

MARTIN MARIETTA CITY OF OAKS MARATHON

2023 Athlete Guide

NOVEMBER 5, 2023 |
RALEIGH, NORTH CAROLINA



Table of Contents



02-07 General Information

Race Rules and Regulations
What's New This Year!
Accessibility Guide
Quick Guide to Race Day Terms
Race Day Etiquette
Race Deadlines

08-09 Bib Mailing & Packet Pick-Up

Bib Mailing
Packet Pick-Up

10-18 Race Day Information

Timeline
Race Day Parking
Start/Finish Line Area Map
Race Day Details
Course Information and Maps

19-21 Post-Race Information

Post-Race Party
Swag
Results & Awards
Thank you, Sponsors!



Race Rules and Regulations

Can I wear headphones?

It is unsafe to wear headphones while running. Event organizers will not restrict headphone use and leave it up to the athlete on their ability to follow direction while wearing headphone devices. If you choose to wear headphones, please keep the volume down so you can hear and follow the direction of course volunteers.

Can someone else run in my place?

No, transfers of bib numbers from person to person is prohibited.

Anyone racing with another runner's bib will be disqualified.

Can I register on race day?

No, registration will close the evening before the race.

Is there a gear check this year?

Yes, there will be gear check on Sunday morning at Smoky Hollow.

Where do I get my race bib?

If you did not pay for bib mailing, you will need to attend packet pick-up on Saturday, November 4.

Is the race USATF certified?

Yes, certification numbers are as follows:

5K: NC21005NW

10K: NC21006NW

Half: NC21008NW

Full: NC21010NW

Is this race a Boston qualifier?

Yes, the full marathon is a Boston Qualifier.

Where and when is packet pick-up?

Packet Pick-Up will be at Martin Middle School | 1701 Ridge Rd, Raleigh, NC 27607 on Saturday, 11/4 from 8am-6pm.

Can someone else pick up my race packet for me?

Yes, someone else can pick up your packet. They will need a copy of your ID (a photo is sufficient).

Is there race day packet pick-up?

No, there is not race day packet pick-up.

What is the weather policy?

Races are held, rain or shine, unless we determine that conditions are too dangerous. This will be based on a prudent decision made on race weekend or race day by Race Officials and local law enforcement officials. If the race is cancelled due to inclement weather there will be neither refunds nor transfers. This position is consistent with USA Track & Field recommendations and with the protocol of sharing the risks associated with the sport of running. In the event of inclement weather or unforeseen circumstances, Capstone Event Group reserves the right to alter, cancel or eliminate any/all portions of the race.

If there is inclement weather during the race, it is your responsibility as a race participant to follow instruction from race officials and law enforcement in regards to inclement weather. If you disregard instructions from race officials and/or law enforcement, you are doing so at your own risk.

Are strollers allowed on the course?

Strollers are allowed on the course. If you are planning to run with a stroller, please line up at the back of the start line for the safety of all participants

Are pets allowed on the course?

Pets are not allowed on the course.

Am I allowed to walk?

Yes, you can walk, but you must complete the race by the time limit listed below.

What is the time limit?

Marathon - 6 hours (1:00pm)

Half Marathon - 3 hours, 30 minutes (10:30am)

10k - 2 hours (9:00am)

5k - 2 hours (9:30am)

Any runners remaining on the course after the time limit will no longer be considered race participants and will be required to follow pedestrian laws. Official times and post-race amenities cannot be guaranteed for runners who finish after the time limit.

Please note: there will not be a vehicle available to pick up runners who are unable to meet this time limit.



What's New This Year!



At the Martin Marietta City of Oaks Marathon, we believe in getting better year after year. This year we are excited to share the biggest changes we've made in an effort to make the 2023 Martin Marietta City of Oaks Marathon the best one yet!

Longer Packet Pick-Up Hours!

We're starting packet pick-up an hour earlier this year to allow for you early birds to join us bright and early at 8am!



Additional Race Day Parking Options!

Race day can be stressful, and we want it to be as easy for you as possible, so we are pumped to share that we have **two free parking lots** (main parking lot at Broughton High School and main parking lot at Raleigh Charter High School) available for you to park on race morning. **Both lots are first come, first served, so please plan to arrive early if you'd like to use one of these lots.**



Start Line Corrals!

In an effort to make your start line experience smooth, safe, and fun, we're using corrals this year to help alleviate crowding at the start.

All participants will be divided into two corrals based on their expected pace per mile which you provided at registration. For the corrals to be effective, we ask that all runners follow the instructions communicated through pre-race and race day communication.



Mailing Awards!

Overall awards for each distance will be presented on the stage at the post-race party. If you're unable to stay for the awards ceremony, we will mail your overall award after the race.

In an effort to ensure the accuracy of age group awards, they will be mailed to all age group recipients approximately two weeks after the race. They will not be available for pick-up on race day.



ACCESSIBILITY GUIDE

HANDICAP PARKING



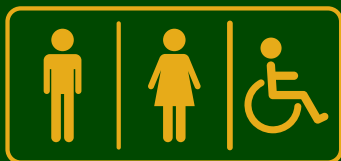
- If you need handicap parking for race morning, please contact us at info@cityofoaksmarathon.com, and we will assist you!

