

City of Oaks Marathon Virtual Edition



Virtual Race Guide

RALEIGH
CITY OF
OAKS
MARATHON

City of Oaks Marathon

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RUN RALEIGH'S HOMETOWN RACE, VIRTUALLY!

Welcome to the 14th annual City of Oaks Marathon: Virtual Edition! Here we'll unite as a local running community to represent the the capital city, support locally owned and operated businesses and keep Raleigh running - virtually, of course.

Did we mention there's also no early wake up call? You can run anytime between November 1st - 14th - that's 14 days to run the 14th annual race, see what we did there?

WHEN, WHERE... HOW?

The best part of a virtual race - aside from our amazing swag - is the convenience! You can run either the marathon, half marathon, 10k, 5k or the 1 mile run on a treadmill, greenway or wherever your running journey takes you! The choice is yours and the possibilities are endless!

WHEN

As long as you run between **November 1 to November 14** you can start your race anytime that feels right for you. We'll be accepting results starting November 1 so you'll have 14 full days to lace up and get your run on with the City of Oaks!

WHERE

Again the choice is yours! Run on the treadmill, in the park or your neighborhood - the possibilities are endless. The Triangle has hundreds of local trails to run. From the Greenways to the American Tobacco Trail there's sure to be a place for you.

HOW

Put one foot in front of the other, turn on the tunes and get'cha head in the game. The beauty of a virtual race is it's just you and the wide open road, treadmill, sidewalk - *wherever you choose*. You can take your time and enjoy the scenery. Or you can train to set a new PR. No body is going to judge you.

RACE SWAG & SUPPORT LOCAL

One word - STUNNING! Honestly, this year's swag is so STUNNING you'll want to run two marathons! Every participant will receive a spinning finisher medal, exclusive lightweight finisher hoodie & a downloadable bib.

In addition to your stunning swag, you'll receive access to HUGE SAVINGS! We've partnered with [Go Play Save Triangle](#) to give you access to over \$10,000 in local savings to 370 plus merchants right from your smartphone. Save as you eat, shop, explore your beloved city and help keep Raleigh running!



FINISHER SWAG PICK-UP

In the spirit of supporting local businesses, and as Raleigh's Hometown Race, we are working with our neighborhood partners to host an in-person finisher swag pick-up over two days at two different outdoor locations. Here are the details:

Day 1: Friday, November 13

Time: 12 PM - 6 PM

Location: Omega Sports - North Hills
[4120 Main at North Hills St #145](#)
[Raleigh, NC 27609](#)

Day 2: Saturday, November 14

Time: 9 AM - 5 PM

Location: Fleet Feet - Ridgewood Shopping Center
[3532 Wade Ave, Raleigh, NC 27607](#)

Health & Safety

We take the health and safety of our runners and staff seriously. All staff will be wearing face masks and will maintain a safe distance from all participant when possible. To ensure everyone experiences a safe and smooth Finisher Swag Pick-Up, we ask all participants to complete the following:

- **Reserve your date and time** by completing the [Reservation Form](#) before **Wednesday, November 11**. Please make sure to arrive within your 30 minute time slot to help us maintain social distancing.
- **Complete an online wellness self evaluation** before attending the Finisher Swag Pick-Up. We will send you the wellness self evaluation before you pick up.
- **Know Your SWAG SIZE.** You will receive an email with your swag size closer to your pickup date that will need to be shown to receive your swag. *****Please note: There will be no exchanges of sizes before or during pick up.**
- **Wear a face mask.** For the safety of everyone attending the pick up we ask everyone attending the pick up to wear a mask while getting your packet.
- **Pick up for multiple runners.** We highly encourage participants to pick up for others to keep lines short and to help those who are unable to attend. All participants that are receiving swag will need to complete the Reservation Form even if they are not attending the pick up.

Parking

Both Finisher Swag Pick-Up locations will be held outside of major shopping centers that have ample parking.

RUNNER RESULTS & PHOTOS

Once you've run your distance, you will be able to submit your results online to see how you stack up to the competition! We will accept your results starting **November 1 to November 14** on our website. There are no specific timing instructions. You can use any fitness app or tracker to get your official results.

During your run make sure to snap a picture and share when you upload your results. We want to see all of your smiling faces and virtual finishes. We'll also have a cool overlay for you to spice up your photo.

14 Day Image Reveal

During your 14 days of running we will slowly reveal a special image on social media that will capture the beauty of the City of Oaks and will feature some of your running photos. The full image will be revealed on November 14. Make sure to follow us on social to follow along.

DUKE RALEIGH HOSPITAL Q&A

Our partners at Duke Raleigh Hospital will be answering your most asked questions in a Q&A style video during the virtual race. Want running advice? Or best stretches to relieve back pain? Now's your chance to get answers from real medical professionals.

[Please submit your questions here.](#)

RUNNER SURVEY

Your feedback is important to us! At the conclusion of the 2020 City of Oaks Marathon: Virtual Edition we will send you a Post-Race Survey for you to let us know what we got right and areas we can improve. Your feedback helps us make improvements for future races so that we can continue to provide you with an unforgettable experience.

LET'S GET SOCIAL!

Share your running journey with us on social media. After all, if you don't post about it, did it even happen? Use the hashtag #RunOaks or tag us in your photos using the correct handles below. We'll share our favorites on social and if you're lucky you'll be featured within our special image reveal - *instantly famous*.

All accounts are @OaksMarathon
Use #RunOaks or tag us in your photos



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