

NATIONAL INTERSTATE 8K & 1 MILE

JUNE 23 & 24

PARTICIPANT AND SPECTATOR GUIDE

*Information not final. Final Instructions available two weeks prior to race day.

IMPORTANT ADDRESSES

Packet Pickup: James A. Rhodes
(JAR) Arena
373 Carroll St, Akron

Race Start: Spicer St
290 Spicer St, Akron

Race Finish: Carroll St
185 Carroll St, Akron

RACE WEEKEND AT A GLANCE

FRIDAY, JUNE 23

11:00 a.m. - Packet Pickup Opens
6:30 p.m. - Packet Pickup Closes
7:00 p.m. - 1 Mile Start
7:35 p.m. - Course Closes
8:00 p.m. - Venue Closes

SATURDAY, JUNE 24

6:00 a.m. - Packet Pickup Opens
6:45 a.m. - Announcements Begin
7:00 a.m. - Packet Pickup Closes
7:30 a.m. - 8k Start
9:05 a.m. - Course Closes
10:30 a.m. - Venue Closes



8K | 1 MILE

TAKE A LOOK INSIDE

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8k & 1-MILE CHALLENGE

Participants in the 8k & 1 Mile Challenge will receive a commemorative pint glass! Pick up your pint glass at Packet Pickup.

RACE APP

8k runner tracking, race information and course maps can be displayed in the palm of your hand with the Akron Marathon Race Series app. The app also features a real-time leaderboard, post-race results, photo filters, and links to the latest race news.

PARKING AND DIRECTIONS

Where to Park

Designated University of Akron lots and decks are free of charge during Packet Pickup and race hours.

Below is the list of parking decks and lots available race weekend.

Friday & Saturday:

Lot 1 - East Campus Parking Deck (191 Spicer St)

Lot 10 - Field House Lot (266 Spicer Street) *access to lot closes 1 hour prior to race start.

Lot 36 - South Campus Parking Deck (261 E. Exchange St)

Lot 39 - Exchange St Deck (208 Carroll St)

Direction of Travel

Traveling 77 South/76 East (from Cleveland):

From I-77 South, continue onto 76 East, take exit 22A (Main St/Downtown) Turn left on S. Main St - turns into S. Broadway St. Turn right on E. Exchange St. Parking deck will be on your left (lot 36, lot 39).

Traveling 76 West (from Youngstown):

From I-76 West, take exit 22A (Main St/Downtown). Stay straight onto S. Broadway St. Turn right on E. Exchange St. Parking deck will be on your left (lot 36, lot 39).

