





January 11, 2020







Welcome

# TO THE 2020 O2 FITNESS CHARLESTON MARATHON®!

n behalf of the thousands of volunteers, police officers, medical professionals, city staff and officials, local businesses and sponsors who invested countless hours and resources into this great event over the past decade, we extend our sincerest "Welcome to the tenth anniversary of the 2020 O2 Fitness Charleston Marathon".!" Race weekend will kick off on Friday, January 10, with the O2 Fitness Charleston Marathon" Health and Wellness Expo, located in the heart of Charleston at the Gaillard Center. In addition to race packet pick-up, the Expo will feature numerous local, regional, and national companies and vendors with shoes and apparel, nutrition and wellness experts, official Charleston Marathon" apparel, and much, much more.

The 2020 O2 Fitness Charleston Marathon\* would not be possible without the deep, unwavering support of the City of Charleston, the City of North Charleston, the Charleston Area Convention and Visitors Bureau, and the Charleston and North Charleston Police Departments, and we're grateful for their support and assistance once again this year.

The joy and satisfaction written on the faces of every finisher is the same, year after year – and it never gets old. We'll be waiting at the finish line for you, diamon-inspired finisher medal in hand, ready to celebrate your great accomplishment! We'll see you on race day - January 11, 2020.

Please note that all information contained in this guide is subject to change. Please visit CharlestonMarathon.com for the most updated race information!



MARATHON | HALF MARATHON
SHRIMP & GRITS 5K | YOUTH MARATHON

## Charleston Marathon® Health and Wellness Expo

#### **Location and Hours of Operation**

The 2020 Charleston Marathon® Health & Wellness Expo will be held in the heart of Charleston at the Gaillard Center (95 Calhoun St, Charleston, SC 29401) on Friday, January 10 from 10:00am-8:00pm. Please note that there is no race day packet pick-up, so please plan to attend the Expo or have a friend or family member pick up your packet for you!

#### **Parking**

We suggest parking at the following lot:

#### Gaillard Center Garage

33 Alexander Street, Charleston, SC (\$1 for every 30 minutes)

Additional other garage options can be found on the Health & Wellness Expo page at CharlestonMarathon.com. If you are staying in a hotel near the Gaillard Center, we'd strongly recommend walking or taking an Uber or taxi to the expo as parking may be limited!

#### **Packet Pick-Up**

Packet pick-up will be held at the Expo on Friday, January 10 from 10:00am-8:00pm. Please note that there is no race day packet pick-up, so please plan to attend the Expo or have a friend or family member pick up your packet for you! All bibs will be alphabetical. If somebody else is picking up your packet, they will need a copy of picture of your photo ID.

#### Race Category Changes & Bib Transfers

We will allow distance changes. There is no charge to downgrade, but you must pay the difference in price to upgrade. Transfers from person to person are not permitted.

## **Race Day General Information**

On-Course Sports Drink: Gatorade will be served at every aid station.

Course Entertainment: Music and performance groups from our local community will be along the course to keep you moving!

Porta-Potties: There will be Porta-Potties at every Aid Station. There will also be indoor bathrooms at the start line of the full and half marathon. Porta-Potties will be at the start and finish lines.

Gear Check: There will be gear check at the start line for Marathon and Half Marathon participants only. Gear check will be open from 6:15am-7:30am. For all distances: You must use the clear drawstring bag given at packet pick-up, and you must attach the gear check tag on your participant bib to the bag. All distances will pick up their gear check from the finish area. Bags will be available at the finish area for pick-up until 1:30pm.

Minor First Aid: We will have minor first aid kits at a few Aid Stations along the course.

Support: There will be medical, police and EMS personnel throughout the course, as well as dozens of course volunteers keeping our participants and spectators safe!

Pacers: Pacers for the full and half marathons will be provided for the following times:

Half Finishes: 1:30, 1:45, 2:00, 2:15, 2:30, 2:45 and 3:00

Full Finishes: 3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:15 and 5:30

Runners are not required to sign up with a pacer ahead of time. Just find the pacer holding the pace flag with your desired finish time in the corral prior to the start of the race!

