



2018 Title Sponsor

RALEIGH'S HOMETOWN RACE

# CITY OF OAKS MARATHON

presented by



## 2018 PARTICIPANT GUIDE

Raleigh, NC | November 4, 2018

 **UNC REX  
HEALTHCARE**  
HALF MARATHON

**10K** *The Old Reliable*  
**RUN**

*acorn*  
**5K**

**MARATHON RELAY**  

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**KIDS' MILE**

# 2018 City of Oaks Marathon PARTICIPANT GUIDE

Not registered?

Visit [cityofoaksmarathon.com](http://cityofoaksmarathon.com) for race details and registration!

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*Please note: Athlete guide and race weekend information is subject to change.*

*Please refer to the most recent copy of the athlete guide on [cityofoaksmarathon.com](http://cityofoaksmarathon.com) closer to race day.*

# 2018 City of Oaks Marathon

## PARTICIPANT GUIDE

### GENERAL INFORMATION

#### Note to Runners

Welcome to the 12th annual running of Raleigh's Hometown Race: the Blue Cross and Blue Shield of North Carolina City of Oaks Marathon Presented by WRAL! We know that you work hard to train for race day, and we work hard to ensure that your preparation is rewarded with an exceptional race experience, from the pre-race Duke Raleigh Health & Wellness Expo to our Post-Race Party. We hope your time running with us at City of Oaks is your best race experience yet! If we can ever do anything to improve your experience, we encourage you to [contact us](#) and let us know!

#### Race FAQs, 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 his/her ability to follow direction while wearing headphone devices. If you do choose to wear headphones, please keep the volume level down so you are able to hear and follow the direction of course volunteers.

##### Can someone else run in my place?

No, you are not allowed to transfer bib numbers to another person. If you are unable to run as planned, you may defer your registration to the 2019 City of Oaks race through 11:59pm on October 31, 2018. Visit [cityofoaksmarathon.com](http://cityofoaksmarathon.com) for details. No refunds will be given for any reason.

##### Can I register on race day?

No, there will be no race day registration. Registration will close at 5:00pm on Saturday, Nov. 3, 2018. Please plan to register in time to attend packet pick-up before the expo closes Saturday, Nov. 3 at 5:00pm.

##### Is there Race Day packet pick-up?

No, there will be no race day packet pick-up. Packet pick-up will close at 5:00pm on Saturday, Nov. 3, 2018. No exceptions can be made on Race Day. If you will be unable to attend packet pick-up during expo hours (Saturday, Nov. 3, 9:00am-5:00pm), you may have someone pick up your packet in your place. They must show a picture of your photo ID (a picture on a phone is fine).

##### Am I allowed to walk?

Yes, however, you must meet the requirements of completing each race distance within the following time limits: 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 sag wagon available to pick up runners who are unable to meet this time limit.

##### Are strollers and baby joggers allowed?

Yes, strollers are permitted in the half marathon, 10k, 5k and kids' mile events. Participants with strollers will need to start in the back for each event.

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### Is there bag check?

Yes, there will be a baggage check area available at the start/finish area across from the NC State Bell Tower. Look for the sign marked "Gear Check." Additional information is listed on page 6.

### Can I change my race distance?

Yes, you may change your race distance until 5:00pm on Saturday, Nov. 3. There is no fee for downgrading your distance, and no refunds will be given for downgrading your distance. If increasing your race distance, you will be charged the difference in price. Visit [cityofoaksmarathon.com](http://cityofoaksmarathon.com) to change your race distance online. After Thursday, Oct. 25th at 11:59pm, you must change your race distance in person at the expo. Per USATF rules, if you decide to change races unofficially, you will be disqualified. You must run the race for which you registered.

Additional questions? [Contact us!](#)

## PRE-RACE

### Health and Fitness Expo

The [Duke Raleigh Hospital Health and Fitness Expo](#) will be a fun-filled event offering a wide variety of health and fitness related content including a Q&A with medical professionals from Duke Raleigh Hospital, free health tests and screenings; 40+ vendors and many more health and wellness resources for the entire family! The expo will also serve as race packet pick-up. Please remember that there will be no Race Day packet pick-up; you must pick up your race packet at the expo.

### Expo Schedule- Saturday, Nov. 3:

- 9:00am - Expo Opens!
- 11:00am - Q&A with Duke Raleigh health professional
- 2:00pm - Q&A with Duke Raleigh health professional
- 5:00pm - Expo Closes

### Expo Location (New location for 2018):

- **Address:** McKimmon Conference and Training Center ([1101 Gorman St, Raleigh 27606](#))
- **Expo Parking:** Expo parking is free and open to the public

### Race Packet Pick-Up

#### Pick-up Procedures for 2018

Please note that packet pick-up will be divided by race distance and sorted alphabetically. All you will need to pick up your race bib is a photo I.D.

