
MYRTLE BEACH MARATHON



ATHLETE GUIDE MARCH 4, 2023



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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 their ability to follow direction while wearing headphone devices. If you choose to wear headphones, please keep the volume down so you can hear and follow the direction of course volunteers.

Can someone else run in my place?

No, transfers of bib numbers from person to person is prohibited. Anyone racing with another runner's bib will be disqualified.

Can I register on race day?

There will be no race day registration nor race day packet pick-up for any distances. Registration closes Friday, March 3 at 7 PM.

Is there gear check this year?

No, we will not offer gear check this year.

Will there be shuttles this year?

No, we will not have shuttles from our host hotels or to the 5k start as all participants will start at the same location.

Where do I get my race bib?

You will be able to have your race bib mailed, or you will need to attend Packet Pick-Up.

To return to the Table of Contents, click the Myrtle Beach Marathon Logo on any page in the Athlete Guide.

Can I change my distance?

Runners with bib mailing have until February 10 at 12 PM to change distance. After this deadline, you will still be able to use this form to change distance, but you **MUST** attend packet pick-up to receive your new bib.

Runners **WITHOUT** bib mailing have until 24 hours before the event to change distance. After this deadline you will need to make your changes during packet pick-up at the customer service desk.

Please note: Anyone who runs a distance with the incorrect distance timing chip will be disqualified.

Am I allowed to walk?

Yes, you can walk but you must complete the race by the set time limit for each distance.

- Marathon – 1:30 PM | 15 Minute Mile
- Half Marathon – 10:15 AM | 15 Minute Mile
- 5k – 10:15 AM | 15 Minute Mile

Is there security?

Yes, all bags will be searched by Myrtle Beach police officers before entering the start chute.

Important Dates & Deadlines



Category	Deadline	Form	Details
Change Distance Information	Friday, March 3 at 7am (using the online form)	Click here to change your distance!	If you need to change your distance less than 24 hours before the race, you can visit the customer service table at Packet Pick-Up.
Deferral Information	Wednesday, February 22 at 11:59 PM	Click here to defer your entry!	You will be issued a virtual credit that can be applied to register for next year's Myrtle Beach Marathon or another Capstone race.
Bib Mailing Information	Friday, February 10 at noon	The Bib Mailing Deadline has passed.	Only race bib and safety pins will be mailed. You will pick up your race shirt and finisher gift after the race.

Please note:

- Anyone who runs a distance with the incorrect distance timing chip will be disqualified from the race.
- You are not allowed to transfer your bib to another runner.

PRE-RACE



Bib Mailing



Runners who elected to have their bib mailed to them will receive their bib by Thursday, March 2nd.

If you do not receive your bib by Thursday, March 2nd, please come to Packet Pick-Up to be assigned a new bib.

Runners with bib mailing, if you change your distance after February 10th, you will need to attend Packet Pick-Up to receive the bib for the correct distance.

Race Item	Will Receive in the Mail	Will Pick Up AFTER the Race
Bib	✓	
Safety Pins	✓	
Participant Shirt		✓
Finisher Gift		✓



Packet Pick-Up

Packet Pick-Up will be held at [The Hangout](#) at Broadway at the Beach. We will use a reservation system to serve you efficiently; please attend during your reserved slot. If you have not reserved your spot already, please reserve it [here](#).



Location:

[The Hangout](#) - Broadway at the Beach
[1181 Celebrity Circle Myrtle Beach, SC 29577](#)



Dates:

Thursday, March 2 | 4pm - 8pm
Friday, March 3 | 11am - 8pm



Parking:

There is free, ample parking at Broadway at the Beach.



Important Packet Pick-Up Reminders:

- Participants who change their distance **after February 15** will need to go directly to Customer Service to ensure they receive the correct race bib assigned to them.
- You can pick up another person's bib, but you will need a copy of their ID (a photo is adequate).
- **No race morning bib pick-up.**
- You must wear your **bib on the outside of your shirt on race day.**
 - Wear the number facing outward.
 - Do not bend the timing chip.



