



**Rite Aid 2017
Cleveland
Marathon**
Full • Half • 10K • 8K • 5K



2017 Runner's Agenda

Important Race Day Information:

- Start/Finish Line Map
- Course Map
- Parking & Transportation Info
- Course Signage & Flag System
- And much more!

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40 YEARS RUNNING • 2017



Rite Aid
**Cleveland
Marathon**
Full • Half • 10K • 8K • 5K

EST.
1978

40 Never Felt
So Good!

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Saturday Events

Start Times

Saturday, May 20

8:00 am

5K & 8K Start

**8K will start moments after the 5K*

Public Square
Cleveland, OH 44114

10:00 am

Kids' Run Start

Public Square
Cleveland, OH 44114

Packet Pick Up

Participants in Saturday's events are encouraged to pick up their race packets Friday at the Prayers from Maria Health & Fitness Expo. Those participating in the Challenge Series will only receive one bib. This must be worn for both Saturday's and Sunday's events in order to record participants' results and for medals to be awarded.

Medals

Participants in the 5K and 8K will receive their medals immediately after completing their race. Those participating in the Challenge Series will receive a total of three medals. The first medal will be given to participants immediately after they complete their event on Saturday, and the second medal will be given upon completion of their event on Sunday. In order to receive their third medal, participants will need to go to the Challenge Series tent at the finish line area. Please refer to the Start/Finish Map for the location of this tent.

Water Stops

There will be two water stops along the 5K and 8K courses, including one on Erieside Avenue (5K/8K) and one on St. Clair Avenue (8K only).

Color-Coded Directional Signs

To make course navigation as simple as possible, each race has its own color. These assigned colors will be present on the respective directional signage along the course. 5K information will be GOLD; 8K information will be PURPLE.

Kids' Run - 10:00 am

The Rite Aid Cleveland Marathon Kids' Run kicks off at 10:00 am in Public Square. Race day registration is available at 9:00 am at Public Square for a cost of \$15 per child. Kid participants receive a t-shirt, medal, bib and goody bag.

Start times are staggered based on age and will begin at 10:00 am. Each age group will wait in a group until they are called to the start line.

3 years old and under: 50 yards

4 to 6 years old: 100 yards

7 to 8 years old: 1/4 mile

9 to 10 years old: 1/2 mile

11 to 12 years old: 1/2 mile



RITE AID Rite Aid 2017
PHARMACY Cleveland
Marathon
 Full • Half • 10K • 8K • 5K
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Rite Aid Cleveland 5K & 8K

Saturday, May 20, 2017 | 8:00 am

Location: Public Square, Cleveland, Ohio

Turn-by-Turn Directions

Start 5K & 8K Route

START: Superior just west of Public Square
 Right on W. 9th
 Right on St. Clair Ave.
 Left on W. 3rd (becomes Erieside Ave.)
 Right on Erieside Ave.
 Left on Erieside Ave. at Alfred Lerner Way
 Right on E. 9th
 Left on Lakeside Ave. East

