

NATIONAL INTERSTATE 8K & 1 MILE

JUNE 28 & 29

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



TAKE A LOOK INSIDE

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Take the challenge!

Participate in both the 1 Mile & 8k
to earn an exclusive reward!

RACE WEEKEND AT A GLANCE

FRIDAY, JUNE 28

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 29

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

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)

Free Runner Parking

NOTE: Access to Lot 10 will be closed 1 hr. prior to race start.

VIP/Volunteer Parking

Direction of Travel

Traveling 77 South/76 East (from Cleveland):

From I-77 South, continue onto 76 East, take exit 22 (Main St/Downtown/Univ of Akron) 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).

Traveling 76 West (from Youngstown):

From I-76 West, take exit 22 (Main St/Broadway St/Downtown) and keep to the right on to the Broadway St/Univ of Akron ramp and then continue straight on S. Broadway St. Turn right on E. Exchange St. Parking deck will be on your left (lot 36).

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. Take exit 1A (OH-18/Carroll St/Buchtel Ave). Turn left onto Carroll St. Parking deck will be on your right (lot 1).



PACKET PICKUP

The University of Akron

PICKUP TIMES

Date: Friday, June 28, 2024
Time: 11:00 a.m.- 6:30 p.m.

Date: Saturday, June 29, 2024
Time: 6:00 a.m.- 7:00 a.m.



Bib Information

Make sure to pin your bib on the front of your shirt with the provided safety pins. This is crucial for accurate timing and the best race photos. Your race number is linked to your registration data, so it **MUST** be yours.

Participating under someone else's number could cause major problems for all participants and organizers.

Proper info on your bib will help medical staff identify and treat you if necessary, and it also guarantees that race results and awards are correct. And remember: take care of your bib! Any creases or cuts could ruin your timing device.

Don't forget to grab your race packet, including your bib, before the big day! The best time to pick it up is on Friday, June 28 from 11 a.m. to 6:30 p.m. This way, 8k participants can check out the race venue without worrying about lines on race day.

LOCATION:

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

For out-of-towners, there's race-day Packet Pickup from 6:00 a.m. to 7:00 a.m. on Saturday, June 29. Just remember to double-check your bib info when you pick up your packet, and if you can't make it, a friend or family member can grab it for you (but they'll need to verify your 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.

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.



START LINE

Location

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

Start Time

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.

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. Find an entrance at various points along the corral. Lining up by pace with faster participants in the front creates a smoother start for all. Participants that plan on walking should line up ahead of the Stroller Division, which will line up at the back of the corral.

Wave Start

On Friday, the 1 Mile will start in 4 waves plus the Stroller Division, which will start last. There will be a 1 minute break between each wave to help reduce congestion.

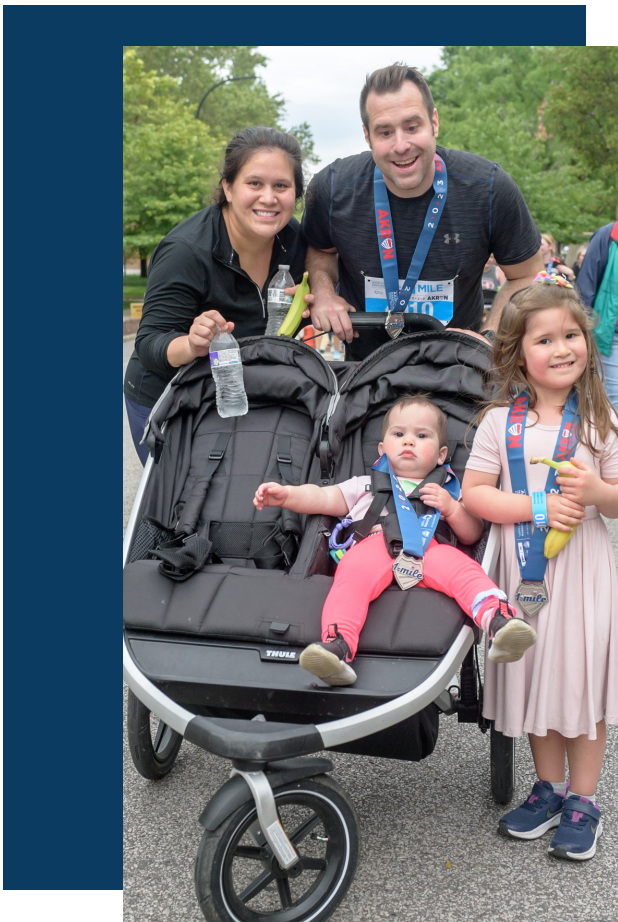
On Saturday, the 8k will start in 5 waves. There will be 400 participants per wave. Each wave will be walked up to the start line, held for 1 minute, and have their own starting commands. Waves are based on pace.

