

IMPORTANT RACE WEEKEND INFORMATION



RUNNER'S AGENDA

**Cleveland
Marathon**
Full • Half • 10K • 5K

START/FINISH LINE MAP

COURSE MAPS

PARKING & TRANSPORTATION INFO

COURSE SIGNAGE & FLAG SYSTEM

AND MUCH MORE!

www.clevelandmarathon.com

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FULL MARATHON, HALF MARATHON, 10K & 5K

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Cleveland Marathon

Full • Half • 10K • 5K

*Save the
date*

MAY
17-18,
2025



**EXPERIENCE AN ON-FOOT
TOUR OF CLEVELAND**

- ROCK AND ROLL HALL OF FAME
- FIRSTENERGY STADIUM
- OHIO CITY, TREMONT
- PLAYHOUSE SQUARE THEATER DISTRICT
- GREAT LAKES SCIENCE CENTER

WWW.CLEVELANDMARATHON.COM

May 18, 2024



Dear athletes, partners and friends,

We are proud to welcome all of you to our great city for the 47th annual 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.

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. Over the years, the marathon has raised millions of dollars for local charities as well as generating more than \$15 million annually that benefits our city.

The marathon represents the best of Cleveland – it's a chance to showcase our determination and resilience out on the course, it's a celebration of our city's world-class attractions and landmarks, 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 with the Cleveland Marathon and good luck this weekend!

Sincerely,

Mayor Justin M. Bibb

2024 Race Weekend

SCHEDULE OF EVENTS

FRIDAY MAY 17

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 18

CLEVELAND 5K & 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



- 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

DUNCAN TOYS KIDS' RUN PRESENTED BY UNIVERSITY HOSPITALS

RAINBOW BABIES & CHILDREN'S 11 am

LOCATION: St. Clair Avenue Northeast near Mall B



SUNDAY MAY 19

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 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
- Theresa's will have pizza for sale

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 unless you pre-purchased Saturday pick up during registration or in the Marathon Store. No Sunday Pick up.

FRIDAY, MAY 17

12:00 pm – 6:00 pm

SATURDAY, MAY 18

9:00 am – 6:00 pm

LOCATION

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

**Saturday Pre-purchased Bib Pick Up:

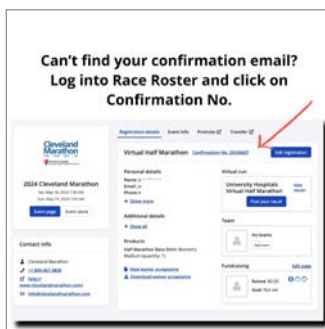
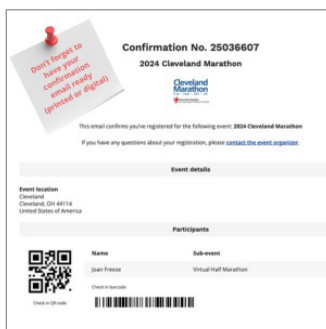
Please go to the Beer Garden on Saturday beginning at 6:00 am for your bib assignment. T-shirts and goody bags can be picked up at the Expo after your run.

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.

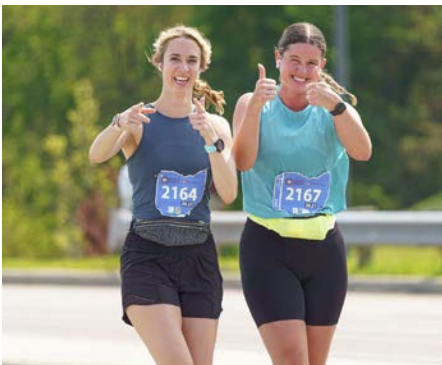
RACE NOTES

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.

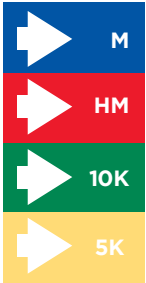
NOTE: Challenge Series participants will only receive one bib. Please save it for reuse on Sunday.