PRE-RACE

HOST HOTELS PROVIDED by VACATION MYRTLE BEACH

Vacation Myrtle Beach is the official hotel sponsor for the Myrtle Beach Marathon. Featuring 14 oceanfront resorts with amenities ranging from oceanfront pools to delectable on-site dining to expansive fitness rooms, you are sure to find the perfect place for your stay. An array of accommodations are available ranging from cozy rooms to four-bedroom condos, with many options featuring full in-room kitchens and private balconies.



Haven't booked your room for the Marathon yet? **Vacation Myrtle Beach is offering participants up to an additional 15% off of your stay [here](#).**

Wake up energized and ready to put your best foot forward! Following the race enjoy the spacious pool decks, bubbly hot tubs to relax your muscles, and easy access to the beach for some much-earned relaxation.

Already have your marathon room booked? Plan a future stay with your friends, family, or significant other in sunny Myrtle Beach with VacationMyrtleBeach.com.



3,400

ROOMS, SUITES
& CONDOS



OVER 150

WATER
FEATURES



40

DINING
OUTLETS



FOUR

WATER
PARKS



20

BOWLING
LANES



THREE

GIANT
ARCADES



Vacation
MyrtleBeach



14 Premier **OCEANFRONT** RESORTS

PRE - RACE



VIRTUAL 10K

Upload Your Results

Each virtual race participant will be able to upload their results anytime between **February 17 to March 3 at 11:59 PM**. Before you take off on your virtual run, we'll send over your downloadable race bib that you can print and wear during your run.

On February 17, you will be able to upload your race results [here](#).

Race Swag

Participants that are **only running** the Virtual 10k will receive a finisher medal and participant shirt in the mail following the race.



Participants that are running both the Virtual 10k & the in-person race (The Myrtle Beach Double) **MUST** pick up their Virtual 10k finisher medal at the Customer Service Tent following the race.



RACE DAY TIMELINE

SATURDAY, MARCH 4



6:00-6:30 AM

RECOMMENDED ARRIVAL TIME

Please leave yourself ample time to clear security and complete the 15 minute walk from the parking area to the start line.

8:00AM

5K START

Wheelchair participants will start at 7:55am.

The start line chute will not open for 5k runners until after the full and half marathon start.

10:15 AM

HALF MARATHON AWARDS ANNOUNCED

Award medals can be picked up at the Results Tent after the announcement.

2:00 PM

POST-RACE PARTY ENDS!

7:00AM

FULL & HALF MARATHON START

Wheelchair participants will start at 6:55am.

9:15 AM

5K AWARDS ANNOUNCED

Award medals can be picked up at the Results Tent after the announcement.

11:15AM

MARATHON AWARDS ANNOUNCED

Award medals can be picked up at the Results Tent after the announcement.

RACE DAY



START & FINISH LINE LOCATIONS

Start Line: ALL Distances | Robert Grissom Parkway

Just south of the Intersection of [Grissom Parkway and Monticello Drive](#)

Finish Line: ALL Distances | [Pelicans Ballpark Parking Lot](#)



You will NOT be able to park at the Pelicans Ballpark on race morning. All participants and spectators will park at Broadway at the Beach.

PARKING & ROAD CLOSURES

Parking:

Broadway at the Beach | [1352 Celebrity Circle, Myrtle Beach 29577](#)

- Plenty of parking is available at Broadway at the Beach.
- Please plan to arrive **at least 45 minutes** prior to the start of the race to allow yourself time to go through the security checkpoint and walk to the start line.
- It is about a 15 minute to walk from Broadway at the Beach to the Start Line.

Road Closures:

- Please plan to enter Broadway at the Beach using Highway 17 Bypass (Mark Garner Highway) or 29th Avenue.
- Additional road closures can be found [here](#).



You will be unable to enter Broadway at the Beach from Robert Grissom Parkway on race morning because it will be closed for the race.

SECURITY CHECKPOINT

- All runners will need to pass through the security checkpoint prior to entering the start line chute. All bags will be searched prior to entering the start line chute.
- Spectators will not be allowed in the start line chute.



