

MARTIN MARIETTA CITY OF OAKS MARATHON



11.2.2025

Raleigh, NC

Athlete Guide



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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?

Pending availability, registration will be open until 3 PM on Saturday, 11/1/25.

Is there a gear check this year?

Yes, gear check is available on race day next to Milk Lab in 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.

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).

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, all distances are certified. Please note the 10k distance will vary slightly from its certification due to safety reasons.

- 5K: NC21005NW
- 10K: NC24001NW
- Half: NC24002NW
- Full: NC24003NW

Is this an open or closed course?

The course will be closed to traffic—please follow the directions of our volunteers, staff, and course signage on race day.

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.

What will happen to clothes left at the start line or on the course?

- Start Line: Clothes that are left at the start line will be donated or discarded. Clothes will not be returned to you after the race.
- Course: Please discard any unwanted clothes during the race at **aid stations**. Clothes left at aid stations will be donated. Clothes will not be returned to you after the race.



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ACCESSIBILITY GUIDE



Handicap Parking

Packet Pickup: There is ADA Parking in the parking lot at Walnut Creek.

Race Day: If you need accessible parking on race day, please email us at info@cityofoaksmarathon.com by Thursday, 10/30, and we will assist you.

Accessible Restrooms

Starting Area: There will be accessible portable toilets in the start area.

On Course: There will be accessible portable toilets at miles 2, 8, and 11.

Race Start Times

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

Post-Race Party

The post-race party will be held at Smoky Hollow. There are sidewalks or pavement from the finish line to the post-race party.

RACE SWAG!

Celebrate your finish in true Raleigh style! Every participant will take home a finisher medal, socks, and a commemorative race shirt to mark their achievement.

This year, our race shirt is inspired by Raleigh’s iconic oak trees, showcasing the City of Oaks in rich fall colors, complete with charming acorn accents. Your finisher medal mirrors that same Raleigh pride, highlighting intricate tree rings and echoing the shirt’s unique design.

Make sure to grab your race-day swag before you head out—these goodies are available only on-site and will not be mailed afterward. Don’t miss out on taking home a piece of the City of Oaks!



Participant Shirt



Extra Swag - Socks



Full Marathon Medal



Half Marathon Medal



10k Medal



5k Medal

WHAT'S NEW IN 2025

We're always working to make race weekend even better, and this year brings some exciting updates you won't want to miss:

New Packet Pickup Location | Packet pickup is moving to Walnut Creek Amphitheater, giving runners more parking, easier access, and a wider selection of pre-race vendors and sponsors.

Only Registered Runners Allowed at the Start Line | To ensure a smooth and safe start line experience, only registered runners will be permitted in the start area on race morning. Spectators are encouraged to cheer for their runners further down Glenwood toward Hillsborough Street.

Fresh Layout for the Post-Race Party | To maximize your post-race celebration, we've rearranged a few elements, including the DJ, customer service, and portable toilets, so you can party in comfort.

More On Course Fuel | Marathoners, we heard you! We're adding Oreos and gummy bears at select aid stations for that extra mid-race boost.

Distributing Award Medals on Race Day | We're now giving age group awards on race day so you can celebrate your achievement immediately, enjoy the recognition in person, and share the moment with fellow runners.

RACE DAY TERMS

Race Bib

Your race bib has a timing chip on the back that records your start-to-finish time. On race day, wear your bib with the number facing forward, and don't bend or remove the chip.

Start Line Chute

The start line chute is where runners gather before the race begins.

Hydration Station

Hydration stations on the course will offer water, sports drinks, and portable toilets.

Mile Markers

Mile markers are posted along the course. GPS devices may not align exactly with them.

Finish Line Chute

The finish line chute is where runners collect their medal, water, and post-race snacks.

Post-Race Party

A post-race party is a celebration held after the race where runners and supporters gather to enjoy food, drinks, and festivities to celebrate their accomplishments.



RACE DAY ETIQUETTE

Start Line

To keep everyone moving comfortably, please line up toward the back if you plan to walk or do a walk-run.

Hydration Stations

At hydration stations, keep moving while grabbing your cup. If you need to stop, glance behind you or step to the side so everyone stays safe and flowing

Passing

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

Respect Others

Avoid sudden stops or weaving; be predictable in your movements.

Garbage

Please put all trash in the bins, not on the course.

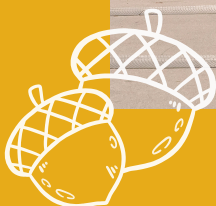
Follow Instructions

Listen to volunteers & race staff, and obey signs or course markings.

Show Gratitude

Don't forget to thank the volunteers, police, and EMS who are helping make race day safe and fun!

For everyone's safety, please keep moving through the finish line.



RACE DEADLINES

DEADLINE	FORM	DETAILS
REGISTRATION 11/1/25 at 3:00 PM EST	Join the fun!	Registration will close one hour prior to the end of packet pickup, unless the race sells out sooner.
BIB MAILING 9/26/25 at 12:00 PM EST	Form Closed	Only bibs and safety pins will be mailed to you. You will pick up your shirt at the post-race party.
CHANGE DISTANCE 11/1/25 at 3:00 PM EST Distance changes are subject to availability.	Change distance here!	You must fill out the change distance form online. Bib Mailers, if the bib you receive is for the incorrect distance, you will need to get a new one at PPU.
DEFERRAL 10/23/25 at 11:59 PM EST	Defer your race!	You will be issued a race credit for the amount you paid at registration (excluding handling fees) that can be applied toward next year's race or another Capstone Race.

