

Training Tool Kit

AKRON
MARATHON
RACE SERIES

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Are you interested in walking or running in an Akron Marathon Race Series event but have no idea where to start? This Toolkit will help you get moving towards your goal.

First, let's look at all three events offered in the Akron Marathon Race Series. You don't have to participate in each event, but if you complete at least one distance in each race, you will receive an Akron Marathon Race Series medal and custom medal rack to display your accomplishments.



AKRON MARATHON RACE SERIES KEY INFORMATION



EVENT 1: NATIONAL INTERSTATE 8K & 1 MILE

Date:

- 1 Mile – Friday, June 23, 2023; 7:00 pm Race Start
- 8k – Saturday, June 24, 2023; 7:30 am Race Start

Location: The University of Akron

Distances Offered:

- 1 mile / 1 mile stroller division
- 8k – 4.97 miles

Time Limit:

- 1 mile – 30 minutes
- 8k – 1 hour 30 minutes (18:00 minutes per mile)

Minimum Age:

- 1 mile Stroller Division: 0 – 4 years old
- 1 mile: 5 years old
- 8k: 10 years old

Packet Pickup: All participants need to pick up their race packet which includes your race bib with timing device. Packet Pickup will be located at the University of Akron on Friday, June 23rd 11:00 am to 6:30 pm and Saturday, June 24th 6:00 am to 7:00 am.



EVENT 2: GOODYEAR HALF MARATHON & 10K

Date: Saturday, August 12, 2023;

6:30 am Race Start – both distances

Location: Goodyear World Headquarters

Distances Offered:

- 10k – 6.2 miles
- Half Marathon – 13.1 miles

Time Limit:

- 10k – 2 hours (19:19 minutes per mile)
- Half Marathon – 3 hours 30 minutes (16:00 minutes per mile)

Minimum Age:

- 10k – 10 years old
- Half Marathon – 14 years old

Packet Pickup: All participants need to pick up their race packet which includes your race bib with timing device. Packet Pickup will be located at the John S. Knight Center in Downtown Akron on Friday, August 11th 11:00 am to 7:00 pm.



EVENT 3: FIRSTENERGY AKRON MARATHON, HALF MARATHON & TEAM RELAY

Date: Saturday, September 30, 2023;

7:00 am Race Start – all distances except Kids Fun Run

Location: Downtown Akron

Distances Offered:

- 1 Mile Free Kids Fun Run – Friday, September 29, 2023; 5:30 pm Race Start.
- 5-Person Team Relay: 4.2 miles, 6.7 miles, 5.8 miles, 4.5 miles, 5.0 miles.
- Half Marathon – 13.1 miles
- Marathon – 26.2 miles

Time Limit:

- Kids Fun Run – 45 minutes
- Half Marathon – 3 hours 30 minutes (16:00 minutes per mile)
- Marathon & 5-Person Team Relay – 6 hours 30 minutes (15:00 minutes per mile)

Minimum Age:

- Kids Fun Run – 12 years and younger, strollers welcome
- 5-Person Team Relay – 12 years old
- Half Marathon – 14 years old
- Marathon – 16 years old

Packet Pickup: All participants need to pick up their race packet which includes your race bib with timing device. Packet Pickup will be located at the John S. Knight Center in Downtown Akron on Friday, September 29th, 11:00 am to 8:00 pm.

Committing is the first step to your journey. Register today at AkronMarathon.org/register



RUNNING JARGON DEFINED



Bib: Paper, or other material, that contains a race number and timing chip you attach to your shirt during a race. This number is specific to each runner. It also contains tear tags that you can redeem for food and beverages at the finishers festival. Your race number is connected to your registration information so race and medical personnel can identify runners along the course and at the finish line.

Chip Time: The time from when you cross the start line to when you cross the finish line.

Cross Training: “Cross” for short is any activity that is not running but increases your heart rate such as biking, swimming, elliptical etc.

Energy Gel: Energy Gel is a carbohydrate concentrate that is easy to take on the go.

Energy Gel Station: Gel stations are staffed by volunteers who pass out the gel packets to the participants.

Fluid Station: Fluid stations are located along all Akron Marathon Race Series courses every 1 – 2 miles. Fluid stations are staffed by volunteers who pass out cups of water and sports drink to

the participants. Sports drink is offered first, and water is offered second. There are refill stations located at the end of each fluid station to refill any hand carry bottles/vests.

Gun Time: The time from when the race starts, start signal sounds, to when you cross the finish line.

Masters Division: Masters division is considered 40 years of age and older.

Medical Station: There are medical aid stations located along the courses for the Goodyear Half Marathon & 10k and the FirstEnergy Akron Marathon, Half Marathon & Team Relay. Medical tents are managed by Summa Health medical. Participants can stop at the aid tents for any medical needs, band aids, Vaseline, etc.

Pace: How fast you are moving based on the distance of a mile. Examples are 10 minute per mile pace or 12 minute per mile pace.

Pace Team: A free service offered at the FirstEnergy Akron Marathon, Half Marathon & Team Relay. The pace team is assigned to run at a specific pace to help guide the participants along the course at that pace.