Information

Information booths will be located inside the JAR Arena and at Coleman Common in the Finisher Festival. Please visit these locations for any race day needs.

Restrooms

Restrooms are located inside the JAR Arena (Packet Pickup location) and inside the Student Union (next to the Finisher Festival). Portable restrooms are also available next to the start line corrals and at the finish line.



SPECTATORS & ACCESSIBILITY

Spectator Information

For both races, you can catch the exciting start outside InfoCision Stadium on Spicer St. Then, make your way through Coleman Common and the Finisher Festival to the finish line on Carroll St. beyond the Student Union. Just a heads up: if you want to see your participant finish the 1 Mile on Friday, head to the finish line, located half a mile away, before the race begins.

Visit any of the Food Truck options at the Finisher Festival. Food Trucks will be available starting at 7:00 a.m. until 10:00 a.m., Saturday Morning.

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

Please remember: spectators aren't allowed inside the participant-only start line corrals.

Accessibility Information

Parking Accommodations

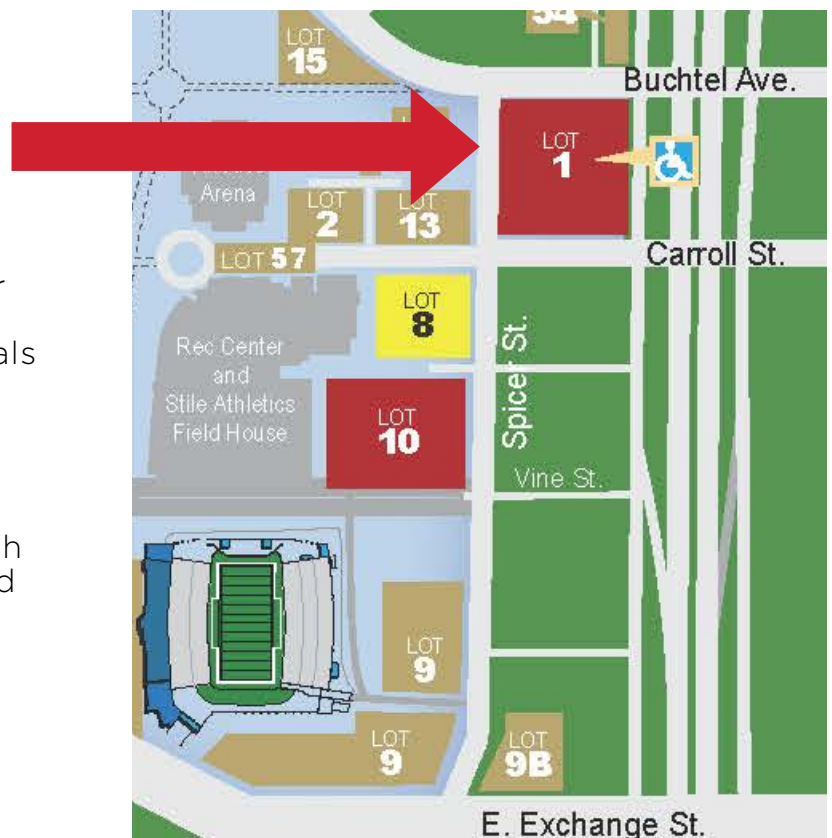
Accessible parking is available in Lot 1 (East Campus Parking Deck) near the start line (191 Spicer St).

Guide Dogs & Service Animals

Pets are not permitted on the course or at the Finisher Festival, however, approved guide dogs and service animals are permitted.

KultureCity: Sensory Inclusion

The Akron Marathon has teamed up with KultureCity to help those who may need additional support in the race environment. Sensory bags will be available at the Information Booth located at Packet Pickup and the Finisher Festival.



