NC

2019 Title Sponsor

RALEIGH CITY OF OAKS MARATHON

NOVEMBER 3, 2019

2019 City of Oaks Marathon
PARTICIPANT GUIDE

A. General Information
- a. Note to Runners 3
- b. Race FAQs, Rules & Regulations 3-4

B. Pre-Race
- a. Health and Fitness Expo 4
- b. Race Packet Pick-Up 4-5
- c. Virtual Race Bag 5

D. Race Day
- a. Race Day Timeline 5
- b. Race Start Time 5
- c. Race Location 5
- d. Parking 6
- e. Gear Check 6
- f. Porta-Johns.....6
- g. Course Information 7
- h. Pace Groups 7
- i. Aid Stations 7
- j. Live Tracking Race App 8
- k. Medical Assistance 8
- l. Marathon Relay 8

E. Post-Race
- a. Post-race Party 9
- b. Results 9
- c. Awards 10-11
- d. Participant Photos 11
- e. Post-Race Survey 11

F. Sponsors.....12

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 closer to race day.

GENERAL INFORMATION

Welcome to the 13th annual running of Raleigh's Hometown Race: the Blue Cross and Blue Shield of North Carolina City of Oaks Marathon! 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!

Race 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 2020 City of Oaks race through 11:59 PM on October 24, 2019. Visit 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 6:00pm on Saturday, Nov. 2, 2019.

Is there Race Day packet pick-up?
No, there will be no race day packet pick-up. Packet pick-up will close at 6:00pm on Saturday, Nov. 2, 2019. No exceptions can be made on Race Day. If you are unable to attend packet pick-up during expo hours (Saturday, Nov. 2, 10:00am-6:00pm), 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 complete 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. Participants with strollers will need to start in the back for each event.

Is there gear check?
Yes, there will be a gear 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 have until 10 days out to change your race distance, Thursday, October 24, 2019. You will need to change your distance in-person at the expo at the customer service table after. 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.

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, as well as picking up your race day gear (bib, shirt and gear check bag).

Expo Details:

- **Date & Time:** Saturday, November 2 from 10 AM – 6 PM
- **Location:** Martin Middle School (1701 Ridge Road Raleigh, NC 27607)
- Packet Pick-up is required for all runners. Race day packet pick-up will **NOT** be available!

City of Oaks Kids Mile Details:
The Kids Mile race will take place during the Duke Raleigh Hospital Health and Fitness Expo at Martin Middle School Outdoor Track. The race will start at **2:00 PM**. Please ensure enough time to pick up your bib and shirt inside Martin Middle School before heading to the outdoor track.

2020 City of Oaks Marathon Pre-Sale Available

Make sure to stop by the Capstone Event Group table to register for the 2020 City of Oaks Marathon at Early Bird pricing! Anyone who registers at the expo will be entered to win a three day stay at Myrtle Beach featuring a $100 dining card (to select restraunts) and two tickets to iconic attractions.

Race Packet Pick-Up

Please note that packet pick-up will be divided by race distance and sorted alphabetically by last name. 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.

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 (coffee mug)
- 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 Location

All distances will start and finish on Hillsborough Street next to the NC State Bell Tower (2100 Hillsborough St, Raleigh, NC).

Race Day Timeline

Please note that Daylight Savings Time takes place at 2:00am on Race Day. Remember to set your clock back one hour!

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

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 parknig 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 as well as an Omega Sports 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.

- Start Line Restrooms: On Hillsborough St. adjacent to the start/finish line area
- Post-Race Restrooms: Start/line finish areas restrooms will be available. There will also be restrooms available in the beer garden lot for post-race party use only.

2019 City of Oaks Marathon
PARTICIPANT GUIDE

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 an elevation map for all distances can be found here.

Spectator Locations:
These are the best places to view your family/friends running the event:

- 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:

- **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

PEACE
RALEIGH APARTMENTS

URBAN LUXURY LIVING
STUDIOS, 1, 2 & 3 BEDROOMS

AMENITIES

Convenient on-site Publix

Expansive pool deck with outdoor lounges & grilling stations

Sky terrace overlooking Downtown Raleigh

Two-story indoor/outdoor fitness center with city views

Gaming lounge with billiards, card tables & digital gaming

Work-from-home center featuring two full-service conference rooms

FEATURES

Stainless steel appliances including side-by-side refrigerators

Two design schemes from which to choose

Plank flooring throughout

Walk-in closets with custom storage systems

Floor-to-ceiling windows with roller shades

Select apartments include premium chef's kitchen appliances

peaceraleighapartments.com | 417 West Peace Street | Raleigh, NC 27603

KANE RESIDENTIAL KANE REALTY CORPORATION WILLIAMS REALTY & BUILDING COMPANY, INC.

Aid Stations

Water and Lemon Lime Gatorade will be provided at all aid stations. Assorted GU flavors will be available on both the marathon and half marathon course at miles 8 and at mile 16 & 19 for the marathon course. Please help us keep the greenway clean by not dropping your GU tabs on the ground.

Aid Station Locations:

- Full Marathon: Miles 2.0, 4.0, 7.0, 8.0, 10, 12.5, 15.0, 16.0, 19.0, 20.0, 21.5, 22.5 and 25.0
- Half Marathon: Miles 2.0, 4.0, 7.0, 8.0, 10.0, 11.0
- 10k: Miles 2.0 and 5.0
- 5k: Mile 2.0

Medical Assistance

There will be four 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. 2 at 6:00 PM. 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/Bibs & Medals

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

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

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)
- Finisher food for runners
- Awards
- Vendors and more!

Finish Area Map

Results

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

AWARDS

Award Schedule:

Age group awards may be claimed at the customer service tent in Runners Village. There will not be an awards ceremony for age group awards.

- 9:00am - 5k and 10k overall awards
- 10:00am - Half Marathon overall awards
- 11:00am - Marathon overall 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 award medals for overall top finishers. Overall awards will be presented at the Customer Service Tent to the **top three male and female** finishers in the Marathon, Half Marathon, 10k and 5k.

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 3 male and female** finishers listed below in each age group for the Marathon and Half Marathon. Awards will be given out to the **top 1 male and female** finishers listed below in each age group for the 10K and 5K:

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+.

Any overall or 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 2020 City of Oaks race! Thanks in advance!

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

City of Oaks Event Title Sponsor

Blue Cross NC

Half Marathon Title Sponsor

UNC REX HEALTHCARE

Health and Wellness Expo Presenting Sponsor

Duke Raleigh Hospital

Official Sponsors

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GRSA
GREATER RALEIGH SPORTS ALLIANCE

amino VITAL

PEACE
RALEIGH APARTMENTS

Fun 4 Raleigh Kids

R&D BREWING

Ketel One BOTANICAL

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