5K Route Continued

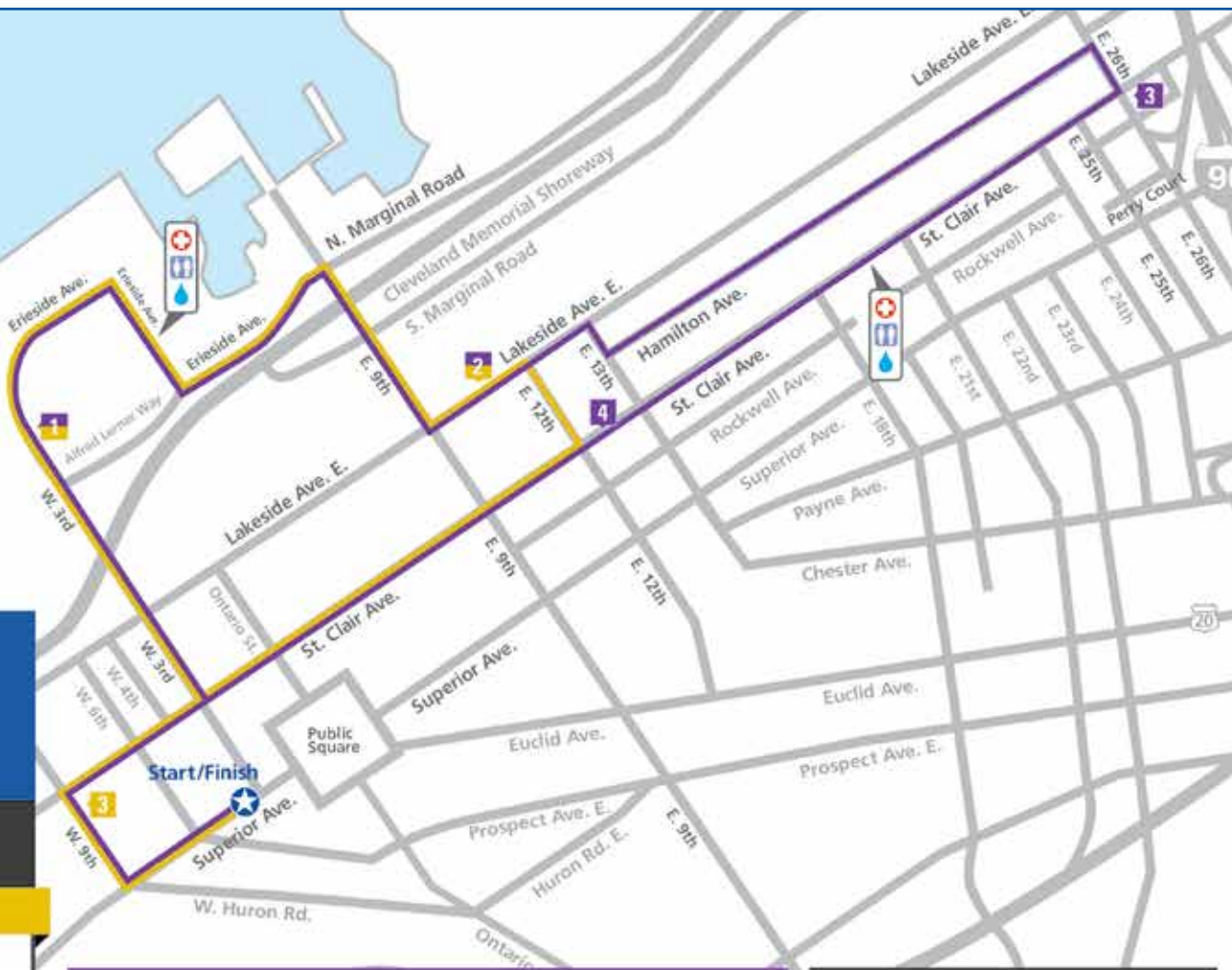
Right on E. 12th
 Right on St. Clair Ave.
 Left on W. 9th
 Left on Superior Ave.
FINISH: Superior just before Public Square

8K Route Continued

Right on E. 13th
 Left on Hamilton Ave.
 Right on E. 26th
 Right on St. Clair Ave.
 Left on W. 9th
 Left on Superior Ave.
FINISH: Superior just before Public Square

Legend

-  5K Course
-  8K Course
-  Fluid Station
-  5K Mile Marker
-  8K Mile Marker
-  Medical Station
-  Restrooms





RITE AID Rite Aid 2017 **PHARMACY** Cleveland **Marathon** Full • Half • 10K • 8K • 5K

Start/Finish Line Map

7:00 am Full, Half & 10K start

* Runners need to arrive at
Start Area by 6:00 am

Legend

- 1 Iforgot Tent (bandages, sunscreen, etc.)
- 2 Stage
- 3 Gear Check (drop off/pick up)
- 4 Food & Medals
- 5 Photos
- 6 Challenge Series Tent
- 7 Merchandise Tent (Fleet Feet and Idutri)
- 8 Gilead Tent
- 9 Volunteer Check-in & Info Booth
- 10 Stage
- 11 American Greetings Tent
- 12 Charity Village
- 13 Rite Aid Tent

* Restrooms available in Quicken Loans Arena (south entrance)



Sunday's Agenda

Sunday, May 21

6:50 am

Wheelchair Exhibition Start

7:00 am

Marathon/Half Marathon/10K Start

Ontario at northwest corner of
Quicken Loans Arena

Age Group Divisions

*Marathon, Half Marathon, 10K, 8K
& 5K*

14 and under	30-34	55-59
15-19	35-39	60-64
20-24	40-44	65-69
25-29	45-49	70 and over
	50-54	

Pace Teams

Rite Aid Cleveland Marathon is providing pace leaders for runners looking to finish at various times between 3:00 and 5:25. For more details on this free service, visit the Pace Team Booth at the Expo.

