

IMPORTANT RACE WEEKEND INFORMATION



RUNNER'S AGENDA



Union Home Mortgage
**Cleveland
Marathon**
Full • Half • 10K • 5K

START/FINISH LINE MAP

COURSE MAP

PARKING & TRANSPORTATION INFO

COURSE SIGNAGE & FLAG SYSTEM

AND MUCH MORE!

www.clevelandmarathon.com

TABLE OF CONTENTS

SCHEDULE OF EVENTS 4

HEALTH & FITNESS EXPO

Packet Pick-Up	5
Bibs.....	5
Registration Changes	5

RACE NOTES

FULL MARATHON, HALF MARATHON, 10K & 5K

Running Numbers/Bibs	6
Runner Tracking	6
Color-Coded Directional Signs	6
Start Seeding/Corrals.....	6
MyLaps Timing System.....	7
Challenge Series Medals	7
Walking Divisions	7
Course Time Limit	7
Restrooms	8
Weather Condition Flag System	8

SATURDAY RACES

Start Times.....	9
Water/Aid Stations.....	9

MARATHON / HALF MARATHON SUNDAY RACES

Start Times.....	10
Pace Teams	10
Water/Aid Stations.....	10

START/FINISH LINE MAP 11

5K & 10K MAP12

HALF MARATHON MAP13

FULL MARATHON MAP14

TURN-BY-TURN DIRECTIONS ..15

SPECTATORS AND CHEER GROUP GUIDE

Best Spots to Watch	16
Security.....	16
Gear Check.....	16
Lost and Found.....	16
Merchandise on Sale.....	16

26.3 MILE AFTER PARTY PRESENTED BY TRULY HARD SELTZER & FAT HEAD'S BREWERY17

RESULTS, PHOTOS & AWARDS

Race Results.....	17
Age Group Awards	17
Finish Line Engravers	17
Marathon Photos	17

MEDICAL ADVICE18

OFFICIAL CHARITY PARTNERS19

SPONSORS20 & 21





Get **READY**, Get **SET**, **HOME!**

If you're in the market for a new home, make an offer that gives you the confidence of a cash buyer and gets you ahead of the pack.

With **Ready, Set, Home!** from Union Home Mortgage, become a certified home buyer with full pre-approval. **Shop smarter, have greater purchase power and get your offer accepted faster.**

Union Home Mortgage is Your Hometown Lender

Super Competitive Rates and Flexible Loan Options

Easy and Convenient Mortgage Approval Process

Experience Minimal Upfront Fees*

Become a certified home buyer today with **Ready, Set, Home!** and earn a serious edge with sellers.



UHM.com/ready
1-877-UHM-4YOU

*Union Home Mortgage requires advance payment for credit report and appraisal fees prior to loan closing. When ready, customer will need to complete an application and submit income/asset documentation, must meet program parameters.

Loans are available on a fair and equal basis regardless of race, color, national origin, religion, sex, handicap, marital status, sexual orientation, gender identity, familial status (having children under the age of 18), age (if old enough to enter a contract), because income is from public assistance, or because a right was exercised under the Consumer Credit Protection Act.



Union Home Mortgage Corp. | NMLS 2229 | OH RM.802837.000 | nmlsconsumeraccess.org
8241 Dow Circle West | Strongsville | Ohio | 44136

May 22, 2022



Dear athletes, partners and friends,

We are excited to welcome the 45th Union Home Mortgage Cleveland Marathon back to Cleveland in May!

Whether you are a runner, walker, spectator or visitor, we are happy to have you and hope you enjoy everything race weekend has to offer.

Since its inception in 1977, the Cleveland Marathon has helped raise more than \$3 million for local charities. On behalf of the City of Cleveland, thank you to everyone involved in Cleveland Marathon Charities, the Race It Forward program and all the participants giving back to the community today.

In many ways, the marathon brings out the best of Cleveland – sportsmanship, hospitality, a celebration of our attractions and landmarks along the course, and the support of volunteers and organizations on the ground.

Good luck this weekend!