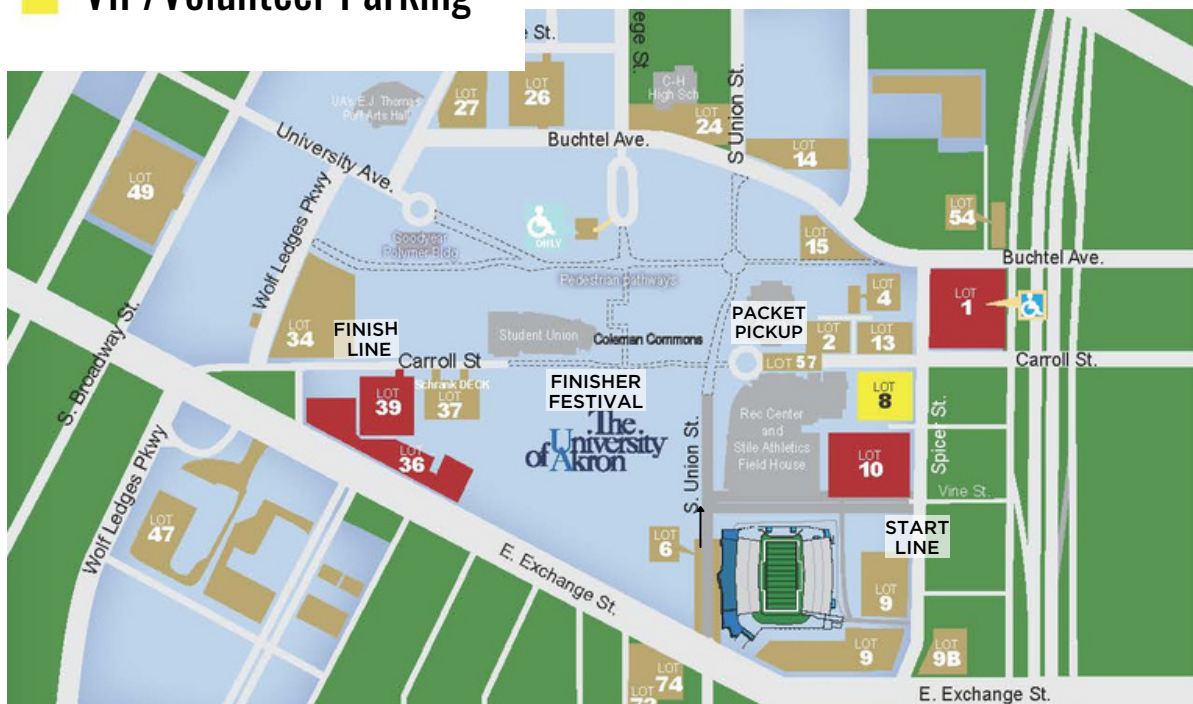
Traveling Route 8 South (from Stow):

From Route 8 South, take exit 1A (Buchtel Ave/Carroll St/Exchange St). Turn right on Carroll St. Parking deck will be on your right (lot 1).

Traveling 77 North (from Canton):

From I-77 North, continue onto Route 8. Exit on OH-18/Carroll St/Buchtel Ave. Turn left onto Carroll St. Parking deck will be on your right (lot 1).

-  **Free Runner Parking**
- NOTE: Access to Lot 10 will be closed 1 hr. prior to race start.**
-  **VIP/Volunteer Parking**



PACKET PICKUP

The University of Akron



LOCATION:

James A. Rhodes (JAR) Arena
373 Carroll St, Akron

BIB INFORMATION

For accurate timing, and for the best race photos, participants must pin the bib on the front of the shirt, so it is visible. Safety pins will be provided.

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.

Please take care not to bend or cut your race bib, in doing so you may damage your timing device.

SCHEDULE

Date: Friday, June 23, 2023

Time: 11:00 a.m.- 6:30 p.m.

Date: Saturday, June 24, 2023

Time: 6:00 a.m.- 7:00 a.m.

AGE REQUIREMENTS

- 8k - 10 years and older.
- 1 Mile - 5 years and older.
- 1 Mile Stroller Division - 4 years and younger.
 - All participants, including those being pushed in a stroller, must be registered.

All participants will need to pick up their race packet, including their race bib, prior to the start of the races. Preferred packet pick up is Friday, June 23 from 11 a.m. to 6:30 p.m. Attending Packet Pickup Friday will allow 8k participants to become familiar with the race venue and nearby parking and avoid race day pick up lines. For out-of-town 8k participants, there will be race-day Packet Pickup available from 6:00 a.m. until 7:00 a.m. on Saturday, June 24.

Each participant should pick up their own packet and confirm the information on the bib is correct. If you are unable to attend, race packets may be picked up by a friend or family member who must verify the runner's information.

Packet includes:

- 1 Mile: race bib
- 1 Mile Stroller Division: race bib with identification bracelet for child.
- 8k: race bib & shirt
- 8k & 1 Mile Challenge: race bib, shirt & pint glass

It is advised that 1 Mile participants arrive no later than 6:00 p.m. to pick up their packet to ensure on-time arrival to the start line.



START LINE

Location

For 2023, the start location for both the 1 Mile and 8k is located on the corner of Vine St and Spicer St.