RUNNING JARGON DEFINED (CONTINUED)



PR: Personal Record. Any time you finish a distance either for the first time, or if you finished that distance faster than ever before.

Relay Exchange Zones: This is where a relay leg ends their portion of the race, passes off the relay bracelet, and the next relay leg begins their portion of the course.

Relay Legs: The marathon course is broken down into five relay legs for the 5-Person Team Relay. If you start the race you are considered “leg 1”. If you cross the finish line at the end of the 26.2 miles, you are “leg 5”.

Runner Tracking: All race bibs have a timing chip on the back. This timing chip sends a “read” every time you cross over a timing mat along the course. This “read” then sends an update to the Akron Marathon Race Series app for the spectators to see.

SAG: This is a vehicle that follows course closure pace. The SAG signifies the end of the race. Once the SAG passes the road re-opens to traffic and all support, such as fluid stations, close to participants. Participants who encounter the SAG are encouraged to board, so they are not left on the course without aid.

Series Participant: Any participant that finishes a distance in all three Akron Marathon Race Series events.

Starting Corral: Participants line up in this area on race morning. This corral is for participants only, no spectators are allowed inside the corral. There will be pace signs along the edge of the corral. You should line up near the pace you plan to go during the race.

Wave Start: Participants are released from the start line corral in groups of 300 – 500. Each new wave of 300 – 500 participants will have a separate start. This gives more space for runners along the course and at the finish line.

GEARING UP!



Proper Shoes

Whether you are planning to walk, run/walk, or run during training and on race day you need a good pair of shoes that fit your foot structure and work with your stride mechanics. A specialty running shoe store such as Second Sole or Vertical Runner will evaluate your foot structure, evaluate your stride, and fit you to a pair of shoes for comfort. Why is this important? Proper shoes help reduce injury risk and are your most important piece of equipment that will support you between 300 – 500 training miles.

Optional Gear

Moisture wicking socks and undergarments – These items can help reduce blisters and chaffing by drawing sweat away from your skin to help reduce friction.

Comfortable shorts, capris, pants or tights – You probably already have some of these items in your closet. If you are just starting out, work with what you have. On your walk or run take notice of the aspects of your shorts/pants that you like or don't like. Once you have an idea of what works for your body during walking or running then head to the store and see what options might work better for you.

Comfortable tanks, sleeveless shirts, t-shirts, long sleeve t-shirts, quarter or half-zips – again you probably already have some of these items in your closet. Start with what you already have and then decide if you need something new. It is helpful to have moisture wicking material to help draw sweat away from your skin to keep you comfortable

as you train. You will need a range of shirt options such as a t-shirt, long sleeve, and ¾zip so you can be prepared for various temperatures. See page 18 for what to wear is specific weather conditions.

Watch – You don't need anything fancy but a simple watch to keep track of your time. If you choose to get a watch with GPS capabilities it does make it easier to track your exact distance, but is not necessary. You can also run with your phone to track your distance and time as another option. There are arm bands or belts that can be worn to carry your phone.

Hand carry water bottle or hydration belt/vest – If your training has you going for an hour or more, then having a hand carry water bottle or some type of hydration belt or vest will be helpful to have, especially on hot summer training days.

Running hat, visor, sunglasses – Help keep the sun out of your eyes during those sunny training days and on race days.

Wireless Headphones – Great to have if you like to listen to music or a podcast while you train.

Training Fuel

If you are training for 1 hour or longer, then taking in fuel, simple carbohydrates, during your training session is recommended. Options include Gatorade, GU packets, chews, wafers, or gummy bears. Concentrated carbohydrate sources such as GU packets should be taken with water to help with digestion.

GETTING STARTED/BEGINNER TRAINING TIPS



To keep your fitness journey going all summer we recommend participating in all three Akron Marathon Race Series events. Training plans have been developed so you can follow them from April 1st through the end of September. View training plans on pages 9 – 13. These plans are created for those who are brand new to walking or running or for those coming back after a long time away. With these plans you can choose to walk, run/walk, or run. This is all individual and can change from training day to training day based on how you are feeling.

If your goal is to run but you don't know how to start, follow the steps below.

Steps	Action
1	Walk your training sessions for the first 1 – 2 weeks
2	Run for 30 seconds, walk for 2 – 3 minutes
3	Run for 1 minute, walk for 2 – 3 minutes
4	Run for 2 minutes, walk for 3 minutes
5	Run for 3 minutes, walk for 2 minutes
6	Run for 5 minutes, walk for 2 – 3 minutes
7	Run for 10 minutes – after this step slowly add 2 – 5 minutes to your running time.

You should move one step a week, or as you feel comfortable. Don't be afraid to move back a step if your body needs more time to get accustomed to training. For those doing a run/walk you can choose what interval you are comfortable with either from the list below or any ratio that works best for you.

Pace

You can determine your pace by going to a location where you know how far a mile is, like a track, 4 laps equal a mile, or various Metro Parks trails that have mile markers. How fast you complete the mile, moving at your normal speed, is your pace. Knowing your pace is important because it determines where you line up in the starting corral on race day. You also want to make sure you train and are prepared to stay within the limitations of the course time limit. See event detail page, on page 3, for time limits for each event and distance.