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 White Oak
 Clayton
 Cary Crossroads



**FOLLOW US ON INSTAGRAM
 FOR GIVEAWAYS & MORE!**

BIB MAILING

- Bib were mailed the week of 10/13 from our timing company Start2Finish. **If yours hasn't arrived by 10/31**, visit packet pick-up and head straight to customer service for assistance.
- If you changed distances after 9/26, double check to make sure your bib reflects the distance change. If it doesn't, please visit the customer service at packet pickup for a new bib.
- You will pick up your race shirt and socks after the event at Customer Service.
- If you need a gear check bag, they'll be available outside of gear check on race morning.

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

PACKET PICKUP

- **Location:** Coastal Credit Union Music Park at Walnut Creek Amphitheater | [3801 Rock Quarry Road, Raleigh, NC](#)
- **Date:** Saturday, November 1 | 8:00 AM – 4:00 PM
- **Parking:** Please enter from Rock Quarry Road, where parking attendants will guide you to the designated area. From there, you can walk directly to Packet Pickup at Gate 1.
- We use a reservation system to help keep lines short. Please select a [30-minute time slot](#) and plan to arrive during that window. If you're picking up for multiple participants, you only need to reserve one time slot.
- At packet pickup, you'll receive your bib, shirt, safety pins, extra swag (socks), and gear check bag. You'll also have the opportunity to engage with our race sponsors, including Fleet Feet, Martin Marietta, First Horizon, and more

PACKET PICKUP FAQ

Can someone else pick up my bib for me?

Yes, someone else can pick up your bib—just have them bring a copy or photo of your ID for verification.

Will there be a packet pickup on race morning?

There will not be packet pick-up on race morning. Please make plans to attend beforehand, or have someone attend on your behalf.

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

Shirt exchanges are available starting at 9 AM on race day at customer service, while supplies last.

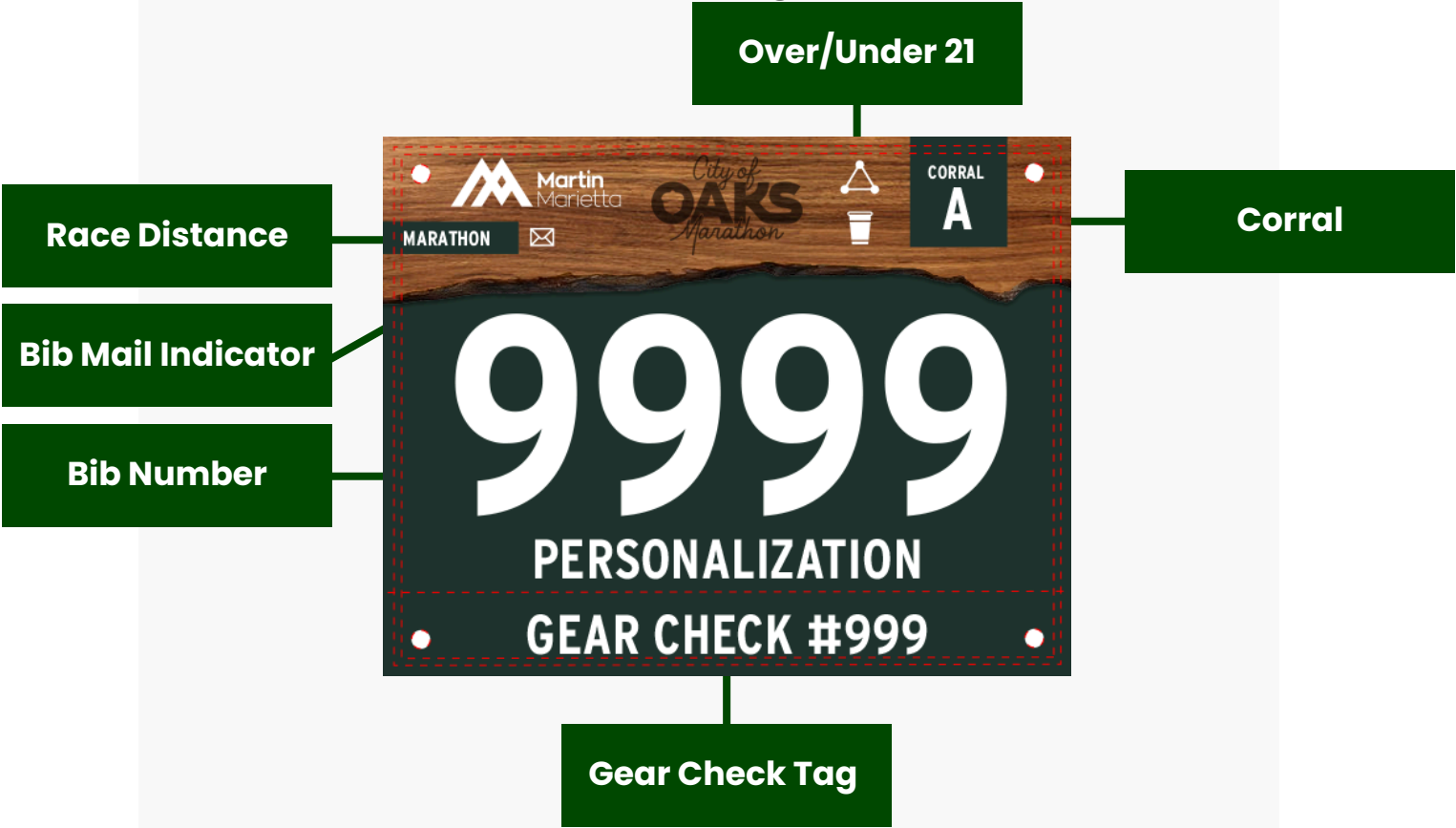
If I am picking up bibs for multiple people, do I need to sign up for multiple reservation spots?