1 Mile Race

The start of the 1 Mile will be Friday night at 7:00 p.m.

The 8k Start will be on Saturday morning at 7:30 a.m.

1 Mile Stroller Division

The Stroller Division will line up at the back of the corral and have their own separate start. Please note that the stroller division is not a competitive event. Your time will be recorded; however, racing competitively with a jogging stroller will not be tolerated for the safety of the child & all involved.

Restrooms

There will be restrooms inside the JAR Arena, same location as Packet Pickup. Portable restrooms will be available next to the start line corrals and at the finish line. Also, at the finish line, there will be restrooms located inside the Student Union.

Starting Corral

For both the 1 Mile and 8k there will be one start line corral that begins at Vine St and extends to Exchange St. Pace signs will be along the corral indicating where to line up. There will be entrance points at various locations along the corral. 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, but in front of the Stroller Division.

Wave Start

On Friday, the 1 Mile will start in 3 waves plus the Stroller Division, which will start last. There will be a 30 second break between each wave to help reduce congestion.

On Saturday, the 8k will start in 5 waves. There will be 400 participants per wave. Each wave will be walked up to the start line, held for 30 seconds, and have their own starting commands. Waves are based on pace.

Information

For our runners' convenience an information booth will be located inside the JAR Arena and at Coleman Commons in the Finisher Festival. Please visit these locations for any race day needs.

Spectators

For the 1 Mile, spectators can watch their participants at the starting line located on Spicer St just outside InfoCision Stadium. The race will start Friday at 7:00 p.m. After the start, quickly make your way through Coleman Commons to the finish line located on Carroll St just beyond the Student Union.

For the 8k, spectators can watch their participants at the starting line located on Spicer St just outside InfoCision Stadium. The race will start Saturday at 7:30 a.m. After the start, make your way to the Finish Line, located on Carroll St, just west of the Student Union.

*Runners and spectators should choose a meeting location prior to the race, to meet up at after the race.

*For the 1 Mile, spectators wishing to see their runner finish, may need to head to the finish line prior to the race start as it is a half mile away.

*Spectators are not allowed inside the runner-only start line corrals.

COURSE

Details

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 be run on Friday night and the 8K will be run on Saturday morning.

Provisions

Restrooms: At the Start and Finish Lines there will be indoor restrooms available inside the JAR Arena and Student Union. Additionally, there will be portable restrooms near the start corral and finisher festival. For the 8k only, along the course, portable restrooms will be located at each fluid station.

Fluid Stations: For the 8k only, fluid stations are located at miles 1.1 and 2.9. sports drink will be first and water second. If you need fluids at different times, then it is recommended to carry your own fluid. There will be an area to refill bottles at the end of each fluid station. We do not recommend taking food or fluids from non-official locations.

Medical: Medical will be available before the start of each race. Look for medical personnel wearing red shirts throughout the start area. There will be a medical aid station near the finisher festival to provide aid after the races. 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. 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.) are not recommended the few days before the race and 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.

Course Limit

The 1 Mile course is open for 30 minutes. The 8k course is officially open for one and a half hours; equivalent to an 18:06 per mile pace. Times are based on when the last person crosses the Start Line. 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 and fluid stations will remain open following the 18:06 pace and close on schedule.

Prohibited

For the safety of our runners, the Akron Marathon does not permit: pets, skateboards, scooters, strollers (except in the Stroller Division), baby carriers, bicycles, roller blades, or any other types of vehicles (other than official race vehicles) on the course. Except for service dogs, pets are not allowed in the Start and Finish Line areas. 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.

Unauthorized Runners:

Non-registered runners are not permitted to run or walk within the boundaries of the official racecourse. Non-registered runners pacing a registered runner goes against USATF rules and could result in disqualification. 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, ensuring only registered runners are on the course. Please be sure your race number is visible from the FRONT at all times during the race.