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 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.



2024 CHALLENGE MEDALS



2024 MEDALS

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 through the Cleveland Marathon App. Download the app for race weekend information, maps and to 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	Participation Stopped - Follow Cleveland Marathon Official's Instructions
	Potentially Dangerous Conditions	Slow Down - Observe Course Changes/ Follow 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 & KID'S RUN

5K & 10K START TIMES

SATURDAY, MAY 18

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**

KID'S RUN START TIME

SATURDAY, MAY 18

11 AM

KID'S RUN START

St. Clair Ave. NW at Mall B

Distances:

2 & under (50 yards)

3 - 6 year olds (50 - 100 yards)

7 - 8 year olds (1/4 mile)

9 - 12 year olds (1/2 mile)

All participants will receive a finisher's medal, t-shirt, free yo-yo, Teresa's Pizza, and refreshments. Not to mention fresh air, exercise and loads of fun!



MARATHON / HALF MARATHON SUNDAY RACES

START TIMES

SUNDAY, MAY 19

7:00 AM

MARATHON/HALF MARATHON START

St. Clair Ave. NE at Mall B

PACE TEAMS

The 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 #4, #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**



University Hospitals
Drusinsky Sports Medicine Institute

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

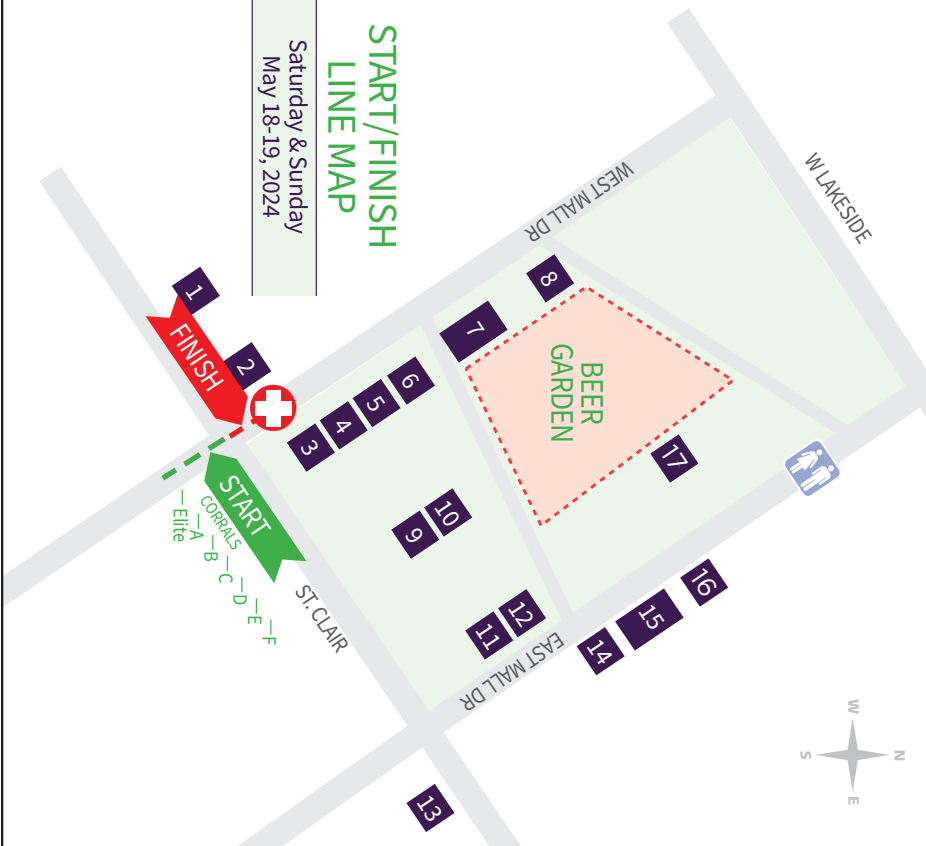
START/FINISH LINE MAP

**Cleveland
Marathon**
Full • Half • 10K • 5K

- 1 Announcers
- 2 Timing
- 3 Ice
- 4 Elite Tent
- 5 Fleet Feet
- 6 Massage
- 7 Fat Head's Beer
- 8 DJ
- 9 Volunteer Check-In,
Information Booth and
Kids Run Check-In
- 10 Challenge Medal Tent
- 11 Gear Check (drop off/pick up)
- 12 Charity Village
- 13 Moving Ahead Services
- 14 PR Bell
- 15 Department of Water Buggy
- 16 Finish Line Engravers
- 17 Teresa's Pizza