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



BIB GUIDE

All participants must wear their bib on the outside of their shirt with the race number facing forward.



Half Bib	10k Bib	5K Bib

RACE WEEKEND TIMELINE

Packet Pickup

NOVEMBER 1 | 8 AM-4 PM

Walnut Creek
Amphitheater



Gear Check Opens

NOVEMBER 2 | 6 AM

Next to Milk Lab at Smoky Hollow



Full, Half, & 10k Start

NOVEMBER 2 | 7 AM

WHEELCHAIR DIVISION | 6:55 AM

400 Glenwood Ave, Raleigh, NC



5k Race Start

NOVEMBER 2 | 7:20 AM

WHEELCHAIR DIVISION | 7:15 AM

400 Glenwood Ave, Raleigh, NC



5k & 10k Overall Awards Announced

NOVEMBER 2 | 9 AM

Post-Race Party
at Smoky Hollow



Half Overall Awards Announced

NOVEMBER 2 | 10 AM

Post-Race Party at Smoky Hollow



Marathon Overall Awards Announced

NOVEMBER 2 | 11 AM

Post-Race Party
at Smoky Hollow



Marathon Course Closed

NOVEMBER 2 | 1 PM



Post-Race Party Ends

NOVEMBER 2 | 1:30 PM



RACE DAY PARKING

Runners can park in several free parking areas within walking distance of the start line, but all spots are first come, first served. Plan to **arrive by 6 AM** to avoid race-day congestion and road closures.

- **State Deck 75** | Approximately 0.8 mile walk (20-minute walk) to the start line
- **State Deck 76** | Approximately 0.8 mile walk (20-minute walk) to the start line
- **413 N Salisbury St Garage** | Approximately 0.7 mile walk (15-minute walk) to the start
- **Green Square Deck** | Approximately 0.7 mile walk (15-minute walk) to the start
- The Village District shopping center parking | Approximately 0.8 mile walk to the start line
- **Fred Fletcher Park Street Parking** | Approximately 0.55 mile walk to the start
- **Forest Park Neighborhood Residential Street Parking** | Approximately 0.33 mile walk to the start

Road closures are available [here](#). Please review these before race day and plan your morning route accordingly!

RACE DAY PARKING MAP

- ✓ **Parking Decks/Garages**
 - P State Deck 75
 - P State Deck 76
 - P 413 N Salisbury St. Garage
 - P Green Square Parking Deck
- ✓ **Street Parking**
 - P Fred Fletcher Park Street Parking
 - P Forest Park Neighborhood Street Parking
- ✓ **Parking Lots**
 - P Raleigh Charter High School
 - P Village District
- ✓ **Start/Finish**
 - ★ Start Line!
 - ★ Finish Line!
- ✓ **Recommended Drop Off Location**
 - P Recommended Drop-Off Location

PRE-RACE INFO

Start Line

400 Glenwood Ave, Raleigh, NC 27603

New for this year, only runners will be allowed on Glenwood Ave near the start line. Spectators will not be allowed in the corral areas.

Start Times

- Sunday, November 2
 - Full, Half, & 10k: 7:00 AM | Wheelchair Division 6:55 AM
 - 5k: 7:20 AM | Wheelchair Division: 7:15 AM

Packet Pick-Up

Location: Walnut Creek Amphitheater

- Saturday, 11/1 | 8 AM - 4 PM
- Packet pickup is unavailable on Sunday. Please plan accordingly.

Portable Toilets

New for this year: Portable toilets will be on both Tucker St & N West St.

Customer Service

Customer service will be available at **6:00 AM** at the intersection of N West St. & Tucker St.

Pacers

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

PRE-RACE INFO

Corrals

- Runners in the full marathon, half marathon, and 10K will be divided into three corrals (A, B, & C) based on the estimated pace provided at registration.
- Corral assignments are printed on the front of your race bib.
- There will **not be corrals for the 5K**. To ensure the safety and enjoyment of all participants, *walkers should line up toward the back of the start line chute.*

Corrals 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.

Gear Check

We strongly encourage runners to leave personal items at home or in their vehicles. If you need to check a bag, the gear check area is located at Smoky Hollow next to Milk Lab.

