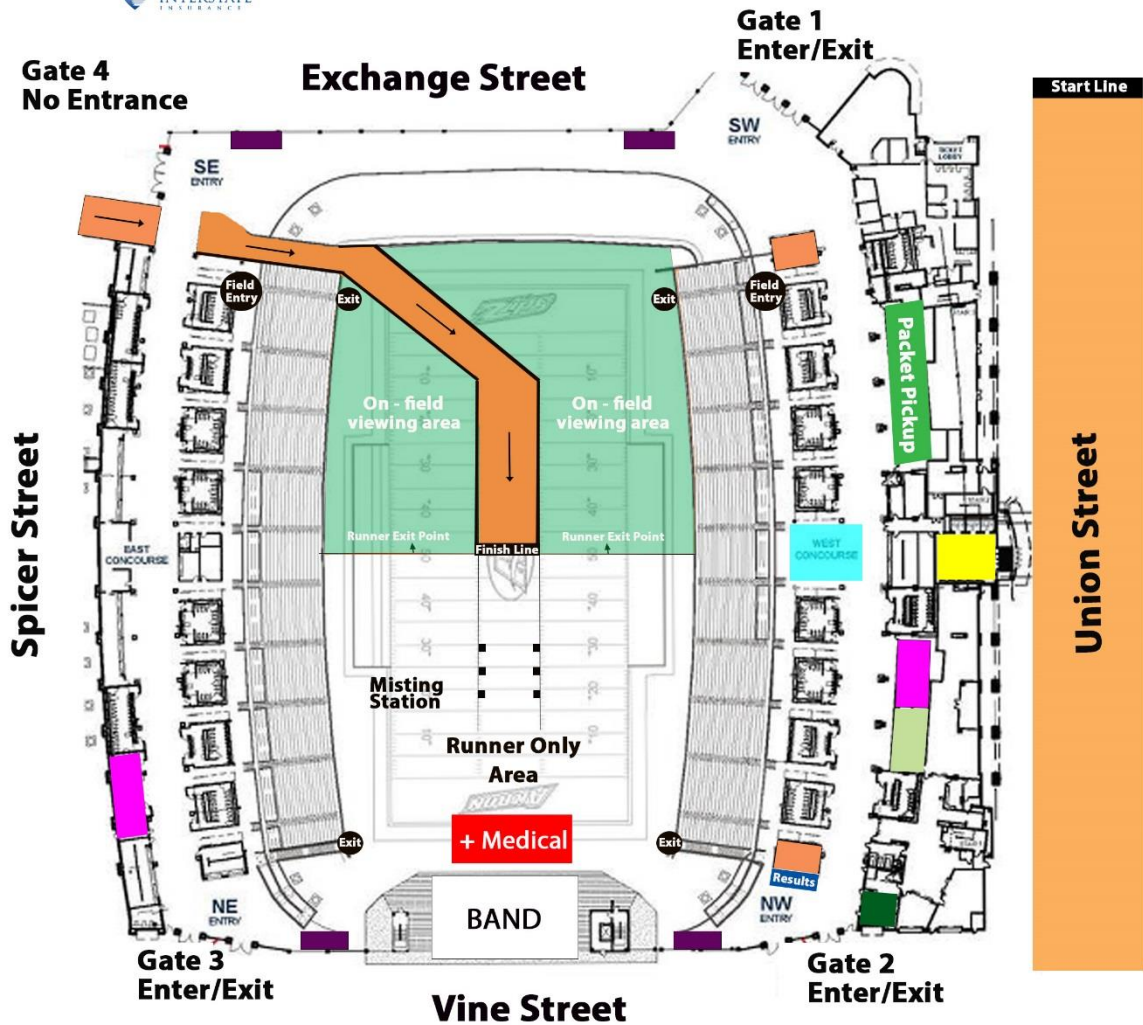
*Map Created By Wandy Doyle - GIS Cartographer

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National Interstate 8k & 1 Mile Venue Map

Packet Pickup, Start Line & Finish Line



Finish Line Key

 Information Booth	 Runner Food	 VIP
 Beer	 Beer Ticket Sales	 Results
 Gear Check	 Concessions	