RACE START TIMES



- Full/Half/10k Wheelchair & Handcycles Start: 6:55 AM
- 5k Wheelchair & Handcycles Start: 7:15 AM

ACCESSIBLE PORTABLE TOILETS



- Portable toilets, including a limited number of ADA toilets, will be available at the **Start/Finish** line.
- On the course, ADA Portable toilets will be available at the following hydration stations:
 - 5k // Mile 2
 - 10k // Mile 3
 - Half Marathon // Miles 3 & 8
 - Marathon // Miles 3, 8, 11, 20



CONTACT US

If you have a question about race weekend accessibility, please contact us at info@cityofoaksmarathon.com!

A QUICK GUIDE

TO RACE DAY TERMS

RACE BIB



- Your race bib has a timing chip on the back of it which records your time from the point you cross the start line to when you cross the finish line.
- Wear your bib on race day with the number facing out.
- Please do not bend the bib or remove the timing chip.

START/FINISH LINE CHUTE



- The start line chute is where runners line up before the start of the race.
- The finish line chute is where runners receive their medal, water, and sometimes post-race food after crossing the finish line.

START LINE CORRALS



- New for 2023, we will be dividing the start line chute into two corrals (groups) based on the pace per mile you designated when you registered.
 - More information about the new corrals for this year is available [here](#).
- For the safety and experience of all participants, please line up in the correct corral.

HYDRATION STATION



- Hydration stations will be offered on the course.
- Runners can get water and/or a sports drink at the hydration station.
- Portable toilets are available at each hydration station.


COURSE MILE MARKERS




Mile markers are posted for each mile on the course. Please note that your GPS device may not sync perfectly with the mile markers on the course.


Race Day Etiquette


It is our goal that every runner has an enjoyable, safe race experience! To support this goal, we ask that all participants follow the running etiquette below!
Thank you for your cooperation!


 Please line up in the correct corral, which will be listed on your race bib. Within your corral, please be mindful of where you are lining up. Participants who plan to walk or do a walk-run combination should line-up toward the back of the corral.

 If you will be using a walk-run method, please signal verbally or by raising your hand to other participants around you when you will be switching from running to walking.


 For the safety of all participants, faster runners should stay on the left of the course and walkers stay on the right.

 If you're running as a group, please only run 2 abreast to ensure there is enough space for other runners.

 If possible, pass on your left and alert the runner by saying, "On Your Left."

 At a Hydration Station, try to keep moving while grabbing your hydration. If you need to stop, look behind you before stopping or move to the side.

 To help keep the course clean, please dispose of your cup/trash in the dedicated waste cans near the hydration stations.

 For your safety and the safety of others, please keep moving through the finish line.

Race Deadlines

Category	Deadline	Form	Details
Change Distance	Saturday, November 4th at 5:00 PM	Click here to change your distance.	<ol style="list-style-type: none">1. You must fill out the change distance form online.2. If you change your distance after bibs are printed, you will need to pick up a new bib at customer service. We will communicate the bib printing deadline closer to race day.3. Bib Mailers, if you changed your distance after noon on Friday, October 6th, you will need to attend PPU to receive a new bib.
Bib Mailing	Friday, October 6th	Bib mailing is closed!	Bibs were mailed the week of 10/16. Only bibs and safety pins were mailed. Race swag will be picked up at the post-race party at Customer Service.
Deferral Deadline	Thursday, October 26th 2023 at 11:59 PM	Click here to defer your entry.	You will be issued a race credit for the amount you paid at registration excluding handling fees that can be applied toward registration for next year's City of Oaks Marathon or another Capstone race .

Please Note:

- Anyone who runs a distance with the incorrect distance timing chip will be disqualified from the race.
- You are not allowed to transfer your bib to another runner.

Bib Mailing

Runners who elected to have their bib mailed to them will receive their bib by Friday, November 3. Bibs were mailed the week of 10/16. Only bibs and safety pins were mailed!

If you do not receive your bib by Friday, November 3, please come to packet pick-up and proceed straight to customer service to be assigned a new bib.

Runners with bib mailing, if you changed your distance **after noon on Friday, October 6**, you will need to attend packet pick-up to receive the bib for the correct distance. Please head straight to customer service, so we can assist you!

Check out the chart below to see what you will receive in the mail and what you will pick up after the race!

If you plan to use gear check on race morning, you can pick up a gear check bag and tag at gear check on race morning.

Race Item	Will Receive in the Mail	Will Pick Up AFTER the Race
Bib	✓	
Safety Pins	✓	
Participant Shirt		✓
Participant Gift		✓



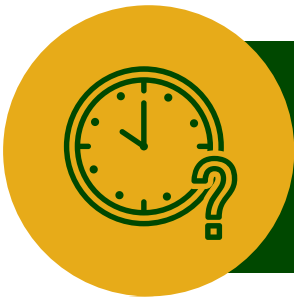
Packet Pick-Up

All participants who did NOT have their bib mailed to them need to attend packet pick-up to get their race bib. We use a reservation system to allow us to serve you more efficiently. If you haven't reserved your spot, do so [here!](#)

If you are unable to attend, you can have someone else pick up your bib for you. They will need a copy of your ID (a picture is sufficient). There will be no race day bib pick up!

