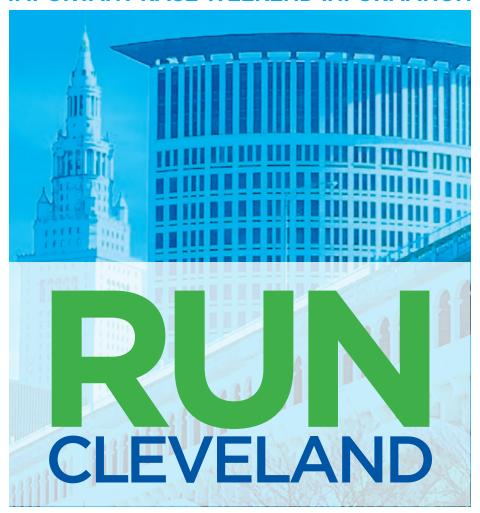
# IMPORTANT RACE WEEKEND INFORMATION



# **RUNNER'S AGENDA**



START/FINISH LINE MAP

COURSE MAP

PARKING & TRANSPORTATION INFO

COURSE SIGNAGE & FLAG SYSTEM

AND MUCH MORE!

www.clevelandmarathon.com

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# **Union Home Mortgage**

would like to wish all participants good luck in the Cleveland Marathon. When it comes to buying or refinancing a home, the process should run smoothly. With world-class service, personalized loans and unwavering support, Union Home Mortgage takes everything in stride.





# 2021 Race Weekend

# SCHEDULE OF EVENTS

# FRIDAY, OCTOBER 22

# **HEALTH & FITNESS EXPO PRESENTED BY UNIVERSITY**

HOSPITALS 12 pm - 7 pm

LOCATION: Huntington Convention Center of Cleveland, 300 Lakeside Ave. E



- 25+ Booths Featuring Health and Fitness Products and Information
- Race Registration Packet Pick-up
- Official Race Merchandise Sales

# **SATURDAY, OCTOBER 23**

# UNION HOME MORTGAGE CLEVELAND 5K & 10K PRESENTED BY PLANET FITNESS 7:30 am

LOCATION: Public Square, Cleveland,

Start Line West of Public Square at Superior



# **HEALTH & FITNESS EXPO PRESENTED BY UNIVERSITY**

HOSPITALS 9 am - 6 pm

LOCATION: Huntington Convention Center of Cleveland, 300 Lakeside Ave. E



- 25+ Booths Featuring Health and Fitness Products and Information
- Race Registration Packet Pick-up
- Official Race Merchandise Sales

### **GREAT LAKES BREWING CO.**

# 26.3 MILE FINISH LINE ROCK PARTY 8:00 am

LOCATION: Public Square, Cleveland



- Open to the Public DJ Refreshments
- Beer Garden (opens at 8 am) Featuring Drinks from Great Lakes Brewing Co. and Truly (ID Required)
  - Redeem your FREE DRINK TICKET for an ice-cold Great Lakes Brewing Company Beer or a refreshing Truly for a "Truly Special Experience"

# **SUNDAY, OCTOBER 24**

### UNION HOME MORTGAGE CLEVELAND MARATHON 7:00 am

LOCATION: Public Square, Cleveland, Start Line West of Public Square at Superior

START/FINISH: Superior Avenue and W. 3rd Street

### UNIVERSITY HOSPITALS CLEVELAND HALF MARATHON 7:00 am

**LOCATION:** Public Square, Cleveland, Start Line West of Public Square at Superior

START/FINISH: Superior Avenue and W. 3rd Street

### **GREAT LAKES BREWING CO.**

## 26.3 MILE FINISH LINE ROCK PARTY 8:00 am

LOCATION: Public Square, Cleveland



- Open to the Public DJ Refreshments
- Beer Garden (opens at 8 am) Featuring Drinks from Great Lakes Brewing Co. and Truly (ID Required)
- Redeem your FREE DRINK TICKET for an ice-cold Great Lakes Brewing Company Beer or a refreshing Truly for a "Truly Special Experience"

# **HEALTH & FITNESS EXPO**

The Health and Fitness Expo presented by University Hospitals, has something for everyone. You'll be able to shop for discounted running shoes, apparel and gear and pick up all of your race day materials.

We're expecting more than 25 vendors to participate in this year's Expo, and you'll have a chance to purchase their products at amazing discounts.