START/FINISH LINE MAP

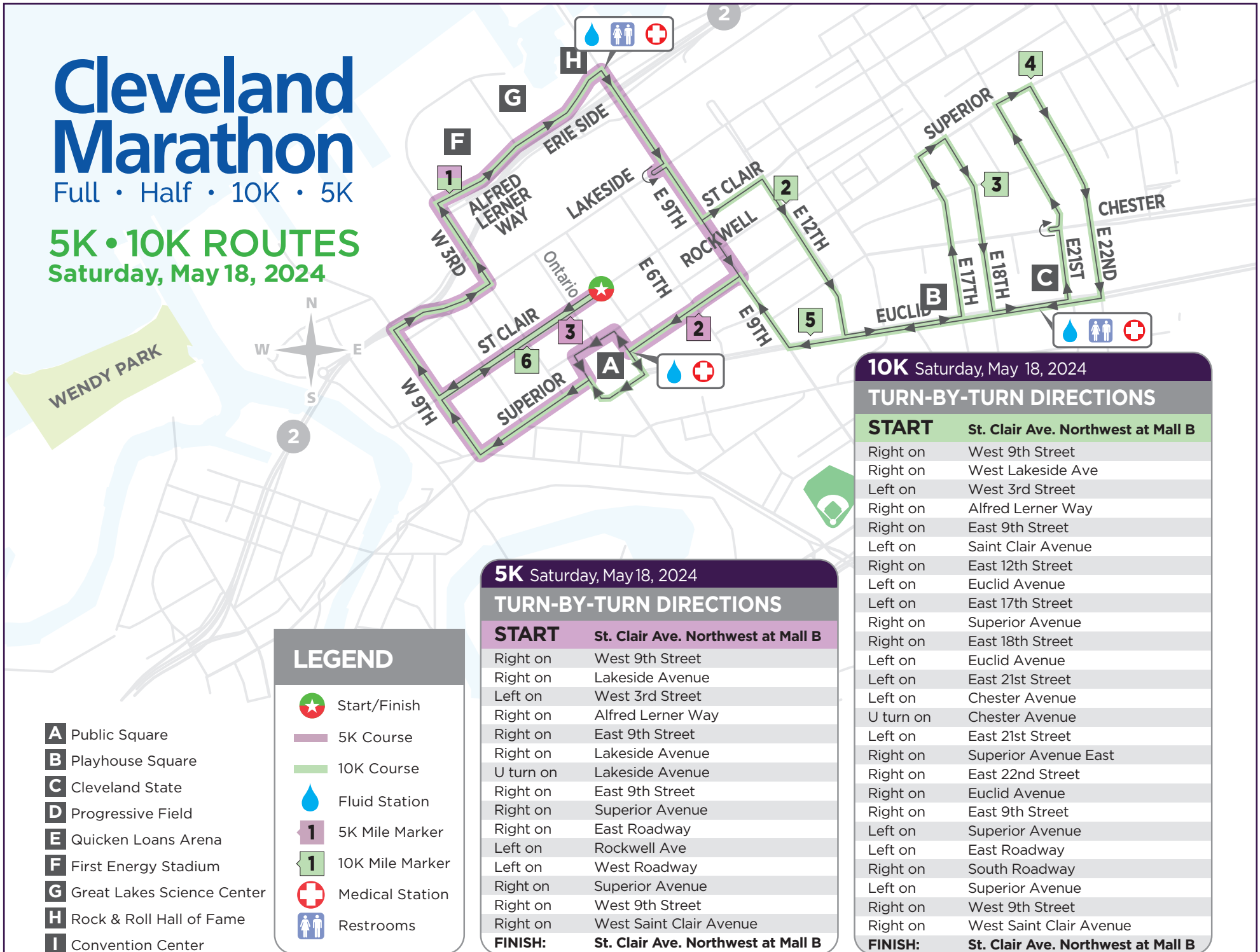
Saturday & Sunday
May 18-19, 2024



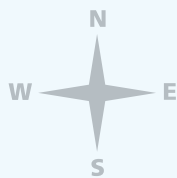
Cleveland Marathon

Full • Half • 10K • 5K

5K • 10K ROUTES
Saturday, May 18, 2024

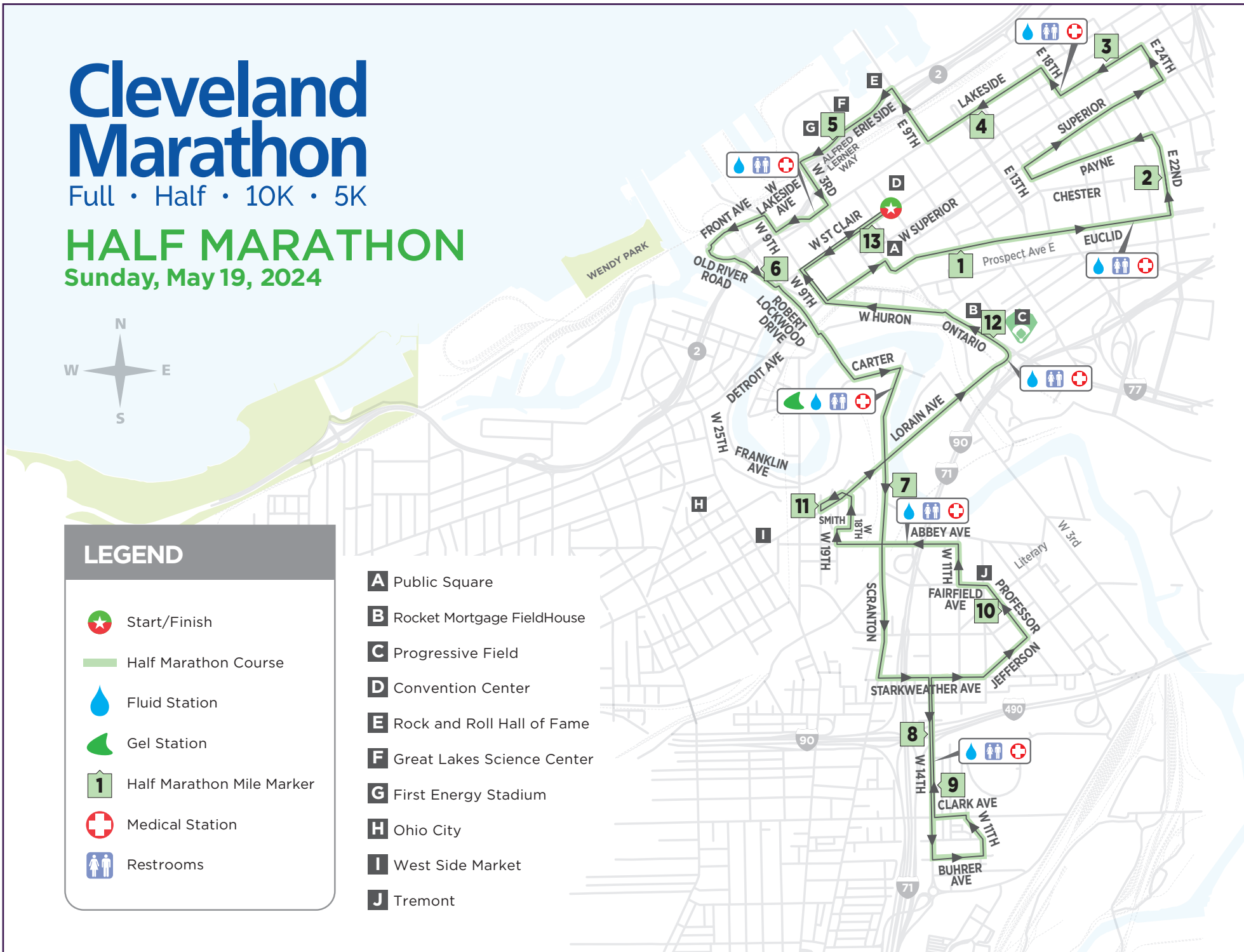


Sunday, May 19, 2024



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



Sunday, May 19, 2024 • 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 and head west
Turn left	West 9th Street
Turn left	West Superior Avenue
Turn right	West Roadway
Keep right onto Euclid Avenue	
Turn left	East 22nd Street
