

Martin Marietta City of Oaks Marathon

ATHLETE GUIDE

November 3,
2024

Full, Half, 10K:
7:00 AM
5k: 7:20 AM

Raleigh, NC



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Rules & 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 one hour before the close of PPU the day before the race.

Is there a gear check this year?

Yes, there will be a gear check on race day.

Where do I get my race bib?

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

Where and when is packet pick-up?

Packet pickup will be Saturday, 11/2/24.

- Martin Middle School
- 8 AM - 6 PM

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.

Are strollers allowed on the course?

Strollers are not allowed on the course.

Are pets allowed on the course?

Pets are not allowed on the course.

Is the race USATF certified?

Yes, the certification numbers are:

5k: NC21005NW

10k: NC24001NW

Half: NC24002NW

Full: NC24003NW

Is this race a Boston Qualifier?

Yes, the full marathon is a Boston Qualifier.

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.

What is the time limit?

The time limit for each distance are as follows:

- **Marathon:** 6 hours (1:00 PM), which is a 14-minute mile pace.
- **Half Marathon:** 3 Hours 30 Minutes (10:30 AM), which is a 16 minute mile pace
- **10k:** 2 Hours (9:00 AM), which is a 19 minute mile pace
- **5k:** 2 Hours (9:30 AM), which is a 38 minute mile pace

- The cutoff time is determined by our event permit, which permits us to use the roads, police, support, and other city resources for a specified period of time.

- When the course closes at the cutoff time, any remaining participants must move off the roads and onto a sidewalk. Anyone who decides to utilize the course route after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.

Duke Running Medicine



Marathon Planning

What you need to know before your big race



Here are a few things to keep in mind to avoid injury or illness before your race.

Stay Healthy Pre-Race

- § During the last couple of days before the race, run easy/lightly. Practice “active rest.”
- § Try to get several nights of uninterrupted sleep prior to your marathon. Then, if you experience pre-race anxiety you will have a “bank of rest” at the ready.
- § The night before the race, have carbohydrates like pasta or rice and a light protein. Avoid eating anything new to your system.

Race Day

- § The morning of the race, check temperature and weather conditions. The temperature will likely increase 10-15 degrees throughout the time you are running. Consider removable layers if it is cold when you start.
- § Morning coffee could help you, as a low amount of caffeine has been found to enhance performance. Feel free to indulge if this is part of your usual routine.
- § Avoid wearing new clothes, socks, and shoes as you could end up with unexpected chafing and blisters.
- § Warm up with a 5-10 minute jog before you start. Then stretch and stay loose until you begin your run.

- § Have a prepared drinking/eating plan for the race. Be careful of just drinking when you feel thirsty. Alternate between drinking a sports drink and water. You may need to place these in areas ahead of time or incorporate a method of carrying a hydration belt, vest, or hand-held bottle.

- § Eat a small snack such a protein bar or banana with peanut butter two hours before you start.

During the Race

- § Stay relaxed for the first half of the race and prepare to work for the second half for your best result.
- § Review the elevation of your chosen route - work the hills, stay steady on flat segments and relaxed on down hills.
- § From mile 19 to mile 22, stay very focused on your race as the body fatigues
- § There will be good and bad stages of the way you feel throughout your run. If you start to feel like you are “hitting the wall,” don’t lose it mentally. Slow down and take an “energy gel/chew” or hydrate and this feeling should improve.
- § Enjoy the experience and remember all of the hard work that led to this race!

Accessibility Guide



Handicap Parking

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

Accessible Toilets

- Start/Finish Line
- Aid Station 2
 - Full, Half, & 10k Mile 3
 - 5k: Mile 2
- Aid Station 5:
 - Full & Half: Mile 7
- Aid Station 7:
 - Full : Mile 11 and 20

Race Start Times

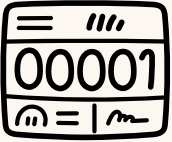
- Full, Half, & 10k: 6:55 AM
- 5k: 7:15 AM

Contact Us

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

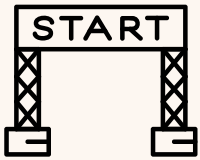
A Guide to Race Day Terms

RACE BIB



- Your race bib has a timing chip on the back of it which records your time from crossing the start line to crossing 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 snacks after crossing the finish line.



START LINE CORRALS

- The start line chute is divided into corrals (groups) based on the pace per mile you selected when you registered.
 - More information about the corrals is available [here](#).
- For the safety and experience of all participants, please line up in the correct corral.

HYDRATION STATION



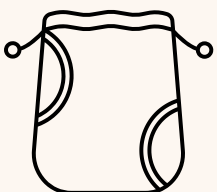
- Hydration stations will be offered on the course.
- Runners can get water and/or a sports drink at the hydration station.
- Portable toilets are available at each hydration station.

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.

GEAR CHECK



- Participants can utilize gear check to leave a bag before the race to have available for pick-up after the race. Please do not leave valuable items in the gear check bag.

New for 2024!

We believe in getting better year after year, so we've used the feedback participants shared with us in 2023 to make this year the best year yet!