5k participants will not be allowed in the start line chute until after the start of the full and half (after 7am).

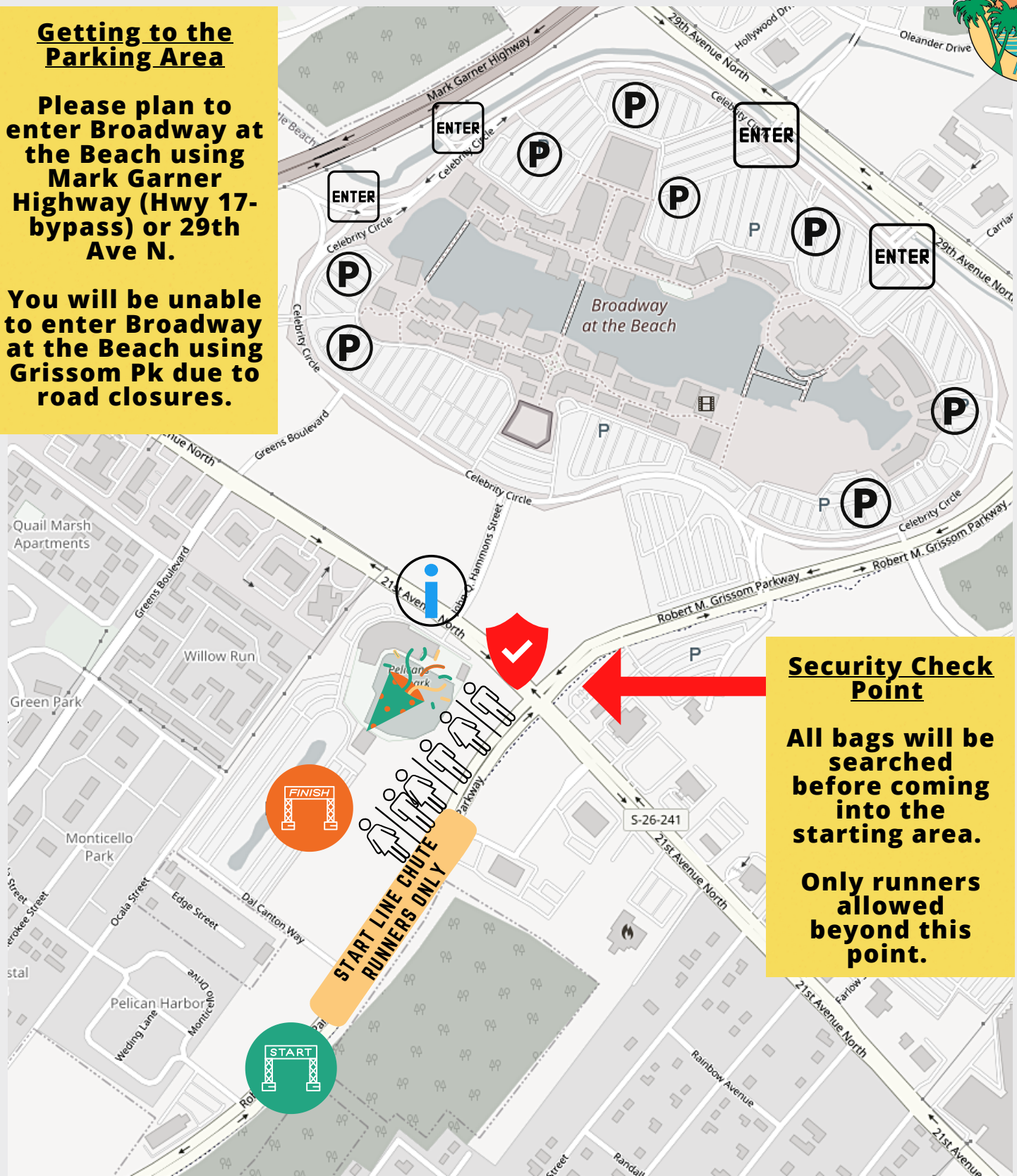
START, FINISH, & PARKING MAP



Getting to the Parking Area

Please plan to enter Broadway at the Beach using Mark Garner Highway (Hwy 17-bypass) or 29th Ave N.