If you opted for bib mailing, you do not need to attend packet pick-up unless:

1. You **changed your distance** after 12 PM on Friday, October 6. The bib you received in the mail will not be for the correct distance. Please head straight to customer service, so you can be assigned a new bib.
2. Your **bib did not arrive** in the mail by Friday, November 3. Please attend packet pick-up and head to customer service to receive your new bib.



When

- Saturday, November 4 // 8:00 AM - 6:00 PM



Where

- Martin Middle School
- [1701 Ridge Road, Raleigh, NC 27607](#)



What You'll Receive

- Bib
- Safety Pins
- Participant Shirt
- Participant Gift
- Gear check bag and tag (optional)



Parking

The best location to park is at Martin Middle School. There is also some available street parking on Ridge Road near the school.

Race Day Information

RACE DAY TIMELINE

 ● 7:00 AM FULL, HALF, AND 10K START

 FULL, HALF, AND 10K
WHEELCHAIR/HANDCYCLISTS WILL START AT
6:55 AM

 ● 7:20 AM 5K STARTS

 5K WHEELCHAIR/HANDCYCLISTS WILL START AT
7:15 AM

 ● 9:00AM

10K AND 5K OVERALL AWARDS CEREMONY AT THE STAGE
AT SMOKY HOLLOW

*TIME SUBJECT TO CHANGE BASED ON THE FINALIZATION OF RESULTS

 ● 10:00 AM

HALF MARATHON OVERALL AWARDS CEREMONY AT THE
STAGE AT SMOKY HOLLOW

*TIME SUBJECT TO CHANGE BASED ON THE FINALIZATION OF RESULTS

 ● 11:00 AM

MARATHON OVERALL AWARDS CEREMONY AT THE STAGE
AT SMOKY HOLLOW

*TIME SUBJECT TO CHANGE BASED ON THE FINALIZATION OF RESULTS

 ● 1:00 PM

FULL MARATHON COURSE CLOSES

 ● 1:30 PM

POST-RACE PARTY ENDS

Race Day Information

Parking on Race Morning

Free parking can be found less than a mile walk to the start and finish lines.

Please note this parking is **FIRST COME, FIRST SERVED**, so **PLAN TO ARRIVE EARLY** (6:00am to 6:15am) if you intend to use these spots!



Suggested Parking Lots:

- **Broughton High School**: The main parking lot will be available for free parking for runners on race day (Approximately 0.6 mile walk to start line).
- **Raleigh Charter School**: The main parking lot will be available for free parking for runners on race day (Approximately 0.8 mile walk to start line).
- **The Village District** Shopping Center Parking (Approximately 0.8 mile walk to the start line).

Suggested Street Parking:

- **Fred Fletcher Park Street Parking** (Approximately 0.55 mile walk to the start line).
- **Forest Park Neighborhood Residential Street Parking** (Approximately 0.33 mile walk to the start line).



Ride-Share/Drop-Off Suggested Locations:

Runners are encouraged to utilize ride share apps. Recommended drop-off location is on **Peace Street** at the intersection with Glenwood Avenue.

Road Closure Reminder:

Please note: Road closures downtown and on Hillsborough will begin at approximately 6:45am ahead of the race start. Please be mindful of this time as you are planning your morning. For a more detailed closure list, click [here](#).

Race Day Information

Start Line Location // 400 Glenwood Ave., Raleigh, NC, 27603

Finish Line Location // 500 N West Street, Raleigh, NC, 27603

Post-Race Party Location // Smoky Hollow // 500 N West St., Raleigh, NC

Portable Toilets

There will be portable toilets available near the start line on race day.

Customer Service

Customer service will be located inside of Smoky Hollow at the corner of Tucker St. and N West Street. Customer Service will open at 6:00 AM on race morning.

Gear Check

We strongly encourage runners leave personal items at home or in their cars. However, runners may check a bag at the gear check area located at Smoky Hollow across from Hause of Dogs.

Clear drawstring bags and tags will be available at packet pick-up on Saturday. **If you opted for bib mailing, you can pick up your gear check bag and tag at gear check on race morning.**

Gear Check will open on race morning at 6:00 AM and will close at 1:30 PM. The race is not responsible or liable for items placed in your bags and left at the bag check.

Start/Finish/Post-Race Map



Race Day Information

Race Bibs

Please wear your race bib on the front of your shirt or the front of your shorts with the numbers facing out. **Please do not bend or fold the timing chip**, which is on the back of your bib!

Starting Chute Corrals

Runners will be divided into 2 corrals (A and B) based on their estimated pace. Your corral assignment will be printed on the **front** of your running bib.

