

2018 RUNNER'S AGENDA



IMPORTANT RACE DAY INFORMATION

START/FINISH LINE MAP COURSE MAPS PARKING & TRANSPORTATION INFO COURSE SIGNAGE & FLAG SYSTEM AND MUCH MORE!

www.clevelandmarathon.com

Your time matters It's simple for members to save

0

wellness **rewards**

See our Weekly Ad @ riteaid.com



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SATURDAY EVENTS

START TIMES

SATURDAY, MAY 19 8:00 AM

5K & 8K START

Public Square Cleveland, OH 44114

10:00 AM

1 MILE START Public Square Cleveland. OH 44114

11:00 AM

KIDS' RUN START Public Square Cleveland, OH 44114

PACKET PICK UP

Participants in Saturday's events are encouraged to pick up their race packets Friday at the Prayers from Maria Health & Fitness Expo. Those participating in the Challenge Series will only receive one bib. This must be worn for both Saturday's and Sunday's events in order to record participants' results and for medals to be awarded.

MEDALS

Participants in the 5K and 8K will receive their medals immediately after completing their race. Those participating in the Challenge Series will receive a total of three medals. The first medal will be given to participants immediately after they complete their event on Saturday, and the second medal will be given upon completion of their event on Sunday. In order to receive their third medal, participants will need to go to the Medal tent past the finish line outside corral on sidewalk. Please refer to the Start/Finish Map for the location of this tent.

WATER STOPS

There will be two water stops along the 5K and 8K courses, including one on Erieside Avenue (5K/8K) and one on St. Clair Avenue (8K only).

COLOR-CODED DIRECTIONAL SIGNS

To make course navigation as simple as possible, each race has its own color. These assigned colors will be present on the respective directional signage along the course.

5K information will be GOLD; 8K information will be PURPLE.

KIDS' RUN - 11:00 AM

The Rite Aid Cleveland Marathon Kids' Run kicks off at 11:00 am in Public Square. Race day registration is available at 10:30 am at Public Square for a cost of \$10 per child. Kid participants receive a t-shirt, medal, bib and gift.

Start times are staggered based on age and will begin at 11:00 am. Each age group will wait in a group until they are called to the start line.

3 years old and under: 50 yards 4 to 6 years old: 100 yards 7 to 8 years old: 1/4 mile 9 to 10 years old: 1/2 mile 11 to 12 years old: 1/2 mile





5K • 8K ROUTE MAPS

Saturday, May 19, 2018 • 8:00 am Location: Public Square • Cleveland, OH

TURN-BY-TURN DIRECTIONS

START 5K & 8K ROUTE

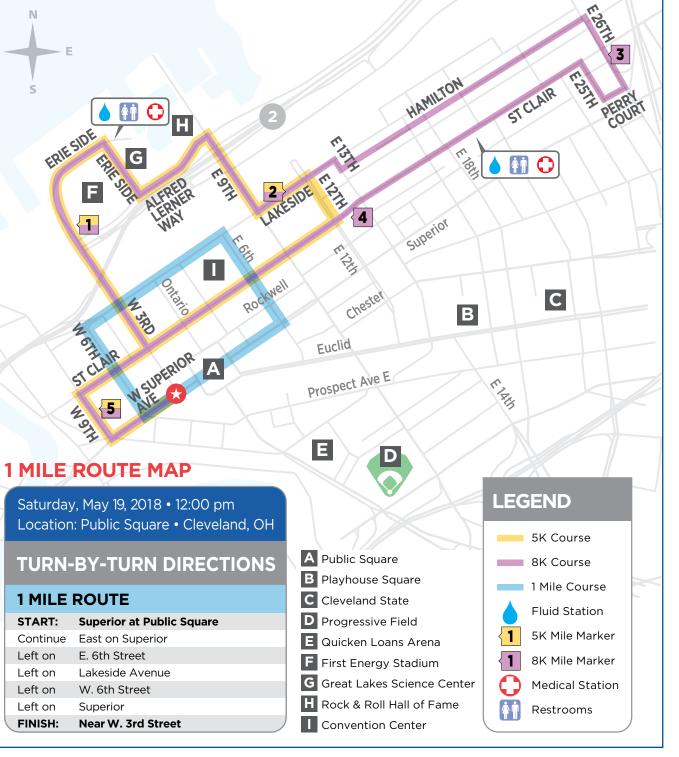
Superior just West of Public Square
West 9th Street
St. Clair Avenue
West 3rd Street (becomes Erieside Ave.)
Erieside Avenue
Erieside Avenue at Alfred Lerner Way
East 9th Street
Lakeside Avenue East

