

IMPORTANT RACE WEEKEND INFORMATION



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THE APP**

**RITE AID
CLEVELAND
MARATHON**
FOR IOS AND ANDROID

For all of your race needs
before, during, & after,
all in one place!

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RUN CLEVELAND

RUNNER'S AGENDA



**Rite Aid 2019
Cleveland
Marathon**

Full • Half • 10K • 8K • 5K • 1 MILE

— 2-DAY CHALLENGE SERIES —

START/FINISH LINE MAP

COURSE MAP

PARKING & TRANSPORTATION INFO

COURSE SIGNAGE & FLAG SYSTEM

AND MUCH MORE!

[**www.clevelandmarathon.com**](http://www.clevelandmarathon.com)



Personalized deals sent to you

Sign up for
weekly emails
by texting
RITEAID to
88688.*



*Text message rates may apply.

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2019 Race Weekend

SCHEDULE OF EVENTS

FRIDAY, MAY 17

HEALTH & FITNESS EXPO 12 pm – 7 pm

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



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

SATURDAY, MAY 18

RITE AID CLEVELAND 5K & 8K 8 am

LOCATION: Public Square, Cleveland,
Start Line West of Public Square at Superior

HEALTH & FITNESS EXPO 12 pm – 7 pm

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



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

RITE AID CLEVELAND 1-MILE RUN 10 am

LOCATION: Public Square, Cleveland

RITE AID CLEVELAND KIDS RUN 11 am

LOCATION: Public Square, Cleveland

PASTA DINNER (RUNNERS & FAMILIES) 6 pm – 8 pm

LOCATION: Served downstairs at the Hyatt Regency

SUNDAY, MAY 19

WHEELCHAIR EXHIBITION 6:50 am

LOCATION: Ontario St. at Rocket Mortgage Fieldhouse, NW Corner

**RITE AID CLEVELAND MARATHON,
HALF MARATHON & 10K (RUNNERS & WALKERS)** 7 am

START: Ontario St. at Rocket Mortgage Fieldhouse, NW Corner

FINISH: Superior Ave. and W. 3rd St.

WE RUN THIS CITY—YOUTH MARATHON PROGRAM 12 pm

START: Detroit Ave. and W. 32nd

FINISH: Superior Ave. and W. 3rd St.

- 600 Middle School Students from Cleveland Municipal Schools will run 1.2 miles to finish their 26 mile training

GREAT LAKES BREWING CO.

26.3 MILE FINISH LINE ROCK PARTY 8 am

LOCATION: Public Square, Cleveland



- Open to the Public • Live Music • Food and Drinks
- Beer Garden (opens at 8 am) Featuring Drinks from Great Lakes Brewing Co. and Tito's Handmade Vodka (ID Required)

HEALTH & FITNESS EXPO

The *Health and Fitness Expo*, presented by *Prayers From Maria Children's Glioma Cancer Foundation*, has something for everyone. You'll be able to shop for discounted running shoes, apparel and gear and pick up all of your race day materials.

We're expecting more than 100 vendors to participate in this year's Expo, and you'll have a chance to purchase their products at amazing discounts.



**Prayers from
Maria**

Children's Glioma
Cancer Foundation™

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 or packet pick-up will not be available on Sunday morning.

FRIDAY, MAY 17

12:00 pm – 7:00 pm*

SATURDAY, MAY 18

9:00 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 17 between 10:00 am and 12:00 pm due to the Policeman's Memorial Parade (starts at 10:30 am).**

BIBS

There are a few ways to obtain your bib number before attending the Expo.

- An email will be sent to you indicating your bib number. Please keep and bring to expo upon arrival
- You may retrieve your bib number by following these instructions: <https://www.clevelandmarathon.com/registration/bib-numbers.aspx>
- There will be bib look up booklets at the expo upstairs from the showroom floor
- Through the Cleveland Marathon APP.