- **Corral A** (5:00 - 9:59 min/mile pace) runners will enter the chute at the intersection of Tucker St and Glenwood Ave.
 - **PLEASE NOTE:** If your pace is between 8:00 and 9:59 min/mile, please allow space for faster runners to line up ahead of you.
- **Corral B** (10:00 - 15:00 min/mile pace) runners will enter the chute at the **intersection of Johnson St and Glenwood Ave.**
 - **PLEASE NOTE:** If your pace is between 13:00 and 15:00 min/mile, please allow space for faster runners to line up ahead of you.

Signage will be posted at both entrances/exits, and volunteers will be at the intersection of Tucker St and Glenwood Ave to provide instructions.

To improve safety, crowding, and your overall race experience, we ask that you follow these instructions when lining up in the starting chute.

Medical Support

We will have medical professionals on-site throughout the race, including at the start/finish area.



Race Day Information



Time Limits

- Marathon: 6 Hours (1:00 PM)
- Half-Marathon: 3 Hours 30 Minutes (10:30AM)
- 10K: 2 Hours (9:00 AM)
- 5K: 2 Hours (9:30 AM)

Any runners remaining on the course after the time limit will no longer be considered race participants and will be required to follow pedestrian laws. Official times and post-race amenities cannot be guaranteed for runners who finish after the time limit. Please note: there will not be a vehicle available to pick up runners who are unable to meet this time limit.



Spectator Locations

There are MANY great areas for family and friends to cheer on their runner. Some suggestions include NC State Capital, or The corner of Glenwood Ave and Hillsborough, or near the Bell Tower.

Pacers

We plan to offer the following pace groups. Please look for the pacers (holding a flag in the air with the pace on it) in the start line chute.

- Full marathon: 3:15 | 3:30 | 3:45 | 4:00 | 4:15 | 4:30 | 4:45 | 5:00 | 5:15 | 5:30
- Half marathon: 1:45 | 2:00 | 2:15 | 2:30 | 2:45 | 3:00



Live Tracking

Live tracking will not be available, but there will be live splits available at:

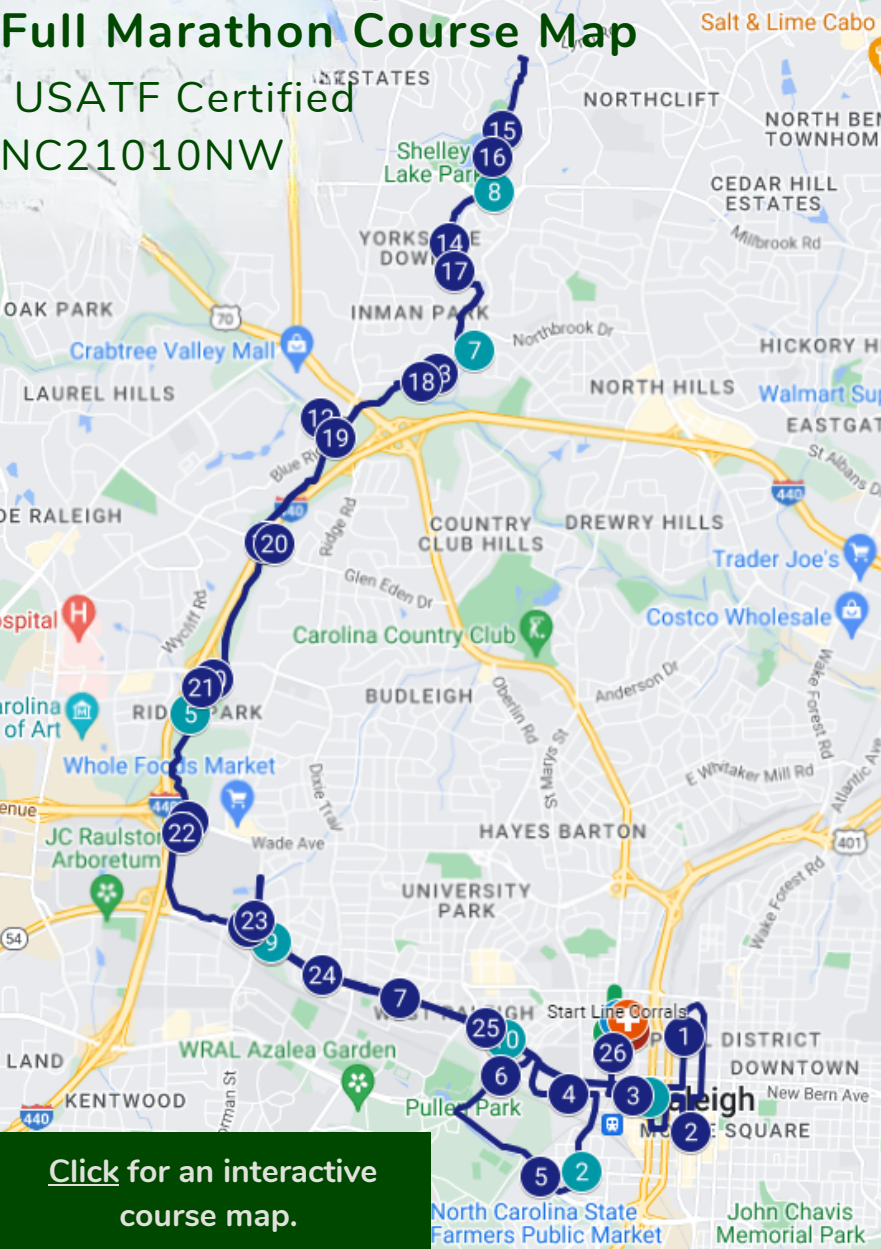
- 10k
- Half Marathon
- 20 Mile

Timing splits are subject to change.

