IMPORTANT RACE WEEKEND INFORMATION





MAY 17-18, 2025

START / FINISH LINE MAP

COURSE MAPS

PARKING & TRANSPORTATION INFO

COURSE SIGNAGE & FLAG SYSTEM

AND MUCH MORE!

WWW.CLEVELANDMARATHON.COM

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Dear athletes, volunteers and friends,

On behalf of the City of Cleveland, we are thrilled to welcome you to The Land for the 48th annual Cleveland Marathon! Whether you are a seasoned runner, a first-time participant, or a spectator, your dedication and enthusiasm for this tradition is inspiring.



This marathon is more than just a race; it's a celebration of community, health and perseverance. It is one of the oldest marathons in the country bringing thousands of individuals to Cleveland from across the globe.

We are honored to share our city with you and encourage you to explore everything Cleveland has to offer. Our city is proud of its rich history, historic landmarks, diverse culture and passionate residents, all of which contribute to the unique spirit of this event.

Thank you to everyone involved in making the Cleveland Marathon a success. Your participation not only represents your commitment to health and fitness but also supports our local economy and community initiatives.

Best of luck this weekend! Sincerely,

Justin M. Bibb

Mayor of Cleveland

2025 RACE WEEKEND

SCHEDULE OF EVENTS

FRIDAY, MAY 16

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 17

CLEVELAND 5K & 10K

7:30 am LOCATION: Start and Finish Location: St. Clair Ave. NE and W. Mall Dr.

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: Huntington Convention Center of Cleveland,

300 Lakeside Ave. E, Hall A



- Open to the Public DJ
- Beer Garden (opens at 8) 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





11:00 am LOCATION: St. Clair Avenue Northeast near Mall B

UNIVERSITY HOSPITALS CLEVELAND MARATHON SHAKE OUT RUN PRESENTED BY RISE & REIGN TRAINING + NUTRITION

12 pm at Mall B • Check in at Information Tent

2025 RACE WEEKEND

SCHEDULE OF EVENTS

SUNDAY, MAY 19

UNIVERSITY HOSPITALS 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

University Hospitals
Drusinsky Sports Medicine Institute

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

FRIDAY, MAY 16

12:00 pm - 6:00 pm

SATURDAY, MAY 17

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: clevelandmarathon.com/faqs

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.

E 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

Due to city limitations, please be advised that runners must keep a 16 min/mile - 7-hour pace to maintain open access to the marathon course. For runner safety and to adhere to street closure ordinances worked out with communities along the course route, participants who fall behind this pace who wish to finish will be required to move to the sidewalks, where available. The finish line will remain open and be staffed beyond the 7-hour mark to allow for these participants to complete their race experience.

Attention full marathoners:

Please note these cut-off times and locations:

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

- (Mile 9.2) @ 9:40am W 14th St and Clark Ave - Runners must be on the SIDEWALK going north until Starkweather
- (Mile 13.0) @ 10:40am Superior and Huron/W 9th - Half Full Split -All runners must do Half
- 3. (Mile 19.1) @ 12:15pm Detroit Ave & W 49th St - Prevent from continuing WB on Detroit. Must enter Shoreway
- (Mile 21.2) @12:45pm West Blvd & Shoreway Exit outbound - Prevent from doing Loop. Must return Fastbound

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.

Note bathroom locations in map below at E. Mall Drive and E. 6th St.



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
Tarle	Potentially Dangerous Conditions	Slow Down - Observe Course Changes/ Follow Cleveland Marathon Official's Instructions/Consider Stopping
The same of the sa	Less than Ideal Conditions	Slow Down - Be Prepared for Worsening 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 17 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, and refreshments. Not to mention fresh air, exercise and loads of fun!



MARATHON / HALF MARATHON

START TIMES

SUNDAY, MAY 18 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, Gatorade (Lemon Lime Endurance), 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, Tri Berry, Strawberry

Banana, and Raspberry Lemonade.

There will be a University Hospitals first

1. Cleveland State Lot 21 Mile 1.7

aid station at each water stop.