You will be unable to enter Broadway at the Beach using Grissom Pk due to road closures.



Security Check Point

All bags will be searched before coming into the starting area.

Only runners allowed beyond this point.



PARKING AT BROADWAY AT THE BEACH



SECURITY CHECKPOINT FOR START LINE CHUTE



FULL, HALF, 5K START LINE



FULL, HALF, 5K FINISH LINE



ENTRANCE TO BROADWAY AT THE BEACH



CUSTOMER SERVICE TENT



PORT-O-JOHNs AT THE START



POST-RACE PARTY AT PELICANS BALLPARK!

RACE DAY

GEAR CHECK

New for 2023, gear check will **NOT** be offered at the start/finish line. Runners are encouraged to leave any personal belongings in their vehicles, located directly next to the finish line at Broadway at the Beach, or with friends/family.



PACE TIMES & PACERS

There will be pacers for the Marathon and Half Marathon. There will not be pacers for the 5k.

The following pace groups will be offered:

Marathon: 3:00, 3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:15, 5:30

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

To join a pace group, look for the pacer flag in the starting chute. Pacers will be wearing a bright yellow pacer shirt!



RACE DAY

SPECTATOR LOCATIONS

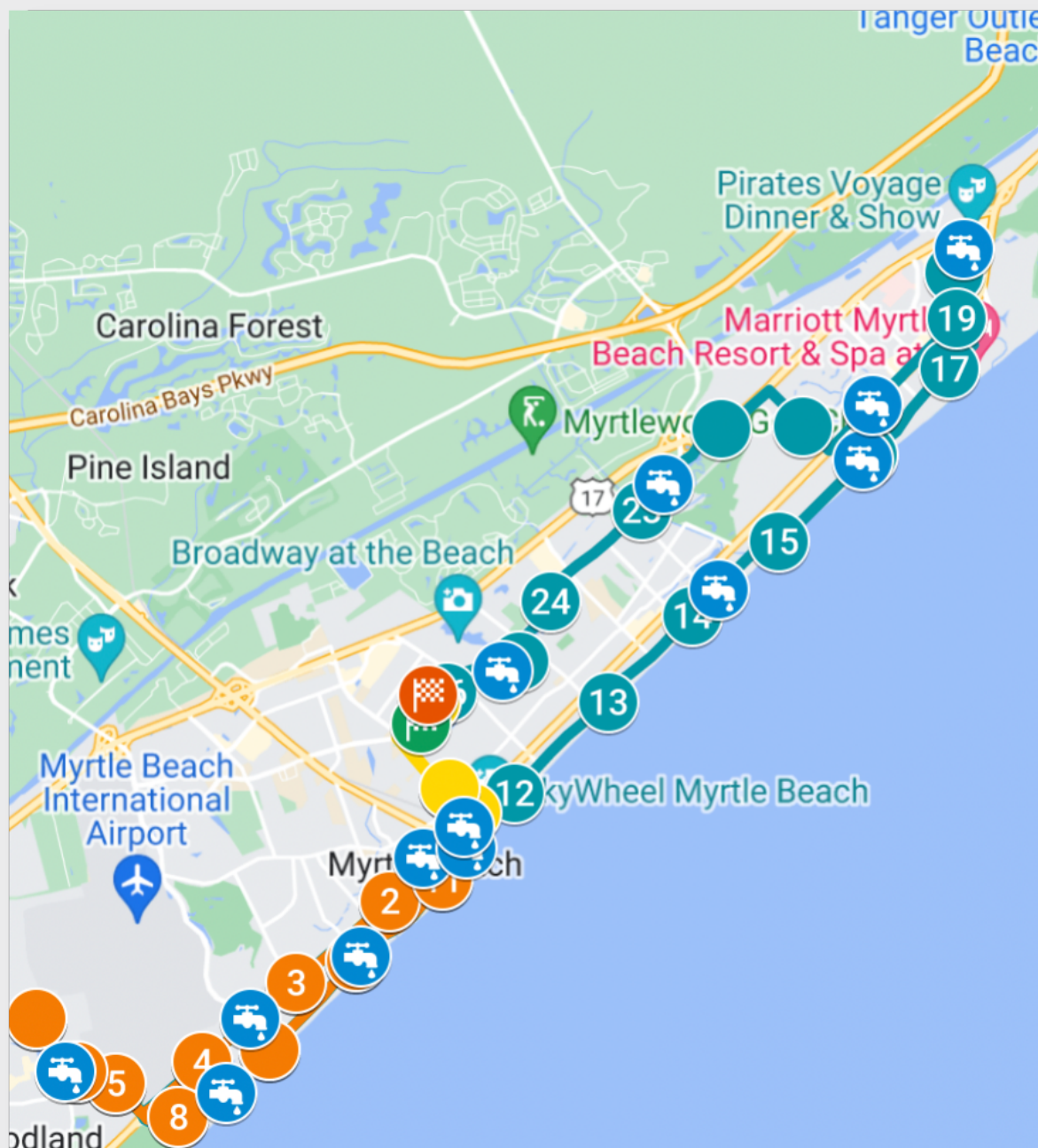


Location	5k	Half	Full
Start Line (Off of Mr. Joe White Road - Only runners will be allowed to access Grissom Ave)	✓	✓	✓
Warbird Park on Farrow Pkwy		✓	✓
1220 Moser Dr in The Market Common		✓	✓
Pavilion Park (9th Ave & N. Ocean Blvd)	✓	✓	✓
Plyler Park (N. Ocean Blvd/Mr. Joe White Ave)		✓	✓
29th Av. N. & Ocean Blvd.			✓
76th Ave. N. & Kings Hwy.			✓
Grand Dunes Blvd (Approach from 82nd Pkwy & Park on Cipriana)			✓
Grissom Pkwy from London St. to 2st Ave. N			✓
Finish Line at Pelican's Stadium	✓	✓	✓

RACE DAY

COURSE MAP