Race Day Information

Full Marathon Course Map

USATF Certified
NC21010NW

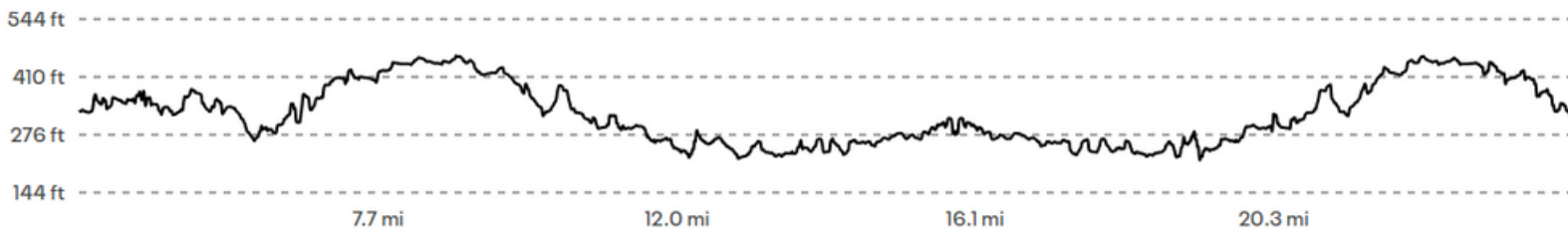


[Click for an interactive course map.](#)



Elevation

Start	Max	Gain
333 ft	462 ft	927 ft



Hydration Stations: Closest Mile 3, 5, 6, 8, 10, 11, 13, 14, 16, 18, 20, 21, 23, & 25 (Locations subject to change!)