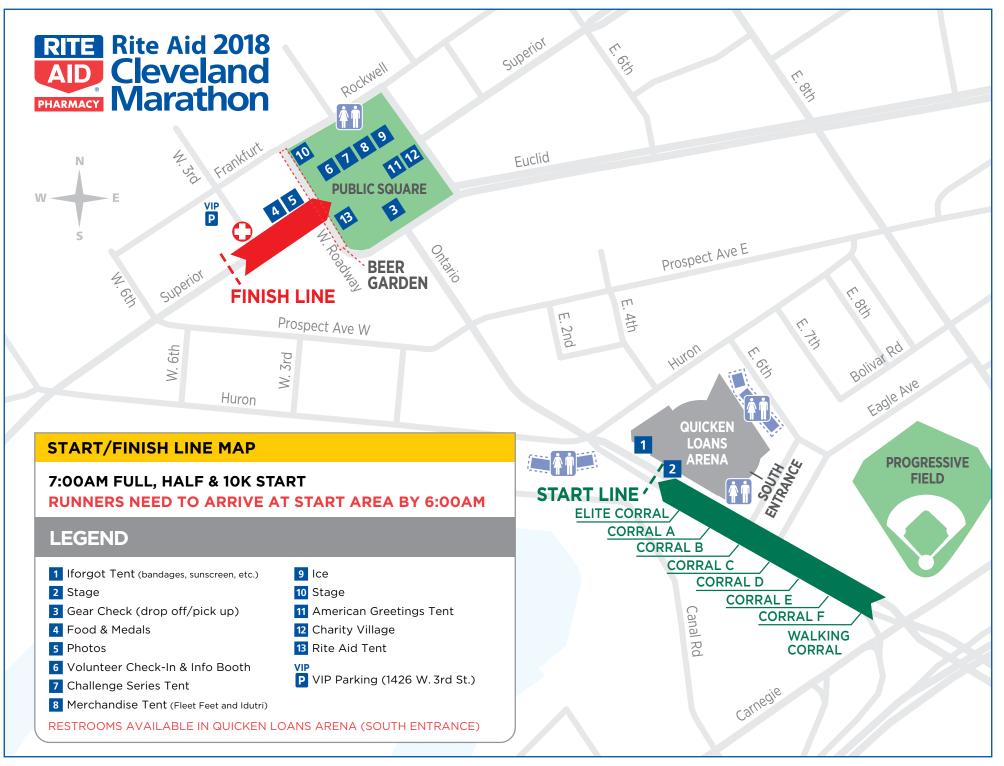
5K ROUTE CONTINUED

FINISH:	Superior just before Public Square
Left on	Superior Avenue
Left on	West 9th Street
Right on	St. Clair Avenue
Right on	East 12th Street

8K ROUTE CONTINUED

FINISH:	Superior just before Public Square
Left on	West Superior Avenue
Left on	West 9th Street
Left on	St. Clair Avenue
Right on	East 25th Street
Right on	Perry Court
Right on	East 26th Street
Left on	Hamilton Avenue
Right on	East 13th Street





SUNDAY'S AGENDA

START TIMES

SUNDAY, MAY 20 6:50 AM WHEELCHAIR EXHIBITION START

7:00 AM MARATHON/HALF MARATHON/10K START Ontario at northwest corner of Quicken Loans Arena

AGE GROUP DIVISIONS

MARATHON, HALF MARATHON, 10K, 8K & 5K 30-34

14 and under 15-19 20-24 25-29

35-39

60-64 40-44 65-69 45-49 70 and over 50-54

55-59

PACE TEAMS

Rite Aid Cleveland Marathon is providing pace leaders for runners looking to finish at various times between 3:00 and 5:25. For more details on this free service, visit the Pace Team Booth at the Expo.