Bags:

- Clear drawstring bags will be available at packet pick-up.
- If you chose bib mailing, you can pick up your gear check bag at gear check on race morning.

Gear Check Tags: Attach your gear check tag from your bib to your bag before coming to gear check.

Hours: 6:00 AM – 1:30 PM

Important: The race is not responsible or liable for items left in gear check. Do not leave valuables such as keys, wallets, or cell phones in your bag.

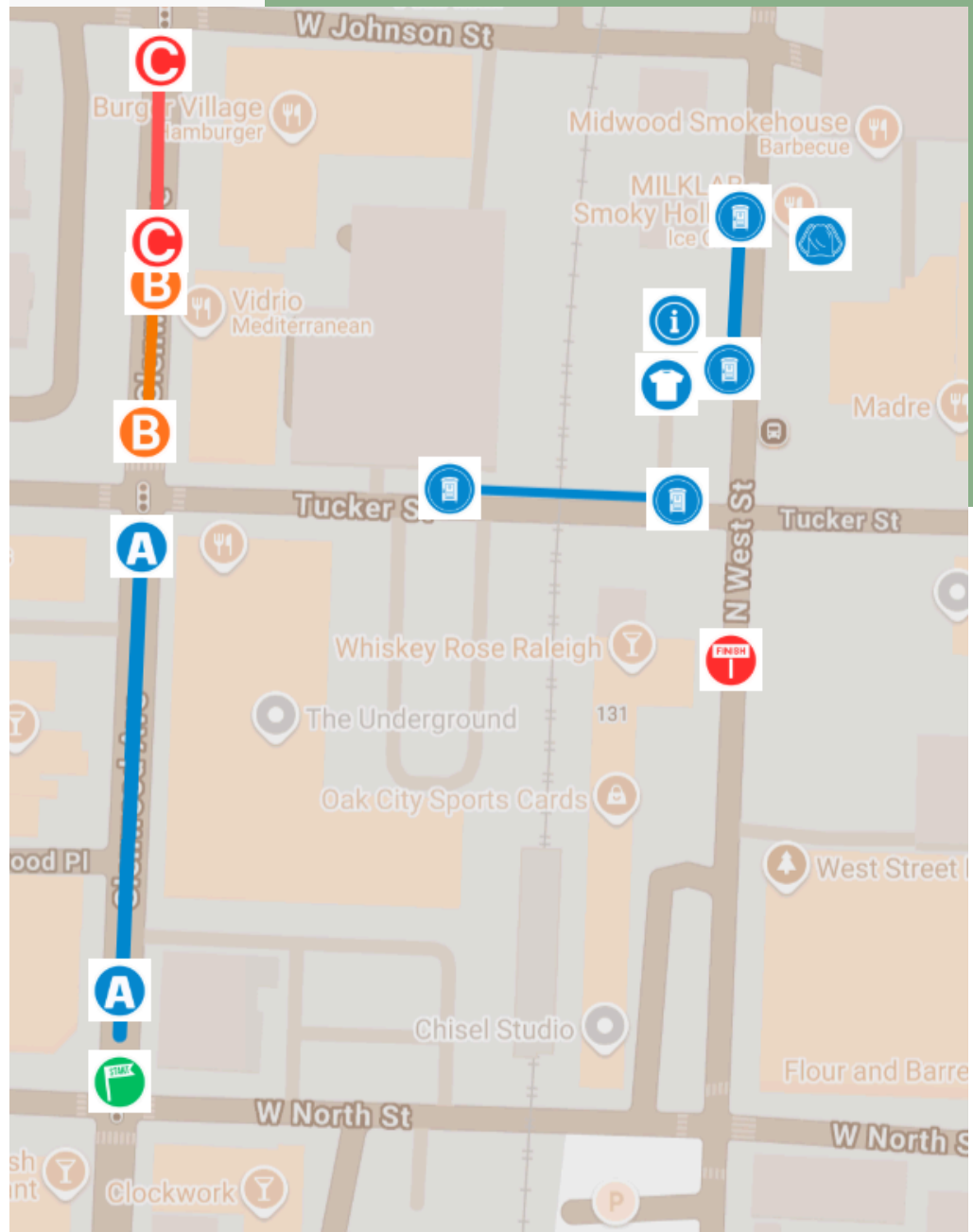
PRE-RACE MAP ON THE NEXT PAGE!

PRE-RACE MAP

Only runners will be allowed on Glenwood between W Johnson and W North St. Please have your bib ready to show attendants. Spectators will NOT be allowed at the start line.