Breathing Rate

Pay attention to your breathing rate. When you are just getting started, doing a recovery pace workout, or doing a long workout, try to keep your breathing rate controlled. You should be able to hold a conversation at this pace. If you are struggling to breathe or feel out of breath you are likely going too fast and need to slow down a bit to keep your breathing rate controlled and relaxed.

GETTING STARTED/BEGINNER TRAINING TIPS (CONTINUED)



Running Surface

Switch the surfaces you run on. Asphalt and concrete are hard on your body, but they need to be incorporated into training, so you are prepared for the surface on race day. Soft surfaces like grass or crushed limestone (such as the Towpath Trail) are a bit easier on the body. Incorporating multiple surfaces into your week/month can help reduce your risk of injury.

Cross Training

Doing activities other than running can help avoid overuse injuries. These activities can be biking, swimming, rowing, elliptical etc. They can benefit you by strengthening different muscles than running and building your cardio while letting your running muscles take a break.

Less is More

It is easy to get carried away and assume the more you can do the better. But this is not the case. You

need to give your body time to build up strength in your muscles and connective tissues. Closely following the training plan and not adding more is important when you are just getting started. The lighter load in the first few weeks allows your body to get used to the new activity, build strength, and improve the blood/oxygen components of exercise. Following a structured training plan that accounts for recovery days and recovery weeks WILL get you to where you need to be.

End your workout feeling good. Like you have more in the tank. You want to feel comfortable when you finish and feel like you could keep moving.

Friends

Whether you join a training group that is already established, grab a few co-workers, or encourage a few friends to join you, it's easier to stay motivated with a group. It also helps build community in the process.

BEGINNER TRAINING PLANS

2023

8k/10k/Relay Series Training Plan Beginner Walker / Runner



Week	Date	Day 1	Day 2	Day 3	Day 4	Weekly Total
1	3/27	10-15 min	walk/cross	10-15 min	1 m	3-4 miles
2	4/3	10-15 min	walk/cross	10-15 min	1 m	3-4 miles
3	4/10	15 min	walk/cross	15 min	1 m	4 miles
4	4/17	15-20 min	walk/cross	15-20 min	2 m	5-6 miles
5	4/24	15-20 min	walk/cross	15-20 min	2 m	5-6 miles
6	5/1	20 min	walk/cross	20 min	3 m	7 miles
7	5/8	20-25 min	walk/cross	20-25 min	3 m	7-8 miles
8	5/15	20-25 min	walk/cross	20-25 min	4 m	8-9 miles
9	5/22	15 min	walk/cross	15 min	3 m	6 miles
10	5/29	25-30 min	walk/cross	25-30 min	4 m	9-10 miles
11	6/5	30 min	walk/cross	30 min	5 m	11 miles
12	6/12	20 min	walk/cross	20 min	3 m	7 miles
13	6/19	10-15 min	walk/cross	10-15 min	8k	7-8 miles
14	6/26	15-20 min	walk/cross	15-20 min	2 m	5-6 miles
15	7/3	20-25 min	walk/cross	20-25 min	6 m	10-11 miles
16	7/10	30 min	walk/cross	30 min	4 m	10 miles
17	7/17	20-25 min	5 m	walk/cross	20-25 min	9-10 miles
18	7/24	20-25 min	walk/cross	25-30 min	6 m	10-11 miles
19	7/31	20-25 min	walk/cross	20-25 min	3 m	7-8 miles
20	8/7	15 min	walk/cross	15 min	10k	9 miles
21	8/14	20-25 min	walk/cross	20-25 min	3 m	7-8 miles
22	8/21	30 min	walk/cross	30 min	4-5 min	10-11 miles
23	8/28	25-30 min	walk/cross	25-30 min	4-6 min	9-12 miles
24	9/4	30 min	walk/cross	30 min	3 m	9 miles
25	9/11	40 min	walk/cross	30 min	5-7 m	12-14 miles
26	9/18	25 min	walk/cross	25 min	3 m	8 miles
27	9/25	20 min	walk/cross	20 min	4-7 m	8-11 miles

m=mile

Cross=Cross Train (walking, biking, Swimming, elliptical)

Longer distance legs should train at the upper mileage ranges.

Adapted from Hal Higdon training plans. Plans are only guidelines which should be adapted based on individual needs. Choose any 4 days of the week that works with your schedule. It is advised to put a rest day after your long run. The other two days of the week can be rest days or cross training days (biking, elliptical, swimming, etc.)

Akron Marathon assumes no liability for training plans. It is advised to consult your doctor before starting a new training plan.