Turn left	Payne Avenue
Turn right	E. 13th Street
Turn right	Superior Avenue
Turn left	East 24th Street
Turn left	Saint Clair Avenue
Turn left	East 18th Street
Turn left	Lakeside Avenue
Turn right	East 9th Street
Turn left	Erieside Avenue
Turn left	West 3rd Street
Turn right	West Lakeside Avenue
Turn right	West 9th Street
Turn left	Front Avenue
Turn left	through roundabout to Old River Rd
Turn right	through roundabout to stay on Old River Rd
Turn right	Robert Lockwood Drive
Slight left	onto Carter Road Bridge
Turn left	Carter Road

Turn sharp right onto Scranton Road	
Turn left	Starkweather Avenue
Turn right	West 14th Street
Turn left	Buhrer Ave
Turn left	West 11th Street
Turn left	Clark Avenue
Turn right	West 14th Street
Turn right	Starkweather Avenue
Slight left	Jefferson Ave
Turn left	Professor Avenue
Keep slight left onto Fairfield Avenue	
Turn right	West 11th Street
Turn left	Abbey Avenue
Turn right	West 19th Street
Turn right	Smith Court
Turn left	Old Lorain Avenue
Turn left	West 20th Street
Turn sharp left onto Lorain Avenue	
Turn left	Ontario Street
Turn left	West Huron Road
Slight right	West 9th St
Turn right	West Saint Clair Avenue
FINISH:	Mall B