Please note all distances will start at the same location on Robert Grissom Parkway!



CLICK ON THE MAP TO OPEN AN INTERACTIVE VERSION IN A NEW WINDOW.

For the elevation map of each race, click the race distance below.

FULL MARATHON

HALF MARATHON

5K

COURSE INFORMATION



TIME LIMITS

Distance	Limit	Time	Pace Per Mile
5k	2 hours 15 minutes	10:15 pm	15 minutes/mile
Half Marathon	3 hours 15 minutes	10:15 am	15 minutes/mile
Full Marathon	6 hours 30 minutes	1:30pm	15 minutes/mile

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.

HYDRATION STATIONS

We will have water and Gatorade available at all hydration stations. Hydration station locations for each distance are listed below:

MARATHON	2 , 4 , 6 , 8, 10,11.5, 14, 16, 18.5, 21, 23, 25 GU: 8.5 , 20	HALF MARATHON	2 , 4 , 6, 8, 10, 11.5 GU: 8.5	5K	1.5
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MEDICAL STATIONS

Medical support will be available at the start and finish line, as well as on the course.

LIVE TRACKING

Live tracking will not be offered.



OVERVIEW

MYRTLE BEACH

New for 2023, the Family Fun Run will be run at Broadway at the Beach! The Family Fun Run will take place Friday, March 3rd at 5:30pm for an epic half mile long run through Broadway at the Beach finishing under The Hangout's rainbow arch that sprays foam. What a way for the whole family to celebrate their accomplishment!

The course will be open to spectators and tourists, but we will have plenty of volunteers directing participants. Parents, we encourage you to make this a family affair and join your child for the untimed half mile adventure!

DATE

**FRIDAY,
MARCH 3**

LOCATION

THE HANGOUT

**1181 CELEBRITY
CIRCLE, MYRTLE BEACH
29577**

TIME

5:30 PM

RACE SWAG

Family Fun Run participants will receive a cotton race t-shirt and finisher medal.