PURCHASE PASTA PARTY TICKETS

Participants and their families can enjoy a pre-race pasta dinner on Saturday, May 18. 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.

VIRTUAL RACE BAG

All participants will receive an email inviting them to access the Virtual Event Bag the week before the race. This is a virtual “goody” bag that includes sponsor coupons, race partner offers and other incentives. The race bag will be available for two weeks so watch your email to access!



REGISTRATION CHANGES

All Registration changes must be made at the Registration/Solution area at the Expo. If you are pre-registered for one of the events and wish to change events, pick up current bib then go to Solutions desk 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.

Report to the Solutions Desk at the Expo for any other registration issues/changes.

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

VIP CLUB MEMBERS

You will receive all of your race day passes and information from the Health and Fitness Expo upon picking up your packet at the VIP Express Pick up table. The VIP Package will not be available for purchase at the Expo.



SATURDAY RACES

START TIMES

SATURDAY, MAY 18

8:00 AM

5K & 8K START

Public Square
Cleveland, OH 44114

10:00 AM

1 MILE START

Public Square
Cleveland, OH 44114

11:00 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 *Health & Fitness Expo, presented by Prayers from Maria*. 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.

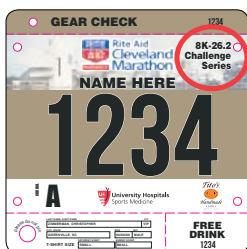
5K & 8K MEDALS

Participants in the 5K and 8K will receive their medals immediately after completing their race.

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 Sunday. 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 across from The Science Center (5K/8K) and one on East 12th and St. Clair (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 - 11:00 AM

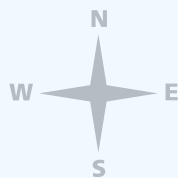
The Rite Aid Cleveland Marathon Kids' Run kicks off at 11:00 am in Public Square. Race day registration is available at 10:30 am at Public Square for a cost of \$10 per child. Kid participants receive a t-shirt, medal, bib and gift.

Kids run will begin at 11:00am. 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 2019 Cleveland Marathon



5K • 8K ROUTE MAPS

Saturday, May 18, 2019 • 8:00 am

Location: Public Square • Cleveland, OH

TURN-BY-TURN DIRECTIONS

START 5K & 8K ROUTE

START:	Superior (West of Public Square)
Right on	West 9th Street
Right on	St. Clair Avenue
Left on	West 3rd Street
Right on	Alfred Lerner Way (becomes Erieside)
Right on	East 9th Street
Left on	Lakeside Avenue

5K ROUTE CONTINUED

Right on	East 13th Street
Right on	St. Clair Avenue
Left on	West 9th Street
Right on	Superior Avenue
Turn around at the base of Detroit/Superior Bridge	

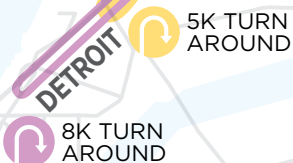
FINISH: Superior (West of Public Square)

8K ROUTE CONTINUED

Right on	East 26th Street
Right on	St. Clair Avenue
Left on	West 9th Street
Right on	Superior Avenue
Turn around on Detroit/Superior Bridge	

FINISH: Superior (West of Public Square)

- A** Public Square
- B** Progressive Field
- C** Rocket Mortgage Fieldhouse
- D** First Energy Stadium
- E** Great Lakes Science Center
- F** Rock & Roll Hall of Fame
- G** Convention Center



LEGEND

- 5K Course
- 8K Course
- 1 Mile Course
- Fluid Station
- 1 5K Mile Marker
- 1 8K Mile Marker
- Medical Station
- Restrooms

1 MILE ROUTE MAP

Saturday, May 18, 2019 • 10:00 am

Location: Public Square • Cleveland, OH

TURN-BY-TURN DIRECTIONS

1 MILE ROUTE

START:	Superior (West of Public Square)
West	on Superior
Turn around on Detroit/Superior Bridge	
FINISH:	Superior (West of Public Square)