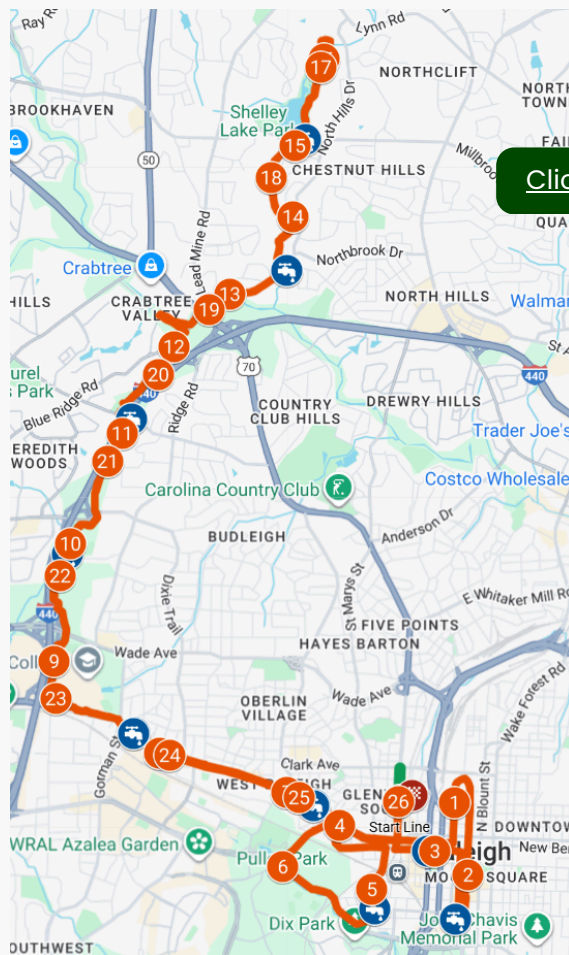
Pre-Race Needs

-  Gear Check
-  Customer Service
-  Portable Toilets
-  Portable Toilets
-  Start Line!
-  Finish Line!
-  Corral A Begins
-  Corral A
-  Corral B Starts
-  Corral A Ends
-  Corral B
-  Corral B Ends
-  Corral C Starts
-  Corral C Ends
-  Corral C
-  Portable Toilets
-  Portable Toilets
-  Line 21
-  Portable Toilets
-  Race Shirts



[Click map for interactive Google Map of pre-race locations.](#)

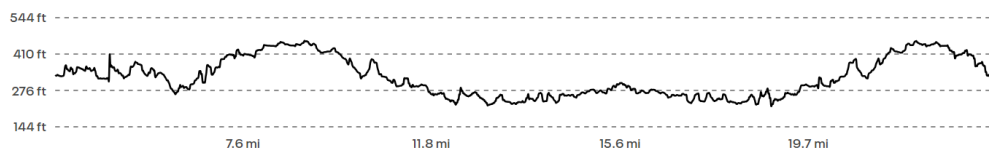
MARATHON COURSE MAP



[Click for live Google Link.](#)

Elevation

Start 333 ft Max 462 ft Gain 950 ft



Hydration Stations

Full marathon runners will find 15 hydration stations along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.25 mile.

Locations:

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

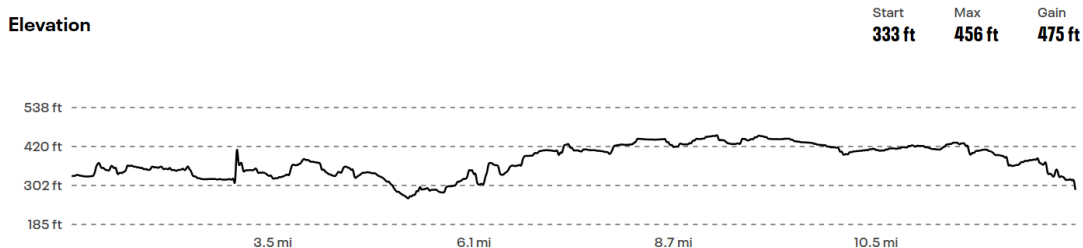
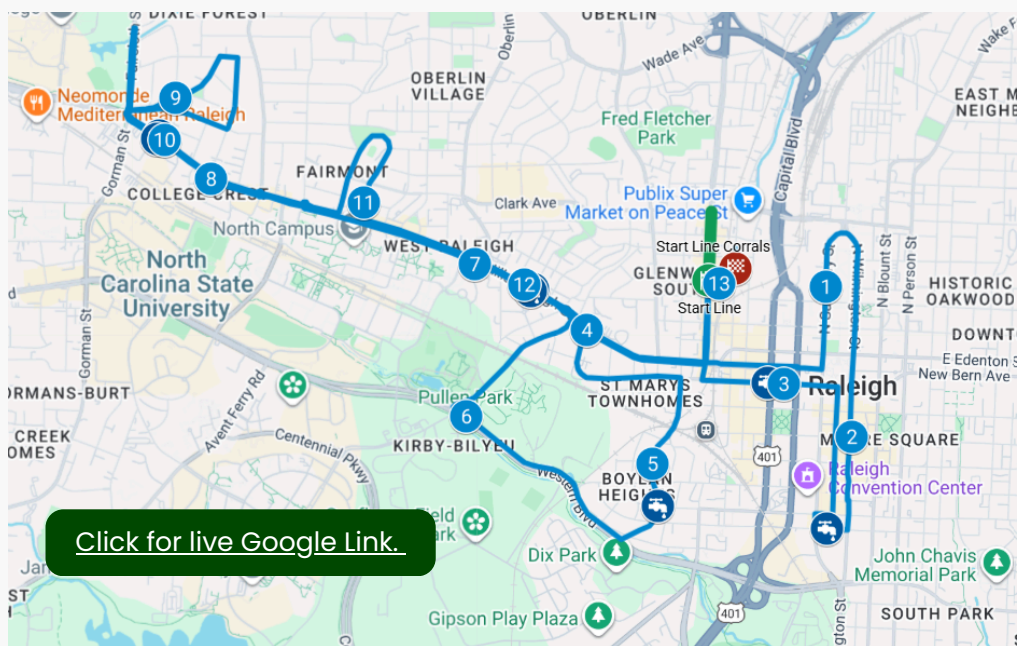
On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

- Mile 8, 11, 20: Gu
- Miles 10 & 21: Gummy Bears
- Miles 15 & 17: Oreos

Portable toilets will be located at each aid station.