Sincerely,



Mayor Justin M. Bibb

2022 Race Weekend

SCHEDULE OF EVENTS

FRIDAY, MAY 20

HEALTH & FITNESS EXPO PRESENTED BY UNIVERSITY HOSPITALS 12 pm – 7 pm

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



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



University Hospitals

SATURDAY, MAY 21

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

LOCATION: Start and Finish Location: St. Clair Ave. NE and W. Mall Drive



HEALTH & FITNESS EXPO PRESENTED BY UNIVERSITY HOSPITALS 9 am – 6 pm

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



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

26.3 MILE AFTER PARTY PRESENTED BY TRULY HARD SELTZER & FAT HEAD'S BREWERY 8:00 am

LOCATION: Just outside the runner recovery area on Mall B



- Open to the Public • DJ • Refreshments
- Beer Garden (opens at 8 am) Featuring Drinks from Truly and Fat Head's (ID Required)
- Redeem your FREE Drink Ticket for a refreshing Truly or Fat Head's beer

SUNDAY, MAY 22

UNION HOME MORTGAGE CLEVELAND MARATHON 7:00 am

LOCATION: Start and Finish Location: St. Clair Ave. NE and W. Mall Drive

UNIVERSITY HOSPITALS SPORTS MEDICINE CLEVELAND HALF MARATHON 7:00 am

LOCATION: Start and Finish Location: St. Clair Ave. NE and W. Mall Drive

26.3 MILE AFTER PARTY PRESENTED BY TRULY HARD SELTZER & FAT HEAD'S BREWERY 8:00 am

LOCATION: Just outside the runner recovery area on Mall B



- Open to the Public • DJ • Refreshments
- Beer Garden (opens at 8 am) Featuring Drinks from Truly and Fat Head's (ID Required)
- Redeem your FREE Drink Ticket for a refreshing Truly or Fat Head's beer

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 50 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 will not be available on Saturday or Sunday morning. Saturday morning bib assignment will be at the Challenge Medal tent on Mall B at 6:00am.

FRIDAY, MAY 20

12:00 pm – 7:00 pm

SATURDAY, MAY 21

9:00 am – 6:00 pm

LOCATION

Huntington Convention Center
of Cleveland
300 Lakeside Ave., Hall C
Cleveland, Ohio

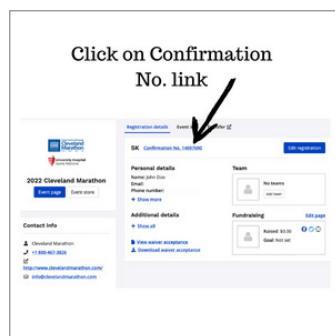
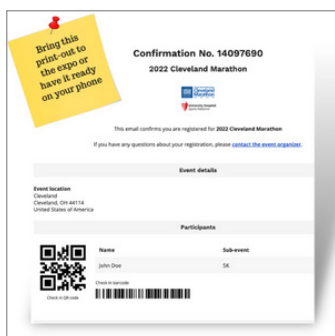
BIBS

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



Can't find your email? Go to your Race Roster dashboard and click on the confirmation link.



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 Race Roster print-out and go to the Solutions Desk. You will need to complete a new registration 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

RUNNING NUMBERS/BIBS

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

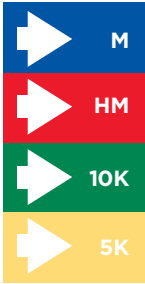
NOTE: Challenge Series participants will only receive one bib. Please save it for reuse on Sunday.



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
B	3:11 to 3:30	1:36 to 1:45	0:45 to 0:49
C	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

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 Mall B 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.

COURSE TIME LIMIT

- Full Marathon: 7 hours
- Half Marathon: 4 hours
- 10K: 2.5 hours
- 5K: 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 through the Half/Full Split at Mile 11.5 (W. 49th at Herman) by 10:15 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 10:36 AM, you will be asked to turn around early.

West Bound runners on Lake Rd who do not maintain a 16 min/mile pace will be asked to turn around early.



RUNNER TRACKING

Runner tracking is available this year through the Union Home Mortgage Cleveland Marathon APP. Download the APP through the Apple Store or Google Play Store for race weekend information, maps and track your friends and family!

Download on the
App Store






GET IT ON
Google Play

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 on East Mall Drive.