# PACKET PICK-UP

All participants are required to pick up their packets and bibs on Friday or Saturday at the *Health and Fitness Expo*. Late registration or packet pick-up will not be available on Sunday morning.

# FRIDAY, OCTOBER 22

12:00 pm - 7:00 pm

# **SATURDAY, OCTOBER 23**

9:00 am - 6:00 pm

### LOCATION

Huntington Convention Center of Cleveland 300 Lakeside Ave. Cleveland. Ohio

# **BIBS**

To collect your bib you will need to:

- At the Expo: Find the booth with your distance and present your Race Roster registration receipt printout (mobile is fine) with bar code
- -OR-
- Have a valid ID for you and/or another registered runner. NO BIBS WILL BE ASSIGNED WITHOUT PROPER ID



# **REGISTRATION CHANGES**

All Registration changes must be made at the Registration/Solution area at the Expo.

Changing Events? If you are pre-registered for one of the events and wish to change events or are transferring from another person, please go directly to the Solutions desk on Friday or Saturday during registration hours.

**Transfer from another person?** Have your signed transfer form (available on our website) and a copy of the original participant's ID and go to the Solutions Desk. You will need to complete a new register upon arrival.

PLEASE NOTE: Runners will be charged a \$15 fee to switch events and a \$15 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.



# **RACE NOTES**

# **FULL MARATHON, HALF MARATHON, 10K & 5K**

# **PACKET PICK UP**

Participants in Saturday's events are encouraged to pick up their race packets Friday at the *Health & Fitness Expo presented by University Hospitals*. 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.

# **RUNNING NUMBERS/BIBS**

Competitor numbers (bibs) should be pinned only to the front of your shirt. Do not remove the side tag.

NOTE: Challenge Series participants will only receive one bib. Please save it for reuse on Sunday.



# COLOR-CODED 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 will be RED
- 10K information will be **GREEN**
- 5K information will be **YELLOW**



# 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 signage identifying the location of your area within the start corral. Not all corrals will be monitored but compliance is based on the honor system.

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	10K
A	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
	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

## **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 Timing System 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.

# CHALLENGE SERIES MEDALS

Those participating in the Challenge Series will receive a total of three medals.

In order to receive their third medal, participants will need to go to the Challenge Medal tent on Sunday. Please refer to the Start/Finish Map for the location of this tent.

# WALKING DIVISIONS

There are walking divisions for the marathon, half marathon, 10K and 5K. 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.

# **AWARDS**

The top male and female runners in each of the following age groups, plus the overall top three in each event will receive an award via mail after the race. The top 3 overall male and female walkers in each of the following categories will receive an award.

# **COURSE TIME LIMIT**

Full Marathon: 7 hoursHalf Marathon: 4 hours

10K: 2.5 hours5K: 1.5 hours

IMPORTANT: Due to city limitations, 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, participants who fall behind this pace 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.

Attention full marathoners: If you are not at the 13-mile mark at W. 6th and Lakeside by 10:30 am you will be forced to finish as a half marathoner.

ALSO: If you are not at West Blvd and the Shoreway at Lake Ave by 11:30 am you will be asked to turn around early.



# **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.

# 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 water stops.

Alert Level	Event Conditions	Recommended Actions
	Event Canceled / Extreme and Dangerous Conditions	Partcipation Stopped - Follow Union Home Mortage Cleveland Marathon Official's Instructions
File	Potentially Dangerious Conditions	Slow Down - Observe Course Changes/ Follow Union Home Mortage Cleveland Marathon Official's Instructions/Consider Stopping
	Less than Ideal Conditions	Slow Down - Be Preapred for Worrsening Conditions
The state of the s	Low Risk, Good Conditions	Enjoy the Event - Be Alert
	No Risk	Enjoy the Event



# **5K & 10K SATURDAY RACES**

# **START TIMES**

**SATURDAY, OCTOBER 23** 7:30 AM **5K & 10K START** 

Public Square

# **WATER/AID STATIONS**

- 1. Erieside across from The **Science Center Wind Turbine** (5K)
- 2. East 12th and St. Clair (5K)
- 3. W. 26th and Detroit Avenue (10K only, will pass by 2x)





# MARATHON / HALF MARATHON SUNDAY RACES

# **START TIMES**

SUNDAY, OCTOBER 24 7:00 AM

MARATHON/HALF MARATHON START
Public Square

# **PACE TEAMS**

The Union Home Mortgage Cleveland Marathon offers Pace Teams to all runners in the marathon and half marathon. Running with a pace group is a great way to reach your goal time and have some support and guidance while out on the course.