HALF MARATHON COURSE MAP



Hydration Stations

Half marathon runners will find 7 hydration stations along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.25 mile.

Locations:

Miles 2, 3, 5, 6, 8, 10, 12

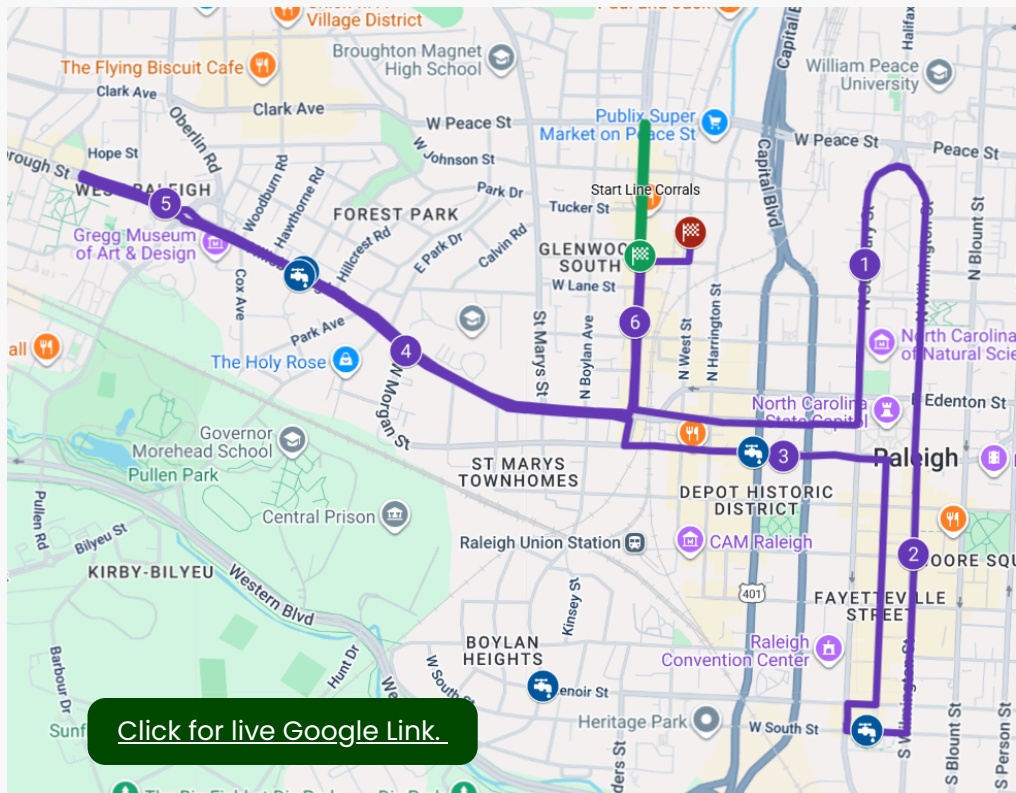
On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

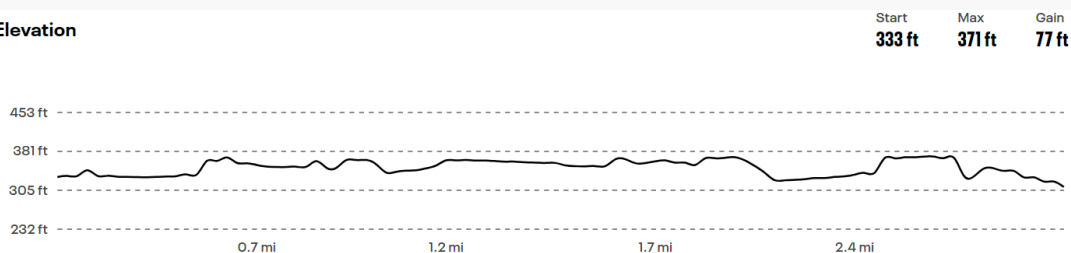
Gu will be offered at mile 8.

Portable toilets will be located at each aid station.

10K COURSE MAP



Elevation



Hydration Stations

10k runners will find 4 hydration stations along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.25 mile.