COURSE

Details

The 8k and 1 Mile courses are certified USATF sanctioned courses. The course is run on paved asphalt and concrete streets. Participants are responsible for knowing the course. Please note the 1 Mile will be Friday night and the 8k will be 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 vests throughout the start area. There will be a medical aid station after the finish line 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 participant 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 participants, 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 Participants:

Non-registered participants are not permitted to run or walk within the boundaries of the official racecourse. Non-registered participants 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 participants 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

You'll cross the finish line for both the 8k and 1 Mile on Carroll St. just before the Student Union. Receive your commemorative medal right after your finish.

On your way to the Finisher Festival in Coleman Common you'll grab water, sports drink, and food before the post-race party!

Lost and Found

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

Race Photos

Don't forget to smile! 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.



8k participants will receive a food ticket valid for one item at our food trucks inside the Finisher Festival. Participants may pick from a Chick-fil-A Original Chicken Sandwich or a 6 oz. Acai Smoothie Bowl from Sandy Bottom Bowls. Participants may make additional purchases from either truck. Vegan/gluten free bags are available at the popsicle tent.

Food trucks will not be available Friday night, but are available to participants and spectators on Saturday. Both 1 Mile & 8k participants will receive a popsicle.

Results and Awards

Awards Presentation

For the 1 mile, awards will be presented at approximately 7:35 a.m. 8k, awards will be presented at approximately 9 a.m. For both the 1 Mile and 8k, the overall top three men and women and top three master's men and women will receive awards. 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. 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 6-8 weeks after the event.

Non-Binary Awards

Top three overall finishers, based on chip time, will receive an award. Awards will be mailed 6-8 weeks after the race.

FINISHER FESTIVAL

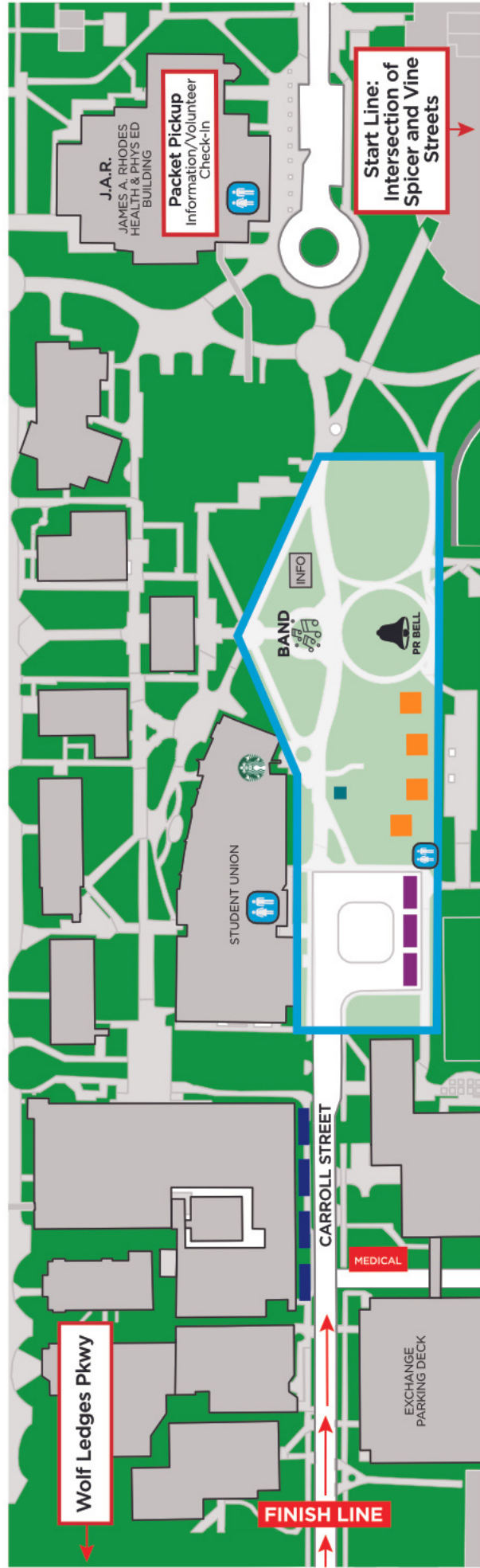
Inside the Finisher Festival, you can redeem drink and food tickets. 1 Mile participants will have 1 drink ticket and 8k will have 2 drink tickets and a 1 food ticket on their bib. Drink tickets can be redeemed for beer or soda. Beer cannot be taken outside the Finisher Festival area.