Signage

The course will be marked at each turn with cones and manned by police or volunteers. There will be feather flags located at each mile mark along the course.

FINISH LINE

The finish for both the 8k and 1 Mile is located on Carroll St. After crossing the finish line, participants will receive a commemorative medal, water, sports drink, and food.

Participants will continue onto Coleman Commons for the Finisher Festival.

Inside the Finisher Festival, participants may redeem their beer tickets. 1 Mile participants will have 1 beer ticket and 8k will have 2 beer tickets on their bib. Beer cannot be taken outside the Finisher Festival area.

Popsicles, for all runners, will be in the food tent along with donuts for 8k participants only. On the stage there will be a DJ Friday night for the 1 mile and a band Saturday morning for the 8k. There will also be yard games available to play as you celebrate your race.

Lost and Found

All items left at the event will be taken to the Information Booth at Coleman Commons. Items will be held for two weeks following the event. The Akron Marathon is not responsible for lost items.

Results and Awards

For both the 8k and 1 Mile, the overall top three men and women and top three masters men and women will receive awards. Masters athletes who place in the top three overall will be taken out of the masters division. You are eligible to win awards only for the event in which you are registered. 1 Mile Stroller Division is excluded from overall awards.

Age Group Awards

In the 8k only, 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. Awards will be mailed out 4-6 weeks after the event.

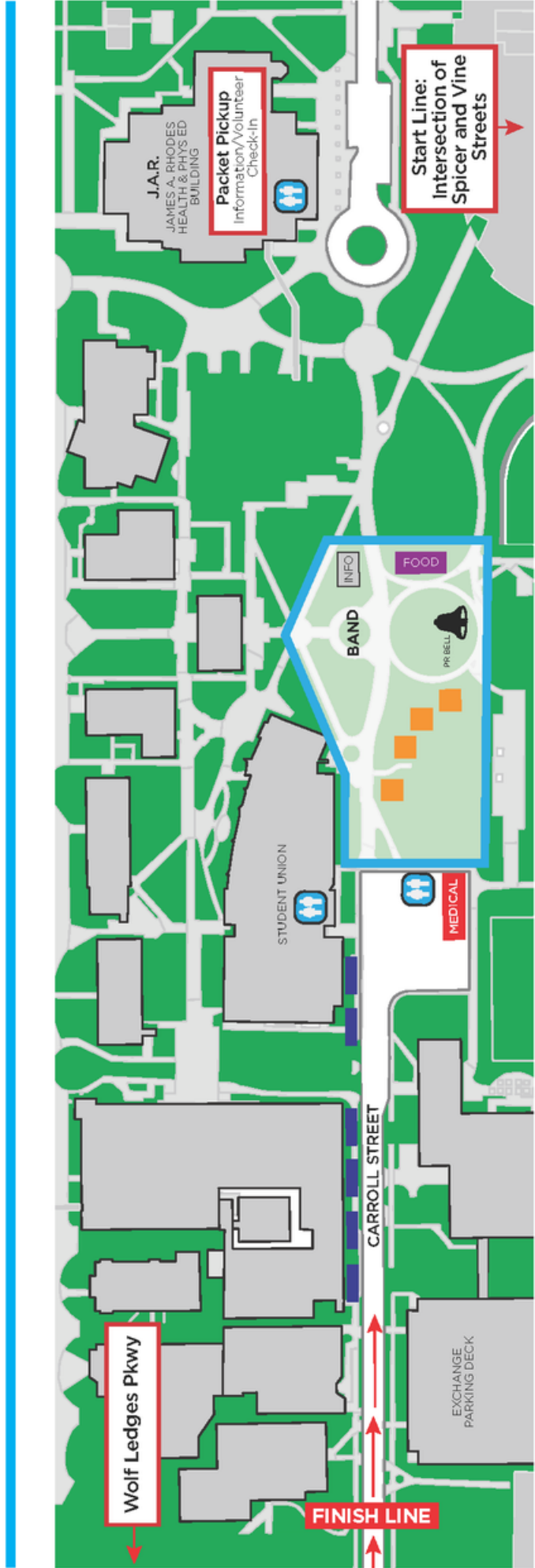
Race Photos

Photos will be taken at the finish line. An email will be sent to participants the week following the race when photos are ready to be viewed.