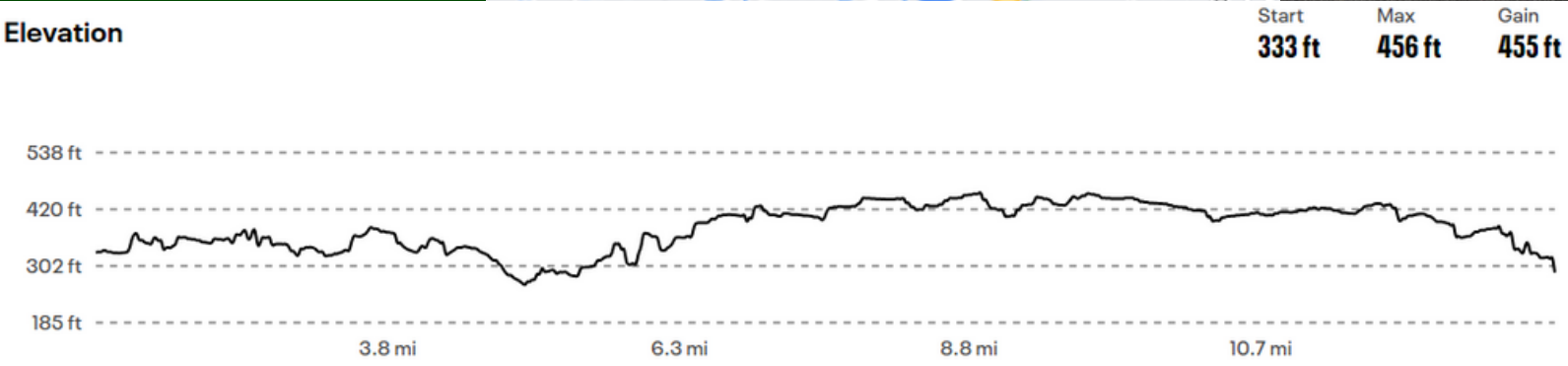
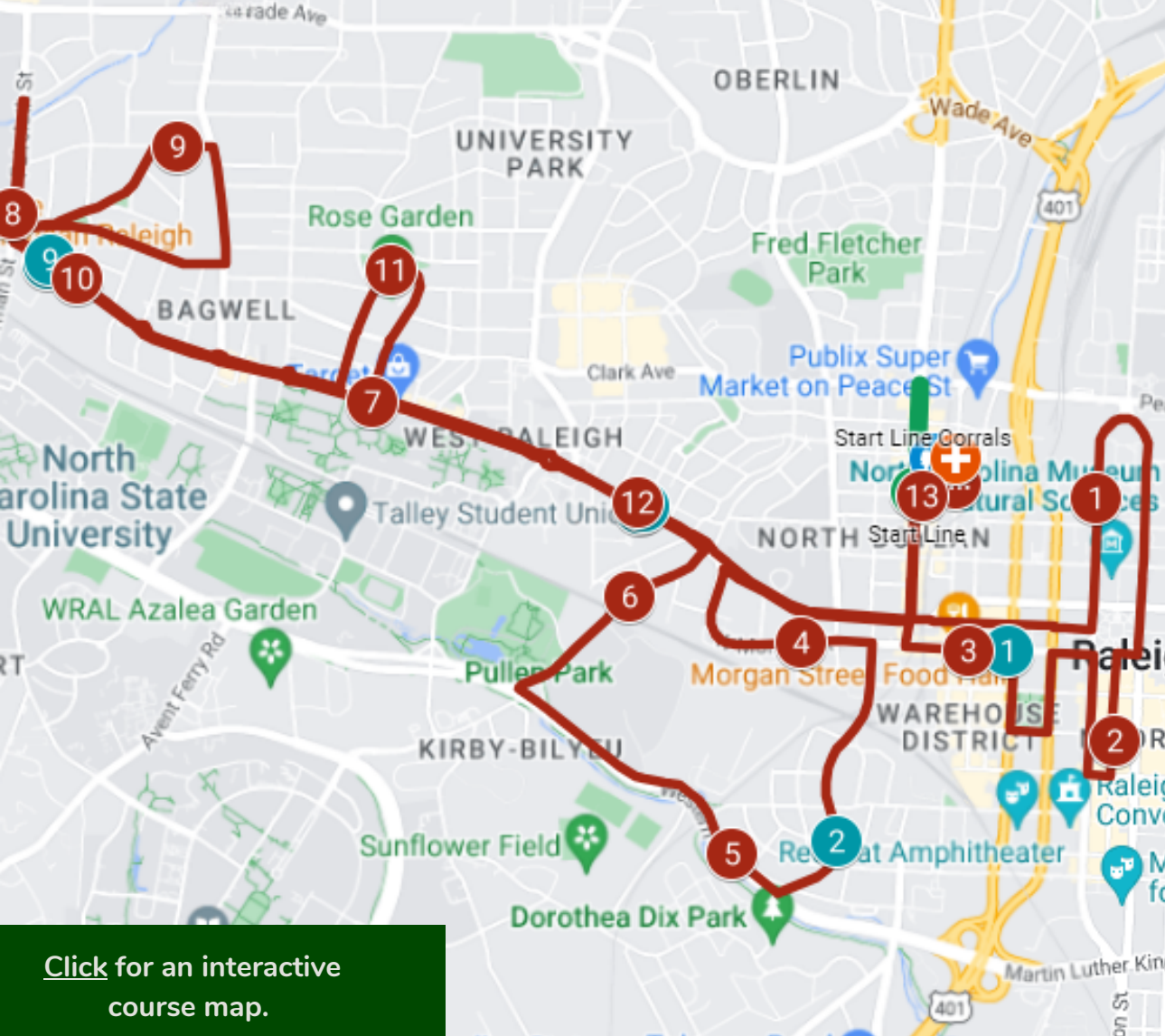
- Water and sports drink will be provided at each station.
- There will be portable toilets available at each hydration station.
- GU will be available at Miles 8, 11, 14, 16, 20