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	Participation Stopped - Follow Union Home Mortgage Cleveland Marathon Official's Instructions
	Potentially Dangerous Conditions	Slow Down - Observe Course Changes/ Follow Union Home Mortgage Cleveland Marathon Official's Instructions/Consider Stopping
	Less than Ideal Conditions	Slow Down - Be Preapred for Worrssening Conditions
	Low Risk, Good Conditions	Enjoy the Event - Be Alert
	No Risk	Enjoy the Event



5K & 10K SATURDAY RACES



START TIMES

SATURDAY, MAY 21

7:30 AM

5K & 10K START

St. Clair Ave. NE at Mall B

WATER/AID STATIONS

1. E. 9th and Eriesdie @ Rock Hall
Mile 1
2. Progressive (west side of
Ontario) Mile 2.75/5.11
3. Lorain/Carnegie just west of
W. 20th St. Mile 4.15



University Hospitals
Sports Medicine

**First Aid Stations available
at each Water Stop**



MARATHON / HALF MARATHON SUNDAY RACES

START TIMES

SUNDAY, MAY 22

7:00 AM

MARATHON/HALF MARATHON START

St. Clair Ave. NE at Mall B

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, Nuun, 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 #4, #5, #7, #9 and #11. CarbBoom flavors will be Banana-Peach, Raspberry and Strawberry Kiwi, Nuun flavor is Lemon Lime. There will be a University Hospitals first aid station at each water stop.

1. **Euclid and 18th** Mile 1.7
 2. **Rock Hall (E. 9th & Erieside)** Mile 3
 3. **Huron & Ontario** Miles 4.5
 4. **W. 18th & Smith Court (under the bridge)** Miles 6
 5. **Kenilworth & Wiley** Mile 7.5
 6. **Hooples (1930 Columbus Road)** Mile 9.2
 7. **Harp Restaurant (4408 Detroit Ave)** Miles 10.3/25.2
 8. **Shoreway @ Westinghouse** Miles 24.6/12
 9. **Lake & West Blvd** Miles 13.5/23
 10. **Lake & Nicholson** Miles 15.2/21.5
 11. **Lake & Maple Cliff** Miles 16.6/20
 12. **Lake & Clifton Ave** Miles 18/18.7
- Finish Line**