#### Race Packet for Someone Else

We allow you to pick up the race packet for someone other than yourself with a picture of their photo I.D. A photo on your phone is sufficient.

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### Race Packet Items

When you come to packet pick-up at the expo, you will receive the following items:

- Race Bib (with gear check tag attached *\*must bring on race day if you plan to check your gear!*)
- Participant shirt
- Bonus runner gift
- Gear check plastic bag *\*must bring on race day if you plan to check your gear!*

### Virtual Race Bag

Every participant will receive an email with virtual event deals which will be sent to the email they used when registering. The virtual race bag will feature great offers from many of our sponsors and partners. We strongly encourage you to visit our many partners who have made many contributions to help us produce a great event.

## RACE DAY

### Race Day Timeline

- 6:00am -1:00pm - Gear Check open
- 7:00am - Marathon, Half Marathon, Relay and 10k start
- 7:20am - 5k starts
- 7:30am - Kids' Mile starts
- 9:00am - 10k and 5k overall awards
- 10:00am - Half Marathon overall awards
- 11:00am - Marathon and Marathon Relay overall awards
- 1:00pm - Race Finish

### Race Start Time

Race Day is Sunday, November 4, 2018. The marathon, half marathon, relay and 10k will start promptly at 7:00am. The 5k will start at 7:20am, and the kids' mile will start at 7:30am. **Please note that Daylight Savings Time takes place at 2:00am on Race Day. Remember to set your clock back one hour!**

### Race Location

All distances will start and finish on Hillsborough Street outside of Aloft Raleigh Hotel and next to the NC State Bell Tower ([2100 Hillsborough St, Raleigh, NC](http://2100HillsboroughSt.com)).

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## Parking

There are more than 4,000 parking spaces available within a 5-minute walk of the start/finish area for runners and spectators. The best parking is available at:

- **Cameron Village (located at Oberlin and Clark Streets):** [2005 Clark Ave, Raleigh NC 27605](#) - Access via Wade Avenue to Oberlin to Clark Street. Please do not park in the Harris Teeter or Rite Aid parking lots.
- **NC State Reynolds Coliseum Parking Deck (off Pullen Road):** [Jensen Drive, Raleigh, NC 27607](#) - Access via Western Blvd. to Pullen.
- **Uber/Lyft/Drop-off Location:** 1608 Hillsborough St. (parking lot across from the YMCA) ~1/4 mile from start & finish line (5 min walk). **Please note: This area cannot be accessed between 6:45am-7:45am.**



## Gear Check

All participants will receive a gear check tag on the participant's bib number as well as a bag to use for gear check at packet pick-up. Runners may check their bag at the gear check area located beside Subway ([2020 Hillsborough Street, Raleigh, NC](#)) at Hillsborough St. and Maiden Lane. You will need to attach your numbered tag (pulled from the bottom of your race bib) to your bag. **The race is not responsible or liable for items placed in your bags and left at the bag check.**

## Porta-Johns

Plenty of porta-johns will be located throughout runners village in these locations below. Refer to the finish area map on page 10 for locations.

- Parking lot at the corner of Pullen and Oberlin streets for **post-race use only**
- Parking lot of the NCSU North Residence Hall adjacent to Bruegger's Bagels for **pre and post-race use**

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### Course Information

The marathon, half marathon, 10k and 5k are USATF-certified distances. The marathon is a Boston Qualifier event. USATF certification numbers, course maps and turn-by-turn directions for all distances can be found at [cityofoaksmarathon.com](http://cityofoaksmarathon.com). There will be plenty of signage and course monitors along the route to help direct runners. [Click here to view suggested spectator locations!](#)

**Course Video:** A [City of Oaks course video](#) is available for viewing! You can visualize the race route as local elite runner Bobby Mack offers course tips and a tour of the City of Oaks marathon course. [Click here to watch!](#) \*Please note, there have been a few minor course changes that are not represented in the video.

### Spectator Locations:

Visit [cityofoaksmarathon.com](http://cityofoaksmarathon.com) to view expected arrival times based on runner pace so your spectators can plan ahead when to be at each stop to cheer you on!