LONGER PACKET PICKUP HOURS

We want to accommodate accommodate participants busy schedules, so we've added more hours to Saturday's packet pickup.

MORE PARKING OPTIONS!

We've identified four new parking garages that are available to participants on race day and are within a 20 minute walk to start/finish line.

EASIER TO ACCESS GEAR CHECK LOCATION

Participants will access gear check from N West St on race morning. This location should be easier for locate and access on race morning.

NEW CUSTOMER SERVICE LOCATION

Customer Service will be located in Smoky Hollow between Madre and Midwood Smokehouse.

THREE CORRALS FOR THE FULL, HALF & 10K START

We're using three corrals this year to help alleviate crowding on the course. All full, half, and 12k participants will be divided into two corrals based on the expected pace per mile which was provided at registration. The corral assignment will be noted on your bib.

COOKIES ON THE MARATHON COURSE

Need an extra boost during the late miles of the marathon? We'll have cookies waiting for you at mile 20!

COLLABORATION WITH LINDSEY HEIN, HOST OF I'LL HAVE ANOTHER!

We are thrilled to collaborate with local runner and podcast host, Lindsey Hein on race day. Lindsey is the host of the well-known and loved running podcast, I'll Have Another! Lindsey will be cheering on runners on the course and at the finish line.

GATORADE AT HYDRATION STATIONS

We'll have Gatorade at hydration stations this year. Gatorade will be served from the tables with the orange table cloths

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!



When lining up at the start line, 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.



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	5:00 PM Saturday, November 2, 2024	Click here to change your distance.	<ol style="list-style-type: none">1. You must fill out the change distance form online.2. Bib Mailers, if you changed your distance after noon on 10/4/2024, you will need to attend PPU to receive a new bib.
Bib Mailing	12:00 PM Friday, October 4, 2024	Bib mailing is closed!	<p>Bibs and safety pins will be mailed to you.</p> <p>Please pick up your race swag at the post-race party.</p>
Deferral Deadline	11:59 PM Thursday, 10/24/24	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 Martin Marietta 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 should receive their bib by Friday, October 25, 2024. Bibs and safety pins were mailed the week of October 21, 2024.

If you do not receive your bib by **Friday, November 1, 2024**, please come to packet pick-up and head directly to customer service to be assigned a bib.

Runners with bib mailing, if you changed your distance **after noon on Friday, 10/4/24**, you will need to attend packet pick-up to receive the bib for the correct distance. Please go directly 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 bag on race morning.



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

Packet Pickup

All participants need to attend packet pickup to receive their race packet UNLESS they received their bib in the mail. There will NOT be packet pickup on race morning.

When:



- Saturday, November 2 | 8 AM - 6 PM
- If you have not already done so, please reserve your 30-minute time slot to pick-up your bib [here](#).

Where:



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

What You'll Receive:



- Bib
- Safety Pins
- Shirt
- Gear Check Bag (Optional)
- Finisher Gift

Parking



- Parking is available on a first come, first served basis at Martin Middle School.
- There is also street parking near Martin Middle. Please follow all traffic/parking signs posted in the area.

Sponsors & Partners:



- Many of our race sponsors and partners will be present at Packet Pickup, including Fleet Feet Raleigh, Martin Marietta, Duke Health & more!

Packet Pickup FAQs

Can someone else pick up my bib for me?

Yes, someone else can pick up your bib for you. Please have them bring a copy of your ID to packet pick-up for verification purposes. A picture on their phone is sufficient.

If I am picking up bibs for multiple people, do I need to sign up for multiple reservation spots?

No, you only need to sign up for one slot if you are picking up bibs for multiple people.

Can I change my reservation time after I've already submitted the form to reserve my spot?

Please email our customer service team at info@cityofoaksmarathon.com, and we will change your time for you.

Will I be able to exchange my t-shirt size at packet pickup?

At packet pick-up, you will receive the size shirt you selected at registration which will be printed on the back of your bib.

If you would like to exchange your shirt size, you can do so AFTER the race based on the availability.

Will there be a packet pickup on race morning?

No, we will not offer race morning packet pick-up. Please make plans to attend packet pick-up, or have someone attend on your behalf.

Race Weekend Timeline

Packet Pickup

SATURDAY, NOVEMBER 2 | 8 AM-6 PM

Martin Middle School
1701 Ridge Rd., Raleigh, NC 27607



Gear Check Opens

SUNDAY, NOVEMBER 3 | 6:00 AM

Smoky Hollow

Customer Service Opens


SUNDAY, NOVEMBER 3 | 6:00 AM

Smoky Hollow




Full, Half & 10k Start

SUNDAY, NOVEMBER 3 | 7:00 AM

 Wheelchair Division Start | 6:55 AM
400 Glenwood Ave, Raleigh, NC 27603

5k Start

SUNDAY, NOVEMBER 3 | 7:20 AM

 Wheelchair Division Start | 7:15 AM
400 Glenwood Ave, Raleigh, NC 27603



5k & 10 K Overall Awards Announced

SUNDAY, NOVEMBER 3 | 9:00 AM

Overall awards will be announced on the stage within Smoky Hollow.

Half Overall Awards Announced

SUNDAY, NOVEMBER 3 | 10:00 AM

Overall awards will be announced on the stage within Smoky Hollow.



