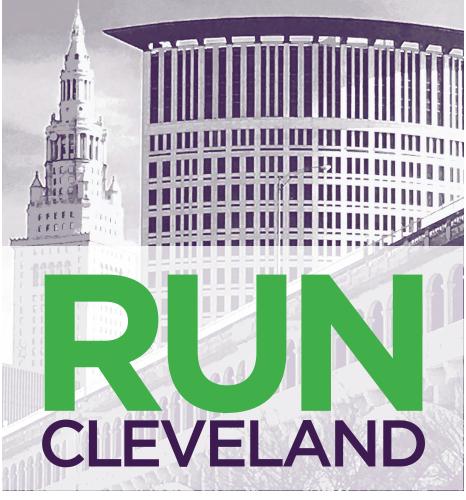
#### **IMPORTANT RACE WEEKEND INFORMATION**



### **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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### Cleveland Marathon

### You're ready to go the distance. So are we.

Union Home Mortgage is your hometown lender, born and bred in Cleveland. Today we're licensed in 48 states and recognized nationally as a top workplace. It's proof that, with hard work, you can achieve great things.



"I wouldn't think of using anyone else." - Gaylene F.



UHM.com 1-877-UHM-4YOU

We can't wait to welcome you home.



May 20, 2023



Dear athletes, partners and friends,

We are proud to welcome all of you to our great city for the 46th Cleveland Marathon! Whether you are a participant or spectator, thank you for joining us this year.

The Cleveland Marathon began in 1978, making it one of the 50 oldest marathons in the country. For half a century, the event has drawn thousands of participants and world records have been set right here in Cleveland. More and more people come each year and we hope that growth will continue.

While the race route has changed over the years, one thing has remained the same – the significant impact the event has on the Cleveland community. It has helped raise more than \$3 million for local charities and generates over \$15 million annually that benefits our city.

The marathon represents the best of Cleveland – it's a chance to showcase our grit and resilience on the run, it's a celebration of our city's world-class attractions and landmarks along the course and it's an opportunity for us to come together as a community with the support of hundreds of volunteers and grassroots organizations.

On behalf of the City of Cleveland, thank you to everyone involved in Cleveland Marathon and good luck this weekend!

Sincerely,

Mayor Justin M. Bibb

### 2023 Race Weekend SCHEDULE OF EVENTS

#### FRIDAY, MAY 19

#### **HEALTH & FITNESS EXPO PRESENTED**



BY UNIVERSITY HOSPITALS 12 pm - 6 pm

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



#### Hall A

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

#### SATURDAY, MAY 20



#### UNION HOME MORTGAGE CLEVELAND 5K (PRESENTED BY PLANET FITNESS) & 10K 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 A

- 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 FAT HEAD'S BREWERY 8:00 am

- LOCATION: Just outside the runner recovery area on Mall B

PUBLIC

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

#### KID'S RUN PRESENTED BY UNIVERSITY HOSPITALS RAINBOW BABIES & CHILDREN'S 11 am

**LOCATION:** St. Clair Avenue Northeast near Mall B



University Hospitals Rainbow Babies & Children's

#### SUNDAY, MAY 21

**UNION HOME MORTGAGE CLEVELAND MARATHON** 7:00 am **LOCATION:** Start and Finish Location: St. Clair Ave. NE and W. Mall Drive

#### UH DRUSINSKY SPORTS MEDICINE INSTITUTE 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 FAT HEAD'S BREWERY 8:00 am

LOCATION: Just outside the runner recovery area on Mall B

- OPEN PUBLIC
- Open to the Public DJ
  Beer Garden (opens at 8 am) Featuring Drinks from Fat Head's (ID Required)
- Redeem your FREE Drink Ticket for a refreshing 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 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. No race day pick up on Saturday and Sunday

#### FRIDAY, MAY 19

12:00 pm - 6:00 pm

**SATURDAY, MAY 20** 9:00 am - 6:00 pm

#### LOCATION

Huntington Convention Center of Cleveland 300 Lakeside Ave., Hall A 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.