University Hospitals
Sports Medicine

**First Aid Stations available
at each Water Stop and
Full Medical Tent available
at Finish Line**

START/FINISH LINE MAP

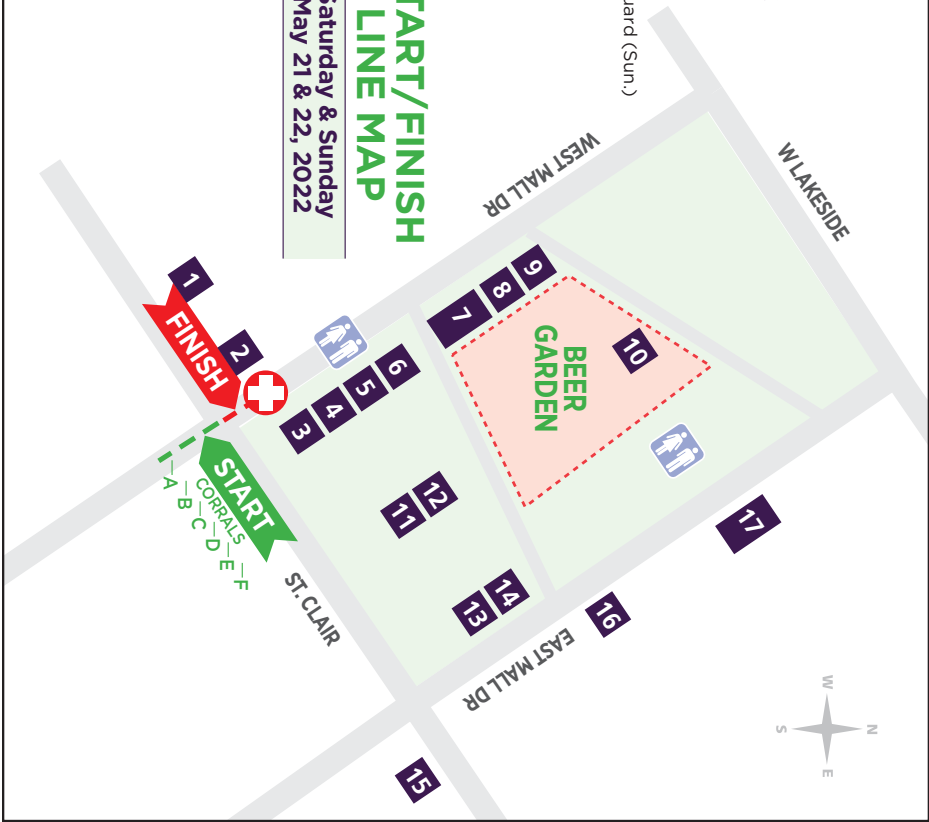


Union Home Mortgage
Cleveland Marathon
Full • Half • 10K • 5K

- 1 Announcers
- 2 Timing
- 3 We Run This City (Sat) Coast Guard (Sun)
- 4 Medal Engravers
- 5 Fleet Feet
- 6 Ice
- 7 Fat Head's Beer
- 8 Truly
- 9 DJ
- 10 Union Home Mortgage
- 11 Tent & Games
- 11 Volunteer Info
- 12 Challenge Tent
- 13 Gear Check (drop off/pick up)
- 14 Charity Village
- 15 Moving Ahead Services
- 16 PR Bell / Photo Booth
- 17 Department of Water Buggy

START/FINISH LINE MAP

Saturday & Sunday
May 21 & 22, 2022



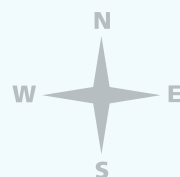


Union Home Mortgage Cleveland Marathon

Full • Half • 10K • 5K

5K • 10K ROUTES

Saturday, May 21, 2022



- A** Public Square
- B** Convention Center
- C** Rock and Roll Hall of Fame
- D** Great Lakes Science Center
- E** FirstEnergy Stadium
- F** Ohio City

LEGEND

- Start/Finish
- 5K Course
- 10K Course
- Fluid Station
- 5K Mile Marker
- 10K Mile Marker
- Medical Station
- Restrooms



5K Saturday, May 21, 2022

TURN-BY-TURN DIRECTIONS








START	St. Clair Ave. Northwest at Mall B
Right on	West 3rd Street
Right on	West Lakeside Avenue
Left on	East 9th Street
Left on	Erieside Avenue
Straight on	Alfred Lerner Way
Left on	West 3rd Street
Right on	West Saint Clair Avenue, CR 9
Left on	West 9th Street
Veer Left on	West Huron Road
U-turn on	West Huron Road
Veer Right on	West 9th Street
Right on	West Saint Clair Avenue, CR 9
FINISH:	St. Clair Ave. Northwest at Mall B

10K Saturday, May 21, 2022

TURN-BY-TURN DIRECTIONS

START	St. Clair Ave. Northwest at Mall B
Right on	West 3rd Street
Right on	West Lakeside Avenue
Left on	East 9th Street
Left on	Erieside Avenue
Straight on	Alfred Lerner Way
Left on	West 3rd Street
Right on	West Saint Clair Avenue, CR 9
Left on	West 9th Street
Veer Left on	West Huron Road
Veer Right on	Ontario Street
Right on	Lorain Ave/Carnegie Bridge
Right on	Old Lorain Avenue
Right on	West 18th Street
Right on	Smith Court
Right on	West 20th Street
Left on	Lorain Ave/Carnegie Bridge
Uturn on	Lorain Avenue
Sharp Left on	Ontario Street
Left on	West Huron Road
Veer Right on	West 9th Street
Right on	West Saint Clair Avenue, CR 9
FINISH:	St. Clair Ave. Northwest at Mall B



-  Start/Finish
-  Half Marathon Course
-  Fluid Station
-  Gel Station
-  Half Marathon Mile Marker
-  Medical Station
-  Restrooms

- A** Public Square
- B** Rocket Mortgage FieldHouse
- C** Progressive Field
- D** Convention Center
- E** Rock and Roll Hall of Fame
- F** Great Lakes Science Center
- G** First Energy Stadium
- H** Ohio City
- I** West Side Market
- J** Tremont