Full Overall Awards Announced

SUNDAY, NOVEMBER 3 | 10:00 AM

Overall awards will be announced on the stage within Smoky Hollow.

Full Marathon Course Closes

SUNDAY, NOVEMBER 3 | 1:00 PM



Post-Race Party Ends

SUNDAY, NOVEMBER 3 | 1:30 PM

Race Day Information

Start & Finish Line Locations

Start Line: 400 Glenwood Ave., Raleigh, NC, 27603

Finish Line: 500 N West Street, Raleigh, NC, 27603

Start Times

Marathon, Half Marathon, 10k: **7:00 AM**

Wheelchair Division: **6:55 AM**

5k: **7:20 AM**

Wheelchair Division: **7:15 AM**

All participants must start by 7:25 AM. Runners will not be allowed to start the 5k after 7:25 AM.

Customer Service

If you have any customer service needs before the race, we are happy to help! Customer service will be located in Smoky Hollow to between Madre and Midwood Smokehouse from 6 AM - 1:30 PM.

Medical Support

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

Portable Toilets

There will be portable toilets at the start/finish line and on the course at each aid station.

Race Day Information

Recommended Parking Locations

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** if you intend to use these spots! **We suggest full, half, & 10k participants plan to arrive by 6:00 AM and 5k participants plan to arrive by 6:30 AM.**

Parking Lot Options: Please note the first four parking decks are new options for this year!

- **State Deck 75:** Approximately **0.8 mile walk** (or an 18-minute walk) to the start line (1000+ spaces)
- **State Deck 76:** Approximately **0.8 mile walk** (or an 18-minute walk) to the start line (750+ spaces)
- **413 N Salisbury St Garage:** Approximately **0.7 mile walk** (or an 18-minute walk) to the start line (650+ spaces)
- **Green Square Deck:** Approximately **0.7 mile walk** (or an 18-minute walk) to the start line (700+ spaces)
- **Raleigh Charter High School:** Approximately 0.8 mile walk (or an 18-minute walk) to the start line (150 spaces)
- **The Village District:** Approximately 0.8 mile walk (or an 18-minute walk) to the start line. (2000 spaces)

Suggested Street Parking:

- **Fred Fletcher Park Street Parking:** Approximately 0.55 mile walk (or a 15-minute walk) to the start line. **(street parking, space numbers variable)**
- **Forest Park Neighborhood Residential Street Parking:** Approximately 0.33 mile walk (or a 12-minute walk) to the start line. **(street parking, space numbers variable)**

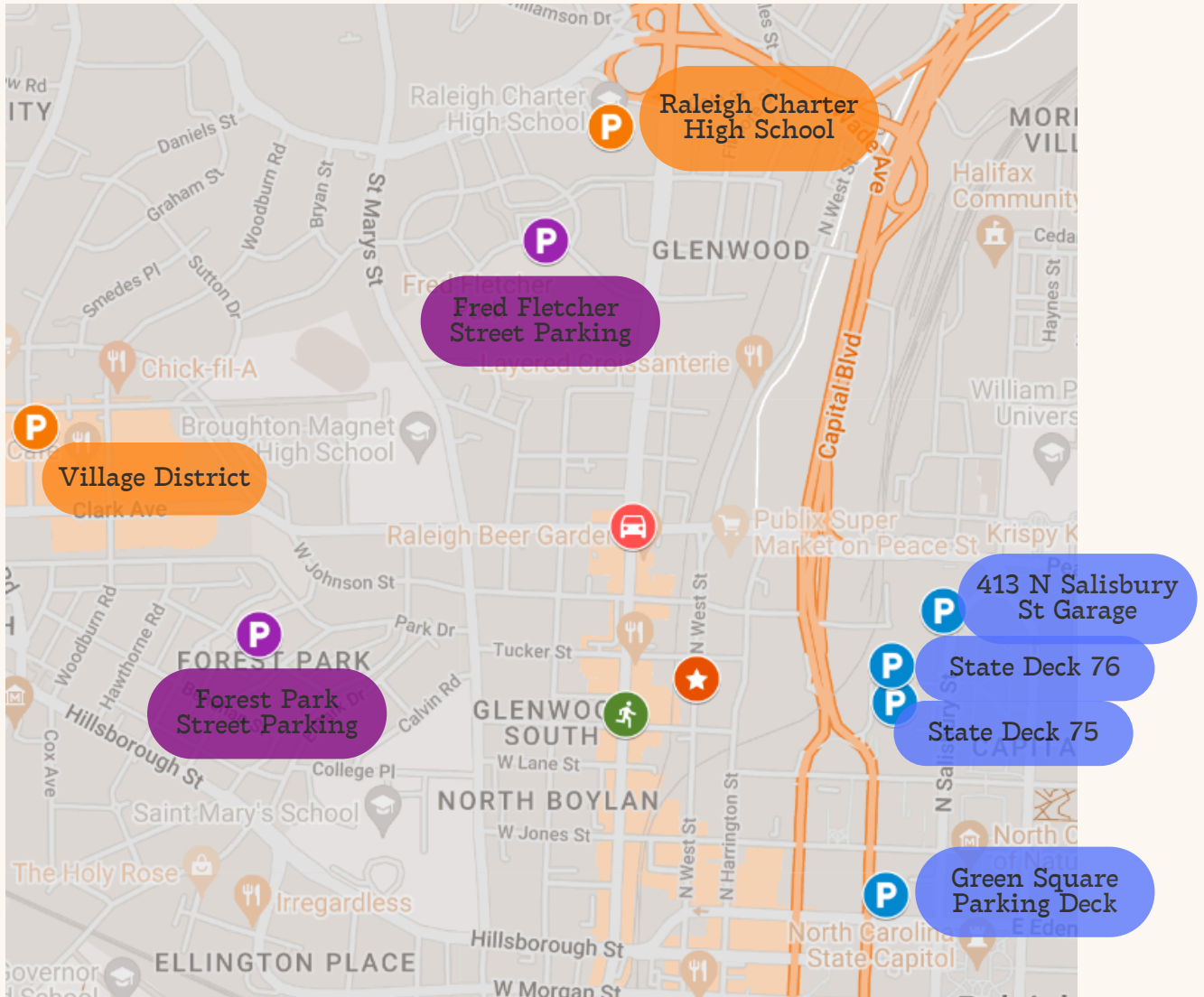
All of these options are accessible without crossing any road closures utilizing Peace St. or Wade Ave.