START/FINISH LINE MAP

SATURDAY, MAY 18



Rite Aid 2019 Cleveland Marathon



START/FINISH LINE MAP

**8:00AM 5K & 8K START, 10:00 AM 1 MILE START
11:00 AM KIDS' RUN START**

LEGEND

- 1** Gear Check (drop off/pick up)
- 2** Food & Medals
- 3** Photos
- 4** Volunteer Check-In & Info Booth
- 5** Merchandise Tent (Fleet Feet and Idutri)

- 6** Ice
- 7** American Greetings Tent
- 8** Charity Village

VIP P VIP Parking
(1426 W. 3rd St.)

SUNDAY RACES

START TIMES

SUNDAY, MAY 19

6:50 AM

WHEELCHAIR EXHIBITION START

7:00 AM

MARATHON/HALF MARATHON/10K START

Ontario at northwest corner of Rocket Mortgage Fieldhouse (formerly known as 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. PLEASE NOTE: 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 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.

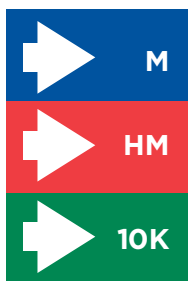
Look for corral letter banners in start area to find the appropriate start location based on the letter on your bib.



CORRAL LETTER ASSIGNMENT	MARATHON	HALF MARATHON	10K
Elites	Elites	Elites	Elites
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

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.



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 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.

START LINE RESTROOMS

PLEASE NOTE: Due to Rocket Mortgage Fieldhouse (Quicken Loans) being under construction, indoor restrooms will not be available this year. Start line restrooms will be on Ontario Street across from Progressive Field. See Map for location.



WATER/AID STATIONS





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.

- 1. St. Clair and E. 13th Street** 1.7 miles
Marathon, Half Marathon and 10K
- 2. 1295 Old River Road** 3.4 miles
Marathon and Half Marathon, 10K
- 3. Canal Road (before tunnel/behind Tower City)** 5.3 miles
Marathon and Half Marathon
- 4. Professor & Jefferson** 7.3 Miles
Marathon and Half Marathon
- 5. W. 19th Street & Abbey** 9 miles
Marathon and Half Marathon
**Gel and Weather Flags*
- 6. 6212 Franklin Blvd.** 10.6 miles
Marathon and Half Marathon
- 7. 9106 Detroit Avenue** 11.8 miles
Marathon
- 8/15. 11810 Lake Avenue** 13.8 & 21.5 miles
Marathon
**Weather Flags*
- 9/14. Lakewood Park (Lake Ave. & Belle)** 14.8 & 21 miles
Marathon
Full Medical Tent
- 10/13. 17818 Lake** 15.9 & 19.5 miles
Marathon
**Gel, Weather Flags*
- 11/12. 19546 Lake Road** 17 & 18.4 miles
Marathon
- 16. West Blvd. & Edgewater** 22.7 miles
Marathon
- 17. 6105 Detroit Avenue**
24.5 Marathon and 11 Half Marathon
- 18. Detroit Avenue at W.28th Street**
25.1 Marathon; 12 Half Marathon; 5.2 10K

WEATHER CONDITION FLAG SYSTEM

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

Please be aware and look out for the colored flags posted throughout the course and at water stops.

Alert Level	Event Conditions
	Event Canceled / Extreme and Dangerous Condition
	Potentially Dangerous Conditions
	Less than Ideal Conditions
	Low Risk, Good Conditions
	No Risk



**First Aid Stations
available at each
Water Stop and
Full Medical Tent available
at Water Station 9 & 14**



Rite Aid 2019 Cleveland Marathon

FULL MARATHON • HALF MARATHON • 10K



MARATHON MILES 14-21



- A** Public Square
- B** Playhouse Square
- C** Cleveland State
- D** Progressive Field