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Group Run

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BEGINNER TRAINING PLANS

2023

8k/10k/Half Series Training Plan Beginner Walker / Runner



Week	Date	Day 1	Day 2	Day 3	Day 4	Weekly Total
1	3/27	10-15 min	walk/cross	10-15 min	1 m	3-4 miles
2	4/3	10-15 min	walk/cross	10-15 min	1 m	3-4 miles
3	4/10	15 min	walk/cross	15 min	2 m	5 miles
4	4/17	15-20 min	walk/cross	15-20 min	2 m	5-6 miles
5	4/24	15-20 min	walk/cross	15-20 min	3 m	6-7 miles
6	5/1	20 min	walk/cross	20 min	3 m	7 miles
7	5/8	20-25 min	walk/cross	20-25 min	4 m	8-9 miles
8	5/15	20-25 min	walk/cross	20-25 min	4 m	8-9 miles
9	5/22	20 min	walk/cross	20 min	3 m	7 miles
10	5/29	25-30 min	15 min	2 m	5 m	11 miles
11	6/5	30 min	15 min	2 m	6 m	12 miles
12	6/12	25 min	20 min	2 m	3 m	9 miles
13	6/19	20 min	20 min	2 m	8k	11 miles
14	6/26	20 min	20 min	3 m	6 m	13 miles
15	7/3	25 min	20 min	3 m	7 m	14 miles
16	7/10	3 m	2 m	3 m	8 m	16 miles
17	7/17	2 m	6 m	2 m	3 m	13 miles
18	7/24	3 m	3 m	3 m	9 m	18 miles
19	7/31	4 m	5 m	4 m	6 m	19 miles
20	8/7	3 m	4 m	3 m	10k	16 miles
21	8/14	3 m	5 m	4 m	8 m	20 miles
22	8/21	4 m	5 m	3 m	10 m	22 miles
23	8/28	4 m	5 m	4 m	11 m	24 miles
24	9/4	4 m	4 m	3 m	9 m	20 miles
25	9/11	4 m	6 m	4 m	12 m	26 miles
26	9/18	3 m	4 m	3 m	7 m	17 miles
27	9/25	3 m	2 m	2 m	13.1 m	20 miles

m=mile
cross=Cross Train (walking, biking, Swimming, elliptical)

Race Day!

Blue Line Striders
Group Run

It is advised to have been consistently running 2-3 miles 3 times a week prior to starting this training plan.

Adapted from Hal Higdon training plans. Plans are only guidelines which should be adapted based on individual needs. Choose any 4 days of the week that works with your schedule. It is advised to put a rest day after your long run. The other two days of the week can be rest days or cross training days (biking, elliptical, swimming, etc.)

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RECREATIONAL TRAINING PLANS

2023

Full Marathon Series Training Plan Recreational



Week	Date	Day 1	Day 2	Day 3	Day 4	Weekly Total
1	5/22	3 m	2 m	3 m	6 m	14 miles
2	5/29	3 m	3 m	3 m	7 m	16 miles
3	6/5	3 m	4 m	3 m	8 m	18 miles
4	6/12	3 m	3 m	3 m	6 m	15 miles
5	6/19	3 m	4 m	3 m	8k + 2m	17 miles
6	6/26	3 m	4 m	3 m	10 m	20 miles
7	7/3	3 m	5 m	3 m	12 m	23 miles
8	7/10	3 m	4 m	3 m	8 m	18 miles
9	7/17	3 m	6 m	3 m	14 m	26 miles
10	7/24	4 m	6 m	3 m	16 m	29 miles
11	7/31	4 m	5 m	4 m	8 m	21 miles
12	8/7	3 m	6 m	4 m	13.1 m	26 miles
13	8/14	4 m	7 m	4 m	17 m	32 miles
14	8/21	4 m	8 m	5 m	18 m	35 miles
15	8/28	4 m	8 m	5 m	12 m	29 miles
16	9/4	5 m	8 m	5 m	20 m	38 miles
17	9/11	5 m	7 m	5 m	14 m	31 miles
18	9/18	4 m	6 m	3 m	8 m	21 miles
19	9/25	3 m	4 m	2 m	26.2 m	35 miles

m=mile

Race Day!

Blue Line Striders
Group Run

It is advised to have been consistently running 3-4 miles 3 times a week for 1 year prior to starting this training plan.

Adapted from Hal Higdon training plans. Plans are only guidelines which should be adapted based on individual needs.

Choose any 4 days of the week that works with your schedule. It is advised to put a rest day after your long run. The other 2 days of the week can be rest days or cross training days (biking, elliptical, swimming, etc.)

Akron Marathon assumes no liability for training plans. It is advised to consult your doctor before starting a new training plan.

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RECREATIONAL TRAINING PLANS

2023

Half Marathon Series Training Plan Recreational



Week	Date	Day 1	Day 2	Day 3	Day 4	Weekly Total
1	5/22	3 m	2 m	Cross	3 m	8 miles
2	5/29	3 m	2 m	Cross	4 m	9 miles
3	6/5	3 m	2 m	Cross	5 m	10 miles
4	6/12	3 m	2 m	Cross	3 m	8 miles
5	6/19	4 m	3 m	Cross	8k	12 miles
6	6/26	3 m	2 m	2 m	6 m	13 miles
7	7/3	3 m	2 m	3 m	7 m	15 miles
8	7/10	3 m	2 m	3 m	8 m	16 miles
9	7/17	2 m	6 m	2 m	3 m	13 miles
10	7/24	3 m	3 m	3 m	9 m	18 miles
11	7/31	4 m	5 m	4 m	6 m	19 miles
12	8/7	3 m	4 m	3 m	10 k	16 miles
13	8/14	3 m	5 m	4 m	8 m	20 miles
14	8/21	4 m	5 m	3 m	10 m	22 miles
15	8/28	4 m	5 m	4 m	11 m	24 miles
16	9/4	4 m	4 m	3 m	9 m	20 miles
17	9/11	4 m	6 m	4 m	12 m	26 miles
18	9/18	3 m	4 m	3 m	7 m	17 miles
19	9/25	3 m	2 m	2 m	13.1 m	20 miles

m=mile

Cross=Cross Train (walking, biking, Swimming, elliptical)

It is advised to have been consistently running 2-3 miles 3 times a week prior to starting this training plan.