#### ONLINE REGISTRATION CHANGES

*Prior to picking up your bib:* you can change distances by following the instructions on our FAQ page here:

https://www.clevelandmarathon.com/ faqs.aspx

Transfers to another person can be done online also, but the new person must claim the registration before picking up their bib at the expo.

#### EXPO (IN-PERSON) REGISTRATION CHANGES

You may change distances at the Solutions Desk at the Expo on Friday or Saturday.

Transfers from person-to-person can also be done at the Expo. Please have original participants Race Roster print-out and go to Solutions to complete a new registration

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.



#### **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	10К
А	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 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:* Must be through the Full/Half Split (W. 9th and Superior Ave) by 10:35 AM or be forced to run the Half Marathon.

Must enter the Shoreway Westbound by 12:15 PM or be forced to continue on Detroit to remerge and finish.

Also: If you are not complete with the WESTBOUND section of the Shoreway at West Blvd at 12:45 PM, you will be asked to turn around and immediately head EASTBOUND on the Shoreway.

Runners for all distances are expected to maintain a 16 min/mile pace.

#### **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!



#### 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 UH Drusinsky Sports Medicine Institute 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
<b>N</b>	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
	Low Risk, Good Conditions	Enjoy the Event - Be Alert
	No Risk	Enjoy the Event



#### 5K & 10K SATURDAY RACES

#### **START TIMES**

SATURDAY, MAY 20 7:30 AM 5K & 10K START St. Clair Ave. NW at Mall B

#### WATER/AID STATIONS

- 1. E. 9th and Erieside @ Rock Hall Mile 1.3
- 2. Cleveland State Lot 21 Mile 3.4/4.5
- 3. Superior and Public Square Mile 5.4





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



#### MARATHON / HALF MARATHON SUNDAY RACES

#### **START TIMES**

SUNDAY, MAY 21 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. GU gels will be provided at water



stops #5, #9 and #12. GU flavors will be Salted Caramel, Vanilla Bean, Chocolate Outrage, and Tri Berry. There will be a University Hospitals first aid station at each water stop.

- 1. Cleveland State Lot 21 Mile 1.9
- 2. St Clair and 18th Mile 3.2
- 3. W 4th and Lakeside Miles 4.8
- 4. Scranton Rd Miles 6.3
- 5. W 14th Double Stop Mile 7.8/8.8
- 6. Abbey Ave CLE Sign Mile 10.5
- 7. Carnegie and Ontario Miles 12
- 8. Detroit Ave and W 25th Miles 13.4/25.4
- 9. W 44th and Woodbine Miles 14.9
- 10. Detroit and W 38th Miles 16.6
- 11. Franklin and W 71st Miles 18
- **12. Shoreway (W 58th Access)** Miles 19.6/24.3
- **13. West Blvd and Shoreway** Miles 21/22.8
- 14. W 115th Miles 22.1
- **Finish Line**