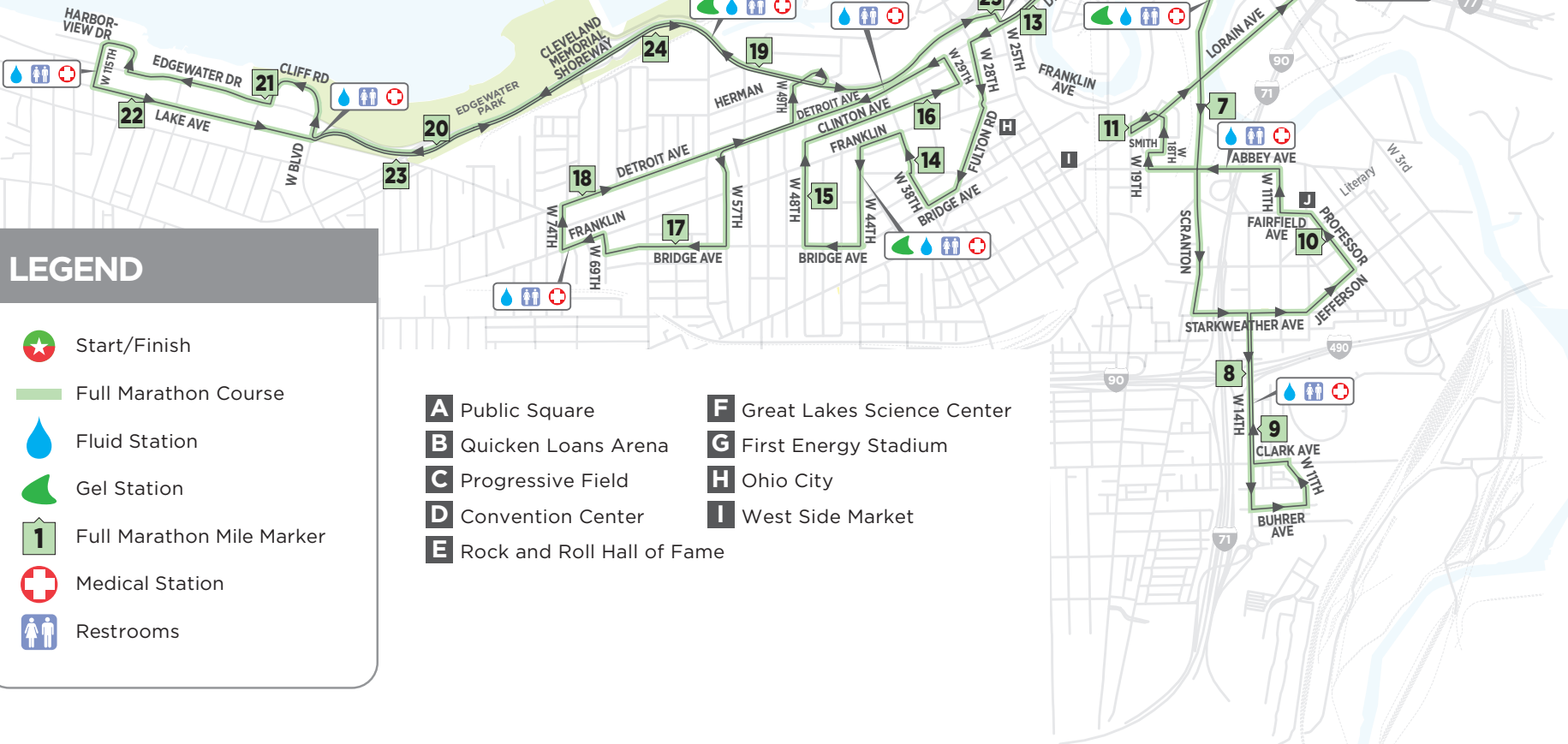
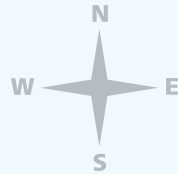


Cleveland Marathon

Full • Half • 10K • 5K

FULL MARATHON

Sunday, May 19, 2024



Sunday, May 19, 2024 • 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 and head west
Turn right	West 9th Street
Turn left	Superior Avenue
Turn right	West Roadway
Keep right onto	Euclid Avenue
Turn left	East 22nd Street
Turn left	Payne Avenue
Turn right	East 13th Street
Turn right	Superior Avenue
Turn left	East 24th Street
Turn left	Saint Clair Avenue
Turn left	East 18th Street
Turn left	Lakeside Avenue
Turn right	East 9th Street
Turn left	Erieside Avenue
Turn left	West 3rd Street
Turn right	Lakeside Avenue
Turn right	West 9th Street
Turn left	Front Avenue
Turn left through roundabout	onto Old River Road
Turn right through roundabout	onto Old River Road
Turn right	Robert Lockwood Drive
Slight left	onto Carter Road Bridge
Turn left	Carter Road
Turn right	Scranton Road
Turn left	Starkweather Avenue
Turn right	West 14th Street
Turn left	Buhrer Ave
Turn left	West 11th Street
Turn left	Clark Avenue
Turn right	West 14th Street
Turn right	Starkweather Avenue
Slight left	Jefferson Avenue
Turn left	Professor Avenue
Keep slight left onto	Fairfield Avenue
Turn right	West 11th Street
Turn left	Abbey Avenue
Turn right	West 19th Street
Turn right	Smith Court
Turn left	Old Lorain Avenue