Adapted from Hal Higdon training plans. Plans are only guidelines which should be adapted based on individual needs. Choose any 4 days of the week that works with your schedule. It is advised to put a rest day after your long run. The other 2 days of the week can be rest days or cross training days (biking, elliptical, swimming, etc.)

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Race Day!

Blue Line Striders
Group Run

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RECREATIONAL TRAINING PLANS

2023

Team Relay Series Training Plan Recreational



Week	Date	Day 1	Day 2	Day 3	Day 4	Weekly Total
1	5/22	10-15 min	Cross	10-15 min	2 m	4 miles
2	5/29	10-15 min	Cross	10-15 min	3 m	5 miles
3	6/5	15-20 min	Cross	15-20 min	4 m	7 miles
4	6/12	15-20 min	Cross	20-25 min	5 m	8 miles
5	6/19	10-15 min	Cross	10-15 min	8k	7 miles
6	6/26	15-20 min	Cross	15-20 min	2 m	5 miles
7	7/3	20-25 min	Cross	20-25 min	6 m	10 miles
8	7/10	30 min	Cross	30 min	4 m	10 miles
9	7/17	20-25 min	5 m	Cross	20-25 min	9 miles
10	7/24	20-25 min	Cross	25-30 min	6 m	10 miles
11	7/31	20-25 min	Cross	20-25 min	3 m	7 miles
12	8/7	15 min	Cross	15 min	10 k	9 miles
13	8/14	20-25 min	Cross	20-25 min	3 m	7 miles
14	8/21	30 min	Cross	30 min	4-5 m	10-11 miles
15	8/28	25-30 min	Cross	25-30 min	4-6 m	9-12 miles
16	9/4	30 min	Cross	30 min	3 m	9 miles
17	9/11	40 min	Cross	30 min	5-7 m	12-14 miles
18	9/18	25 min	Cross	25 min	3 m	8 miles
19	9/25	20 min	Cross	20 min	4-7 m	8-11 miles

m=mile

Cross=Cross Train (walking, biking, Swimming, elliptical)

Longer distance legs should train at the upper mileage ranges.

Adapted from Hal Higdon training plans. Plans are only guidelines which should be adapted based on individual needs. Choose any 4 days of the week that works with your schedule. It is advised to put a rest day after your long run. The other 2 days of the week can be rest days or cross training days (biking, elliptical, swimming, etc.)

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HYDRATION



Before Run/Race Hydration

Starts 24 hours before you start. Frequently take in fluids throughout the day before. 2 – 4 hours before the start, consume 10 – 24oz of fluid, or more if you are dehydrated. 20 – 30 minutes before the start take in another 8oz of fluids.

During Run/Race Hydration

A good motto to follow for hydrating during a Run/Race is “early and often”. You want to start drinking early during the run, within the first 15 – 20 minutes. You also want to drink often, every 10 – 15 minutes on average. How much you drink will depend on your sweat rate. According to ACSM, the goal with hydration is to lose no more than 2% of your body weight (weigh yourself nude before and after a few training runs, subtracting the fluids you consumed during the run, to determine your sweat rate. From there you can calculate how much fluid to consume to maintain no more than 2% drop in body weight). If you are a salty sweater, you finish a run with white (salty) film on your face, taking in fluids with electrolytes (Potassium, Sodium) is important. Overdrinking plain water, especially for salty sweaters, could lead to hyponatremia, low blood sodium levels. It is best to carry your own hydration so you can control when and how much fluid you consume.

After Run/Race hydration

Replenishing the fluids lost during the long run or race should be your focus the first 2 hours after

you finish. How much you drink is based on the amount of body weight lost during the race. The goal is to consume a mixture of sports drink and water totaling 16 – 24oz of fluid for each pound lost.

Choosing a Sports Drink

The following recommendations are based on American College of Sports Medicine (ACSM) guidelines. The guidelines were simplified and based around a 12oz serving size.

When looking for a sports drink here are some items to consider:

1. Drink contains around 20 – 30 grams of carbohydrates per 12-ounce serving
2. Drink contains around 160 – 230mg sodium per 12-ounce serving
3. Sugar type – Different brands of sports drink use different sugar sources and combinations. If you get an upset stomach with one brand/sugar source, try a different one until you find which sugar combo works best for your stomach.

Lemon Lime Gatorade will be provided at all Akron Marathon Race Series events. In a 12-ounce serving there are: 80 calories, 160mg sodium, 45mg potassium, 22 grams carbs. The sugars used are sucrose (sugar) and dextrose.