You do not need to sign up for a pace team but can visit the booth at the expo to meet the pacers and get a pace team wrist band. Pacers will be lined up at the start of the race wearing pace shirts and carrying signs indicating their pace group time.

On Pace will be at the *Health and Fitness Expo* to answer all of your questions.

# **WATER/AID STATIONS**

Water, PowerAde, petroleum jelly and band-aids will be available at aid



stations along the marathon route. CarbBoom! Energy Gel will provide energy gel at water stop #3, #6 and #7. CarbBoom flavors will be Banana-Peach, Raspberry and Vanilla, PowerAde flavor is Mountain Berry. There will be a University Hospitals first aid station at each water stop.

- 1. W. 45th and Franklin Mile 1.6
- 2. W 9th and Frankfort Miles 3.2
- **3. E 9th and Willard Garage** Miles 4.2. 13.9
- **4. Shoreway near W. 32nd** Miles 6.1, 12.2, 15.8, 25
- **5. Shoreway near W. 58th** Miles 6.7, 11.6, 16.4, 24.4
- **6. 9918 Lake Ave near West Blvd** Miles 8.3, 10.0, 18.1, 22.8
- 7. Lake Ave and Nicholson Ave Miles 19.6, 21.2



# **START/FINISH LINE MAP**





TURN-BY-TURN DIRECTIONS

START W. Superior Avenue (before W. 3rd St.)

Right on West 9th Street
Right on St. Clair Avenue

Left on West 3rd Street (becomes Erieside Ave.)

Right on Erieside Avenue

Left on Erieside Avenue at Alfred Lerner Way

Right on East 9th Street

Left on Lakeside Avenue East

Right on East 13th Street

Right on St. Clair Avenue

# 10K Saturday, October 23, 2021

West 9th Street

Superior Avenue

Left on

Left on

FINISH:

# **TURN-BY-TURN DIRECTIONS**

W. Superior Avenue (before W. 3rd St.)

## START W. Superior Avenue (before W. 3rd St.) Right on West 9th Street Right on St. Clair Avenue West 3rd Street (becomes Erieside Ave.) Left on Right on Alfred Lerner Way Right on East 9th Street Lakeside Avenue East Left on Right on East 13th Street Right on St. Clair Avenue NE Left on West 9th Street Rlaht on Detroit Avenue 180° turn Detroit Avenue (just west of W. 50th St.) Right on West 45th Street Left on Franklin Boulevard Left on West 28th Street Right on Detroit Avenue Continue East on Detroit Avenue to W. Superior FINISH: W. Superior Avenue (before W. 3rd St.)







# FULL and HALF MARATHON

Sunday, October 24, 2021 • 7:30 am RUNNERS NEED TO ARRIVE AT START AREA BY 6:00AM Location: Public Square • Cleveland, OH

# TURN-BY-TURN DIRECTIONS

# START: FULL MARATHON

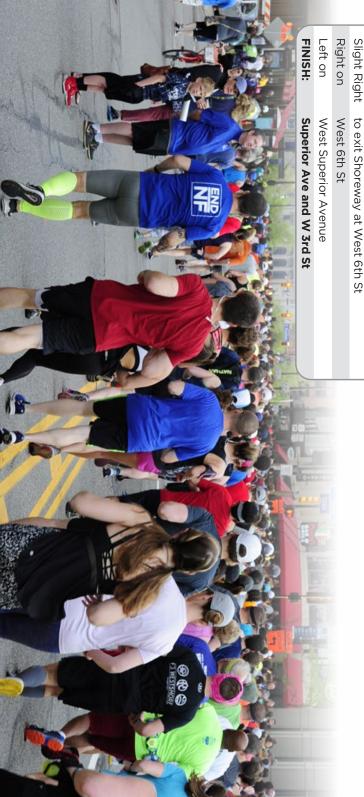
Right on Slight Right Slight Right Slight Right Slight Right Slight Right Left on Left on Straight Right on Left on Stay Straight Left on Right on Right on on Superior heading west to enter Shoreway Eastbound on Lake Ave just prior to Cook Ave onto Lake Avenue to exit Shoreway at West Blvd to enter Shoreway Westbound East 9th Street onto Lakeside Ave to exit Shoreway at West 6th St to enter Shoreway Eastbound on Lake Ave between W 112th and W 115th St onto Lake Avenue exit Shoreway at West Blvd Shoreway Westbound East 9th Street Lakeside Ave heading east West 9th Street West 48th Street at roundabout, take exit 2 onto Franklin Blvd Franklin Boulevard West 25th Street Start on West Superior Ave near W 3rd St Detroit Avenue