RUNNING NUMBERS/BIBS

Competitor numbers (bibs) should be pinned only to the front of your shirt. Do not remove the bottom tag. Challenge Series participants will only receive one bib. Please save it for reuse on Sunday.

START SEEDING/CORRAL

Runners should line up according to the Corral Letter assigned to their bib. Each corral assignment is based on estimated finish time for the runner's specific race. Please look for the Corral on your bib and find the corresponding feather banners identifying the location of your area within the start corral.

Look for corral letter banners in start area to find the appropriate start location based on the letter on your bib.



CORRAL LETTER ASSIGNMENT	MARATHON	HALF MARATHON	10К
Elites	Elites	Elites	Elites
	3:10 + faster	1:35 + faster	0:44 + faster
В	3:11 to 3:30	1:36 to 1:45	0:45 to 0:49
С	3:31 to 3:50	1:46 to 1:55	0:50 to 0:54
D	3:51 to 4:15	1:56 to 2:10	0:55 to 1:01
E	4:16 to 5:00	2:11 to 2:30	1:02 to 1:10
F	5:01 to 6:00	2:31 to 3:00	1:11 to 1:24
F	6:01 +	3:01 +	1:25 +
Walkers	Walking Division	Walking Division	Walking Division



HEALTH & FITNESS EXPO

All participants are required to pick up their packets and bibs on Friday or Saturday at the *Health* and Fitness Expo presented by Prayers From Maria Children's Glioma Cancer Foundation. Late registration or packet pick-up will not be available on Sunday morning.

FRIDAY, MAY 18 12:00 pm - 7:00 pm*

SATURDAY, MAY 19 9:00 am - 6:00 pm*

LOCATION**

Huntington Convention Center of Cleveland 300 Lakeside Ave. Cleveland, OH 44113

*Please note new expo hours

**Please note there may be delays on Lakeside Avenue and accessing parking off of Lakeside on Friday, May 18 between 10:00 am and 12:00 pm due to the Policeman's Memorial Parade (starts at 10:30 am).

MYLAPS TIMING SYSTEM

Runners will again be using the B-Tag disposable bib MyLaps Timing System for accurate timing and scoring for runners. The MYLAPS allows race organizers to print an integrated tag into the bib for each participant, encoding the runner's bib number into the tag's "chip." All you need to do is wear your bib appropriately and your time will be kept.

WALKING DIVISIONS

There are walking divisions for the marathon, half marathon and 10K. In order to compete in the walking divisions, you will be expected to walk the entire distance; completion of the course is on the honor system. The top five male and female finishers of each division will receive an award. If you win an award and did not walk the entire route, you will be expected to inform the race officials and move into the running division.

RESTROOMS

100 porta-johns will be strategically located at various points along the course near water stops. There will be an additional 100 restrooms near the start and finish of the race, including some inside the south entrance of Quicken Loans Arena.

WATER STOPS

Water, PowerAde, petroleum jelly and band-aids will be available at 18 aid stations along the marathon route, 8 on the half marathon route and 3 along the 10K route (count includes finish line). Honey Stinger will provide energy gel near miles 9, 16.5 and 19.5. A medical tent will be available at every water stop.

COLOR-CODED RACE DIRECTIONAL SIGNS

In order to make course navigation more simple, mile markers, course directional signs and the course map all reflect a certain color for each specific race. Marathon information will be BLUE; Half Marathon information



1326

will be RED; and 10K information will be GREEN.