Running Numbers/Bibs

Competitor numbers (bibs) should be pinned only to the front of your shirt. Do not remove the bottom tag. Challenge Series participants will only receive one bib. Please save it for reuse on Sunday.

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 Letter assignment (Elite, A – F, Walker) on your bib and find the corresponding feather banners identifying the location of your area within the start corral.

Look for corral letter banners in start area to find the appropriate start location based on the letter on your bib.



Marathon	Half Marathon	10K	Corral Letter Assignment
Elites	Elites	Elites	Elite
3:10 + faster	1:35 + faster	0:44 + faster	A
3:11 to 3:30	1:36 to 1:45	0:45 to 0:49	B
3:31 to 3:50	1:46 to 1:55	0:50 to 0:54	C
3:51 to 4:15	1:56 to 2:10	0:55 to 1:01	D
4:16 to 5:00	2:11 to 2:30	1:02 to 1:10	E
5:01 to 6:00	2:31 to 3:00	1:11 to 1:24	F
6:01 +	3:01 +	1:25 +	F
Walking Division	Walking Division	Walking Division	Walkers



Health & Fitness Expo

All participants are required to pick up their packets and bibs on Friday or Saturday at the *Health and Fitness Expo presented by Prayers From Maria Children's Glioma Cancer Foundation*. Late registration or packet pick-up will not be available on Sunday morning.

Time:

Friday, May 19
11:00 am – 7:00 pm

Saturday, May 20
10:00 am – 6:00 pm

Location*:

Huntington Convention Center
of Cleveland
300 Lakeside Ave.
Cleveland, OH 44113

***Please note there may be delays on Lakeside Avenue and accessing parking off of Lakeside on Friday, May 19 between 10:00 am and 12:00 pm due to the Policeman's Memorial Parade (starts at 10:30 am).**

ChronoTrack Timing System

Runners will again be using the B-Tag disposable bib ChronoTrack Timing System for accurate timing and scoring for runners. The timing system has nothing to do with your shoe! The ChronoTrack 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.

Walking Divisions

There are walking divisions for the marathon, half marathon and 10K. 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. The top five male and female finishers of each division will receive an award. If you win

an award and did not walk the entire route, you will be expected to inform the race officials and move into the running division.

Restrooms

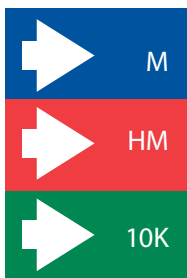
100 porta-johns will be strategically located at various points along the course near water stops. There will be an additional 100 restrooms near the start and finish of the race, including some inside the south entrance of Quicken Loans Arena.

Water Stops

Water, PowerAde, petroleum jelly and band-aids will be available at 18 aid stations along the marathon route, 8 on the half marathon route and 3 along the 10K route (count includes finish line). Honey Stinger will provide energy gel near miles 9, 16.5 and 19.5. A medical tent will be available at every water stop.

Color-Coded Race 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; and 10K information will be GREEN.



Color-Coded Mile Markers

Mile markers also reflect our color-coding system. Marathoners should look for BLUE; Half Marathoners for RED; 10K participants should follow the GREEN signs.



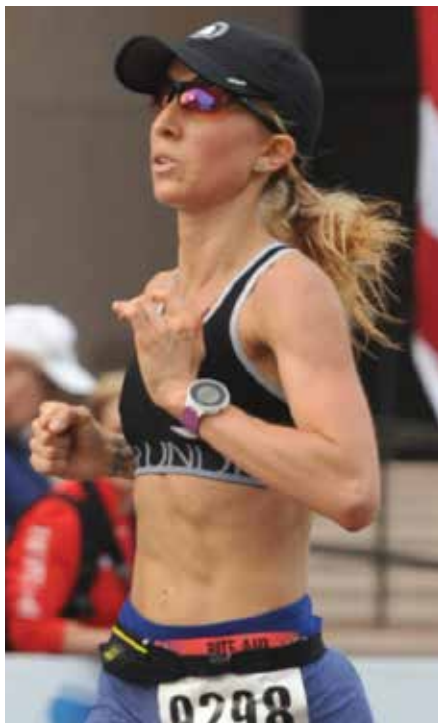
Finish Line

Runners should check time on digital clocks and continue moving as quickly as possible to water, food and medal tables. Please don't linger in the finish line area, as it can get quite congested.