- E** Quicken Loans Arena
- F** Tremont
- G** West Side Market
- H** Ohio City

- I** Edgewater Park
- J** First Energy Stadium
- K** Great Lakes Science Center

- L** Rock and Roll Hall of Fame
- M** Convention Center

LEGEND

- Marathon Course
- Half Marathon Course
- 10K Course
- Fluid Station
- Gel Station
- Full Marathon Mile Marker
- Half Marathon Mile Marker
- 10K Mile Marker
- Medical Station
- Restrooms

Sunday, May 19, 2019 • 7:00 am
RUNNERS NEED TO ARRIVE
AT START AREA BY 6:00AM
Location: Public Square • Cleveland, OH

TURN-BY-TURN DIRECTIONS

START: HALF & FULL MARATHON

START: Ontario just South of Huron Road

Right on	South Roadway (becomes Euclid Ave.)
Left on	East 17th Street
Left on	St. Clair Avenue
Right on	East 9th Street
Left on	Al Lerner Way
Left on	West 3rd Street
Right on	Lakeside Avenue (becomes Main Ave.)
Left on	Old River Road
Right on	Robert Lockwood Drive
Right on	Columbus Road
Left on	Columbus Road
Left on	Carter Road
Left on	Carter Road
Right on	Canal Road
Left on	West 3rd Street
Right on	Jefferson Avenue
Right on	West 5th Street
Left on	Literary Road
Left on	West 7th Street
Right on	Jefferson Avenue
Right on	Starkweather Avenue
Right on	West 14th Street
Right on	Kenilworth Avenue
Diagonal	Literary Road
Left on	West 10th Street
Left on	University Road
Left on	West 11th Street
Right on	Abbey Avenue
Right on	Gehring Street
Left on	Lorain Avenue
Right on	West 25th Street
Left on	Franklin Boulevard

HALF MARATHON ROUTE CONTINUED

Right on	West 65th Street
Left on	West Clinton Avenue
180° turn	Clinton Avenue
Left on	West 65th Street
Right on	Detroit Avenue

FINISH: Detroit/Superior before West 3rd Street

FULL MARATHON ROUTE CONTINUED

Right on	West 74th Street
Left on	Detroit Avenue
Right on	West Boulevard
Left on	Clifton Boulevard
Right on	West 115th Street
Left on	Lake Avenue
Right on	Webb Road
Left on	Lake Road
Right on	Clifton Boulevard
180° turn	just East of Kensington Road
Left on	Lake Road
Right on	Webb Road
Left on	Lake Road
Left on	West 117th Street
Right on	Edgewater Drive
Left on	Cliff Dr (continue straight on West Blvd)
Left on	Shoreway Entrance Ramp
Right on	West 73rd Street
Left on	Detroit Avenue

FINISH: Detroit/Superior before West 3rd Street

TURN-BY-TURN DIRECTIONS

START: 10K

START: Ontario St just South of Huron Road

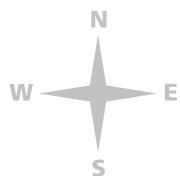
Right on	South Roadway (becomes Euclid Ave.)
Left on	East 17th Street
Left on	St. Clair Avenue
Right on	East 9th Street
Left on	Al Lerner Way
Left on	West 3rd Street
Right on	Lakeside Avenue (becomes Main Ave.)
Left on	Old River Road
Right on	Robert Lockwood Drive
Right on	Columbus Road
Left on	Columbus Road
Right on	Abbey Avenue
Right on	Gehring Street
Left on	Lorain/Carnegie Avenue
Right on	West 25th Avenue
Left on	Franklin Boulevard
Right on	West 29th Street
Right on	Detroit Avenue