COLOR-CODED MILE MARKERS

Mile markers also reflect our color-coding system. Marathoners should look for BLUE; Half Marathoners for RED; 10K participants should follow the GREEN signs.

FINISH LINE

Runners should check time on digital clocks and continue moving as quickly as possible to water, food and medal tables. Please don't linger in the finish line area, as it can get quite congested.



MARATHON, HALF MARATHON & 10K RACE NOTES

COURSE TIME LIMIT

Please be advised that runners must keep a 7-hour pace or better to maintain open access to the marathon (and half-marathon) course. For runner safety and to adhere to street closure ordinances worked out with communities along the course route, participants who fall behind this pace who wish to finish will be required to move to the sidewalks, where available. The finish line will remain open and be staffed beyond the 7-hour mark to allow for these participants to complete their race experience.

COURSE CLOSING TIME

Marathon participants will be officially timed for seven hours and half marathon participants for four hours from the start time, and course services will be provided for runners maintaining this pace (approximately 16 minutes per mile). After the majority of runners have reached the finish line, police may determine for safety reasons that the remaining participants use the sidewalks. For your own safety, please obey all signage and traffic control instructions. Closed streets will begin to open to traffic at 1:00 pm.

PLEASE NOTE: Only registered runners/walkers will be permitted on the course. No bicycles or other wheeled vehicles are permitted.

CHANGING RACES

If you are pre-registered for one of the three events (Marathon, Half Marathon, 10K) and wish to change events, you must notify race organizers at the registration table at the Health and Fitness Expo presented by Prayers From Maria Children's Glioma Cancer Foundation at the Huntington Convention Center of Cleveland, 300 Lakeside Ave., Cleveland OH 44113, Friday or Saturday during registration hours.

PLEASE NOTE: Runners will be charged a \$20 fee to switch events and a \$25 fee to transfer, and if upgrading, the difference in fees as well. If you run a race for which you are not officially registered, your results may be disqualified.

Switching, transfers and race transfers from person-to-person are only available if events have not SOLD OUT. Runners must follow instructions on the Cleveland Marathon website.

USATF DRUG TESTING

Athletes who participate in this competition may be subject to formal drug testing in accordance with USATF rules and IAAF Rule 144. Athletes found positive for banned substances or who refuse to be tested, will be disqualified from this event and will lose eligibility for further competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at 1-800-233-0393.

RACE DAY PARKING

All participants MUST be downtown before 6:00 am, when many of the roads are shut down.

You may park in any lot that is open to the public. Check **https://www** .bestparking.com/cleveland-parking/ for a full list of parking locations in downtown Cleveland. Some potential lots include:

ABM PARKING SERVICES 24HR

678 Euclid Ave (between E. 8th St.-E. 4th St.): \$6

ABM 645 PROSPECT AVE 24HR

645 Prospect Ave (between E. 8th St.-E. 4th St.): \$10

CENTRAL PARKING- PNC CENTER 24HR

850 Vincent Ave (between E. 9th St.-E. 6th St.): \$4

LAZ TOWER CITY 24HR

1591 W. 6th St (between W. Huron Rd.-W. Prospect Ave.): \$16

TOWNE 777 ROCKWELL GARAGE 24HR

777 Rockwell Ave (between E. 9th St.-E. 6th St.): \$6

ERIEVIEW GARAGE OPENS AT 5AM 1100 E. 10th St. (at Lakeside): \$3

METRO PARKING W. 3rd and St. Clair: \$10 cash only

METRO PARKING (commonly known as The Pit) 600 Front St. \$5 credit card only

METRO PARKING Canal and Columbus \$3 cash only

PLEASE NOTE: Access in and out of many of these lots will be limited during the running of the races. Please plan accordingly.