Time Limit: The course has a 6 hour limit. Marathon participants must be able to run or speed walk the first 10.8 miles of the course to exit the City of Charleston by 10:00 am. This will be strictly enforced by local authorities, for the health and safety of our participants, as the course will then be opened to traffic.

Note: All runners must finish the full marathon within the 6 hour time limit in order to receive an official time and a finisher's medal.

Parking and Shuttles: Please note that the 5k route is part of the Marathon course. The 5k, Marathon, Half Marathon and Youth Marathon share a finish line. Therefore, if you park inside the marathon route, you will not be able to exit the area until the marathon is over at 2:00pm. Please use caution and do NOT park inside the marathon route. 5k and Youth Marathon runners should try to carpool as much as possible as parking at the 5k is limited.

Please see page 5 for complete Race Day parking and shuttle details.

## **O2 Fitness Charleston Marathon®**

#### **Event Details**

Start Time: 7:10am

Start: On Fishburne St in front of Burke High School at 244 President St, Charleston, SC 29403

Finish: Riverfront Park near 1061 Everglades Ave, North Charleston, SC 29405

Route: This year's Charleston Marathon® is a scenic 26.2-mile run that will showcase the beauty and the history of the Lowcountry, featuring Hampton Park, The Citadel, The Battery, Iconic King Street, and a finish at Riverfront Park.

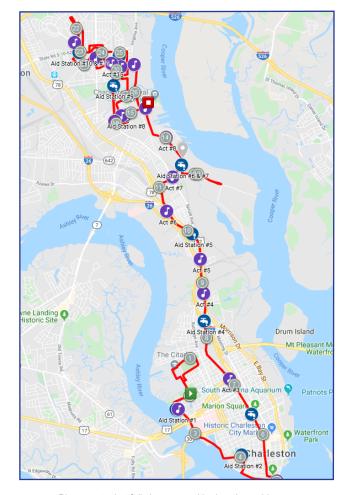
Parking: See page 5 for parking details.

Support: There will be medical, police and EMS personnel throughout the course, as well as dozens of course volunteers keeping our participants and spectators safe!

Pace Groups: We have a great group of volunteers who will be pacers for the marathon. We plan to offer the following pace groups: 3:15 | 3:30 | 3:45 | 4:00 | 4:15 | 4:30 | 4:45 | 5:00 | 5:15 | 5:30 as well as a sweeper. If you would like to run in a pace group, please find the pace group leader holding the sign with your desired pace in the corral when lining up to start the race!

Aid Stations: Marathon aid stations and supplies (subject to change):

Stop#	Distance	Aid Station Overview
1	2.2m	Water, Sports Drink, First Aid
2	4.3m	Water, Sports Drink
3	6.2m	Water, Sports Drink, First Aid
4	8.2m	Water, Sports Drink, Gu
5	9.9m	Water, Sports Drink, First Aid
6	11.6m	Water, Sports Drink
7	13.5m	Water, Sports Drink, First Aid
8	16m	Water, Sports Drink
9	19m	Water, Sports Drink, First Aid, Gu
10	21m	Water, Sports Drink
11	23.8m	Water, Sports Drink, First Aid,
12	25m	Water



Please note that full size maps with elevation guides can be viewed online at charlestonmarathon.com.

#### **Charleston Half Marathon®**

#### **Event Details**

Start Time: 7:30 a.m.

Start: On Fishburne St in front of Burke High School at 244 President St, Charleston, SC 29403

Finish: Riverfront Park near 1061 Everglades Ave, North Charleston, SC 29405

Route: This year's Charleston Half Marathon® is a scenic 13.1-mile run that will showcase the beauty and the history of the Lowcountry, featuring Hampton Park, The Citadel, The Battery, Iconic King Street, and a finish at Riverfront Park.

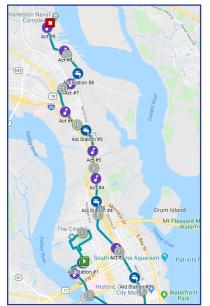
Parking: See page 5 for parking details.