- The start/finish line at the NC State Bell Tower
- The State Capitol area downtown (Miles 3.5 and 4.5 for the full and half marathon, relays and 10k)
- Cameron Village (Mile 7.1 for the full and half marathon; mile 6.2 finish for the 10k)
- Meredith College (Mile 11 for the half marathon and marathon; mile 24 for the marathon)
- Crabtree Valley Mall (Miles 15 and 20 for the marathon)
- North Hills Drive - just south of Northbrook Drive (Miles 16 and 18 for the full marathon)

### Pace Groups

Pace groups will be offered for the full and half marathon events for the finish times listed below. Stop by the pace team booth at the expo to meet your pacers!

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

### Aid Stations

Water and [Amino VITAL Pro-E](#) will be provided at all aid stations, except at mile 8, which will be water only. [Please click here](#) for more information on our Official Sports Drink, Amino VITAL and how to get a free sample prior to race day. Assorted GU flavors will be available at the CrabTree Valley aid station near mile 15 and 21 on the marathon course. **Please help us keep the greenway clean by not dropping your GU tabs on the ground.** Fruit and nutritional treats will be provided at the North Hills water stop on the marathon course.

### Aid Station Locations:

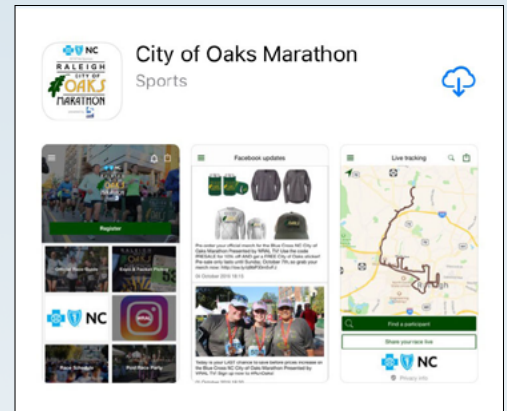
- **Half Marathon:** Miles 2.0, 4.3, 7.0, 8, 9.5, 11.5.
- **Full Marathon:** Miles 2.0, 4.3, 7.0, 8.0, 9.5, 12.5, 13.7, 14.7, 16.5, 18.5, 20.0, 21.5, 22.5 and 24.5.
- **10k:** Miles 2.0 and 4.3
- **5k:** Mile 2.5

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### Live Tracking with the City of Oaks Race App

Friends and family can track your progress and cheer you on using the Blue Cross NC City of Oaks Marathon Presented by WRAL MyLaps Tracking App! Free live tracking is available for all marathon, half marathon, relay, 10k and 5k participants thanks to our Title Sponsor, Blue Cross NC, and MyLaps Sports Timing. Search “City of Oaks Marathon App” in the app store to download!



### Medical Assistance

There will be six medical stations on the race course and a medical tent at the finish line. An ambulance will be available at the main start/finish line. There will be four medical bike teams patrolling the course along with two ATV medical teams on the greenway portion of the course.

### Full Marathon Relay

#### Team Registration and Bib Pick-up

Team captains create the team name, register for and pay for the entire team. The team captain can then add or change team members through Saturday, Nov. 3 at 5:00pm. The team captain or designated team member should pick up all relay member bibs and race shirts at the expo. It is then that designee's responsibility to distribute them items to team members. **If the team captain is not picking up the bibs, the designated team member must show a picture of each team member's IDs to pick up their race items.**

#### Relay Bus Transportation *(For runners only – no spectators)*

- Buses will transport Marathon Relay leg #3 and Marathon Relay leg #4 runners to the Crabtree Valley Mall relay-exchange zone immediately after the race starts at 7:00am. The last bus will depart the NC State Bell Tower bus stop on Pullen Rd. at 7:30am. Runners may provide their own transportation to the Relay Exchange Zone for legs 3 and 4 at Crabtree Valley Mall.
- Buses will run continuously from Crabtree Valley Mall, transporting the relay runners back to the Bell Tower start/finish area.

#### Relay Timing and Bibs

Relay teams will be given one timing chip which will be fastened to a neoprene ankle strap. That ankle strap will be handed off between relay team members. Each team member will receive two bibs. The numbered bib will be worn on the front and the "RELAY" bib will be worn on the back of each relay runner.

#### Finisher Medals

The last runner will pick up all four finisher medals for the team after crossing the finish line.