RTA PUBLIC TRANSPORTATION

DON'T SEARCH FOR PARKING SUNDAY – RIDE RTA DOWNTOWN

RTA's trains come to Tower City and buses to Public Square, just steps away from the start line! The easiest and quickest option is to take the train in and exit at Tower City. At the end of the race, walk a block back or take the C-Line trolley on St. Clair back to Tower City.

PRICES/RIDING OPTIONS

The best option is an All-Day pass for \$5. All train and bus routes are on **riderta.com**. There are ticket vending machines at all major stops or tickets can be purchased in advance by visiting **riderta.com**.

PLAN AHEAD, CALL THE RTANSWERLINE: 216-621-9500

Customer service reps can plan your route! Call M-F, 7:00 am-6:00 pm and on Saturday from 8:00 am-4:30 pm.

DIRECT TRAIN SERVICE FROM CLE AIRPORT

RTA's Red Line train is an easy ride away from downtown and only costs \$2.25 one-way (sure beats a \$40 cab ride!). At the Tower City (Downtown, Public Square) exit, customers can walk to the Marriott and Renaissance Hotels directly and are steps away from trolleys that connect to other hotels.

MAPS

It is easy to get around via transit in Cleveland, on the bus, train, trolley and Bus Rapid Transit "the HealthLine." Check out all the maps for your options: **riderta.com/maps**

FREE PARKING WHILE RIDING RTA TRAINS!

There are nearly 8,000 free spaces available at the stations. All station locations can be found here:

riderta.com/facilities

ADDITIONAL INFO

Still have questions? Browse riderta.com or call the RTAnswerline at **216-621-9500.**

GREAT LAKES BREWING CO. 26.3 MILE FINISH LINE ROCK PARTY

The finish line rock party for runners and spectators in Public Square starts at 8:30 am. Admission to the finish line party is free and open to public and will include live music, food, refreshments and beer. Runners or general public who wish to purchase beer will need to present valid identification. Sunday runners: Your free drink ticket must be redeemed at 26.3 mile finish line rock party outside of the finish line. See finish line site map.

LIVE RESULTS

You may check your race results live on our website at: **clevelandmarathon.com.**

LIVE RUNNER TRACKING

Download the "Rite Aid Cleveland Marathon App" available now for runner tracking. The app will be ready approx one week before the race.

WEATHER CONDITION FLAG SYSTEM

Weather conditions can have a significant effect on your safety as a race participant. The University Hospitals Sports Medicine team would like you to be aware of the following colored flag system that will be in effect on race day.

Please be aware and look out for the colored flags posted throughout the course and at aid stations.

Alert Level	Event Conditions
	Event Canceled / Extreme and Dangerous Condition
The second secon	Potentially Dangerious Conditions
	Less than Ideal Conditions
	Low Risk, Good Conditions
	No Risk



SECURITY

See it. Say it. As with any large public gathering, this statement is crucial advice to maintaining the well-being of all participants, spectators and volunteers. If you see something suspicious, report it to the nearest uniformed officer or Rite Aid Cleveland Marathon official. Any unattended bags are subject to search and removal from the premises. Please take advantage of the secured gear check area located in Public Square.

SECURED GEAR CHECK (Sunday only)

Runners will be able to store their gear at a gear check drop-off area located conveniently near the finish line in Public Square, please refer to the Start/Finish Line Map in this document. Every participant will be provided with a clear bag for gear check at the Expo. Only these bags will be permitted. There will also be pins for your bib within the bag. Please do not toss. Runners are responsible for labeling their gear with their name and race number. The Rite Aid Cleveland Marathon is not responsible for any lost or stolen items. Runners who store their gear will do so at their own risk.

PASTA PARTY

Participants and their families can enjoy a pre-race pasta dinner on Saturday, May 19. The dinner will be served downstairs at the Hyatt Regency from 6:00–8:00 pm. Please enter through the Arcade at 420 Superior Ave. Runners may choose from an assortment of pasta, salads and beverages. Tickets can be purchased on the Cleveland Marathon website, at the Expo Friday and Saturday and at the door. Cost is \$22 for adults and \$15 for kids 12 and under.