- 2. St Clair and 18th Mile 3.8
- 3. W 4th and Lakeside Mile 5.3
- 4. Scranton Rd Mile 6.8
- 5. W 14th Double Stop Miles 8.3 / 9.2
- 6. Abbey Ave CLE Sign Mile 10.7
- 7. Carnegie and Ontario Mile 12.3
- **8. Detroit Ave and W 25th** Miles 13.6 / 25.4
- 9. W 44th and Woodbine Mile 14.9
- 10. Detroit and W 38th Miles 16.6
- 11. Franklin and W 71st Miles 18
- 12. Shoreway (W 58th Access) Mile 19.6
- 13. West Blvd and Shoreway Mile 21
- 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

7 Fat Head's Beer

5

6 Fleet Feet - Merchandise

σı

Ice Tent

Massage/Recovery Tent by

CRR Run Club

Timing



START/FINISH LINE MAP

Saturday & Sunday | May 17-18, 2025





22 SISU Saunas

Incredibowls

20 Booby's Mobile Beverages

18 Medal Engravers 17 Cleveland Water Buggy 15 PR Bell by Yoked Jerky

For Art's Sake - Wall Art

16 Yoked Jerky Tent

12 Charity Village

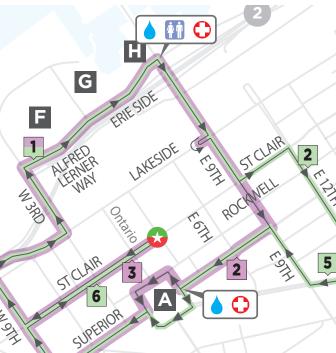
Ryl Tea



5K • 10K ROUTES Saturday, May 17, 2025

WENDY PARK





5K Saturday, May 17, 2025



3

4

CHESTER

START

TURN-BY-TURN DIRECTIONS

St. Clair Ave. Northwest at Mall B

JIAKI	St. Clair Ave. Northwest at Mail B
Right on	West 9th Street
Right on	West Lakeside Ave
Left on	West 3rd Street
Right on	Alfred Lerner Way
Right on	East 9th Street
Left on	Saint Clair Avenue
Right on	East 12th Street
Left on	Euclid Avenue
Left on	East 17th Street
Right on	Superior Avenue
Right on	East 18th Street
Left on	Euclid Avenue
Left on	East 21st Street
Left on	Chester Avenue
U turn on	Chester Avenue
Left on	East 21st Street
Right on	Superior Avenue East
Right on	East 22nd Street
Right on	Euclid Avenue
Right on	East 9th Street
Left on	Superior Avenue
Left on	East Roadway
Right on	South Roadway
Left on	Superior Avenue
Right on	West 9th Street
Right on	West Saint Clair Avenue
FINISH:	St. Clair Ave. Northwest at Mall B

- Public Square
- Playhouse Square
- Cleveland State
- Progressive Field
- Quicken Loans Arena
- First Energy Stadium
- Great Lakes Science Center
- Rock & Roll Hall of Fame
- Convention Center

LEGEND



Start/Finish



5K Course



10K Course



Fluid Station



5K Mile Marker



10K Mile Marker



Medical Station



Restrooms

THDN-R	Y-TURN DIRECTIONS
	I-TORN DIRECTIONS
START	St. Clair Ave. Northwest at Mall B
Right on	West 9th Street
Right on	Lakeside Avenue
Left on	West 3rd Street
Right on	Alfred Lerner Way
Right on	East 9th Street
Right on	Lakeside Avenue
U turn on	Lakeside Avenue
Right on	East 9th Street
Right on	Superior Avenue East
Right on	East Roadway
Left on	Rockwell Ave
Left on	West Roadway
Right on	West Superior Avenue
Right on	West 9th Street
Right on	West Saint Clair Avenue
FINISH:	St. Clair Ave. Northwest at Mall B



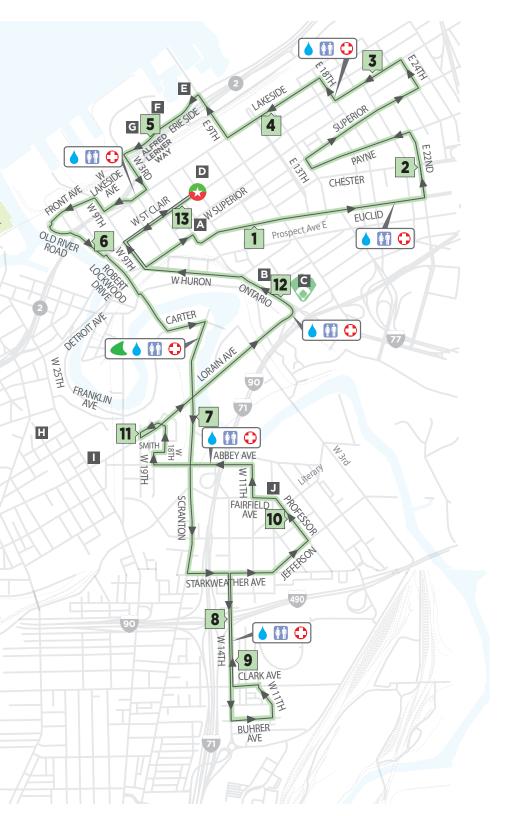
HALF MARATHON Sunday, May 18, 2025



LEGEND

- Start/Finish
- Half Marathon Course
- Fluid Station
- Gel Station
- 1 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





