



Union Home Mortgage
**Cleveland
Marathon**
Full • Half • 10K • 5K

Virtual Event Guide

Saturday & Sunday, May 15 & 16, 2021

Get Ready for Race Week!

Choose Your Route

The great thing about the Virtual Event is you can choose your own route or even run on the treadmill to complete your race distance. We thought we would send you a few suggested routes from one of our 2021 Official Ambassadors, Christopher Thaxton. Thank you, Christopher!

Christopher Thaxton's Faves

**The links will take you to MapMyRun where you can log in or create an account to view the routes.*

5K - **The Bridges Route** goes through Downtown Cleveland, starting near the West Side Market, but you can start anywhere on the route and run a loop!

10K - **The Landmarks Route**. The route takes you on a tour of Cleveland including 2 Cleveland script signs, the Rock and Roll Hall of Fame, Public Square and more.

Half Marathon - **Cleveland Aquarium to Lakewood**. Starting at the Emerald Necklace Marina, head through Lakewood to Edgewater and back. This route includes some neighborhoods, but it's basically just an out and back.

Full Marathon - **Cleveland 26.2**. Starts and finishes at Public Square, there are some paths and a great mini tour of Cleveland.

Want to make your own route, but need inspiration? **The Rocky River Reservation** of the Cleveland Metroparks has miles and miles of paved trails.



Nutrition & Training



University Hospitals Sports Medicine is the Official Healthcare Provider of the race and an industry leader in sports health. They care about the health and safety of all of our runners so we thought we would share some important training and nutrition tips with you for this week.

UH TRAINING AND NUTRITION GUIDE

Hydration is key, especially in warmer weather. Be sure to stay on top of the forecast next week and plan accordingly.

Read more tips from UH [here](#).

Safety

We encourage you to be extremely careful if you are running in and around traffic, especially if it is getting dark outside. Map out your route in advance and try to choose times with lighter traffic. Be sure to wear your safety gear too!

As always, be sure to follow social distancing guidelines when out for your run!

Your Virtual Race Bib

Show your Cleveland pride and download or print your Virtual Race Bib to wear during your run or to show off after! Don't forget to tag us on social media using the hashtag #IConqueredMyLand:

Facebook: <https://www.facebook.com/ClevelandMarathon/>

Instagram: [@CleveMarathon](#)

Twitter: [@CleveMarathon](#)

**Please note: You can write in your name or nickname in the space provided. Bib numbers will not be assigned.*

[Virtual Full Marathon Bib](#)

[Virtual Half Marathon Bib](#)

[Virtual 10K Bib](#)

[Virtual 5K Bib](#)

[Virtual 10K/Full Marathon Challenge Series Bib](#)

[Virtual 10K/Half Marathon Challenge Series Bib](#)

Your Swag

We are excited about our participant shirts and medals this year. See below for a sneak preview!

**We will begin packet mailing the last week in May/beginning of June*

**There may be unforeseen shipping delays - we will keep you updated on the status.*





Challenge Series

Medal Engraving

This will be done through the mail for virtual runners. If you purchased medal engraving when you registered, you will receive a form and envelope in your race packet. Please complete the details on the form, enclose your medal in the envelope and mail it to Finish Line Engravers to have it engraved. They will mail it back to you when finished.

How to Submit Results

1. Click on the "Submit Results" button below (**THE LINK WILL BE LIVE ON MAY 15**)
 2. Confirm your registration by entering Your registration confirmation code (|*CONFIRMATION_NUMBER*|) and Last name (*LAST_NAME*), then click "Confirm Registration"
 3. Click "Submit a Virtual Result"
 4. Enter your finish time in the format below, select your distance, check the "terms" box then click "Submit Results"
- You will be able to upload your results with or without proof/photo.
 - You will also be able download, print, or share your custom **Finishers Certificate** by clicking on your name.
 - If you are using the Runkeeper App, you may submit results directly from your App following [these instructions](#).

Submit Results

***Submit your race results between May 15 - May 20, 2021.**

Your Playlist

The Rock and Roll Hall of Fame is happy to share the ["Born to Run" playlist](#) to get everyone excited and motivated all the way to the finish line. Click the link above, then log into your Spotify account to link the playlist.

Don't forget to take photos of your run and post on your social channels using the hashtag #IConqueredMyLand. We love reading about your training journeys, the "why" behind your running, and sharing your inspiration with others!

FAQ's

If you need assistance, feel free to email us at info@clevelandmarathon.com.

Happy Running!

The Union Home Mortgage Cleveland Marathon Team

www.clevelandmarathon.com