FINISH LINE FESTIVAL AT PELICANS BALLPARK

Celebrate your accomplishment with family and friends at the Finish Line Festival at the Pelicans Ballpark! Enjoy beer, pizza, and music at an awesome location! Runners (21+) will receive two beer tickets attached to their race bib.

Tropical Smoothie and Freshly Squeezed will also be available for purchase!

Island Sound DJ is going to keep the energy rolling at the Post-Race Party with great music and awards announcements!



RESULTS

New for 2023, we are bringing back the results tent at the Finish Line Festival! If you have opted into text results, you will also receive a text post-race with your results. We will post [results online](#) as soon as they become available!

AWARDS

Overall awards will be presented to the **top 3 male and female finishers for the full, half, and 5k**. Overall awards are based on gun time.

Age group awards will be given to the **top 3 male and female finishers** listed in **each age group** for the full, half, and 5k. All age group awards are based on chip time.

Award medals will be picked up at the **results tent** after the awards announcements for each race.

Awards must be picked up at the Finish Line Festival. **Awards will not be mailed.**

Age Groups		
19 & Under	35-39	60-64
20-24	40-44	65-69
25-29	45-49	70-74
30-34	50-54	75 & Up
	55-59	

RACE SWAG

All participants will receive a race shirt, finisher gift, and medal. Bib mailers, be sure to pick up your race shirt after the race at the Finish Line Festival!



Please make sure to get all of your swag before you leave the event. We will not be able to mail any swag after the race.



BLESS YOUR HEART BLING



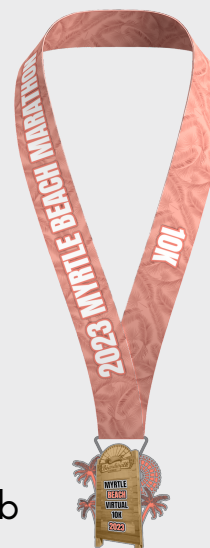
Did you register for **both** the **2023 PNC Bank Charleston Half Marathon** & the **2023 Myrtle Beach Marathon BEFORE January 14?** If so, you qualify for the Bless Your Heart Bling that can be picked up at the Customer Service Tent

If you qualified, your bib will have a heart icon on it.

MYRTLE BEACH MARATHON DOUBLE

Did you add the Virtual 10k to your registration? If so, you participated in the Myrtle Beach Marathon Double and will receive the exclusive Virtual 10k medal!

If you qualified for the Myrtle Beach Marathon Double, your bib will have a 10k icon on it.



POST - RACE



iTAB



If you purchased iTab engraving when you registered for the race, you will receive your iTab in the mail approximately two weeks after race day.

You will not pick up your iTab at the Finish Line Festival.

RACE PHOTOS



You will receive an email after the race with a link to your race photos from the race photographer, Finisher Pix. Please be sure to follow the instructions in the email in order to access your photographs.

We will also post a link to the photographs [here](#).

RESULTS CORRECTION



If your race results are inaccurate or missing, please complete the race corrections form which will be posted [here](#) after the race.

POST-RACE SURVEY



Your feedback matters! Please complete the post-race survey, so we know what we did well and how we can improve. We will email you the post-race survey after the race.



POST - RACE

Take a nap, relax, and get ready for an evening celebration at Grand Strand Brewing Company hosted by Fleet Feet Myrtle Beach and Grand Strand Brewing Co! Grand Strand Brewing Co will be offering specials on "Runners Beers" that include favorites like Wingtip Pilsner and Airbrush Hazy IPA. Fleet Feet will be raffling off prizes, so be sure to bring your bib or medal to be entered!



MARATHON POST RACE PARTY

hosted by



**March 4th, 5-8pm
at
Grand Strand Brewery**

***Bring your bib or medal
for a chance to win prizes***

POST RACE PARTY

HOSTED BY FLEET FEET & GRAND STRAND BREWING

THANKS TO OUR 2023 SPONSORS!



Official Race DJ & Announcer

Official Race Photographer



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