HALF MARATHON

Sunday, May 18, 2025 • 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

Carter Road	Turn left
Robert Lockwood Drive onto Carter Road Bridge	Turn right Sliaht left
through roundabout to stay on Old River Rd	Turn right
through roundabout to Old River Rd	Turn left
Front Avenue	Turn left
West 9th Street	Turn right
West Lakeside Avenue	Turn right
West 3rd Street	Turn left
Erieside Avenue	Turn left
East 9th Street	Turn right
Lakeside Avenue	Turn left
East 18th Street	Turn right
Saint Clair Avenue	Turn left
East 24th Street	Turn left
Superior Avenue	Turn right
E. 13th Street	Turn right
Payne Avenue	Turn left
East 22nd Street	Turn left
Keep right onto Euclid Avenue	Keep right o
West Roadway	Turn right
West Superior Avenue	Turn left
West 9th Street	Turn left
Start on Mall B and head west	START:

FINISH:	Turn right \	Slight right \	Turn left \	Turn left (Turn sharp left	Turn left \	Turn left (Turn left \	Turn right	Turn right \	Turn left /	Turn right \	Keep slight lef	Turn left I	Slight left :	Turn right :	Turn right \	Turn left (Turn left 1	Turn left I	Turn right \	Turn left :	Turn Snarp rig
Mall B	West Saint Clair Avenue	West 9th St	West Huron Road	Ontario Street	Turn sharp left onto Lorain Avenue	West 20th Street	Old Lorain Avenue	West 18th Street	Smith Court	West 19th Street	Abbey Avenue	West 11th Street	left onto Fairfield Avenue	Professor Avenue	Jefferson Ave	Starkweather Avenue	West 14th Street	Clark Avenue	West 11th Street	Buhrer Ave	West 14th Street	Starkweather Avenue	Turn sharp right onto Scranton Road
	(D																						





FULL MARATHON Sunday, May 18, 2025







Full Marathon Course

- Fluid Station
- Gel Station
- 1 Full Marathon Mile Marker
- Medical Station
- Restrooms

A Public Square

quare F Great Lakes Science Center

BRIDGE AVE

▲ ♦ 🖺 ♦

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ATON RD

🌢 🚻 🗘

- **B** Quicken Loans Arena
- H Ohio City
- C Progressive FieldD Convention Center
- I West Side Market

G First Energy Stadium

E Rock and Roll Hall of Fame

CHESTER

1

Prospect Ave E



FULL MARATHON

Sunday, May 18, 2025 • 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

Turn left		Turn right		Turn right	Keep slight	Turn left	Slight left			Turn left	Turn left	Turn left	Turn right	Turn left	Turn right	Turn left	Slight left	Turn right	Turn right th	Turn left thr				Turn left								Turn right	Turn left	Turn left	Keep right o	Turn right	Turn left	Turn left	START:	
W 18th St	Smith Court	West 19th Street	Abbey Avenue	West 11th Street	left onto Fairfield Avenue	Professor Avenue	Jefferson Avenue	Starkweather Avenue	West 14th Street	Clark Avenue	West 11th Street	Buhrer Ave	West 14th Street	Starkweather Avenue	Scranton Road	Carter Road	onto Carter Road Bridge	Robert Lockwood Drive	through roundabout onto Old River Road	through roundabout to Old River Road	Front Avenue	West 9th Street	Lakeside Avenue	West 3rd Street	Erieside Avenue	East 9th Street	Lakeside Avenue	East 18th Street	Saint Clair Avenue	East 24th Street	Superior Avenue	East 13th Street	Payne Avenue	East 22nd Street	onto Euclid Avenue	West Roadway	Superior Avenue	West 9th Street	Start on Mall B and head west	