Recommended Drop Off Location

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

Race Day Information

Suggested Parking Locations



Map Key



Parking Garages



Drop-off Location



Street Parking



Start Line



Parking Lots



Finish Line

To view an interactive Google Map of the recommended parking locations, please click [here](#).

Race Day Information

Start Line Corrals

- Runners will be divided into three corrals (A, B, & C) based on the estimated pace selected at registration for the full marathon, half marathon, and 10k.
 - **Corral assignments are printed on the front of the race bib.**
- There will not be corrals for the 5k. To improve safety and overall experience for all participants, please line up toward the back of the start line chute if you are planning to walk the 5k.
- **Start Corral Guidelines**
 - Corral assignments will be printed on your race bib.
 - Each participant is **required** to start in the corral that is printed on their bib.
 - Bibs will be checked for correct corral placement upon entering the chute.
 - Please have your bib fastened and visible before entering the chute.

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



Race Day Information

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 next to Milk Lab. Please access

Clear drawstring bags and labels will be available at packet pick-up on Saturday. If you opted for bib mailing, you can pick up your gear check bag and label 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. Please do not leave valuables, such as keys, wallet, or cell phone at gear check.

Start and Finish Line Area Race Day Map



Time Limits

- **Marathon:** 6 hours (1:00 PM), which is a 14-minute mile pace.
- **Half Marathon:** 3 Hours 30 Minutes (10:30 AM), which is a 16 minute mile pace
- **10k:** 2 Hours (9:00 AM), which is a 19 minute mile pace
- **5k:** 2 Hours (9:30 AM), which is a 38 minute mile pace

The cutoff time is determined by our event permit, which permits us to use the roads, police, support, and other city resources for a specified period of time.

When the course closes at the cutoff time, any remaining participants must move off the roads and onto a sidewalk. Anyone who decides to utilize the course route after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.

Pace Groups

We plan to offer the following pace groups. Please look for the pacers (holding a flag 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

Predictive Tracking

Predictive tracking will be available. We will share more details in pre-race emails.

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.