FINISH: Detroit/Superior before West 3rd Street



Rite Aid 2019 Cleveland Marathon

START/FINISH LINE MAP SUNDAY, MAY 19



FINISH
FINISH LINE

START/FINISH LINE MAP

7:00AM FULL, HALF & 10K START

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

LEGEND

- | | |
|--|---------------------------------|
| 1 Iforgot Tent (bandages, sunscreen, etc.) | 10 Ice |
| 2 Stage | 11 American Greetings Tent |
| 3 Gear Check (drop off/pick up) | 12 Charity Village |
| 4 Food & Medals | 13 Stage |
| 5 Photos | VIP |
| 6 Volunteer Check-In & Info Booth | P VIP Parking (1426 W. 3rd St.) |
| 7 Rite Aid Tent | |
| 8 Merchandise Tent (Fleet Feet and Idutri) | |
| 9 Challenge Series Tent | |

START LINE

ELITE CORRAL

CORRAL A

CORRAL B

CORRAL C

CORRAL D

CORRAL E

CORRAL F

ROCKET
MORTGAGE
FIELDHOUSE
CLOSED
under construction

PROGRESSIVE
FIELD

FULL MARATHON, HALF MARATHON & 10K RACE NOTES

MARATHON APP

All of your race information can be right at your fingertips. Download the Rite Aid Cleveland APP to get up-to-date information. Weekend Schedule of Events, Expo Information, Runners Agenda, Weather, Spectator Guide and more! Runner Tracking is also available through the APP. The APP is available for both iPhone and Android devices. Get it now!



LIVE RUNNER TRACKING

Live runner tracking and other race weekend information is available on the Cleveland Marathon Race App.

COURSE TIME LIMIT

Please 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 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.

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.*

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.



SPECTATORS AND CHEER GROUP GUIDE

BEST SPOTS TO WATCH

Public Square (south end of square for start of race) Mile .3

Full Marathon, Half Marathon and 10k

Playhouse Square – US Bank Plaza at Playhouse Square (E. 14th & Euclid Ave) Mile 1

Full Marathon, Half Marathon and 10k

Flats – Main & Old River Road (By Beerhead & Coastal Taco Restaurants) Mile 2.8

Full Marathon, Half Marathon and 10k

Lincoln Park – Starkweather & W. 14th, Tremont Mile 5.8

Full and Half Marathon

Market Square Park – W. 25th & Lorain

Mile 9 (full and half) Mile 4.5 (10K)

Detroit Ave. Between W. 25th and 85th Street (Gordon Square Arts District) Miles 11 & 12

Half Marathon; Miles 24 & 25 Full Marathon; Mile 5 10K

Lakewood Park (Lake Avenue & Belle in Lakewood) Mile 20.5

Full Marathon Only

Wild Flour Bakery at 20111 Lake Road Mile 18.5

Full Marathon Only

Superior & W. 9th Mile 26

Superior Avenue at Public Square
Finish area

NEIGHBORHOOD PARTIES

Sunday, May 19. Our 2019 route is meant to showcase the different neighborhoods surrounding Cleveland, all while showing support for the race participants. Each neighborhood will host parties or cheer stations that are open to the public – so please pick a party and enjoy race morning Cleveland style! Click on the neighborhood name to learn more about each area.

Downtown – Cheer Party – US Bank Plaza Cheer Station on Euclid Avenue and E. 14th Street (Playhouse Square District. Mile 1. Runners from 6:45 am–8:00 am

The Flats – Cheer Station and Music – Old River Road and W. 11th Street by Beerhead Bar and Eatery. Mile 3. Runners from 6:50–7:30 am

Tremont – Block Party, Music. Lincoln Park along Starkweather and W.14th. Mile 7. Runners from 7:30–9:30 am

Tremont – APL Doggie Cheer Station. Lincoln Park at W. 14th and Kenilworth. Mile 7. Runners from 7:30–9:30 am

Ohio City – Market Square Park Cheer Station at W. 25th and Lorain. Mile 9. Runners from 7:15–10:00 am

Detroit Shoreway – Gordon Park Arts District Cheering and Music – Detroit Avenue and W. 65th. Runners from 8:00 am–1:30 pm. Miles 11 Half Marathon; Miles 24 Full Marathon