Support: There will be medical, police and EMS personnel throughout the course, as well as dozens of course volunteers keeping our participants and spectators safe!

Pace Groups: We have a great group of volunteers who will be pacers for the half marathon. We plan to offer the following pace groups: 1:30 | 1:45 | 2:00 | 2:15 | 2:30 | 2:45 | 3:00. If you would like to run in a pace group, please find the pace group leader holding the sign with your desired pace in the corral when lining up to start the race!

Aid Stations: Half marathon aid stations and their supplies (subject to change):

	-	<del>-</del> :
Stop#	Distance	Aid Station Overview
1	2.2m	Water, Sports Drink
2	4.3m	Water, Sports Drink
3	6.2m	Water, Sports Drink
4	8.2m	Water, Sports Drink, Gu
5	9.9m	Water, Sports Drink
6	11.6m	Water, Sports Drink





## Charleston Shrimp and Grits 5K®

**Event Details** 

Start Time: 8:00 a.m.

Start: Turnbull Ave & Ave H, North Charleston, SC

Finish: Riverfront Park near 1061 Everglades Ave, North Charleston, SC 29405

Route: The 5k will take place in North Charleston, around Riverfront Park, and run on portions of the official O2 Fitness Charleston Marathon® course. It will share the same finish line as the Marathon, Half Marathon and Youth Marathon.

Parking: See page 5 for parking details.

Support: There will be medical, police and EMS personnel throughout the course, as well as dozens of course volunteers keeping our participants and spectators safe!

Aid Stations: There will be one aid station in the 5k serving water at mile 2.

Time Limit: The 5k is a family friendly run and we welcome walkers and runners of all experience levels.

Race Day Registration: We will be offering race day registration for the Shrimp & Grits 5k. Shirts will be available on a first come, first serve basis and can be picked up at the Customer Service tent at the finish line. Runners who registered prior to race day must still pick up their packets at the O2 Fitness Charleston Marathon® Health and Wellness Expo on Friday.

## Charleston Youth Marathon®

#### Registration

Free registration for the 2020 Youth Marathon is available online, as wll as at the Expo on Friday, Janaury 10. The Youth Marathon will be capped at 400 runners.

#### **Event Details**

Date: Saturday, January 11

Start Time: 1pm

Start: Parking lot at Riverfront Park, North Charleston, SC 29405.

Route: The Charleston Youth Marathon® will take place in North Charleston, and run on portions of the official O2 Fitness Charleston Marathon® course. It will share the same finish line as the 5k, Marathon and Half Marathon.

Distance: Approximately 1 mile.

Support: There will be medical, police and EMS personnel throughout the course, as well as dozens of course volunteers keeping our participants and spectators safe!

Parking: See page 5 for parking details.

Time Limit: The Youth Marathon is a family friendly run and we welcome walkers and runners of all experience levels.

Age Limit: There is no age restriction. If younger than 7 years old, an adult must accompany the child on the course. Strollers are allowed.

Waiver/Release: All participants or a guardian must sign the waiver in order to participate.

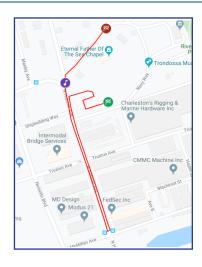
Awards: Each child participating receives a commemorative t-shirt, finisher medal, and access to sponsor promotions and coupons (via email).

Post-Race Party: Enjoy a family fun area with refreshments, activities and live entertaiment.

## Youth Marathon T-Shirt Design Contest: Congratulations to Alex Eastman, who

Congratulations to Alex Eastman, who designed this year's Youth Marathon Participant Shirt!

Peyton Moore Spirit Award: The traveling trophy will be awarded to the school with the most Youth Marathon Runners, in honor of Peyton Moore.



Youth Marathon Award: A purse of \$600 is distributed among the top three schools with the most spirit and school participation.

1st place: \$3002nd place: \$2003rd place: \$100

## Race Day Parking: Charleston and North Charleston

Please see below for suggested parking lots for Race Day for Marathon and Half Marathon runners and spectators starting in Charleston as well as 5k and Youth Marathon participants and spectators in North Charleston.