NUTRITION



Before Run/Race Nutrition

Plan to get up and eat 3 – 4 hours before the start. Choose a meal high in carbs, moderate in protein and low in fat and fiber. Eat 1 – 4 grams of carbohydrate per kilogram of bodyweight (to convert pounds to kg divide by 2.2). A 150 pound- person should eat between 70 – 280 grams of carbohydrate. If you are within 2 hours of the race, eat 1 gram of carbohydrate per kilogram of bodyweight.

During Run/Race Nutrition

If running for more than 1 hour, then taking in some carbohydrates during the run may be beneficial. If running 2 hours or more, then aim to take in 30 – 60 grams of carbohydrate per hour either through a sports drink and/or an easily digestible carbohydrate source such as a gel or chew. Always drink water and not sports drink with your carbohydrate source. Gels or chews need to be diluted down so they can be absorbed without causing stomach issues. Always train using the same carbohydrate source you will use on race day to make sure it agrees with your stomach.

After Run/Race Nutrition

Carbohydrates: Your body stores carbohydrates as glycogen. When you exercise you start to deplete your glycogen stores. You should take in 1 to 1.5 grams of carbohydrate per kg bodyweight as soon as possible after a long run or race.

Protein: During a long run or race, you do some damage to your muscle tissue. Protein provides the

nutrients needed to repair the damaged muscle tissue. Shortly after a long run or race try to consume 20 – 30 grams of protein. Examples include: protein bar, turkey sandwich, chocolate milk, cottage cheese, peanut butter, eggs.

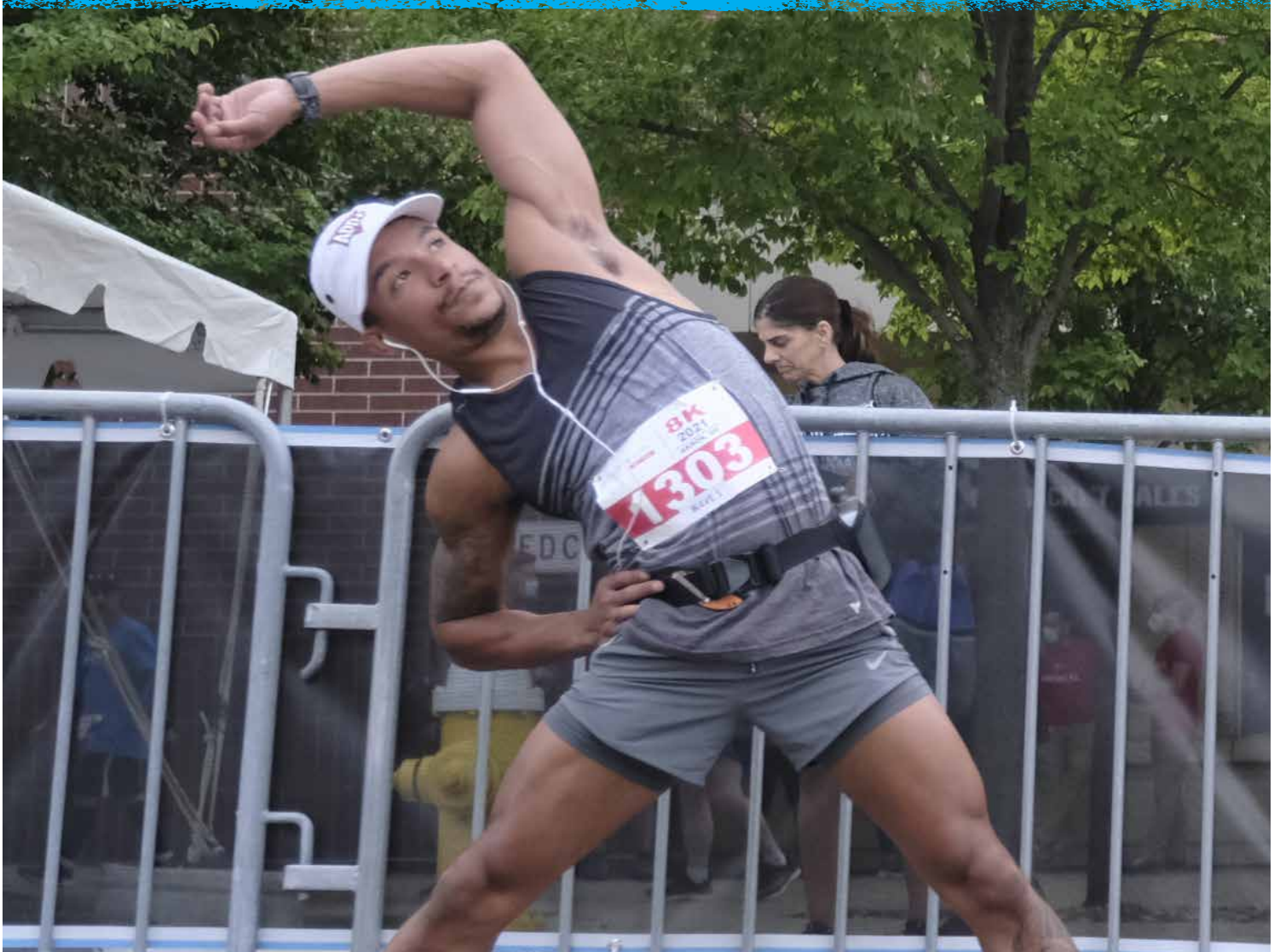
Choosing a Carbohydrate Source

The following recommendations are based on American College of Sports Medicine (ACSM) guidelines.