FULL and HALF MARATHON

Sunday, May 22, 2022 • 7:00 am
RUNNERS NEED TO ARRIVE AT START AREA BY 6:00AM

Location: Downtown Cleveland at Mall B
 300 St. Clair Ave. NE

TURN-BY-TURN DIRECTIONS

START: FULL MARATHON

START:	Start on Mall B
Left on	West 6th Street
Left on	West Superior Avenue
Right on	East 13th Street
Left on	Euclid Avenue
Left on	East 18th Street
Left on	Lakeside Ave heading east
Right on	East 9th Street
Left on	Eriaside Avenue
Straight	onto Alfred Lerner Way
Left on	West 3rd Avenue
Rigth on	West Lakeside Avenue
Left on	West 9th Street
Slight Left	onto West Huron Road
Slight Right	onto Ontario Street
Right	onto Lorain/Carnegie Avenue to cross bridge
Sharp Right	onto West 20th Street
Right on	Old Lorain Avenue
Right on	West 18th Street
Left on	West 19th Street
Left on	Abbey Avenue
Right on	West 11th Street
Right on	Starkweather Avenue
Right on	Scranton Road
Sharp Left	onto Carter Road
Straight	onto Franklin Boulevard hill
Right on	West 25th Street
Left on	Detroit Boulevard
Right on	West 6th Street
Right on	Herman Avenue
Right on	and take WB ramp onto Shoreway
Keep Right	to exit at West Blvd/Lake Ave
Slight Right	to stay on Lake Avenue
Right on	Webb Road
Left on	Lake Road
Keep Right	to stay on Lake Avenue
Keep Right	to stay on Lake Road
Right on	Lake Rd/Clifton Boulevard
U Turn	onto Lake Rd
Left on	Lake Road
Keep Left	to stay on Lake Rd
Right on	Webb Road
Left on	Lake Avenue
Keep Left	onto EB ramp onto Shoreway
Keep Right	to exit Shoreway onto West 45th St
Slight Right	onto West 45th Street
Left on	Detroit Avenue
Left on	West 9th Street
Right on	W St Clair Ave
FINISH:	Mall B

Sunday, May 22, 2022 • 7:00 am
RUNNERS NEED TO ARRIVE AT START AREA BY 6:00AM

Location: Downtown Cleveland at Mall B
 300 St. Clair Ave. NE

TURN-BY-TURN DIRECTIONS

START: HALF MARATHON

START:	Start on Mall B
Left on	West 6th Street
Left on	West Superior Avenue
Right on	East 13th Street
Left on	Euclid Avenue
Left on	East 18th Street
Left on	Lakeside Ave heading east
Right on	East 9th Street
Left on	Eriaside Avenue
Straight	onto Alfred Lerner Way
Left on	West 3rd Avenue
Rigth on	West Lakeside Avenue
Left on	West 9th Street
Slight Left	onto West Huron Road
Slight Right	onto Ontario Street
Right	onto Lorain/Carnegie Avenue to cross bridge
Sharp Right	onto West 20th Street
Right on	Old Lorain Avenue
Right on	West 18th Street
Left on	West 19th Street
Left on	Abbey Avenue
Right on	West 11th Street
Right on	Starkweather Avenue
Right on	Scranton Road
Sharp Left	onto Carter Road
Straight	onto Franklin Boulevard hill
Right on	West 25th Street
Left on	Detroit Boulevard
Right on	West 6th Street
Right on	Herman Avenue
Right on	West 49th Street
Left on	Detroit Avenue
Left on	West 9th Street
Right on	West Saint Clair Avenue
FINISH:	Mall B



SPECTATORS AND CHEER GROUP GUIDE

BEST SPOTS TO WATCH

5K AND 10K

1. **Lakeside Avenue and W. Mall Drive;** .52
2. **Rock and Roll Hall of Fame;** Mile 1
3. **First Energy Stadium;** Mile 1.2
4. **St. Clair Avenue and W. 9th Street;** Mile 1.9
5. **W. 2nd and Huron;** Mile 2
6. **Lorain/Carnegie Bridge (West End);** Miles 2.8 and 5
7. **Lorain/Carnegie Bridge (East End);** Miles 3.7 and 4.1

FULL AND HALF MARATHON

1. **Public Square;** Mile 0.6
2. **E. 13th and Superior;** Mile 1.2
3. **E. 13th and Euclid Avenue (US Bank Plaza);** Mile 1.4
4. **Rock and Roll Hall of Fame;** Mile 3
5. **First Energy Stadium;** Mile 3.2
6. **Superior Avenue & W. 9th Street;** Mile 4.2 & Mile 26
7. **1502 Abbey Ave by Cleveland Script Sign;** Mile 6.4
8. **Lincoln Park, Tremont (W. 11th and Starkweather side);** Mile 7
9. **Detroit Avenue & W. 38th Street;** Mile 10
10. **Lakewood Park, Lakewood;** Mile 16 & 20.8
11. **The Harp Restaurant;** Mile 11.25 & 25

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 at Mall B.