Lakewood Park – Cheer Station, Music – Lakewood and Belle Avenue. Miles 14.5 and 20.25 (marathoners pass twice). Runners from 8:00 am–1 pm

Rocky River – Cheer Party at Wild Flour Bakery. 20111 Lake Rd, Rocky River. Mile 18.5. Runners from 7:45–12:30 pm

Downtown – 26.3 Mile Rock Party at the Finish Line! Public Square



PLAN YOUR TRIP DOWNTOWN

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 <https://www.bestparking.com/cleveland-parking/> for a full list of parking locations in downtown Cleveland. Some potential lots include:

ABM PARKING SERVICES 24HR

678 Euclid Ave (between E. 8th St.- E. 4th St.): \$6

ABM 645 PROSPECT AVE 24HR

645 Prospect Ave (between E. 8th St.- E. 4th St.): \$10

CENTRAL PARKING- PNC CENTER 24HR

850 Vincent Ave (between E. 9th St.- E. 6th St.): \$4

LAZ TOWER CITY 24HR

1591 W. 6th St (between W. Huron Rd.- W. Prospect Ave.): \$16

TOWNE 777 ROCKWELL GARAGE 24HR

777 Rockwell Ave (between E. 9th St.- E. 6th St.): \$6

ERIEVIEW GARAGE OPENS AT 5AM

1100 E. 10th St. (at Lakeside): \$3

METRO PARKING

W. 3rd and St. Clair: \$10 cash only

METRO PARKING

(commonly known as The Pit)

600 Front St. \$5 credit card only

METRO PARKING

Canal and Columbus \$3 cash only

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-6:00 pm and on Saturday from 8:00 am-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**.

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 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 (Sunday only)

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.

LOST AND FOUND

The Lost and Found will be located at the Information Booth in Public Square at 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, brought to you by Fleet Feet Sports.



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.