Jam out to the DJ on Friday or the band on Saturday following each race. Celebrate your accomplishment with your friends, family, and other participants with some yard games, fun music, and post-race drinks!

National Interstate 8K & 1 Mile

Venue Map

Packet Pickup, Finish Line & Finisher Festival



Finisher's Festival
 Tables - Runner Items
 Food Trucks
 Beer Tents

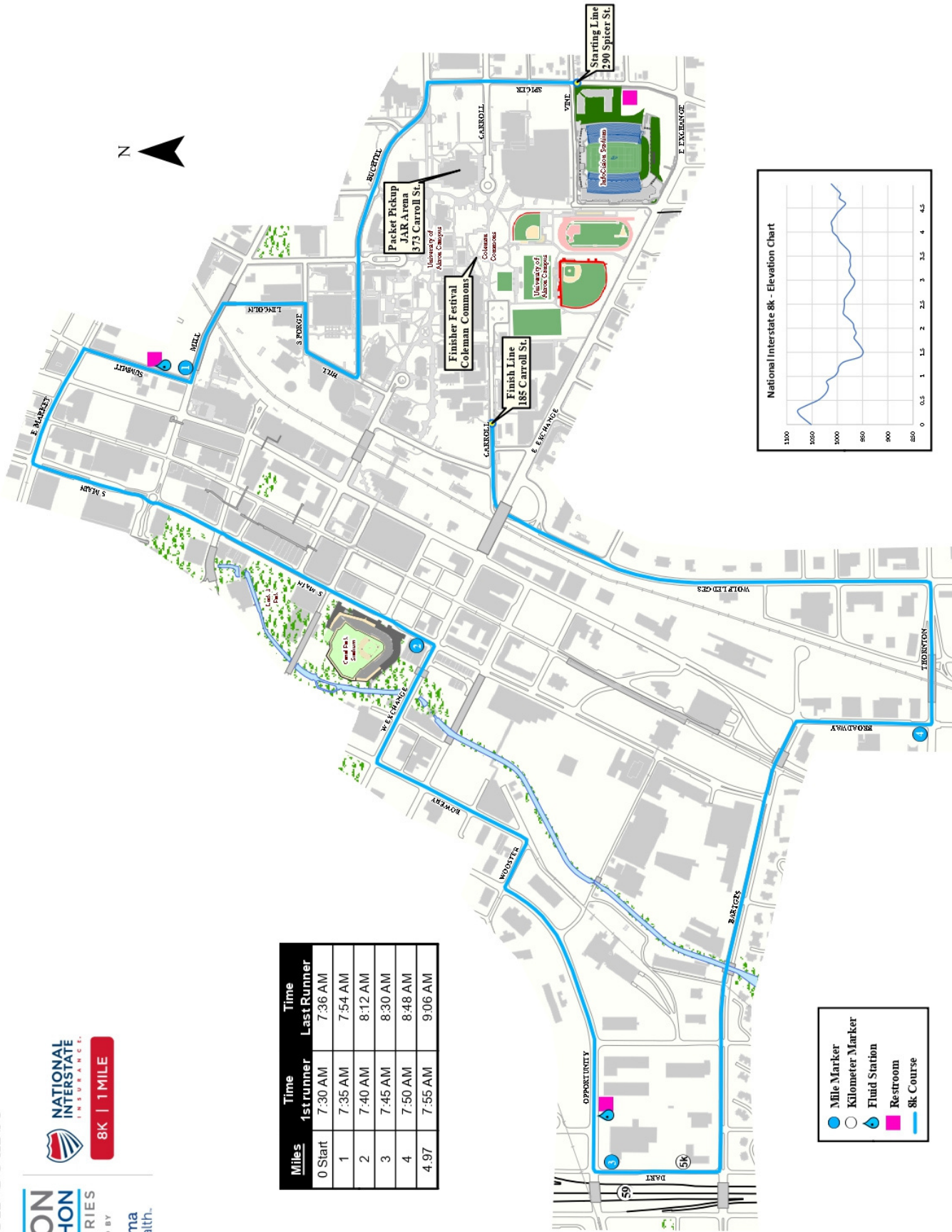
Popsicle & Gluten Free Food Bag
 Restrooms