LOST AND FOUND

The Lost and Found will be located at the Information Booth in Public Square near the Volunteer Check-in Tent.



MERCHANDISE ON SALE

Rite Aid Cleveland Marathon merchandise is on sale at the Expo and at the finish line on race day. Choose from a variety of special race merchandise from Brooks.

BACKPACK & BAG POLICY

Backpacks and bags will not be allowed at the Health and Fitness Expo presented by Prayers From Maria Children's Glioma Cancer *Foundation.* Bags and backpacks are strongly discouraged at the Start/Finish areas on race day. For participants, clear gear check bags will be provided and those must be used for gear check on race day. Spectators are asked to travel lightly as well. Those with diaper bags, purses and other items should note that their bags could be searched in the vicinity of the start and finish lines. Any unattended bags are subject to search and removal from the premises.

Rite Aid Cleveland Marathon - S



MEDICAL ADVICE

By James E. Voos, M.D., Co-Medical Director

Race Day Preparation and Routine:

- Maintain your usual routine. Race day is not the ideal time to make a significant change in diet, shoe wear or warm-up routine.
- There is no need to eat excessive amounts of carbohydrates the night before the race as it could lead to stomach upset. A moderate meal is typically all that is needed.
- 3. Avoid fatty foods and stick to foods you are familiar with.
- Ingesting carbohydrate gels or drinks during a race may improve performance.
- 5. Pay attention to the weather forecast. Dress appropriately for race day to prevent heat-related illness or dress in layers that can be removed for rainy or colder weather race conditions.
- Hydrate throughout the race. Drink to thirst with water or electrolyte drinks. Avoid excessive water intake to prevent hyponatremia (or low blood sodium), which can be dangerous.
- Warm up before the race with a light jog and stop during the race to stretch if you feel muscle tightness starting to develop.

 Maintain your desired race pace to avoid overexertion. Medical tents and medical personnel will be visible throughout the race course.

University Hospitals Sports Medicine

- Ask for help from any official marathon or medical personnel if you have questions.
- 10. Enjoy the race!

Warning signs to be aware of:

If you experience these symptoms or any other health issues concerning to you, please stop at the closest aid station (located at every water stop) for evaluation and assistance.

- 1. Chest pain or shortness of breath.
- Nausea, vomiting, excessive fatigue, feeling faint, muscle cramps or severe headache.
- 3. Blisters or chafing.
- 4. If stretching does not relieve cramps, stop at the aid stations.
- 5. Cramping or muscle tightness.

THE FINISH!

When you finish the run, keep walking as you cool down; it prevents painful cramping.

2018 PRIZE MONEY

MARATHON (OPEN)

PLACE	MEN	WOMEN
1st	\$3,000	\$3,000
2nd	\$1,500	\$1,500
3rd	\$1,000	\$1,000
1st Master's	\$750	\$750
TOTAL	\$6.250	\$6.250

TOTAL PRIZE MONEY Men & Women - \$12,500

NOTE: Men's marathon winner and women's marathon winner earn an additional \$3,000 each if they break 2:20 and 2:40, respectively.

10K (OPEN)

PLACE	MEN	WOMEN
1st	\$2,000	\$2,000
2nd	\$1,000	\$1,000
3rd	\$500	\$500
4th	\$400	\$400
5th	\$250	\$250
1st Ohioan	\$500	\$500
1st Master's	\$500	\$500
TOTAL	\$5,150	\$5,150

TOTAL 10K PRIZE MONEY Men & Women - \$10,300

NOTE: There is no prize money in the Half Marathon, 8K or 5K.

PRIZE MONEY GUIDELINES

- 1. An athlete can be awarded prize money in only one category.
- 2. Prize money winners and elite athletes cannot qualify for age division awards.
- 3. If a runner places in two prize money categories of equal value, prestige takes precedence. (Example: If runner qualifies 3rd in 10K and as Top Ohioan, he or she would be awarded 3rd place in 10K.)
- 4. Cash awards are based on gun time not chip time.
- 5. Runners must be officially registered for an event in order to qualify for any awards or cash prizes.