Marathon, Half Marathon & 10K Race Notes

Course Closing Time

Marathon participants will be officially timed for seven hours and half marathon participants for four hours from the start time, and course services will be provided for runners maintaining this pace (approximately 16 minutes per mile). After the majority of runners have reached the finish line, police may determine for safety reasons that the remaining participants use the sidewalks. For your own safety, please obey all signage and traffic control



instructions. Closed streets will begin to open to traffic at 1:00 pm.

PLEASE NOTE: Only registered runners/walkers will be permitted on the course. No bicycles or other wheeled vehicles are permitted.

Changing Races

If you are pre-registered for one of the three events (Marathon, Half Marathon, 10K) and wish to change events, you must notify race organizers at the registration table at the *Health and Fitness Expo presented by Prayers From Maria Children's Glioma Cancer Foundation* at the Huntington Convention Center of Cleveland, 300 Lakeside Ave., Cleveland OH 44113, Friday or Saturday during registration hours.

PLEASE NOTE: Runners will be charged a \$20 fee to switch events and a \$25 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.

USATF Drug Testing

Athletes who participate in this competition may be subject to formal drug testing in accordance with USATF rules and IAAF Rule 144. Athletes found positive for banned substances or who refuse to be tested, will be disqualified from this event and will lose eligibility for further competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at 1-800-233-0393.

Race Day Parking

All participants MUST be downtown before 6:00 am, when many of the roads are shut down.

You may park in any lot that is open to the public. Check **clevelandmarathon.com/RaceDayParking** for a full list of parking locations in downtown Cleveland. Some potential lots include:

Ampco Parking Lot 8003

1101 W. 9th St., Cleveland, OH 44113

Ampco Parking Lot 8139

600 Front Ave., Cleveland, OH 44113

North Point Garage

1111 E. 9th St., Cleveland, OH 44114

Erievue Tower Garage

100 Erievue Plaza, Cleveland, OH 44114

Willard Parking Garage (enter from E. 9th Street)

601 Lakeside Ave. E, Cleveland, OH 44114

Parking is also available at any Ampco facility in downtown Cleveland.

PLEASE NOTE: Access in and out of many of these lots will be limited during the running of the races. Please plan accordingly.

RTA Public Transportation

Don't search for parking Sunday - Ride RTA downtown

RTA's trains come to Tower City and buses to Public Square, just steps away from the start line! The easiest and quickest option is to take the train in and exit at Tower City. At the end of the race, walk a block back or take the C-Line trolley on St. Clair back to Tower City.

Prices/Riding Options

The best option is an All-Day pass for \$5. All train and bus routes are on **riderta.com**. There are ticket vending machines at all major stops or tickets can be purchased in advance by visiting **riderta.com**.



**Plan ahead, call the RTAnswerline:
216-621-9500**

Customer service reps can plan your route! Call M-F, 7:00 am to 6:00 pm and on Saturday from 8:00 am to 4:30 pm.

Direct train service from CLE airport

RTA's Red Line train is an easy ride away from downtown and only costs \$2.25 one-way (sure beats a \$40 cab ride!). At the Tower City (Downtown, Public Square) exit, customers can walk to the Marriott and Renaissance Hotels directly and are steps away from trolleys that connect to other hotels.

Maps

It is easy to get around via transit in Cleveland, on the bus, train, trolley and Bus Rapid Transit "the HealthLine." Check out all the maps for your options:

riderta.com/maps

Free parking while riding RTA trains!

There are nearly 8,000 free spaces available at the stations. All station locations can be found here:

riderta.com/facilities

Additional info

Still have questions? Browse **riderta.com** or call the RTAnswerline at **216-621-9500**.