National Interstate 8K & 1 Mile Venue Map

Packet Pickup, Finish Line & Finisher Festival





**NATIONAL
INTERSTATE**
INSURANCE

8K | 1 MILE

**AKRON
MARATHON**

RACE SERIES

PRESENTED BY



2023 - 8k Course

AKRON MARATHON RACE SERIES

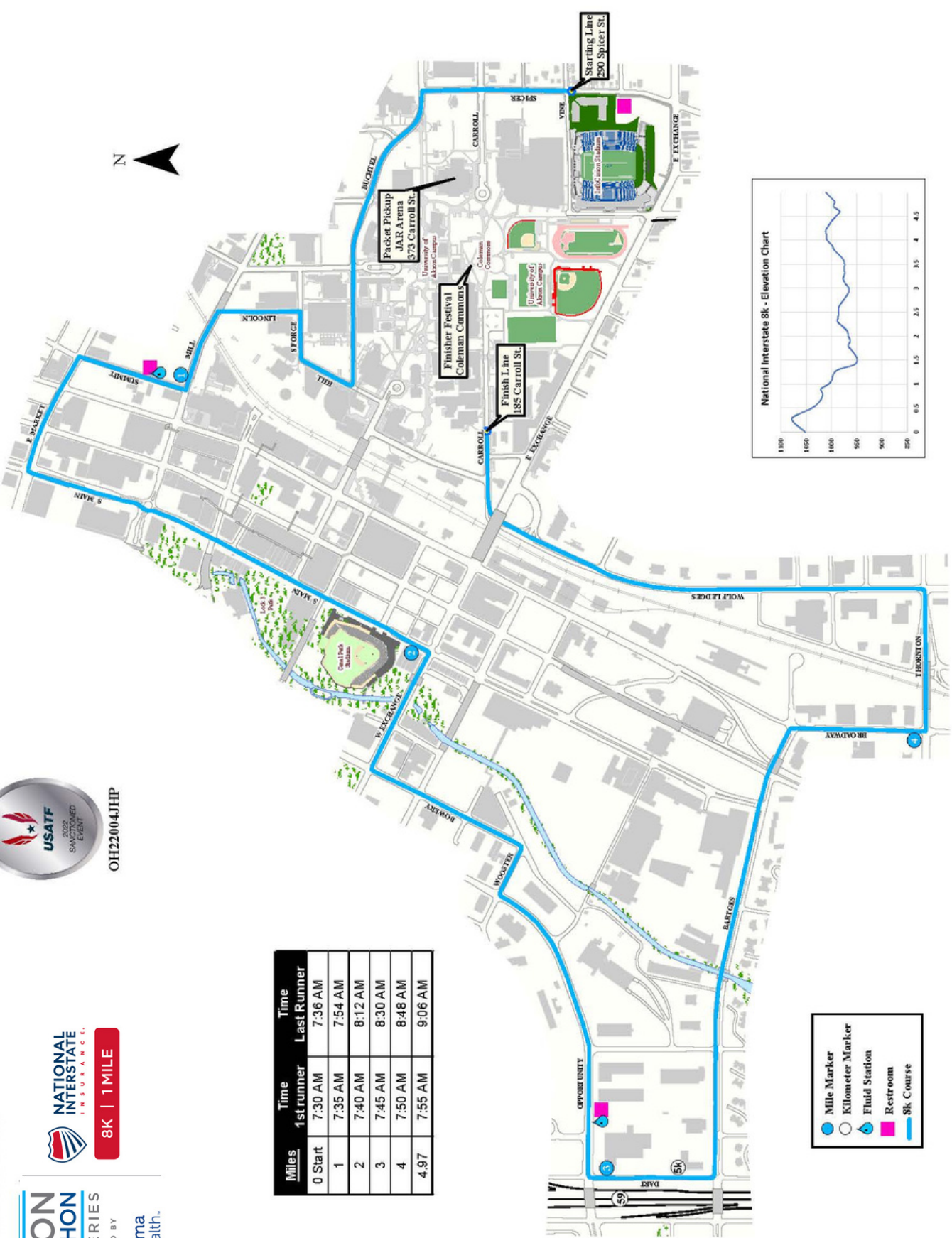


8K | 1 MILE

OH22004JHP



Miles	Time 1st runner	Time Last Runner
0 Start	7:30 AM	7:36 AM
1	7:35 AM	7:54 AM
2	7:40 AM	8:12 AM
3	7:45 AM	8:30 AM
4	7:50 AM	8:48 AM
4.97	7:55 AM	9:06 AM



ROAD CLOSURES

ROAD CLOSURES – Friday June 23, 2023

Road Closures	Restrictions	Approximate Time
Carroll St.	Between Buckeye St. and Sherman St.	11:00 a.m. – for 24 Hrs
Spicer St.	Between Exchange St. and Vine St.	2:00 p.m. – 8:30 a.m.

ROAD CLOSURES – Saturday June 24, 2023

Road Closures	Restrictions	Approximate Time
Spicer St.	Between Exchange St. and Buchtel Ave.	7:25 a.m. – 8:30 a.m.
Buchtel Ave.	Between Goodkirk St. to Hill St.	7:30 a.m. – 7:40 a.m.
Hill St.	Between Buchtel Ave. and S. Forge St.	7:30 a.m. – 7:50 a.m.
University Ave.	Between S. Broadway and Hill St.	7:30 a.m. – 7:50 a.m.
S. Forge St.	Between Hill St. and Lincoln St.	7:30 a.m. – 7:55 a.m.
E. Mill St.	Between S. Broadway and College St.	7:30 a.m. – 7:55 a.m.