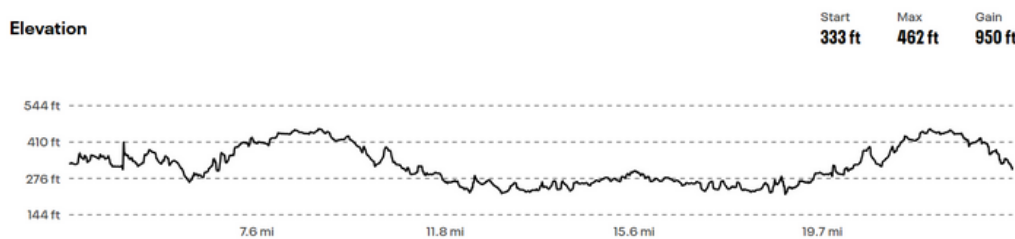
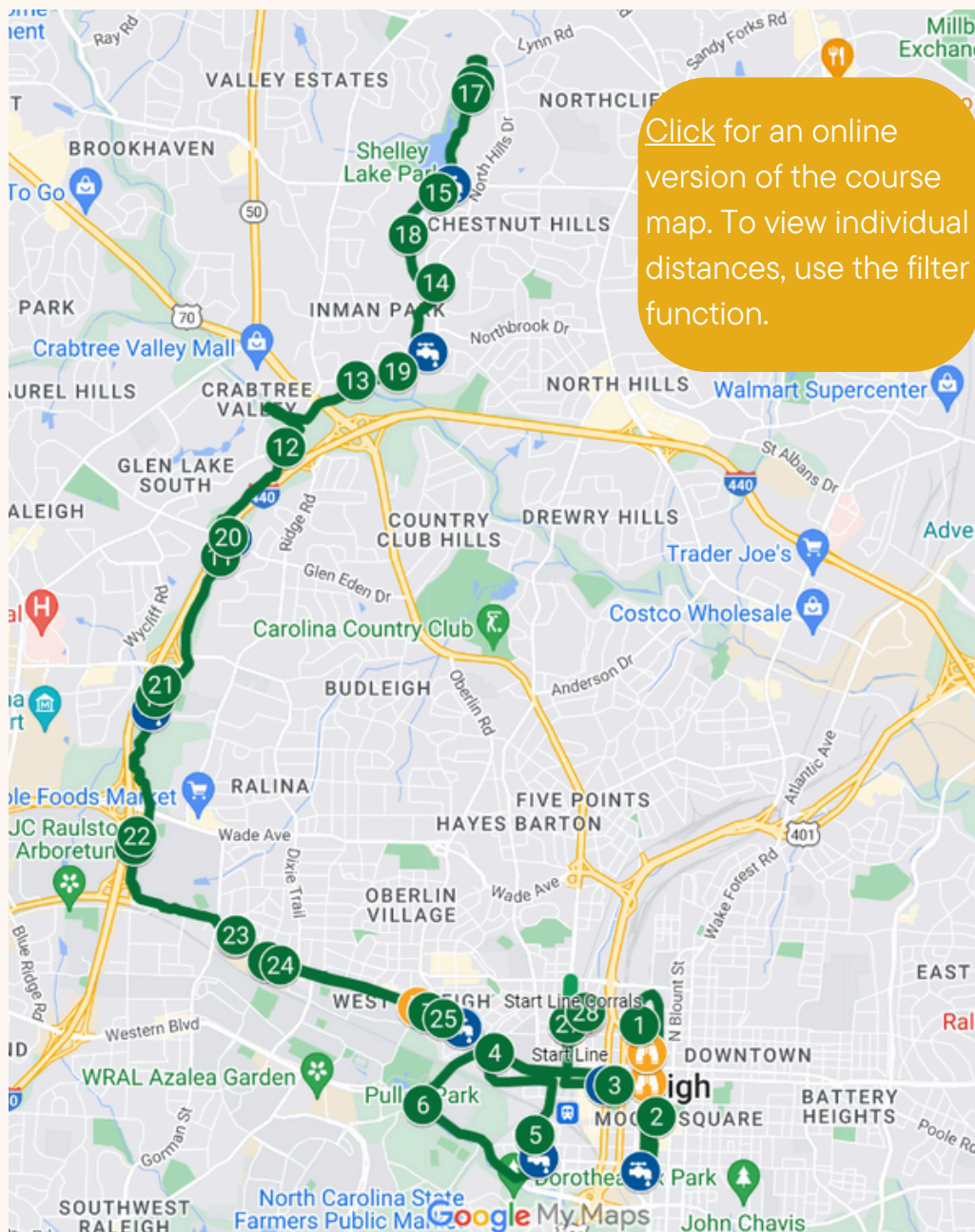
Bib Guide



- 1. Race Distance:** The race distance you are registered for is listed here.
- 2. Race Number:** The large number in the center of your bib is your unique race number and identifier. Use this number to look up your race results.
- 3. Personalization:** If you added bib personalization at registration, your personalized name/info will be listed here.
- 4. Bib Mailing:** If you had your bib mailed, you will have an envelope icon on your bib. Please show the envelope when picking up your race swag.
- 5. Over/Under 21 Icon:** The cup icon or U21 icon indicate whether the participant is 21 and over. Participants will still need to show their ID to receive beer at the beer garden.
- 6. Start Corral Letter:** This letter identifies your corral assignment (A, B & C). Corrals will be used for the full marathon, half marathon and 10k.
- 7. Bib Color:** Full marathon - blue | Half marathon - gold | 10k - green | 5k - purple