1. Carbohydrate sources should contain around 20 grams of carbohydrates which can be easily diluted in 8 – 12oz of water to bring the carbohydrate concentration to 6 – 8%.
2. Different brands of energy gel use different sugar sources and combinations. If you get an upset stomach with one brand/sugar source, try a different one until you find which sugar combo works best for your stomach.
3. There are many options to choose from: gels, chews, waffles, even gummy bears or a honey packet could be an option to consider. Play with various combinations to see what works best for you.

GU will be provided at all Akron Marathon Race Series events for half and full marathon distances. 1 GU packet contains 55 – 125mg sodium, 20mg caffeine, 22 – 23g carbohydrates, 30 – 40mg potassium, 20mg calcium. The sugar source is maltodextrin and fructose.

RECOVERY & INJURY PREVENTION TIPS



Recovery

The training you do temporarily breaks down your body. It is during recovery that your body repairs itself to be stronger than before. The best way to recover after a hard training run is doing a cool down, proper nutrition and hydration, and sleep.

Other recovery techniques to consider include:

1. Drain your legs - elevate your legs using a wall/fence/tree for 5 - 10 minutes shortly after a run.
2. Ice bath or cold shower - soak in a cold bath or shower for 5 - 10 minutes shortly after a run.
3. Stretching
4. Foam rolling
3. Incorporate strength training.
4. Follow your training plan - while listening to your body. The training plan is to be used as a guide. It is not set in stone. If your body needs another day of rest following a hard run or if life stress is high, it is ok to take an extra day to recover. You can also switch a scheduled run into a cross training day.
5. Run on different surfaces. Training on asphalt or concrete for each training run puts a lot of stress on the body. Switch up your running surface so some runs are on concrete/asphalt and others are on grass or crushed limestone such as the Towpath Trail.
6. Add flexibility exercises into your weekly routine. Yoga is a great option for runners/walkers to improve both strength and flexibility.

Injury Prevention Tips

1. Warm up & cool down for each run.
2. Incorporate recovery techniques - (see above).

SAFETY & WEATHER



Safety Tips

1. If walking or running on the road, run against traffic. Assume the cars do not see you. Do not run with music so you can hear cars if they are approaching. Watch as cars make a right turn as they oftentimes focus on cars coming from the left and are not watching to the right for pedestrians. Pay extra attention to cars on the road in the spring as they are not used to watching for people during the winter months.
2. Train with a group, this helps so someone can call for help if medical care is needed.
3. Train in well-traveled and lit places.
4. If training alone, tell someone where you are going and when you expect to be home.

Training in the Elements

"There is no such thing as bad weather only unsuitable clothing" - Alfred Wainwright

Weather is an important factor when training/racing. You need to know how to be prepared for various weather conditions. Below are points to consider for each season and what gear might be helpful to have on hand.

[Tips from ACSM](#) (American College of Sport Medicine) for training in the heat and cold.

Winter Training Tips

1. Gear to have on hand: hats, gloves, neck gaiter, fleece lined tights/pants, moisture wicking base layer and windproof jacket.
2. Dress in layers so you can adjust as you warm up.
3. Start a training session by heading out against the wind so the wind is to your back when you head home.
4. Train in places that are dry to prevent slipping on unexpected ice.
5. If you do plan to train in snow/icy conditions invest in shoes/shoe attachments that help you grip slick surfaces such as YakTrax.
6. Train with friends and carry cell phones so you can call for help if needed.
7. Run smaller loops or out-and backs so you can warm up in a car or shelter if needed between miles or if you need to cut the run short.

SAFETY & WEATHER (CONTINUED)



Spring Training Tips

1. Gear to have on hand: waterproof jacket, hat/visor.
2. Have a towel in the car to protect your seats after a wet/muddy run.
3. Keep extra newspaper on hand to stuff your wet shoes. Keep the newspaper in your shoes for a few hours and then remove so they continue to dry.
4. Dress in layers so you can adjust as you warm up.

Summer Training Tips

1. Protection from the sun – sunscreen, sunglasses, hats/visor.
2. Moisture wicking lightweight light-colored clothing.
3. Carry water/fluids with you on your runs.
4. Pay attention to the humidity - it is harder to cool your body on humid days so you may need to slow your pace on a moderate temp day with high humidity.
5. Pay attention to the warning signs of a heat illness and stop in a cool shady location and take in fluids if you start to have warning signs.
6. Stay hydrated throughout the day.
7. Run in the cooler morning or evening hours.
8. Slow your pace when the temps increase. Your body works harder as the temperature increases to keep your body temperature down, so it requires more effort/energy to maintain your same pace in warmer conditions. It is best to slow your pace and keep your effort the same so as not to overheat or overwork on a training day.