**Great Lakes Brewing Co. 26.3
Mile Finish Line Rock Party**

The finish line rock party for runners and spectators in Public Square starts at 8:30 am. The finish line party is free and open to the public and will include live music, food, refreshments and beer. Runners or general public who wish to purchase beer will need to present valid identification.

Live Results

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

Live Runner Tracking

Runner tracking is available in real-time via searchable results online at **clevelandmarathon.com**. Live runner updates are also available via text messaging, e-mail, Twitter or Facebook. Sign up through the link on the homepage of the marathon's website to receive free updates.

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 Rite Aid Cleveland

**Weather Condition
Flag System**

Weather conditions can have a significant effect on your safety as a marathon participant. Therefore, University Hospitals Sports Medicine would like you to be aware of the following colored flag system that will be in effect on race day.

Keep your eyes open for the colored flags posted throughout the course and aid stations.

	Cold weather, increased risk for hypothermia
	Good weather conditions
	Caution, increased risk of heat injury
	Extreme Heat Risk
	Race cancelled due to dangerous environmental conditions

Marathon official. Any unattended bags are subject to search and removal from the premises. Please take advantage of the secured gear check area located in Public Square.

Secured Gear Check

Runners will be able to store their gear at a gear check drop-off area located conveniently near the finish line in Public Square, please refer to the Start/Finish Line Map in this document. Every participant will be provided with a clear bag for gear check at the Expo. 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 Rite Aid Cleveland Marathon is not responsible for any lost or stolen items. Runners who store their gear will do so at their own risk.

Pasta Party

Participants and their families can enjoy a pre-race pasta dinner on Saturday, May 20. The dinner will be served downstairs at the Hyatt Regency from 6:00 - 8:00 pm. Please enter through the Arcade at 420 Superior Ave. Runners may choose from an assortment of pasta, salads and beverages. Tickets can be purchased on the Cleveland Marathon website, at the Expo Friday and Saturday and at the door. Cost is \$22 for adults and \$15 for kids 12 and under.

Lost and Found

The Lost and Found will be located at the Information Booth in Public Square near the Volunteer Check-in Tent.



Merchandise on Sale

Rite Aid 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 Brooks. Custom leggings and posters will be available for sale at the Expo.

Backpack & Bag Policy

Backpacks and bags will not be allowed at the *Health and Fitness Expo presented by Prayers From Maria Children's Glioma Cancer Foundation*. Bags and backpacks are **strongly** discouraged at the Start/Finish areas on race day. For participants, clear gear check bags will be provided and those must be used for gear check on race day. Spectators are asked to travel lightly as well. Those with diaper bags, purses and other items should note that their bags could be searched in the vicinity of the start and finish lines. Any unattended bags are subject to search and removal from the premises.



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.

2017 PRIZE MONEY

Marathon (Open)

PLACE	MEN	WOMEN
1st	\$3,000	\$3,000
2nd	\$1,500	\$1,500
3rd	\$1,000	\$1,000
1st Master's	\$750	\$750
TOTAL	\$6,250	\$6,250

TOTAL PRIZE MONEY

Men & Women – \$12,500

NOTE: Men's marathon winner and women's marathon winner earn an additional \$3,000 each if they break 2:20 and 2:40, respectively.

10K (Open)

PLACE	MEN	WOMEN
1st	\$2,000	\$2,000
2nd	\$1,000	\$1,000
3rd	\$500	\$500
4th	\$400	\$400
5th	\$250	\$250
1st Ohioan	\$500	\$500
1st Master's	\$500	\$500
TOTAL	\$5,150	\$5,150

TOTAL 10K PRIZE MONEY

Men & Women – \$10,300

NOTE: There is no prize money in the Half Marathon, 8K or 5K.

Prize Money Guidelines

1. An athlete can be awarded prize money in only one category.
2. Prize money winners and elite athletes cannot qualify for age division awards.
3. If a runner places in two prize money categories of equal value, prestige takes precedence. (Example: If runner qualifies 3rd in 10K and as Top Ohioan, he or she would be awarded 3rd place in 10K.)
4. Cash awards are based on gun time not chip time.
5. Runners must be officially registered for an event in order to qualify for any awards or cash prizes.