Please note that the 5k route is part of the O2 Fitness Charleston Marathon® course. The 5k, Marathon and Half Marathon share a finish line, so if you park inside of the marathon route, you will not be able to exit the area until the marathon is over at 2:00pm. Roads for the Marathon and Half Marathon will not close until 7:00am. If you arrive before that time please use caution and do not park inside the marathon route.

Please note that all parking options listed below are suggested lots. Full and half marathon start line parking lot will cost \$5 per car to park in and can be paid upon entry into the lot with cash or card. Availability will be on a first come, first served basis. We highly recommend carpooling or taking an Uber/Lyft/Taxi as well as arriving at least 45 minutes prior to your race start to alleviate race morning stress!

#### Full and Half Marathon Suggested Parking

- <u>Suggested Parking Lot (Marathon & Half Marathon):</u> Hagood Lot – 50 Hagood Ave, Charleston, SC – Parking will be \$5 per vehicle. Cash and Credit will be accepted upon entry into the lot.
- Suggested Uber / Lyft / Taxi Drop-Off Address (Marathon & Half <u>Marathon</u>): Harmon Field – Intersection of President St. and Line St.

#### 5k and Youth Marathon/Finish Line Area Suggested Parking

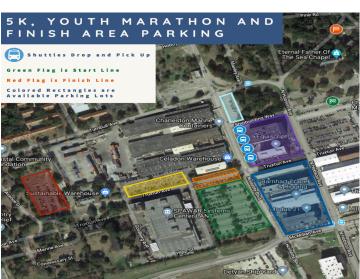
- <u>Suggested Parking Lots (5k, Youth Marathon & FInish Line Festival)</u>: Parking will be at the lots indicated on the map below. They are located on the corner of Noisette Blvd and McMillian Ave. Please note, runners will need to take McMillan Ave and turn left on Noisette Blvd to access these lots.
- Suggested Uber / Lyft / Taxi Drop-Off Address (5k and Youth Marathon): The corner of Noisette Blvd and Truxtun Ave., North Charleston, SC

#### **Shuttles**

Spectator and participant shuttles will run continuously between the Marathon and Half Marathon start in Charleston and the finish line in North Charleston from 7:30am – 1:30pm. A race bib or shuttle wristband for a round-trip shuttle ride will be required. Spectator shuttle wristbands will be sold for \$3 at the Expo on Friday or for \$5 at the Customer Service table on race day. Wristbands will not be available for purchase at the shuttle stops. Cash or card will be accepted.

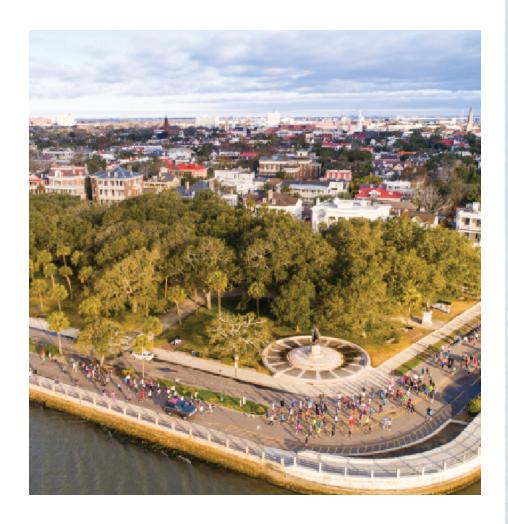
- Spectator Shuttle Pick Up (Marathon & Half Marathon): Burke High School – 244 President St., Charleston, SC
  - Spectator shuttle wristbands will be sold for \$3 at the Expo on Friday or for \$5 at the Customer Service table on race day. Wristbands will not be available for purchase at the shuttle stops. Cash or card will be accepted.
- Post-Race Shuttle Pick Up (Marathon & Half Marathon):
   Adjacent to the finish area outside of Riverfront Park at the corner of Noisette Blvd and Shipbuilding Way, North Charleston, SC (See North Charleston Parking Map below for exact location)





Please note that suggested parking locations are subject to change.