Race Day Information

Half Marathon Course Map

USATF Certification: NC21010NW



Hydration Stations: Closest Mile 3, 5, 6, 8, 10, 12 (Locations subject to change!)

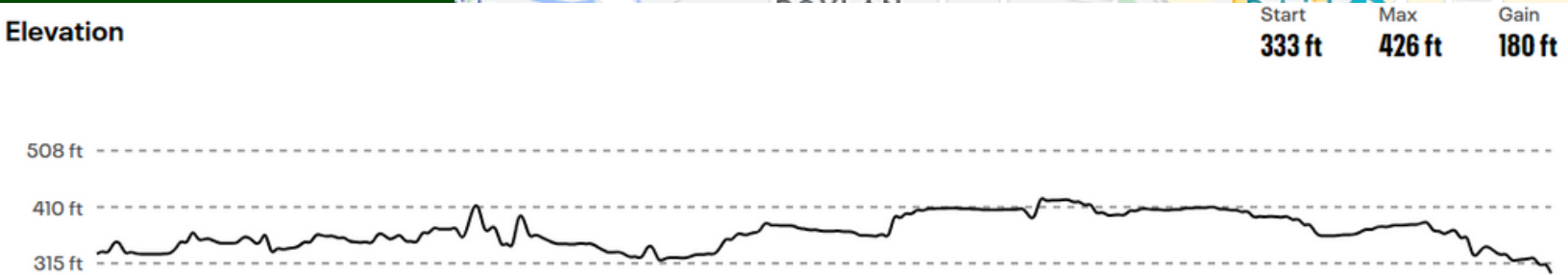
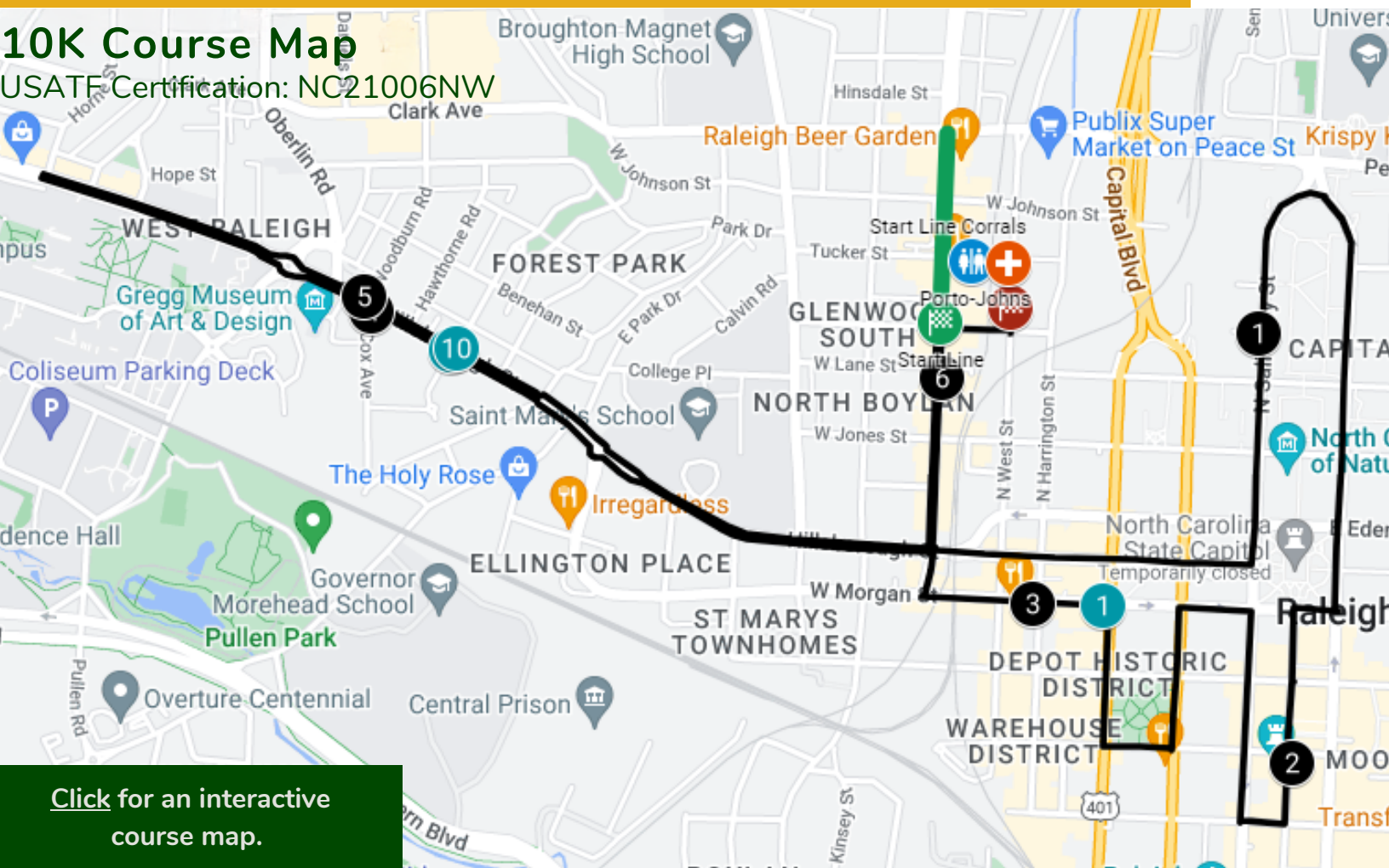


- Water and sports drink will be provided at each station.
- There will be portable toilets available at each hydration station.
- GU will be available at Mile 8.

Race Day Information

10K Course Map

USATF Certification: NC21006NW



Hydration Stations: Closest Mile 3, 4, 5 (Locations subject to change!)

- Water and sports drink will be provided at each station.
- There will be portable toilets available at each hydration station.

