



May 26, 2019

Thank you for your participation in the Coeur d'Alene Marathon. To ensure a great race experience we have listed several important pieces of information below.

PACKET PICK-UP

Packet pick-up will be held at the Coeur d'Alene Resort Plaza Shops from 10:00AM - 4:00PM on Saturday, May 25, 2019. If you are unavailable to pick up your packet, you may have a friend pick-up your packet for you. There will be NO packet pick-up race morning. Left over bib numbers will be transported to the info and gear check tent race morning. Please note that finisher shirts and finisher medals will be distributed in the finish chute after the race.

MOTIVATIONAL MILE

We are very excited to announce a motivational mile for this year's event with inspiration station. Stop by our sign making booth during packet pick-up and make fun, inspirational, and motivating signs for your friends. Leave the sign with our team and we will place them on the course for you along our motivational mile!

INSPIRATION WALL

Make sure to swing by our inspiration chalkboard wall at packet pick-up and write down what inspires you to run! Share your story and some inspiration!

FREE RACE PHOTOS

We are excited to announce free race photos this year.

1. The Negative Split Photoboxx will be available for use all weekend. You can print any photo you or a friend take on your phone during the weekend.
 - STEP 1: Take a photo
 - STEP 2: Post to Instagram or Twitter with **#cdamarathon**
 - STEP 3: Come by our Photoboxx booth to claim your free print of your photo!

*** make sure your profile is public to allow for printing of your photo.
2. We will also have professional photographers taking a handful of race photos that will be released on our social media feed in the week following the race.

RACE TIMING

All timing is provided by Across The Line Timing. Your timing chip is already fixed to the back of your bib. Please do not bend or fold your bib number. All bib numbers must be worn and visible on the front of your person. Results will be available on an iPad kiosk near the finish line following the race. We will also have results posted on nsplit.com.

MORNING GEAR CHECK

If you want to drop off your clothes or other personal items before the race, simply bring your packet bag stuffed with your gear to the designated gear check tent. We will mark your bag for you and hold it until after the race. *If you forget your bag, we have extras! You must have your bib number to claim your bag after the race!*



SPECTATORS

The Coeur d'Alene Marathon is a great spectator race. We encourage your friends and family to come out and support you in your race. As a courtesy to other runners, *we ask that all spectators stay off the course and cheer from the sidelines.*

START TIMES

All distances start in McEuen Park directly East of the Coeur d'Alene Resort. Participants must start at the indicated time below for their running distance. Please arrive early enough to get to the start line. There will be multiple portable toilets available near the start area for your use.

Race Distance	Start Time
Marathon Early Start	5:30 AM
Marathon Mass Start	6:30 AM
Half Marathon Start	6:45 AM
10k Start	7:30 AM
5k Start	7:30 AM

EVENT PARKING

PLEASE ARRIVE EARLY to park so you do not miss your start time. We suggest parking in the McEuen Park parking lot, Coeur d'Alene Resort parking lot, or surrounding city street parking.

THE COURSE

We are excited to announce a new course route this year with an addition of a 10k distance. Remember that not all roads are closed to traffic. Please be alert on the course and be mindful of traffic. Complete course maps area available online at cdamarathon.com

AID STATIONS

Aid stations will be positioned roughly every 2 miles on the course. Aid Stations will be equipped with the following...

- ✓ Portable toilet
- ✓ Water
- ✓ GU hydration
- ✓ GU chews
- ✓ GU gels
- ✓ Basic first aid

Please *discard of any trash within the aid station.* Please do not litter on the course.

CUT-OFF TIMES

The course will close at 1:00pm. If you are still on the course at 1:00pm, you may finish the race, but you must adhere to all traffic rules and you will be unsupported on the course from that point forward until the finish line.



CROSSING THE FINISH LINE

Congrats on your finish! Volunteers will award you a finisher medal and finisher t-shirt. Please take the size shirt you ordered when registering for the race. We will have a limited number of finisher shirts available for size exchanges. Come to the info booth for all exchanges. After finishing, head to the recovery station for fruit, bagels, cookies, and hydration.

AWARDS AND RAFFLE

Age group and overall awards will be given for 1st, 2nd, and 3rd place. The 5k awards ceremony will take place at 8:30 AM. The 10k Awards ceremony will take place at 9:30 AM. The half marathon awards ceremony will take place at 10:00 AM. The Marathon awards ceremony will take place at 11:00 AM. All finishers... make sure to grab a raffle ticket when you finish, as we are also raffling off some great prizes during our awards this year.

MEDICAL SUPPORT

In the event that you need first aid or medical attention, please make your way to the medical tent or let a volunteer know you need assistance.

AFTER PARTY

Please hang out and enjoy the after party. There will be food trucks, music, and many vendors on site. Celebrate your finish with us!

MASSAGE

We are excited to again offer post-race massage. Our sports massage therapy team will be located near the finish line and you can drop-in for massage. Cost is \$1 per minute.

THANKS TO OUR SPONSORS