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### Relay Legs

Marathon Relay teams have four members with relay leg distances varying from 5.0 miles to 7.9 miles:

- **Leg 1 (7.1 miles)** - Runner starts at the N.C. State Bell Tower and finishes just beyond mile marker 7 at Cameron Village. After completing the lead-off leg, the runner returns to the start/finish area via Oberlin Road (a five-minute walk).
- **Leg 2 (7.9 miles)** - Runner walks to Cameron Village from the N.C. State Bell Tower for handoff. Leg starts at Cameron Village and finishes just beyond mile marker 15 on Crabtree Valley Ave. behind Crabtree Valley Mall. After completing this leg, the runner returns to the start/finish area via race provided transportation.
- **Leg 3 (5.0 miles)** - Starts and finishes at Blue Ridge Rd. and Crabtree Valley Ave behind Crabtree Valley Mall and finish is just beyond mile marker 20. Transportation is provided to/from Crabtree Valley Mall from the NC State Bell Tower - buses positioned on Pullen Road adjacent to the Bell Tower. Buses depart immediately after the race starts at 7:00 AM. After completing this leg, the runner returns to the start/finish area via race-provided transportation.
- **Leg 4 (6.2 miles)** - Starts on Crabtree Valley Ave just beyond mile marker 20, behind Crabtree Valley Mall. Transportation is provided to this spot from the start/finish line. Anchor leg finishes at the N.C. State Bell Tower.

## POST-RACE

### Post-Race Party

We're excited to announce that the 2018 Post-Race Party will be better than ever! After you finish conquering your race, join us in Runners Village where you can enjoy all of these great amenities:

- Live music brought to you by Liquid Pleasure
- Free beer thanks to [R&D Brewing](#) (21 years and older; you must bring your photo ID) and
- Finisher food for runners
- Awards
- Vendors and more!

### Results

Results will be posted in real time online to during the race at [runoaks.com/results](http://runoaks.com/results). Results will also be available in Runners Village at the results tent (Start 2 Finish tent).

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## Finish Area Map



## Awards

### Overall Awards

All overall awards are based on gun time. In addition to all finishers receiving a race-specific finisher medal, there will be gift cards and award medals for overall top finishers. Overall awards will be presented at the BlueCross NC Booth in Runners Village to the following top finishers:

- **Marathon:** Top three overall male and female finishers will receive a custom medal a gift card for Omega Sports. Presented at 11:00am.
- **Half Marathon:** Top three overall male and female finishers will receive a custom medal a gift card for Omega Sports. Presented at 10:00am.
- **Relays:** Top three overall marathon relay teams will receive a custom medal. Team captains can claim all team medals. Presented at 11:00am.
- **10k:** First place overall male and female finishers will receive a custom medal a gift card for Omega Sports. Presented at 9:00am.
- **5k:** First place overall male and female finishers will receive a custom medal a gift card for Omega Sports. Presented at 9:00am.

Overall group awards not claimed on race day may be picked up at our Official Retail Partner, Omega Sports at their North Hills location in Raleigh: [4120 Main at North Hills, Raleigh, NC](https://www.omegasports.com/locations/north-hills).

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### Age Group Awards

All age group awards are based on chip time. In addition to all finishers receiving a race-specific finisher medal, there will be award medals for the top age group finishers.

Awards will be given to the top finishers listed below in each age group: Ages 14 and under; 15 – 19; 20 – 24; 25 – 29; 30 – 34; 35 – 39; 40 – 44; 45 – 49; 50 – 54; 55 – 59; 60 – 64; 65 – 69; 70+. Age group awards may be claimed at the customer service tent in Runners Village after the times listed below; there will not be an awards ceremony for age group awards.

- **Marathon:** (Pick up in Customer Service tent after 11:15am) Top three male and female finishers in each age group will receive a custom medal.
- **Half Marathon:** (Pick up in Customer Service tent after 10:15am) Top three male and female finishers in each age group will receive a custom medal.
- **10k:** (Pick up in Customer Service tent after 9:15am) First place male and female finishers in each age group will receive a custom medal.
- **5k:** (Pick up in Customer Service tent after 9:15am) First place male and female finishers in each age group will receive a custom medal.

Age group awards not claimed on race day may be picked up at our Official Retail Partner, Omega Sports at their North Hills location in Raleigh: [4120 Main at North Hills, Raleigh, NC](#).

### Participant Photos

Professional photographers will be along the course as well as at the start/finish area to take pictures of every runner throughout the race. A link to purchase and view photos will be emailed to you from our photographer within seven days of the race.

### Post-Race Survey

You will receive a link within a few days after the race for a post-race survey. Your feedback helps us make improvements for future races so that we can continue to produce a fantastic event! To show our appreciation for you taking the time to fill out the survey, we will randomly select two runners to receive a FREE RACE ENTRY to the 2019 City of Oaks race! Thanks in advance!



[cityofoaksmarathon.com](http://cityofoaksmarathon.com)

#RunOaks

Thank you to all of our incredible sponsors for making this race possible!

City of Oaks Event Title Sponsor



City of Oaks Event Presenting Sponsor



Half Marathon Title Sponsor



Health and Wellness Expo Presenting Sponsor



Official Sponsors