Please visit CharlestonMarathon.com/Parking for the most up-to-date information.



## **Awards and Medals**

All finishers in the marathon, half marathon and 5k will receive a finisher medal! Overall awards will be based on gun time, and age group awards will be determined using chip time.

Overall awards will be presented to the top three finishers, male and female, in the Full Marathon, Half Marathon, and 5K based on gun time.

Age group awards will be presented to the top three finishers, male and female, in the Full Marathon, Half Marathon and 5k based on chip time. Age categories are as follows:

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

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

**5k**: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over

#### **Awards Ceremony Times**

5k: 9:00am | Half:10:00am | Marathon:11:00am

## **Charleston Area Info**

In 2019, Charleston was named the No. 1 Small U.S. City by Condé Nast Traveler for the 5th consecutive year, and No. 1 City in the U.S. from Travel + Leisure magazine – for the eighth consecutive year!

With accolades such as "best-mannered city" in the U.S. and "the South's most friendly city," and also in 2018 – Condé Naste Traveler's "Top City in the United States" and the "South's Best City" by Southern Living in 2019 – it's not a surprise that Charleston is one of the most visited city in the US.

Charleston is the second largest city in South Carolina, and the city is brimming with rich history, tradition and Southern charm.

This beautiful city is known as the "Holy City" because of the prevalence of churches on the low-lying city skyline.

Located on a peninsula where the Ashley and Cooper Rivers meet as they flow into the Atlantic Ocean, this quintessential city tucked into the coastline is characterized by mild winters and hot summers. Charleston is a major tourist destination due to its prominent art, music, food and fashion scenes, and since its establishment over 300 years ago, the historic areas of the city remain intact and as beautiful and picturesque as ever, leaving visitors with an old world feel.

Charleston is more than one of the country's most beloved cities, its home to five beautifully distinct beach towns, each with its own distinctive character, flavor and magic – Folly Beach, Isle of Palms, Sullivan's Island, Seabrook Island and Kiawah Island. Just like the area beaches, the neighborhoods and towns surrounding the City of Charleston – City of North Charleston, James Island, John's Island, Daniel Island, Mt. Pleasant, and West Ashely – each offer their own unique vibe and attractions and are worthy of a visit.

With so many things to do and see, we hope that you will make an extended vacation around your participation in the Charleston Marathon. Here are some helpful links to help you plan your vacation to the Lowcountry!

With so many things to do and see, we hope that you will make an extended vacation around your participation in the O2 Fitness Charleston Marathon®.



## Let's Celebrate You and Your Accomplishment!

After completing your race, join us for our post-race party adjacent to the finish line near Riverfront Park! In addition to live music and awards, we'll have plenty of food and drinks for all participants. Attached to each marathon, half marathon and 5k bib will be one ticket for shrimp and grits and two tickets for beer and mimosas (ages 21+)! Featured drinks will include Palmetto Brewing Company and Kettle One. There will also be chocolate milk and fruit in addition to several food trucks available for purchase!

All finishers, please remember to pick up your finisher blanket in the post-race party area following the race! This finisher gift will not be available to pick up during the expo.

Additional tickets for shrimp and grits and drinks will be on sale for \$5 per ticket at the Expo as well as at the Customer Service table at the start and finish lines on Race Day.





HYPER WELLNESS + CRYOTHERAPY

## On Site IV Therapy

The 13.1 Drip \$69
The 26.2 Drip \$99
Post Competition Express \$99
Post Competition \$149

Let us Help YOU Recover Faster!

Stop by our table after the race!

## On Site IM Injections

B12 \$15 BCAA \$15



## FREE Compression

Our Services:

Cryotherapy (Whole Body, Facials, Local) ~ Stretch ~ PBM (Infrared & Red Light) ~ Compression ~ Infrared Sauna ~ Cryoskin (Slimming, Toning, Facial)

Medical Services: IV Therapy ~ IM Injections ~ Hyperbaric Oxygen Therapy ~ Micronutrient Testing ~ Allergy Testing

## **Spectator Information**

**Shuttles:** Spectator shuttles will run from the Marathon and Half Marathon start in Charleston to the finish line in North Charleston beginning at 7:30am and running until 1:30pm. A ticket for a round-trip shuttle ride will be required. Spectator shuttle tickets will be sold for \$3 at the Expo on Friday or for \$5 at the Customer Service table on race day. In Charleston, tickets for the shuttle to North Charleston will be sold at Burke High School until 8:00am. Tickets will not be available for purchase at the actual shuttle stops. Cash or card will be accepted.