S. Summit St.	Between E. Mill St. and E. Market St.	7:30 a.m. – 7:55 a.m.
E. Market St.	Between Dart Ave. and S. Summit St. <i>(Eastbound lanes only)</i>	7:35 a.m. – 8:00 a.m.
S. Main St.	Between Market St. and Exchange St. <i>(Southbound lanes only)</i>	7:35 a.m. – 8:05 a.m.
W. Exchange St.	Between S. Main St. and W. Bowery St. <i>(Eastbound lanes only)</i>	7:35 a.m. – 8:15 a.m.
W. Bowery St.	Between W. Exchange St. and Wooster Ave.	7:40 a.m. – 8:20 a.m.
Wooster Ave.	Between W. Bowery St. and Opportunity Parkway	7:40 a.m. – 8:25 a.m.
Opportunity Parkway	Wooster Ave. and Dart Ave. <i>(Eastbound lanes only)</i>	7:40 a.m. – 8:25 a.m.
Dart Ave.	Between Opportunity Parkway and W. Bartges St. <i>(Eastern most lane)</i>	7:30 a.m. – 8:35 a.m.
W. Bartges St.	Between Dart Ave. and S. Broadway <i>(Westbound lanes only)</i>	7:45 a.m. – 8:35 a.m.
S. Broadway	Between E. Bartges St. and E. Thornton St.	7:45 a.m. – 8:50 a.m.
E. Thornton St.	Between S. Broadway and Wolf Ledges Parkway	7:45 a.m. – 8:50 a.m.
Wolf Ledges Parkway	Between E. Thornton St. and Carroll St. <i>(Northbound lanes only)</i>	7:50 a.m. – 8:55 a.m.
Carroll St.	Between Wolf Ledges Parkway and Sherman St.	7:50 a.m. – 9:10 a.m.