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

#### **START/FINISH LINE MAP**









and

10K ·

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# HALF MARATHON

# Sunday, May 21, 2023 • 7:00 am

RUNNERS NEED TO ARRIVE AT START AREA BY 6:00AM

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

# **TURN-BY-TURN DIRECTIONS**

## **START: HALF MARATHON**

t د منابع من	Scranton Road	Turn right
affic of the strain of the str	Carter Road	Turn left
C Ta	onto Carter Road	Straight
	Robert Lockwood Drive	Turn right
START:Start on Mail BTurn leftWest 9th StreetTurn rightE 9th StTurn leftE uclid AveTurn leftE 22nd StTurn leftE ast 13th StreetTurn rightEast 12th StreetTurn rightEast 12th StreetTurn rightEast 12th StreetTurn rightEast 9th StreetTurn rightEast 9th StreetTurn rightEast 9th StreetTurn rightEast 9th StreetTurn leftE 18th StTurn leftEast 9th StreetTurn leftErieside AveTurn leftErieside AvenueContinue Straight onto Alfred Lerner WayTurn rightLakeside AvenueTurn rightLakeside AvenueTurn rightLakeside AvenueAt the traffic circle, take the 1st exit onto Old River Rd	through Traffic Circle to stay on Old River F	Slight Right
START:Start on Mall BTurn leftWest 9th StreetTurn rightE 9th StTurn leftE uclid AveTurn leftE 22nd StTurn leftPayne AvenueTurn leftEast 13th StreetTurn rightChester AvenueTurn rightEast 12th StreetTurn leftE 18th StTurn leftE 18th StTurn leftE st 9th StreetTurn rightEast 9th StreetTurn leftE st 9th StreetTurn leftE st 9th StreetTurn leftEast 9th StreetTurn leftErieside AveTurn leftErieside AvenueContinue Straight onto Alfred Lerner WayTurn rightLakeside AvenueTurn rightLakeside AvenueTurn rightLakeside AvenueTurn rightLakeside AvenueTurn rightLakeside AvenueTurn rightLakeside AvenueTurn leftWest 3rd StreetTurn leftFront Avenue	circle, take the 1st exit onto Old River Rd	At the traffic
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* *** *	aight onto Alfred Lerner Way	Continue Str
7 7 7 7 7 7	Erieside Avenue	Turn left
777 7	East 9th Street	Turn right
777 7	Lakeside Ave	Turn left
777 <del>7</del>	E 18th St	Turn left
TT T	Superior Ave	Turn right
7 7	East 12th Street	Turn right
t	Chester Avenue	Turn right
Ŧ	East 13th Street	Turn left
It	Payne Avenue	Turn left
Ħ	E 22nd St	Turn left
it.	Euclid Ave	Turn left
	E 9th St	Turn right
	West Superior Avenue	Turn left
	West 9th Street	Turn left
	Start on Mall B	START:

Turn left Turn left Turn left Turn left Slight left Turn right Turn left Slight Left Turn left Slight right Turn right Turn right Turn right Turn right Left FINISH: Turn right Turn left Turn left Turn left Turn left Turn left 「urn right urn righ: urn left Mall B West Saint Clair Avenue continue onto West 9th Street Smith Court stay on W 18th Street Starkweather Avenue W 14th Street **Ontario Street** West 20th Street West 19th Street to stay on Fairfield Avenue Buhrer Ave West Huron Road Lorain-Carnegie Bridge Old Lorain Avenue Abbey Avenue West 11th Street Professor Avenue Starkweather Avenue West 11th Street Kenilworth Avenue W 14th St Clark Ave W11th Street Jefferson Avenue







## FULL MARATHON

# Sunday, May 21, 2023 • 7:00 am

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RUNNERS NEED TO ARRIVE AT START AREA BY 6:00AM

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

# **TURN-BY-TURN DIRECTIONS**

### **START: FULL MARATHON**

1110 12 - 2		
2.11	Smith Court	Turn right
1.147	West 19th Street	Turn right
-	Abbey Avenue	Turn left
100		Turn right
	to stay on Fairfield Avenue	Slight left
-	Professor Avenue	Turn left
	Jefferson Avenue	Slight Left
100	Starkweather Avenue	
11.5	West 11th Street	Tum right
10	Kenilworth Avenue	
	W 14th St	
	Clark Ave	Turn left
	W11th Street	Left
	Buhrer Ave	Turn left
	W 14th Street	Turn right
	Starkweather Avenue	Turn left
	Scranton Road	Turn right
	Carter Road	Turn left
	onto Carter Road	Straight
	Robert Lockwood Drive	Turn right
	through Traffic Circle to stay on Old River Rd	Slight Right
	circle, take the 1st exit onto Old River Rd	At the traffic
	Front Avenue	Turn left
	West 9th Street	Turn right
	Lakeside Avenue	Turn right
	West 3rd Street	
	Straight onto Alfred Lerner Way	nue
	Erieside Avenue	
	East 9th Street	
	E 18th St	
	Superior Ave	
	East 12th Street	
	Chester Avenue	
	East 13th Street	Turn left
	E 22nd St	Turn left
	Euclid Ave	
	E 9th St	Turn right
	West Superior Avenue	
	West 9th Street	Turn left
	Start on Mall B	START:

FINISH: lurn lum Keep left lum Turn right Slight left Veer left l'urn right Keep right Turn right Turn left Turn right lurn lum Turn At roundabout, take exit 2 to stay straight on Fulton Road **Furn** left lurn lurn lurn Turn Furn right **Furn sharp left** Furn left Furn right lurn left urn left urn left urn right urn right urn right urn left urn right urn right urn right urn right urn right urn left urn right urn right left to follow exit towards West Boulevard to Enter Cleveland Memorial Shoreway West St Clair Avenue Detroit Avenue left West 9th Street West 25th Street to exit Shoreway at West 25th Street to enter the Cleveland Memorial Shoreway West 115th Street Harborview Drive West Boulevard Herman Avenue Detroit Avenue West 38th Street West 28th Street **Ontario Street** Lake Avenue Edgewater Drive Cliff Drive West 49th Street West 74th Street Franklin Boulevard West 29th Street Clinton Avenue Bridge Avenue Bridge Avenue Detroit Avenue West Huron Road Lorain-Carnegie Bridge West 69th Street Bridge Ave W 57th St Detroit Avenue West 48th Street West 44th Street Franklin Blvd Mall B West 20th Street Old Lorain Avenue stay on W 18th Street

Union H

#### **SPECTATORS AND CHEER GROUP GUIDE**

#### **BEST SPOTS TO WATCH**

- 1. Lumen and Run with the Winners -Mile 1.7
- 2. Water Stop 1 Youthability & Down Syndrome Association - Mile 1.8
- 3. Cleveland State University Mile 2
- 4. Water Stop 2 Valley Forge Mile 3.5
- 5. Water Stop 3 Norva Mile 5
- 6. Flats East Bank: Margaritaville, Beer Heads, Cocky's Bagels - Mile 5.5
- 7. PLX North Run Club Mile 5.5
- 8. Water Stop 4 American Interiors -Mile 6.5
- 9. Tremont Athletic Club Mile 7.3
- 10. Cle Xmas Run Mile 7.8 / 9.4
- 11. Grumpy's Cafe Mile 7.8
- 12. Water Stop 5 Anil's Group -Mile 8.1 / 9.1
- 13. Terrapin Mile 8.4
- 14. Clark Bar Mile 8.8
- 15. Girls on the Run Mile 9.6
- 16. Civilization Cafe Mile 9.7
- 17. Hi and Dry Mile 10.3
- 18. Loop Mile 10.5
- 19. Water Stop St. Ignatius Mile 10.8
- 20. St. Ignatius Marching Band Mile 11.4
- 21. Water Stop Gigi's Playhouse -Mile 12.3
- 22. Kenny Kriz Drum Circle Mile 13.6 / 25.4
- 23. Water Stop Run Club Mile 13.7 / 25.4
- 24. Water Stop St. Hermans Mile 14.9
- 25. Rising Star Coffee Mile 16.3
- 26. Water Stop Ed Keating Mile 16.5
- 27. Studio 82 Dancers Mile 16.9 / 19
- 28. PSI Education Station Mile 17.5
- 29. Detroit Shoreway Road Runners -Mile 17.5
- 30. Water Stop City Dogs Mile 18
- 31. Brewnuts Mile 18.5
- 32. Gypsy Bean Mile 18.5
- 33. The Centers Mile 18.9
- 34. Water Stop Ed Keating Mile 19.7 / 24.6
- 35. TriCle & Cleveland Triathlon Club -Mile 20
- 36. 2nd Sole Mile 20
- 37. Water Stop AT&T Mile 21.2 / 23.2

- 38. Water Stop Methodist Church -Mile 22.3
- 39. Canton Drumline Mile 22.4
- 40. Logan Wells Mile 25
- 41. Beast w/o Biomes Mile 26

#### 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 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. 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 • 50 - 54
- (5K and 10K ONLY) • 55 - 59
- 15 19
- 60 64 • 65 - 69
- 20 24
- 25 29 • 30 - 34
- 70 74 • 75 - 79
- 35 39
- 80 84 85+
- 40 44 • 45 - 49

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

You can also purchase engraving 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. Stav tuned for information on where to find your photos and get ready to enjoy a lifetime of memories less than 24 hours after vou finish.

FREE FINISHER CERTIFICATES WILL BE AVAILBLE 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:**

- 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.
- 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.
- 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.



University Hospitals Drusinsky Sports Medicine Institute

- 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.
- 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.

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