Locations:

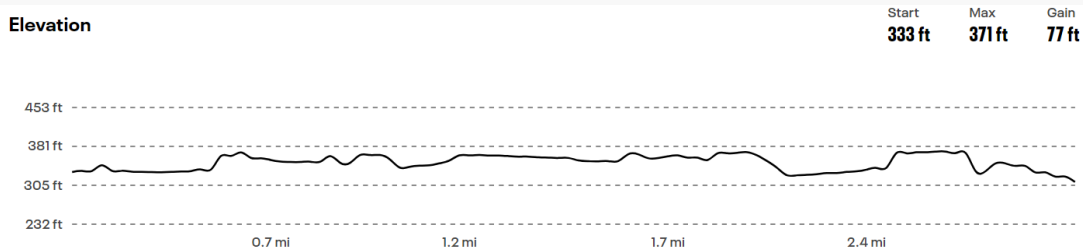
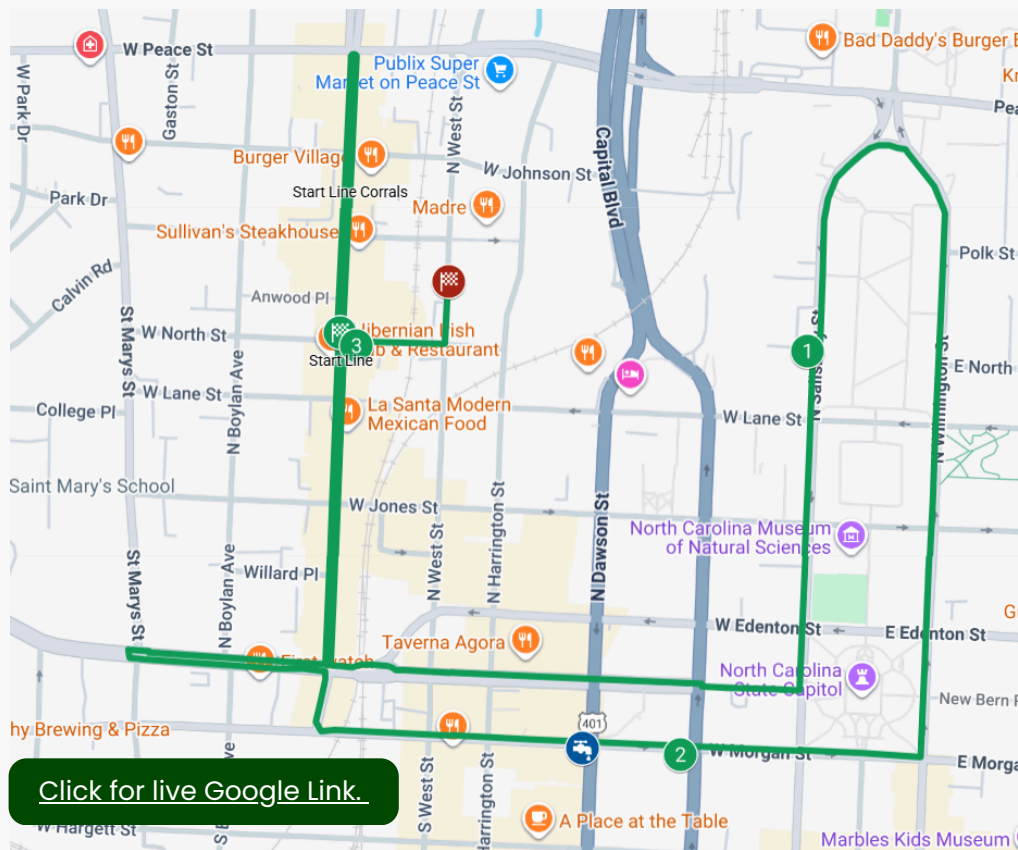
Miles 2, 3, 4, 5

On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Portable toilets will be located at each aid station.

5K COURSE MAP



Hydration Stations

5k runners will find one hydration station along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.25 mile.

Location: Mile 2

On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Portable toilets will be available at each hydration station.

COURSE DETAILS

The City of Oaks Marathon, Half Marathon, 10K, and 5K showcase the best of Raleigh—from lively downtown streets to scenic greenways and wooded trails. All races start in Glenwood South and pass iconic landmarks like the State Capitol, NC State Bell Tower, and Fayetteville Street.

Marathoners continue on shaded trails through Raleigh’s rolling landscape before returning downtown for the finish, making every course a memorable tour of the city’s culture, history, and natural beauty.

10k Course Adjustment:

For the safety of all participants, we have made a small adjustment to the 10K course. The original certified turnaround required runners to cross a median, which posed a safety risk. To ensure everyone can run safely, we are moving the turnaround about 100 feet closer, making the total course approximately 200 feet short of certification.

We know some runners may be disappointed by this small change. We explored every alternative to maintain the certification, but this adjustment is the safest and most responsible option. Thank you for your understanding and for helping us prioritize a safe and enjoyable race for all participants.

POST-RACE PARTY

Location Smoky Hollow | *Just steps from the finish line!*

Hours 8:00AM – 1:30 PM

Details

After you cross the finish line, celebrate your accomplishment in Smoky Hollow —just steps from the finish! Meet up with friends & family to enjoy the post-race party featuring a beer garden (ID required), sponsor tents, finisher snacks, and more. It's the perfect spot to relax, refuel, and soak in the energy of race day!

Overall Awards

Overall awards for each distance will be presented to the top 3 male, female, and nonbinary finishers, based on gun time. Awards will not be mailed.