2024 - 8k Course



8K | 1 MILE

Miles	Time	1st Runner	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



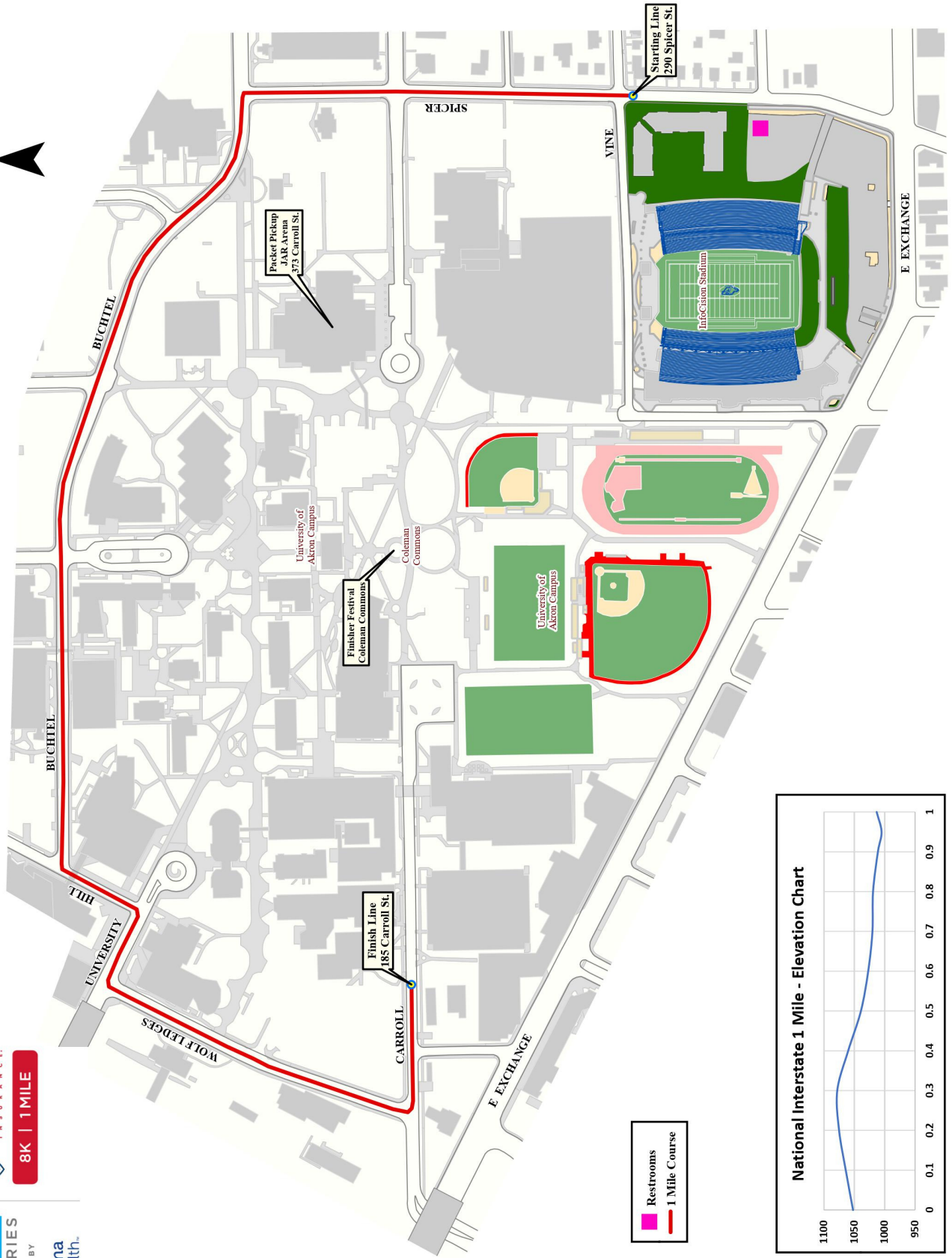
2024 - 1 Mile Course

AKRON MARATHON
RACE SERIES

PRESENTED BY



8K | 1 MILE



- Restrooms
- 1 Mile Course