ROAD CLOSINGS

Street	From	To	Hard Closure	Partial Closure	Fully Open
Ontario	Carnegie	Public Square	0200-0745	0745-0800	0800
W. Huron	Superior	Ontario	0200-0745	0745-0800	0800
Euclid	Ontario	E.17	0630-0730	0730-0800	0800
E.17	Euclid	St. Clair	0630-0720	0720-0800	0800
St. Clair	E. 17	E.9	0630-0730	0730-0800	0800
E.9	St. Clair	AL Lerner Way	0630-0730	0730-0800	0800
Al Lerner Way	E.9	W.3	0630-0730	0730-0800	0800
W.3	Al Lerner Way	Lakeside	0630-0730	0730-0800	0800
Lakeside	W.3	Main	0630-0745	0745-0815	0815
Main	Lakeside	Old River Rd	0630-0745	0745-0815	0815
Old River Rd	Main	Robert Lockwood	0630-0745	0745-0815	0815
Robert Lockwood	Old River Rd	Columbus	0630-0745	0745-0815	0815
Columbus	Robert Lockwood	Abbey	0630-0745	0745-0815	0830
Carter	Columbus	Scranton	0630-0800	0800-0830	0845
W. 3	Canal	Jefferson	0630-0830	0830-0915	0915
Jefferson	W.3	W.5	0630-0830	0830-0915	0915
W.5	Jefferson	Literary	0630-0830	0830-0915	0930
Literary	W.5	W.7	0630-0830	0830-0930	0930
W.7	Literary	Jefferson	0630-0830	0830-0930	0930
Jefferson	W.7	Starkweather	0630-0830	0830-0930	0930
Starkweather	Jefferson	W.14	0630-0845	0845-0930	0930
W.14	Starkweather	Kennelworth	0630-0845	0845-0945	0945
NOTE: Partial Closure. North bound lanes for runners. South Bound lanes coned to allow north/south vehicle traffic.					
Kennelworth	W.14	Literary	0630-0845	0845-0945	0945
Literary	Kennelworth	W.10	0630-0845	0845-0945	0945
W.10	Literary	University	0630-0845	0845-0945	0945
University	W.10	W.11	0630-0845	0845-0945	0945
W.11	University	Abbey	0630-0845	0845-0945	0945
Abbey	W.11	Gehring	0630-0900	0900-1000	1000
Gehring	Abbey	Lorain	0630-0900	0900-1000	1000
Lorain	Gehring	W.25	0630-0900	0900-1000	1000
W.25	Lorain	Franklin	0630-0945	0945-1015	1015
Franklin	W.25	W.74	0630-0945	0945-1045	1045
W.74	Franklin	Detroit	0630-0945	0945-1045	1045
Detroit	W.74	West Blvd	0630-0945	0945-1045	1045
West Blvd	Detroit	Clifton	0630-0945	0945-1045	1045
Clifton	West Blvd	W.115	0630-0945	0945-1115	1115
W.115	Clifton	Lake	0630-0945	0945-1115	1115
Lake	W.115	W.117	0630-0945	0945-1115	1115
W.117	Lake	Edgewater	0630-1130	1130-1345	1345
Edgewater	W.117	West Blvd	0630-1130	1130-1415	1415
NOTE: Cliff residents will need access					
West Blvd	Edgewater	Lake	0630-1130	1130-1415	1415
NOTE: Runners in northbound lanes					
Shoreway East	West Blvd	W.73	0200-1500		1600
NOTE: Opening to be determined by MC Unit					
W.73/Father Frascati/W.74	Shoreway Exit	Detroit	0630-1145	1145-1500	1500
NOTE: Westbound lanes open at 1100					
Detroit	W.74	Detroit/Superior Bridge	0630-1500	1500-1530	1530
NOTE: Laned for limited 2-way access on the southern most two lanes from W.74 to W.75 Westbound Shoreway exits past Edgewater/Marinas					
Westbound Shoreway exits past Edgewater/Marinas			0200-1500		1530
NOTE: All west bound traffic must exit at Edgewater/Marinas.					
Eastbound shoreway exits to E.9			0200-1500		1530
NOTE: Eastbound will be maintained. No exits along Detroit until 1400.					
Lorain/Carnegie Bridge			0630-0900		900
NOTE: Limited access during the first two hours of the race.					
Detroit/Superior Bridge	0600-1530	1530-1600	1600		
W.29	Franklin	Detroit	0630-0815	0815-0930	930
W.65	Franklin	Detroit	0630-0930	0930-1045	1045
Clinton	W.65	W.74	0630-0930	0930-1045	1045

Times are approximates and will be adjusted on race day as necessary

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 8:00 am. Admission to the finish line party is free and open to 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. Sunday runners: Your free drink ticket must be redeemed at 26.3 mile finish line rock party outside of the finish line. See finish line site map.



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Get ready to rock!

BAR IS CASH ONLY (THERE WILL BE AN ATM) • SODAS AND LIGHT SNACKS FOR SALE

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.

iTAB MEDAL INSERT

Complete your triumphant story of training for and finishing your race: Personalize your medal with iTAB! Here's how it works:
PRE-ORDER your iTAB at registration for any event OR order after your race at iTab.us.com

iTab will create and mail your personalized piece with your name and time that fits perfectly on your Cleveland Marathon finishers medal!
Your iTAB will be mailed to you after the race once results are final; approximately 2-3 weeks.



MARATHON PHOTOS

We are happy to partner with Marathon-Photos this year. Marathon-Photos will provide all participants with a unique platform where you can review results, photos and finish line videos!

Marathon-Photos.com is the world leader in sports photography. Since 1999 we have photographed 27 million people in 6100 events and 66 countries. We have 149 million images online. We pride ourselves on our service to athletes and on the quality of our work.

Photos are online fast and remain online permanently. Digital orders can be posted straight to social media websites & customer satisfaction is a high priority.

All participants will be able to download a free finishers certificate after the race.



2019 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)





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.