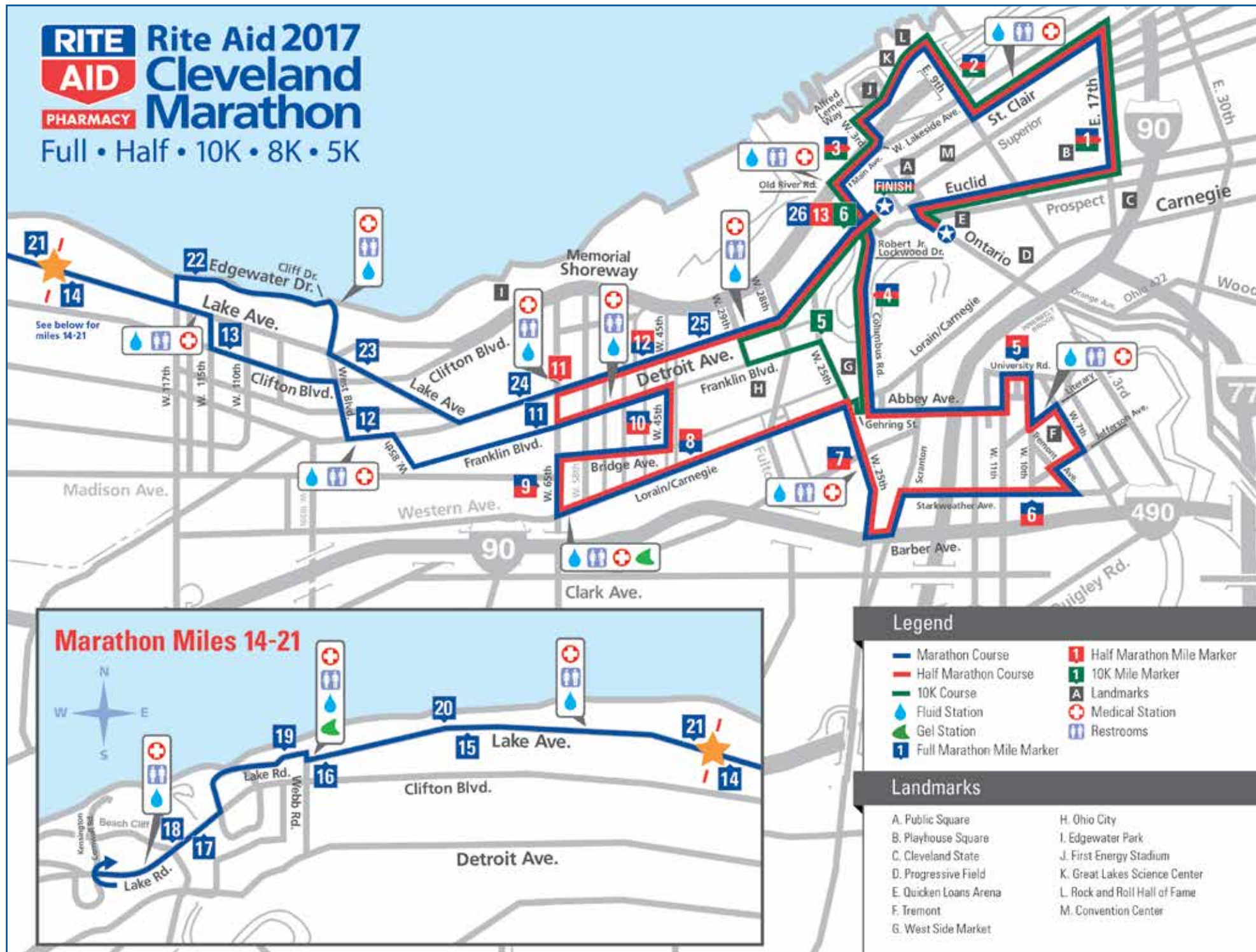
Records

- Men's Marathon: Pavel Kokin, 2:10:29 (2000)
- Women's Marathon: Tatiana Pozdniakova, 2:30:15 (1998)
- Men's Half Marathon: Derrick Butler, 1:07:54 (2007)
- Women's Half Marathon: Christie Foster, 1:19:47 (2012)
- Men's 10K: Joseph Kimani (World Record), 27:20 (1996)
- Women's 10K: Asmae Leghzaoui, 31:10 (2005)