9. Cut runs short, or head indoor when the temps or humidity are too high.

Fall Training Tips

1. Head out early as the days shorten so you don't get stuck in the dark.
2. Dress in layers so you adjust as you warm up.
3. Place the waterproof jacket, hat, and towel back in the car that you had in spring to have on hand during wet falls days.

Temperature	What to Wear
20° - 30°	Fleece lined tights or heavy pants, quarter zip or heavy base layer, windproof jacket, hat and gloves
30° - 40°	Pants/tights, quarter zip with a light jacket, ear warmers and gloves
40° - 50°	Pants/tights, long sleeve with a light jacket, ear warmers and gloves
50° - 60°	Light pants/tights, light long sleeve shirt, layered with a short sleeve shirt
60° - 70°	Shorts/capris, light long sleeve or short sleeve shirt
70° +	Shorts, lightweight, light color, moisture wicking clothing

RACE WEEK PREPARATION



Two Weeks Out

- Final Instructions will be sent to your email and be available at Akronmarathon.org. Final Instructions contain all the information you need to know for race weekend along with information you need to share with those planning to support you along the course, at the start line, or at the finish line. Final instructions will also give you parking recommendations and driving directions since some roads may be closed on race morning.

One Week Out

- On race week you will receive an email with your bib number. Please keep this email so you know your bib number when you arrive at Packet Pickup. You can share your bib number for those wanting to track you along the course on race day.
- Download the Akron Marathon Race App. The App is an easy place to find information race weekend and view results. Allow notifications so you can be the first to know about race updates throughout the weekend.

- Have your spectators download the Akron Marathon Race App so they can track you on race day and have easy access to race information and notifications.

Three Days Out

- Start focusing on hydration and nutrition, especially if you have a sensitive stomach. Concentrate on low fiber, high carbohydrate, moderate lean protein, and healthy fats.

Day Before

- Continue to focus on hydration and nutrition.
- Attend Packet Pickup to get your race gear which includes your race bib with timing device, safety pins to secure the bib to your clothing, and race swag.
- Layout your race morning “kit” which is the clothing you will wear on race day along with your shoes, socks, water bottle, race morning fuel, and anything else you need before the race, along the course, or after the race.

RACE WEEK PREPARATION (CONTINUED)



Race Morning

- Get up early enough to properly fuel for the run. This could be 2 – 3 hours before the race start.
- Continually sip on water throughout the morning so you are hydrated when you arrive at the start line.
- Plan to arrive at the parking deck/lot at least 1 hour before the race starts. This will give you plenty of time for any traffic issues. This also allows time to familiarize yourself with the start line, use the restrooms, and warm up as needed.
- 15 minutes before the race starts plan to be in the start line corrals. The start line corral holds everyone participating in the race and can be several hundred feet long. There will be pace-per-mile signs along the side of the corral. Participants should line up at or behind the pace sign that corresponds to your anticipated pace during the race. Always load from the back of the corral and move forward as needed.

Racecourse Courtesy

- Start the race at the appropriate pace per mile mark in the start line corral. If you are starting with a participant planning on going at a different pace, both should move back to the slower participant's pace.
- If participating with a group remain only 2 – 3 people wide so a large group/line of people do not block others from getting by.
- If you run/walk along the course, then move to the righthand side of the road when you plan to stop and walk so participants behind you do not have trouble getting around.
- At fluid stations if you do not plan to take fluids remain on the opposite side of the road than where the fluid tables are located.
- If you are discarding trash or clothing along the course please hold onto those items until you arrive at a gel station, fluid station, or aid station where trash cans are located.

2023 IMPORTANT DATES



- **March 27** – First Timer Akron Marathon Race Series Training Kick-Off (new walkers, new run/walkers, new runners)
- **May 1** – Price Increase
- **May 22** – Akron Marathon Race Series Training Kick-Off
- **May 27** – Blue Line Strider Summa Training Run
- **June 19** – Online registration closes for National Interstate 8k & 1 Mile
- **June 23** – Packet Pickup for National Interstate 8k & 1 Mile
- **June 23** – National Interstate 1 Mile
- **June 24** – National Interstate 8k
- **July 1** – Price Increase
- **July 8** – Blue Line Strider Training Run
- **July 19** – Blue Line Strider Training Run
- **August 7** – Online registration closes for Goodyear Half Marathon & 10k
- **August 11** – Packet Pickup for Goodyear Half Marathon & 10k
- **August 12** – Goodyear Half Marathon & 10k
- **August 14** – Price Increase
- **August 18** – Name on bib deadline for FirstEnergy Akron Marathon, Half Marathon & Team Relay
- **September 9** – Blue Line Strider Training Run
- **September 24** – Online registration closes for FirstEnergy Akron Marathon, Half Marathon & Team Relay
- **September 29** – Health & Fitness Expo and Packet Pickup for FirstEnergy Akron Marathon, Half Marathon & Team Relay
- **September 29** – Kids Fun Run presented by Akron Children's Hospital
- **September 30** – FirstEnergy Akron Marathon, Half Marathon & Team Relay