Sunday, October 24, 2021 • 7:30 am RUNNERS NEED TO ARRIVE AT START AREA BY 6:30AM Location: Public Square • Cleveland, OH

# **TURN-BY-TURN DIRECTIONS**

# **START: HALF MARATHON**

FINISH: Slight Right Left on Slight Left Slight Right Left on Right on Left on Right on Right on Straight Right on Left on Stay Straight on Superior heading west Slight Right Superior Ave and W 3rd St to exit Shoreway at West 6th St to enter Shoreway Eastbound on Lake Ave between W 112th and W 115th St onto Lake Avenue exit Shoreway at West Blvd Shoreway Westbound East 9th Street Lakeside Ave heading east West 9th Street Detroit Avenue West 48th Street at roundabout, take exit 2 onto Franklin Blvd Franklin Boulevard West 25th Street Start on West Superior Ave near W 3rd St Turn left onto West Superior Avenue



# SPECTATORS AND CHEER GROUP GUIDE

# **BEST SPOTS TO WATCH**

- 1. Public Square: Along Superior Avenue (START AND FINISH AREA)
- 2. Malls B & C
- **3. Willard Park:** Home of the Free Stamp E. 9th and Lakeside
- 4. Lake Avenue between W. 115th and Shoreway: RESIDENTS CREATE YOUR OWN CHEER PARTIES
- 5. Edgewater Park
- **6. The Harp restaurant:** 4408 Detroit Avenue

# **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 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.

# **GEAR CHECK**

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 Goodie Bag at the Expo that should also be used for the gear check. 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 Cleveland Marathon is not responsible for any lost or stolen items. Runners who store their gear will do so at their own risk.

# **LOST AND FOUND**

The Lost and Found will be located at the Gear Check Tent.

# **MERCHANDISE ON SALE**

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 New Balance, brought to you by Fleet Feet Sports.

# **BACKPACK & BAG POLICY**

Backpacks and bags will not be allowed at the *Health and Fitness Expo presented* by *University Hospitals*. 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.

# 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 8:00 am. Admission to the finish line party is free and open to public and will include a DJ, 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. Enjoy a "Truly Special Experience", from Truly, the official and exclusive hard seltzer of Union Home Mortage Cleveland Marathon. See finish line site map.



# **RESULTS, PHOTOS & AWARDS**

# **RACE RESULTS**

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

# **AGE GROUP AWARDS**

Age group awards will be mailed out after the event. Participants that qualify for an Age Group Event should receive their award 6-8 weeks following the event.

# **FINISH LINE ENGRAVERS**

If you pre-purchased your medal engraving when you registered head over to the Finish Line Engravers tent just past the Challenge Medal Tent on Public Square. They will have your name already, so just bring your medal.

You can also purchase engraves on the spot to commemorate your experience!

# **MARATHON PHOTOS**

Sport Photo Group is here taking your photos and finisher video! They will be providing an exciting number of photos along the course and high DEF video clips for every finisher. Stay tuned for information on where to find your photos and get ready to enjoy a lifetime of memories less than 24 hours after you finish.





# **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.
- 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.
- 7. 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.
- 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.



# 2021 UNION HOME MORTAGE CLEVELAND MARATHON OFFICIAL CHARITY PARTNERS









































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### UNION HOME MORTGAGE CLEVELAND MARATHON

29525 Chagrin Blvd., Suite 215 Pepper Pike, OH 44122 ph: 1-800-467-3826 | f: 1-216-378-0143

clevelandmarathon.com









### FRIENDS OF THE MARATHON

City of Cleveland Cleveland City Council Destination Cleveland Lakewood. Ohio