Caring Neighbors

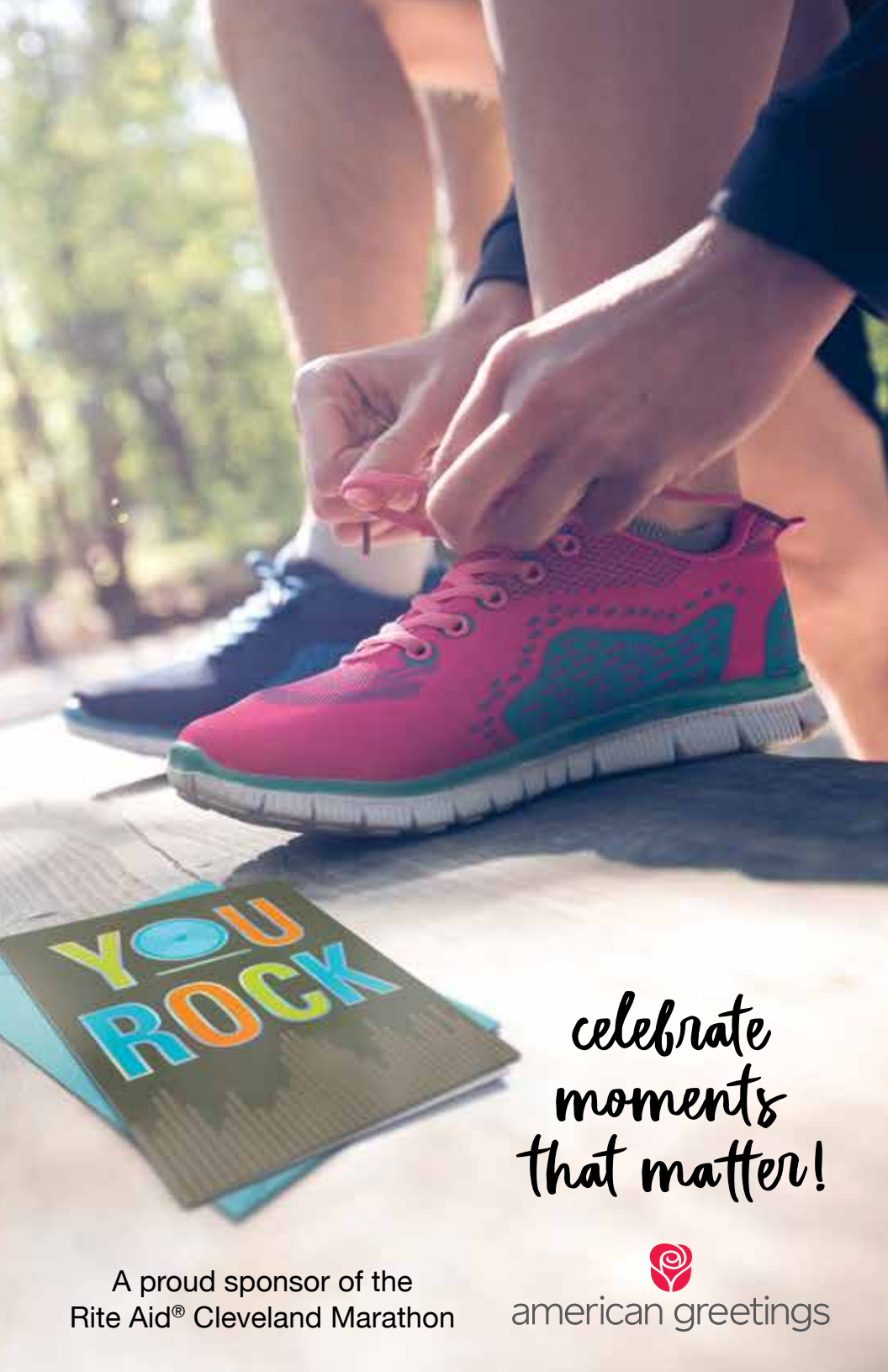
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