Overall Award Time

Overall awards will be announced at the DJ stage in Smoky Hollow.

- 5k & 10k: 9 AM
- Half Marathon: 10 AM
- Marathon: 11 AM

Age Group Awards

Age group awards will be given to the top 3 male, female, & nonbinary finishers in each age group for both distances based on chip time. Age group awards will be available for pick-up at customer service after the announcement of the overall awards. **Awards will not be mailed.**

Age Groups

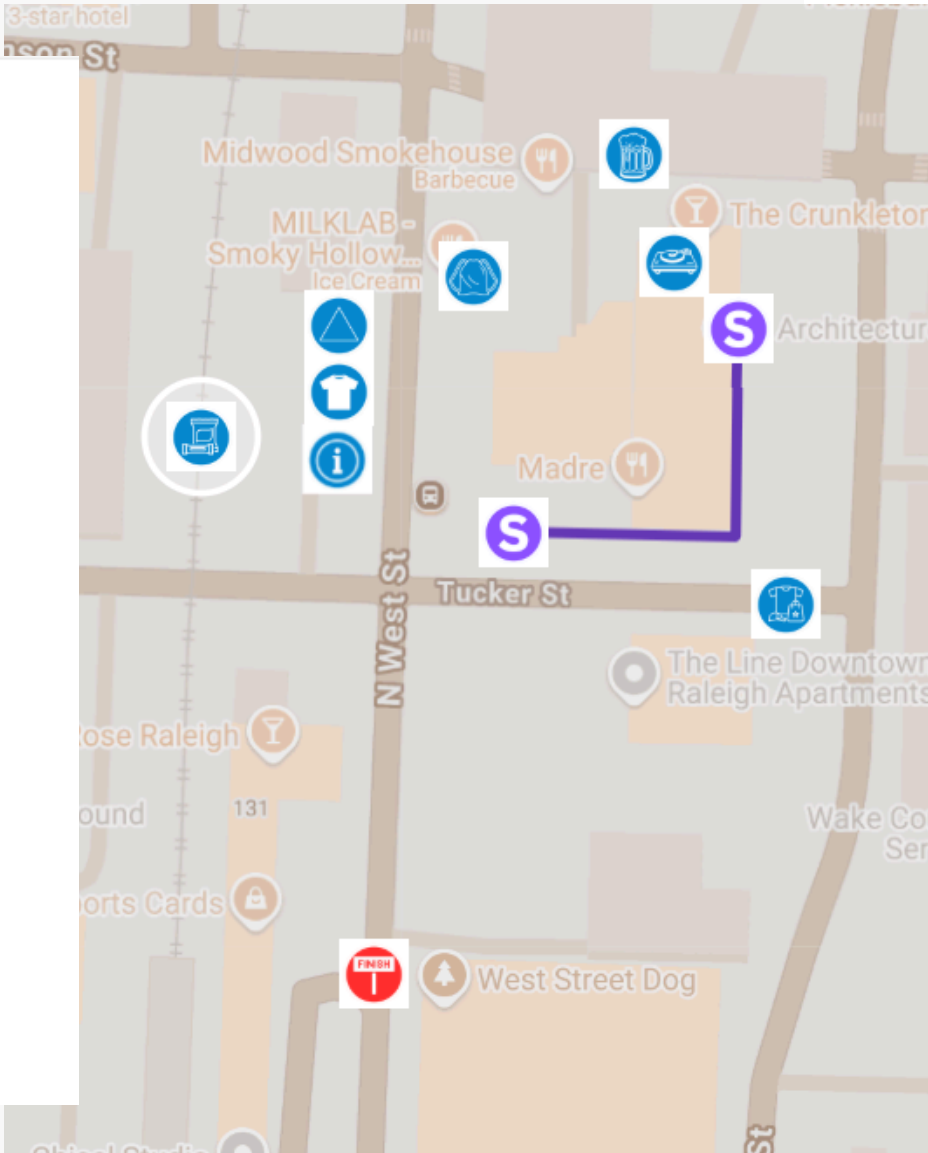
14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over



Post-Race Map

-  Customer Service
-  Participant Shirts
-  Triangle Triple Medals
-  Beer Garden
-  DJ
-  Sponsor Zone
-  Sponsor Zone
-  Sponsor Zone
-  Gear Check
-  Post-Race Food
-  Race Merchandise
-  Finish Line!

- ## Post-Race Map
-  Customer Service
 -  Participant Shirts
 -  Triangle Triple Medals
 -  Beer Garden
 -  DJ
 -  Sponsor Zone
 -  Sponsor Zone
 -  Sponsor Zone
 -  Gear Check
 -  Post-Race Food
 -  Race Merchandise
 -  Finish Line!



[Click map for interactive Google Map of post-race locations.](#)

POST-RACE

Race Photos

Within 2-3 days of the race, you will receive an email from the race photographer, Finisher Pix, with race photos.

Results

There will not a results tent at the finish line, but a results link will be shared via email before the race.

Results Correction

We will share information about how to correct your results after the race.

Survey

We value your feedback! After the race, you'll receive an email with a short survey link. Taking a few minutes to share your thoughts helps us improve and make next year's event even better.



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