RECORDS

- Men's Marathon: Pavel Kokin, 2:10:29 (2000)
- Women's Marathon: Tatiana Pozdniakova, 2:30:15 (1998)
- Men's Half Marathon: Derrick Butler, 1:07:54 (2007)
- Women's Half Marathon: Christie Foster, 1:19:47 (2012)
- Men's 10K: Joseph Kimani (World Record), 27:20 (1996)
- Women's 10K: Asmae Leghzaoui, 31:10 (2005)







West 3rd Street	Detroit/Superior before W	FINISH:
	Detroit Avenue	Right on
	West 65th Street	Left on
	Clinton Avenue	180° turn
	West Clinton Avenue	Left on
	West 65th Street	Right on
CONTINUED	MARATHON ROUTE	HALFN
	Franklin Boulevard	Left on
	West 25th Street	Right on
	Lorain Avenue	Left on
	Gehring Street	Right on
	Abbey Avenue	Right on
	West 11th Street	Left on
	University Road	Left on
	West 10th Street	Left on
	Literary Road	Diagonal
	Kenilworth Avenue	Right on
	West 14th Street	Right on
	West 14th Street	Right on
	West 7th Street	Left on
	Literary Road	Left on
	West 5th Street	Right on
	Jefferson Avenue	Right on
	West 3rd Street	Left on
	Canal Road	Right on
	Carter Road	Left on
	Carter Road	Left on
	Columbus Road	Left on
	Columbus Road	Right on
	Robert Lockwood Drive	Right on
	Old River Road	Left on
(becomes Main Ave.)	Ð	Right on
	West 3rd Street	Left on
	East 9th Street	Right on
	St Clair Avenue	Left on
Luciid Ave.)	Sourn Roadway (becomes Euclid Ave.)	Right on
n Road	Ontario just South of Huron Road	START:
RATHON	: HALF & FULL MARATHON	START:
TIONS	TURN-BY-TURN DIRECTIONS	
and, OH	1: Public Square • Cleveland,	Location: Public
	AREA BY 6	AT START
7:00 am	May 19, 2018 •	Saturday,
	Marathon	PHARMACY
7:00AM	Cleveland	AID

7:00AM FULL, HALF & 10K START

Rite Aid 2018

Detroit/Superior before West 3rd Street	FINISH:
Detroit Avenue	Left on
West 74th Street	Left on
Father Frascati	Right on
West 73rd Street	Right on
Shoreway Entrance Ramp	Left on
Cliff Dr (continue straight on West Blvd)	Left on
Edgewater Drive	Right on
West 117th Street	Left on
Lake Road	Left on
Webb Road	Right on
Lake Road	Left on
just East of Kensington Road	180° turn
Clifton Boulevard	Right on
Lake Road	Left on
Webb Road	Right on
Lake Avenue	Left on
West 115th Street	Right on
Clifton Boulevard	Left on
West Boulevard	Right on
Detroit Avenue	Left on
West 74th Street	Right on
FULL MARATHON ROUTE CONTINUED	FULLN

TURN-BY-TURN DIRECTIONS



Caring Neighbors

With us it's always been personal. As caring neighbors, we are committed to helping people live happier and healthier lives in the communities we serve.

We are proud to support the Rite Aid Cleveland Marathon and its efforts to promote an environment of fitness and wellness in Cleveland.





celebrate moments that matter!

A proud sponsor of the Rite Aid[®] Cleveland Marathon



2018 RITE AID CLEVELAND MARATHON CHARITY SPONSORS



GOLD LEVEL PARTNERS





BRONZE SPONSORS

alzheimer's $\ref{eq:second}$ association

THE BRAINS BEHIND SAVING YOURS.

FRIENDS OF THE MARATHON





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RITE AID CLEVELAND MARATHON

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