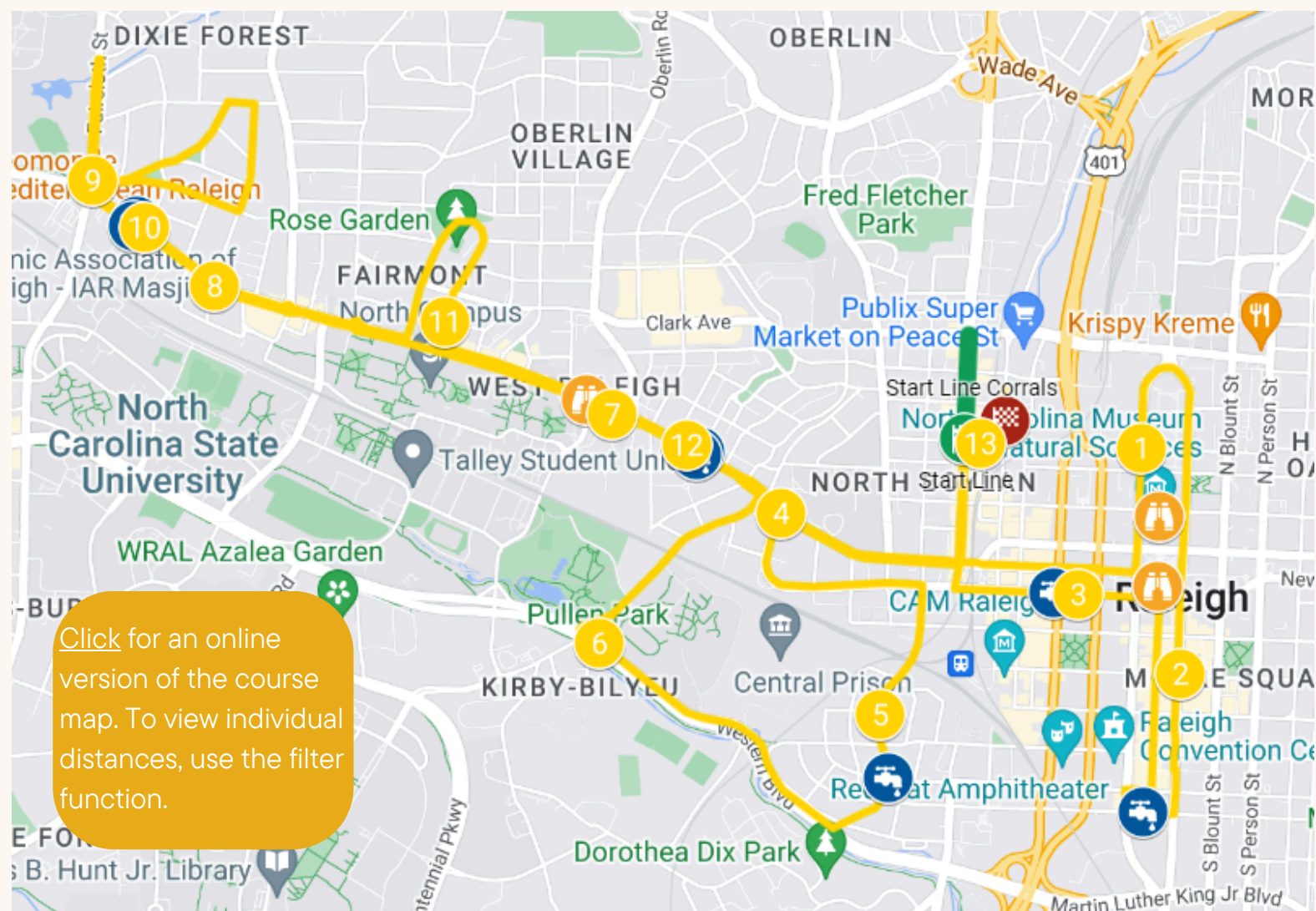
Full Marathon Map



Hydration Stations: 2, 3, 5, 6, 8, 10, 11, 13, 14, 16, 18, 20, 21, 23, 25

- Water and sports drink will be provided at each station.
- Gu will be available at the hydration stations at miles 8, 11, 14, 16, 20.
- **New for this year!** Cookies will be offered at aid station 8 (mile 20).
- Gatorade will be served from the tables with the **orange table cloth**.
- There will be portable toilets available at each hydration station.