			i e			-			2/			À																											
FINISH:	Turn right	Turn left	Turn left	Turn right		Keep left to	Turn left	Turn left	Turn right	Turn right	Keep left	Turn right	right	Keep right to	Turn right	Turn left	Turn right	Turn sharp r	Turn left	Turn right	Turn right	Turn left	Turn left	Turn left	Turn right	Turn right	Turn right	Turn left	Turn left	Turn right		Keep straigh	Turn left	Turn left	Turn left	left	sharp l		Turn left
Mall B	West Saint Clair Avenue	West 9th Street	Detroit Avenue	West 25th Street	left onto to exit towards West 25th St	enter Cleveland Memorial Shoreway	Lake Avenue	West 115th Street	Harborview Drive	Edgewater Drive	onto Cliff Drive	West Boulevard	to exit towards Lake Road		onto Herman Avenue	West 49th Street	Detroit Avenue	right onto West 74th Street	Franklin Boulevard	West 69th Street	Bridge Avenue	West 57th Street	Detroit Avenue	West 29th Street	Clinton Avenue	West 48th Street	Bridge Avenue	West 44th Street	Franklin Boulevard	West 38th Street	onto Bridge Avenue	straight through roundabout and exit onto Fulton Rd	West 28th Street	Detroit Avenue	West Huron Road	Ontario Street	eft onto Lorain Avenue	West 20th Street	Old Lorain Avenue

SECURITY AND GEAR CHECK

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.

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.



Gear Check Bag Example

GEAR CHECK - IMPORTANT

Runners will be able to store their gear at a gear check drop-off area located 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.

If you are using gear check, please read carefully:

1. Approved Bag

- FOR SECURITY REASONS, you
 MUST use the clear bag provided at
 the expo NO EXCEPTIONS.
- Extra clear bags will be available when you pick up your bib if needed.

2. Preparing Your Bag

- On race day, please have your bag fully prepared before approaching the gear check tent.
- Gear check will be located at Mall B, off St. Clair Avenue, near the start and finish lines.

3. Labeling Your Bag

- ALL bags MUST be labeled with:
- The pull tab from your race bib
- A label with your bib number clearly written

4. Items NOT Allowed

- Personal backpacks, duffel bags, or any non-clear bags are NOT permitted.
- These items must be left with a family member or secured in your vehicle.

SPECTATORS AND CHEER GROUP GUIDE

BEST SPOTS TO WATCH

SATURDAY, MAY 17

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 - Fuclid and F 22nd - Mile 3 4

SUNDAY, MAY 18

Full & Half Marathon

Featured Party Stop! Saucy Brew Works - Mile 16.3

Hosting a race day party! Stop by for food, drinks, and major cheering energy

Public Square - Mile 0.8

Watch in the heart of the city under Cleveland's iconic skyscraper. Rebol open Saturday for pre and post-race fuel and vibes

Playhouse Square - Mile 1.5

Watch under the chandelier at the second-largest theater district in the United States. Sparkle and cheer like stars on stage.

Cleveland State University - Mile 2

Watch the runners dash through Viking country—feel the school spirit and energy of this dynamic campus hub.

Rock & Roll Hall of Fame - Mile 4.6

Cheer like a rockstar as runners pass this legendary music landmark where the beat never stops and neither do the runners. Live music and rock vibes.

Browns Stadium - Mile 5

Feel the Dawg Pound energy right outside the home of the Cleveland Browns. Big-league cheers, big-time fun.

Flats East Bank - Mile 5.2

Prime watch party at Cocky's Bagels with \$5 mimosas. Bonus: Margaritaville's patio brings waterfront vibes.

Rising Star Coffee - Mile 16.3

This local roaster brings craft caffeine and cozy corner cheering—perfect for that late-race lift.

Brewnuts - Mile 17.9

Donuts and high-fives! A sweet boost for runners, and a sugary celebration for spectators.

Harness Cycle Cheer Group - Mile 18.7

Pedal-powered positivity! This highenergy cheer zone brings the spin studio to the streets.

Tri Cleveland Cheer Zone - Mile 21

Legends of endurance pumping up the final push. Feel the grit and greatness here.

Luna Bakery - Mile 25

Fresh pastries and finish-line vibes this is the sweet spot for watching dreams come true.

St. Malachi - Mile 25.3

Big finish energy at one of Cleveland's most historic parishes. Faith, fans, and final steps collide here.



Sun. May 18 • Doors Open at 8 AM • Open To The Public







Brunch Menu Available - Sign Making Station

Cleveland Marathon Route >>

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

Awards will be mailed to the following:

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

The overall top three male, female and non-binary finishers in the 5k, 10k, half marathon and full marathon.

The overall top three male and female finishers in the WALKING DIVISION for all four distances.

• 50 - 54

• 55 - 59

• 60 - 64

• 65 - 69

• 70 - 74

• 75 - 79

• 80 - 84

• 85+

Age Groups:

- 14 & Under (5K and 10K ONLY)
- 15 19
- 20 24
- 25 29
- 30 34 • 35 - 39
- 40 44
- 45 49

Events:

- Marathon
- Half Marathon
- 10K
- 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 photos and/or an upgrade during registration, please wait until you receive an email after the race from Marathon Photos to claim your photos. Please do not purchase photos again!



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.
- 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.
- 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.
- 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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