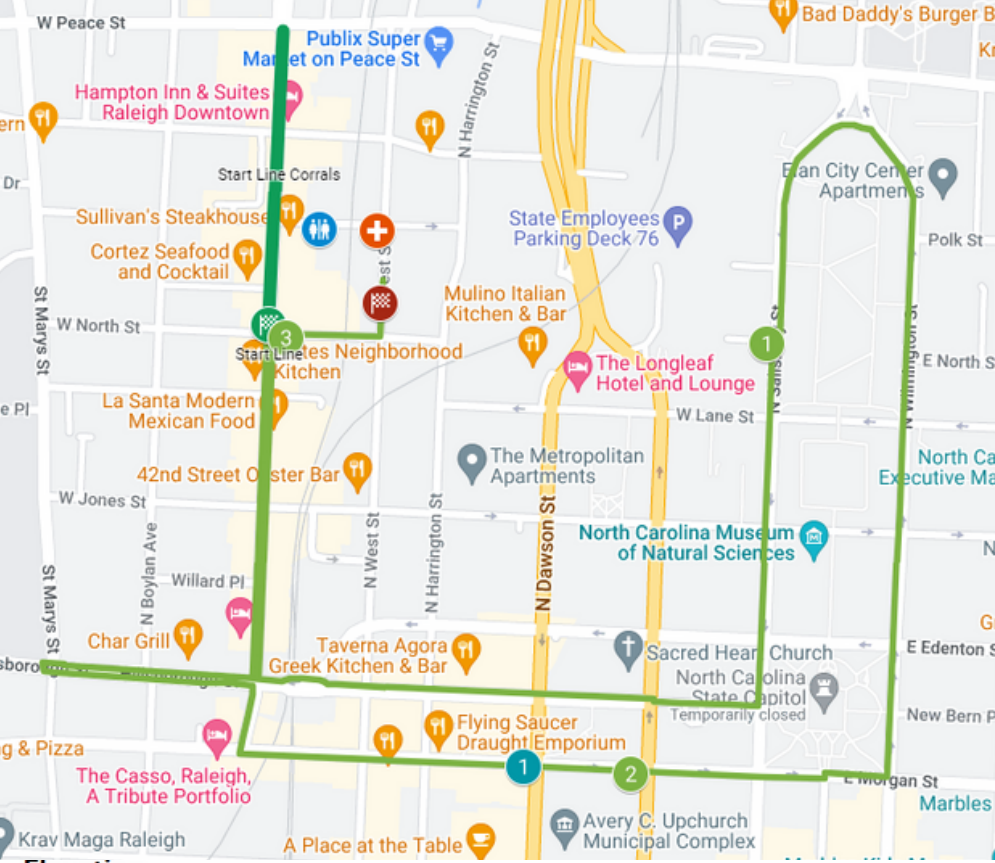


Race Day Information

5k Course Map

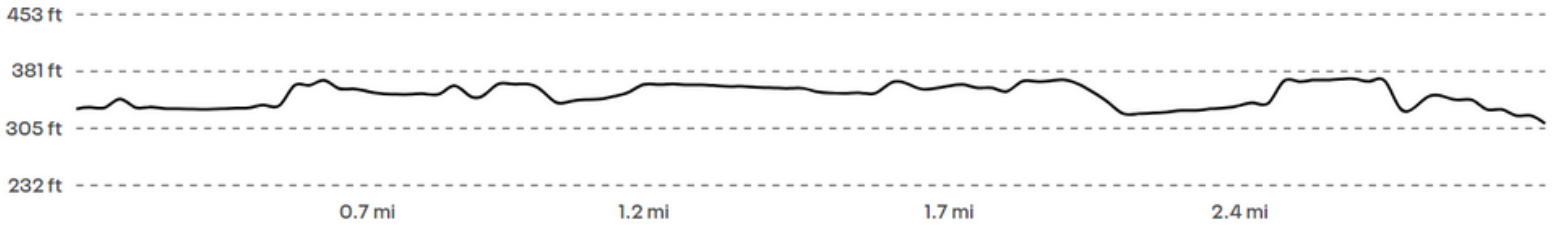
USATF Certification: NC21005NW

[Click for an interactive course map.](#)



Elevation

333 ft 371 ft 77 ft



Hydration Stations: Closest Mile 2 (Locations subject to change!)

- Water and sports drink will be provided at each station.
- There will be portable toilets available at each hydration station.



Post-Race Information

Post-Race Party Brought to You by Publix!



Celebrate your race at the Post-Race Party by Publix at Smoky Hollow, a mixed use space with a energetic promenade perfect for retelling your race experience with family and friends.

After you conquer your race, enjoy:

- A live concert in Smoky Hollow
- Free beer (21 years and older; **you must bring your photo ID**)
 - Alcohol must remain in Smoky Hollow.
- Finisher snacks for runners
- Overall Award Ceremony
- Coffee from Sip Sip Coffee Bar (available for purchase)
- Nutritious smoothies from Dose Yoga (available for purchase)
- Checking out our sponsors and race partners!

Finisher Medals

All participants will receive a finisher medal after crossing the finish line!

Participant Photos

Professional photographers will be along the course as well as the start/finish area to take pictures throughout the race.

When they become available, a link to the race photos will be posted on our [website](#). FinisherPix, the race photographer, will email a link to runners.

Swag

All participants will receive a race shirt, participant gift, and finisher medal.



Post-Race Information

Results

There will be no results tent at the finish line. Runners will receive a text message with a link to their individual results upon crossing the finish line. Results will also be posted online as they become available.

Overall Awards

Overall Award Medals will be presented to the **top three male and female finishers** in the full, half, 10k, and 5k based based on gun time. Overall medals will be available for pick-up at each distance's award ceremony, which will be held on the stage at Smoky Hollow:

- 5k/10k: 9 AM
- Half-marathon: 10 AM
- Full Marathon: 11 AM

If you are unable to pick up your overall award at the ceremony, we will mail it to you approximately two weeks after the race.

Please note the time may change based on when results are finalized.

Age Group Awards

Age Group Award Medals will be given to the top three male and female finishers in the full and half marathon based on chip time. **Age Group Award Medals will only be given to the first place finisher in each age group for the 5k and 10k.**

Age group award medals will not be given out on race day. Age group award medals will be mailed approximately two weeks after the race.

Age Groups

14 & Under

30-34

55-59

15-19

35-39

60-64

20-24

40-44

65-69

25-29

45-49

70+

50-54



Partners and Sponsors 2023