Half Marathon Map



Elevation

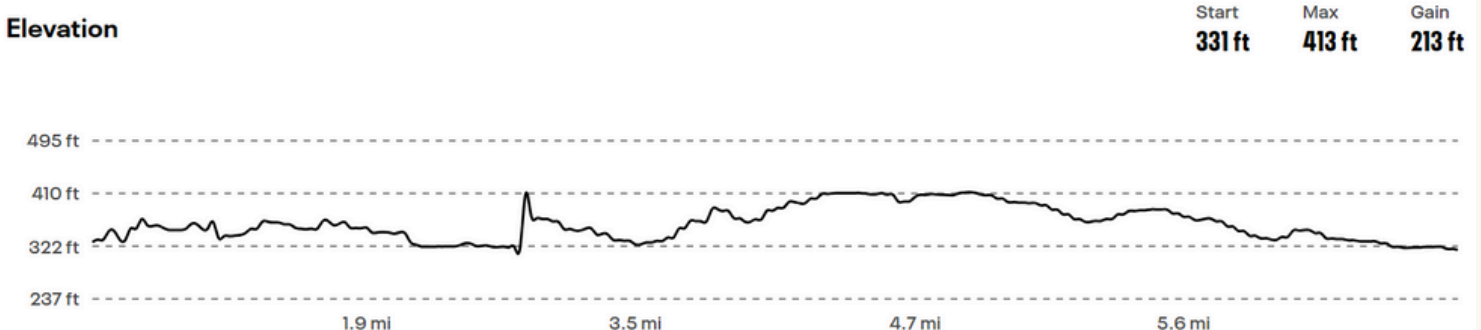
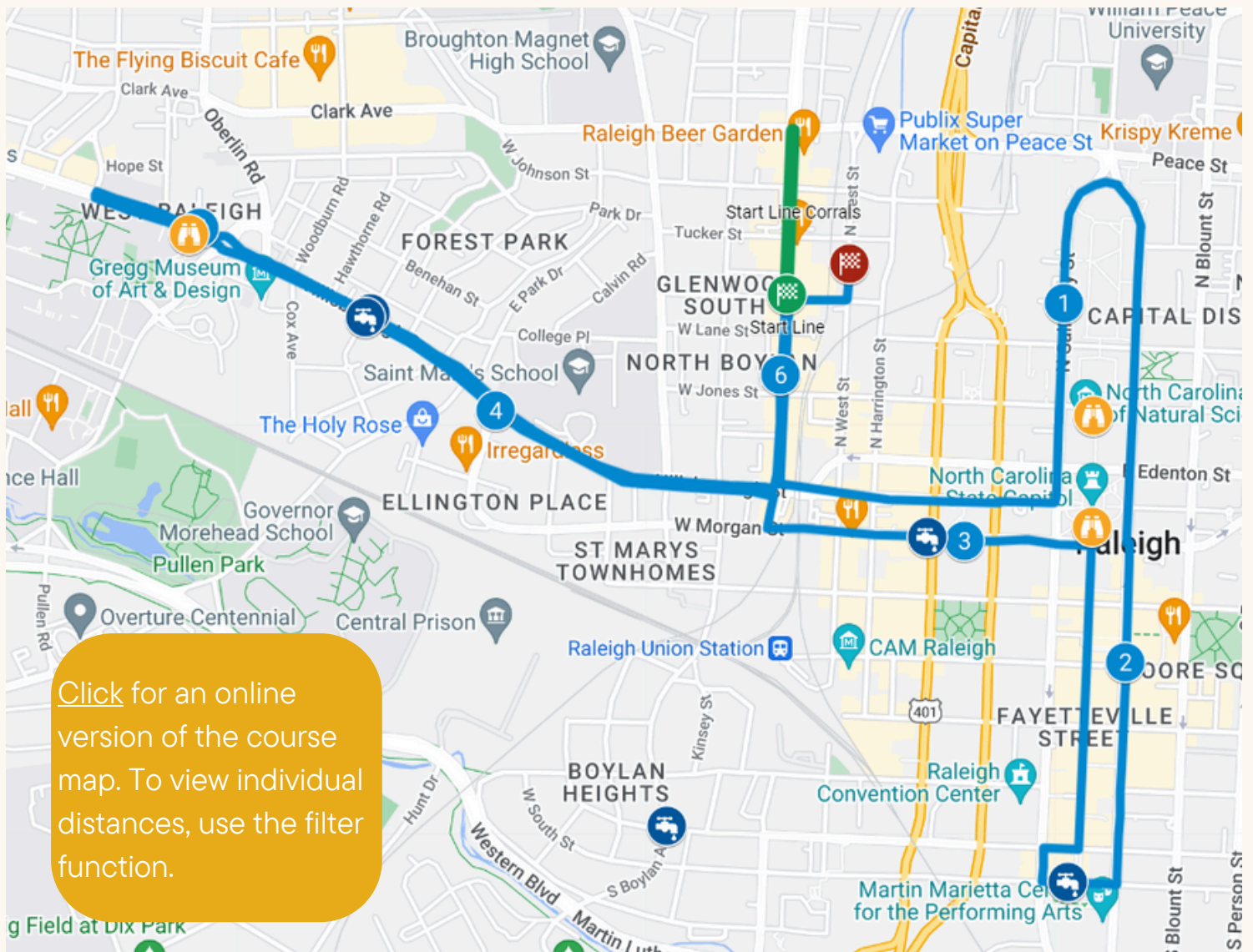
Start 333 ft Max 456 ft Gain 475 ft



Hydration Stations: 2, 3, 5, 6, 8, 10, 12

- Water and sports drink will be provided at each station.
- Gatorade will be served from the tables with the **orange table cloths**.
- **Gu** will be available at the hydration station at **mile 8**.
- There will be portable toilets available at each hydration station.