**Spectator Locations:** King Street and The Battery at White Point in Charleston are both ideal spectating locations for full and half marathon runners.

Another great location for spectating is Park Circle in North Charleston. If you follow North Rhett all the way to Park Place North, you can park and walk up to the circle to see participants run past at Mile 24.



Please note that parking is limited in all recommended spectator locations. Please be mindful of parking restrictions and road closures.

**Post-Race Party Tickets:** All participants receive one ticket for a serving of shrimp & grits as well as two drink tickets. Spectators may purchase tickets for shrimp & grits and/or drinks, each for \$5, at the Customer Service tent at the start and finish line.

## **Race Beneficiary: Engaging Creative Minds**

The O2 Fitness Charleston Marathon® is proud to continue its longstanding support of Engaging Creative Minds!

Engaging Creative Minds (ECM) mission is to use creativity to spark curiosity and excitement for learning. ECM is an Arts Integration educational nonprofit based in Charleston, South Carolina. They work with school districts, principals, teachers and the local workforce to identify specific knowledge and skill sets all students should master before graduating high school.

They hire and train local artists, STEM (science, technology, engineering, mathematics) professionals and cultural organizations, called ECM Instructors, to work with grade level teams of teachers to support learning through the Arts. Their goal is for every student to achieve academically, stay engaged in school and succeed in life while their teachers develop engaging Arts Integration teaching strategies. Both teachers and students report that ECM is a powerful model of success.

Collectively these program activities serve 8,877 students with in-school arts programming, 1,100 students and teachers in the Summer STEAM Institute, 400 teachers through our professional development opportunities, four counties in SC, 8,000 community members through outreach and education events, and 29 schools.

Engaging Creative Minds is a 501(c)3 organization. To learn more about how to partner with and give back to ECM, please visit charlestonmarathon.com/our-charity.



## **Race Day Information to Know**

## **Live Tracking and Results**

All Marathon, Half Marathon and 5k runners will have access to view and print off their results at the Results tent in the finish area. Live results will also be posted online to CharlestonMarathon.com/Results. In addition, all Marathon and Half Marathon runners will have free live tracking through the Sportshive Live App!

**For Android Users:** The App is available in the Google Play Store. To download, search by keyword "Sportshive Live." Once downloaded, search for the "Charleston Marathon 2020."

**For iOS Apple Users:** The App is available in the Apple App Store. To download, search by keyword "Sportshive Live." Once downloaded. search for the "Charleston Marathon 2020."

Please note that the Youth Marathon is not a timed event.

#### **Medals and Awards**

All finishers in the Marathon, Half Marathon, 5k and Youth Marathon will receive a finisher medal!

Overall awards will be presented to the top three finishers, male and female, in the Full Marathon, Half Marathon, and 5K.

Overall awards will be based on gun time, and age group awards will be determined using chip time.

#### **Overall Awards Ceremony Times:**

- 5k 9:00am
- Half 10:00am
- Marathon 11:00am

Age group awards will be determined using chip time and will be presented to the top three Marathon, Half Marathon and 5k male and female finishers in the following age categories: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.

Age group awards can be picked up at the Customer Service tent near the finish line.

No overall or age group medals or awards will be mailed; you must be present to pick up your award.

## Souvenir Apparel

Limited edition O2 Fitness Charleston Marathon® souvenir apparel will be on sale Friday, January 10 at the Health & Wellness Expo as well on Race Day in the finish area. Items will not be available for purchase online after the race.



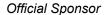
Race Day DJ Services Provided by DJ PDogg





O2 Fitness Charleston Marathon® Title Sponsor







Official Sponsor



Official Sponsor





Official Sponsor