Turn left	West 20th Street
Turn sharp left onto	Lorain Avenue
Turn left	Ontario Street
Turn left	West Huron Road
Turn left	Detroit Avenue
Turn left	West 28th Street
Keep straight through roundabout and exit	onto Fulton Rd
Keep right	onto Bridge Avenue
Turn right	West 38th Street
Turn left	Franklin Boulevard
Turn left	West 44th Street
Turn right	Bridge Avenue
Turn right	West 48th Street
Turn right	Clinton Avenue
Turn left	West 29th Street
Turn left	Detroit Avenue
Turn left	West 57th Street
Turn right	Bridge Avenue
Turn right	West 69th Street
Turn left	Franklin Boulevard
Turn sharp right onto	West 74th Street
Turn right	Detroit Avenue
Turn left	West 49th Street
Turn right	onto Herman Avenue
Keep right to enter	Cleveland Memorial Shoreway
Keep right to exit towards	Lake Road
Turn right	West Boulevard
Keep left	onto Cliff Drive
Turn right	Edgewater Drive
Turn right	Harborview Drive
Turn left	West 115th Street
Turn left	Lake Avenue
Keep left to enter	Cleveland Memorial Shoreway
Keep left onto to exit towards	West 25th St
Turn right	West 25th Street
Turn left	Detroit Avenue
Turn left	West 9th Street
Turn right	West Saint Clair Avenue
FINISH:	Mall B



SPECTATORS AND CHEER GROUP GUIDE

BEST SPOTS TO WATCH

Saturday, May 18

5K and 10K





- First Energy Stadium; Mile 1
- Rock and Roll Hall of Fame; Mile 1.2
- Public Square; Mile 2.4

10K only

- CSU - Euclid and E. 22nd - Mile 3.4

Sunday, May 19

Full & Half Marathon

- Public Square - Mile .8
- Playhouse Square - Mile 1.5
- Cleveland State University - Mile 2
- Rock and Roll Hall of Fame - Mile 4.6
- Browns Stadium - Mile 5
- Flats East Bank: Beer Heads, Cocky's Bagels - Mile 5.2  
- PLX North Run Club & Lululemon
- Rum Runners - Mile 5.8
- Radio Station 107.3 - Mile 6.6
- Grumpy's Cafe - Mile 7.8
- Rowley Inn - Mile 9
- Luna Bakery - Mile 13
- Le Petite Triange - Mile 14.3
- Detroit Shoreway Runners - Bridge & W. 69th - Mile 16.4
- The Centers for Families and Children - Mile 17
- PSI Education Station - Mile 17.5
- Ready Set Roasters Coffee - Mile 18.3
- Brewnuts - Mile 17.9  
- TriCle & Cleveland Triathlon Club - Mile 20
- St. Malachi Cheer Group - Mile 25.3

Look for these performers:

St. Ignatius Marching Band
Studio 82 Dancers
Canton Drumline
Logan Wells
St. Eds Trash Talkers
Mossom Band

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 Information Tent on 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.

PRIZE MONEY PRESENTED BY INSIGHT ACADEMY



AGE GROUP AWARDS

Awards will be mailed to the following:

The first place male and female finisher in each age group/distance

The overall top three male and female finishers in the 5k and 10k

The overall top three non-binary finishers in each distance

The overall top three male and female finishers in the WALKING DIVISION

Age Groups:

- | | |
|-----------------------------------|-----------|
| • 14 & Under
(5K and 10K ONLY) | • 50 - 54 |
| • 15 - 19 | • 55 - 59 |
| • 20 - 24 | • 60 - 64 |
| • 25 - 29 | • 65 - 69 |
| • 30 - 34 | • 70 - 74 |
| • 35 - 39 | • 75 - 79 |
| • 40 - 44 | • 80 - 84 |
| • 45 - 49 | • 85+ |

Events:

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

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. 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!

**If you pre-purchased your photos during registration, we will credit your account with Marathon photos. Stay tuned for more information via email.*



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.

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Good Luck!