GEAR CHECK

Runners will be able to store their gear at a gear check drop-off area located conveniently near the finish line at Mall B, 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 at Mall B.

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 Asics, brought to you by Fleet Feet Sports.



26.3 MILE AFTER PARTY PRESENTED BY TRULY HARD SELTZER & FAT HEAD'S BREWERY



The finish line party for runners and spectators on Mall B starts at 8:00 am on Saturday and Sunday. 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 party outside of the finish line. Enjoy a "Truly Special Experience", from Truly, the official and exclusive hard seltzer of Union Home Mortgage Cleveland Marathon. You may also try an ice cold beer from Fat Head's. See you at the finish line!

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.

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.

Age Groups:

- | | |
|-----------------------------------|-------------|
| • 14 & Under
(5K and 10K ONLY) | • 45 - 49 |
| • 15 - 19 | • 50 - 54 |
| • 20 - 24 | • 55 - 59 |
| • 25 - 29 | • 60 - 64 |
| • 30 - 34 | • 65 - 69 |
| • 35 - 39 | • 70 & Over |
| • 40 - 44 | |

Events:

- | | |
|-----------------|-------|
| • Marathon | • 10K |
| • Half Marathon | • 5K |

The top 3 overall male and female walkers in each of the following events will receive an award.

- | | |
|-----------------|-------|
| • Marathon | • 10K |
| • Half Marathon | • 5K |

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 Mall B. They will have your name already, so just bring your medal.

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

RACE PHOTOS

MarathonPhotos 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.

FREE FINISHER CERTIFICATES WILL BE AVAILABLE TOO!

When you cross the finish line, all finishers will receive an exclusive **FINISHER COOLING TOWEL** from Union Home Mortgage! Although we can never predict Cleveland weather 100%, this towel will carry you through many training sessions to come!"



MEDICAL ADVICE

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



Race Day Preparation and Routine:

1. Maintain your usual routine. Race day is not the ideal time to make a significant change in diet, shoe wear or warm-up routine.
2. 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.
4. 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.
6. 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.

8. Maintain your desired race pace to avoid overexertion. Medical tents and medical personnel will be visible throughout the race course.
9. 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.
2. 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.

GOOD LUCK RUNNERS!

2022 UNION HOME MORTGAGE CLEVELAND MARATHON OFFICIAL CHARITY PARTNERS





Union Home Mortgage
**Cleveland
Marathon**
Full • Half • 10K • 5K

2022 SPONSORS

TITLE SPONSOR



OFFICIAL MEDICAL PROVIDER



**Think
Media
Studios**



HALF MARATHON TITLE SPONSOR



HEALTH & FITNESS EXPO PRESENTING SPONSOR



OFFICIAL AND EXCLUSIVE HARD SELTZER



OFFICIAL AND EXCLUSIVE JEWELRY PARTNER



PROUD PRODUCTION PROVIDER



OFFICIAL & EXCLUSIVE FITNESS PARTNER & PRESENTING SPONSOR OF THE 5K AND 10K



OFFICIAL GROCER



OFFICIAL & EXCLUSIVE MOVING & STORAGE PARTNER



OFFICIAL HYDRATION PARTNER



OFFICIAL AND EXCLUSIVE BEER PARTNER





Union Home Mortgage
**Cleveland
Marathon**
Full • Half • 10K • 5K

2022 SUPPORTING SPONSORS



FRIENDS OF THE MARATHON

City of Cleveland
Cleveland City Council

Destination Cleveland

Lakewood, Ohio
City of Rocky River

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





UNIONHOME
MORTGAGE

Good Luck, Runners!

Where to Find Us Race Weekend

Finish Line

Get your free Union Home Mortgage cooling towel after the race.

PR Bell

Get your photo taken on Sunday after the races

Beer Garden

Come see us for a chance to win \$5,000 and enjoy yard games like cornhole!



**Scan the code or text RUN to 86225
for your chance to win \$5,000!**
UHM.com | 1-877-UHM-4YOU



No purchase necessary. US/DC 18+, excl. AK, HI, NY, UT, ND, and SD. Ends 5/29/22. Rules: <https://www.uhm.com/uhm-cleveland-marathon-sweepstakes-rules/> Void where prohibited. Union Home Mortgage Corp. | NMLS 2229 | OH RM.802837.000 | nmlsconsumeraccess.org 8241 Dow Circle West | Strongsville | Ohio | 44136