Rite Aid 2017 Cleveland Marathon

Full • Half • 10K • 8K • 5K



Start Time

7:00 am Full, Half & 10K start

* Runners need to arrive at
 Start Area by 6:00 am

Turn-by-Turn Directions

■ Marathon ■ Half Marathon ■ 10K

Start (All Routes)

START: Ontario just south of Huron Road
 Right on South Roadway (becomes Euclid Ave.)
 Left on E. 17th
 Left on St. Clair Ave.
 Right on E. 9th
 Left on Alfred Lerner Way
 Left on W. 3rd
 Right on Lakeside Ave. (becomes Main Ave.)
 Left on Old River Rd.
 Right on Robert Jr. Lockwood Dr.
 Slight right on Columbus Rd.
 Left on Columbus Rd.

10K Route Continued

Right on Abbey Ave.
 Right on Gehring St.
 Left on Lorain/Carnegie Ave.
 Right on W. 25th
 Left on Franklin Blvd.
 Right on W. 29th
 Right on Detroit Ave.
FINISH: Detroit/Superior Ave. (before W. 3rd)

Full & Half Marathon Continued

Left on Abbey Ave.
 Left on W. 11th
 Right on University Rd.
 Right on W. 10th
 Left on Literary Rd.
 Right on W. 7th
 Right on Jefferson Ave.
 Left on Tremont Ave.
 Right on Starkweather Ave.
 Left on Scranton Rd.
 Right on Barber Ave.
 Right on W. 25th
 Left on Lorain Ave.
 Right on W. 65th
 Right on Bridge Ave.
 Left on W. 45th
 Left on Franklin Blvd.

Half Marathon Route Continued

Right on W. 65th
 Right on Detroit Ave.
FINISH: Detroit/Superior Ave. (before W. 3rd)

Marathon Reminders

Color-Coded Race Directional Signs

In order to make course navigation simpler, 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**; and 10K information will be **GREEN**.

Color-Coded Mile Markers

Mile markers also reflect our color-coding system. Marathoners should look for **BLUE**; Half Marathoners for **RED**; and 10K participants should follow the **GREEN** signs.

Finish Line

Runners should check time on digital clocks and continue moving as quickly as possible to water, food and medal tables. Please don't linger in the finish line area, as it can get quite congested.



Full Marathon Continued

Right on W. 85th
 Left on Detroit Ave.
 Right on West St.
 Left on Clifton Blvd.
 Right on W. 115th
 Left on Lake Ave.
 Right on Webb Rd.
 Left on Lake Rd.
 Right on Clifton Blvd. (becomes Lake Rd.)
 180° turn On Lake Rd. (becomes Clifton) just east of Kensington (Cornwall Rd.)
 Left on Lake Rd.
 Right on Webb Rd.
 Left on Lake Ave.
 Left on W. 117th
 Right on Edgewater Dr.
 Left on Cliff Dr. (becomes West Blvd.)
 Left on Lake Ave.
 Left on Detroit Ave.
FINISH: Detroit/Superior Ave. (before W. 3rd)

2017 Rite Aid Cleveland Marathon Sponsors

Title Sponsor



With us, it's personal.

Platinum Sponsor



american greetings

Bronze Sponsors



Health and Fitness Expo Sponsor



Official Medical Provider



Official Printer



Production Provider



Proud Race Partner of the USA Today Sports Active Alliance



Official Nutrition Bar



Supporting Sponsors: Hyatt Regency Cleveland at the Arcade • Fleet Feet Sports • Brooks Cleveland Cavaliers • Rock and Roll Hall of Fame and Museum Cleveland Gladiators • G&G Fitness • Honey Stinger • Lake Erie Monsters Cleveland Indians • Eat'n Park • Dairymen • UTZ Quality Foods • Herr's

Friends of the Marathon: City of Cleveland • Cleveland City Council • Destination Cleveland Lakewood, Ohio • Lakewood Alive • City of Rocky River

Media Partner: WKYC Channel 3

Race Partners: We Run This City



Rite Aid Cleveland Marathon

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clevelandmarathon.com