10k Course Details

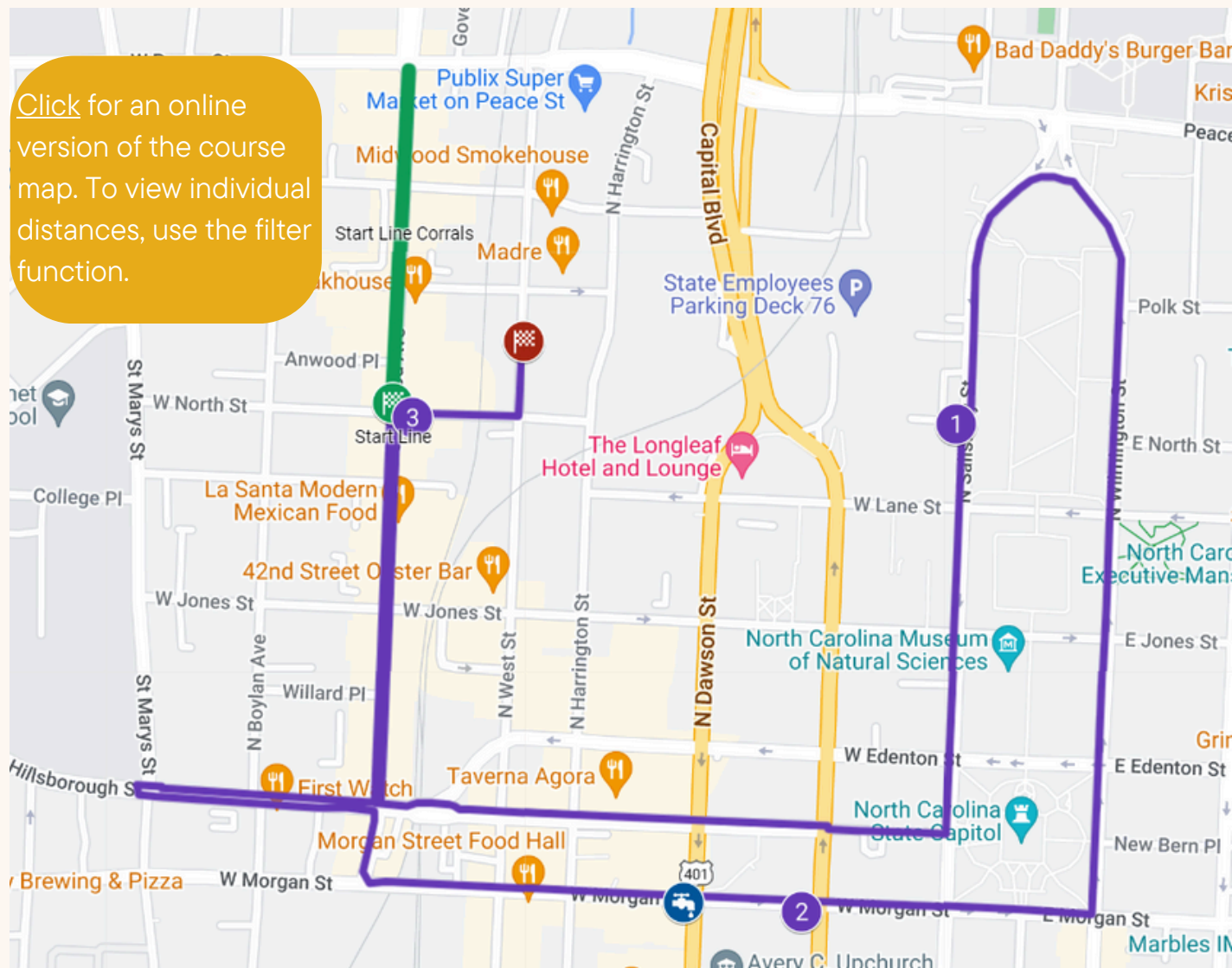


Hydration Stations: 2, 3, 4, 5

- Water and sports drink will be provided at each station.
- Gatorade will be served from the tables with the **orange table cloth**.
- There will be portable toilets available at each hydration station.

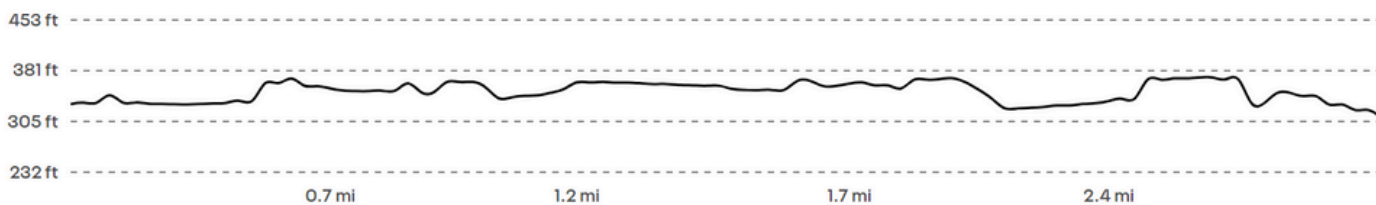
5k Course Details

Click for an online version of the course map. To view individual distances, use the filter function.



Elevation

Start 333 ft Max 371 ft Gain 77 ft



Hydration Station: Mile 2

- Water and sports drink will be provided at each station.
- Gatorade will be served from the tables with the **orange table cloth**.
- There will be portable toilets available at each hydration station.

Post-Race Details

Post-Race Party

Celebrate your race at the Post-Race Party by 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
- Checking out our sponsors and race partners!



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.



Results Correction

If your race results are inaccurate or missing, please complete the race corrections form that will be emailed to you after the race.



Post-Race Details

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

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 be given to the **top male and female finishers** in the **5k and 10k** based on chip time.

Age Group Categories

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

Race 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.

Post-Race Details

Participant Swag

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

Bib mailers will pick up their race shirt after the race at Customer Service.

Please make sure to get all of your swag before you leave the event. We will not be able to mail any swag after the race.



Join Us at Our Raleigh Run Club!

All Are Welcome.

Run with New Friends!
All Levels of Experience!

You Can Also Jog, Walk or Enjoy a
Sip 'N Stroll!

Participate in Socials,
Service Projects and Races!

StonewallRaleigh.org/Sports/Run-Club

Find Us on Facebook!



Info:

- ✓ No Cost / Free to Join!
- ✓ Tuesdays & Thursdays
- ✓ 6:30 p.m. Both Nights
- ✓ Meet At: The Green Monkey in Raleigh, Socialize Post-Run

— Thank You to Our 2024 Sponsors! —



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