MYRTLE BEACH MARATHON 2024 ATHLETE GUIDE

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BEER TICKET

March 1-2, 2024

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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?

No, registration will close the evening before the race.

Is there a gear check this year?

NO, there will not be gear check.

Where do I get my race bib?

If you did not pay for bib mailing, you will need to attend packet pick-up.

Where and when is packet pick-up?

- The Hangout | <u>1181 Celebrity Cir, Myrtle</u> <u>Beach, SC 29577</u>
- Thursday, 2/29 | 4:00 PM -7:00 PM
- Friday, 3/1 | 10:00 AM -7:00 PM

Can someone else pick up my race packet for me?

Yes, someone else can pick up your packet. They will need a copy of your ID (a photo is sufficient).

Is there race day packet pick-up?

No, there is not race day packet pick-up.

Are strollers allowed on the course?

Strollers are not allowed on the course.

Are pets allowed on the course?

Pets are not allowed on the course.

Is the race USATF certified?

Yes, certification numbers are as follows: Full: SC24003JK

Is this race a Boston qualifier?

Yes, the full marathon is a Boston Qualifier.

RULES & REGULATIONS

What is the weather policy?

Races are held, rain or shine, unless we determine that conditions are too dangerous. This will be based on a prudent decision made on race weekend or race day by race officials and local law enforcement officials. If the race is cancelled due to inclement weather, there will be neither refunds nor transfers. This position is consistent with USA Track & Field recommendations and with the protocol of sharing the risks associated with the sport of running. In the event of inclement weather or unforeseen circumstances, Capstone Event Group reserves the right to alter, cancel or eliminate any/all portions of the race.

If there is inclement weather during the race, it is your responsibility as a race participant to follow instruction from race officials and law enforcement in regards to inclement weather. If you disregard instructions from race officials and/or law enforcement, you are doing so at your own risk.

What is the time limit?

The time limit for this event is 6 hours and 30 minutes for the Marathon and three hours and 15 minutes for the Half-Marathon which is a 15-minute mile pace. Due to the layout of the 5K course in conjunction with the half-marathon, we do have the flexibility to extend our general pace requirements for the 5k to 25min/mile pace for this event. The cutoff time is determined by our event permit, which permits us to use the roads, police support and other city resources for a specified period of time. After the permitted period ends, roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydrations stations and course markings.

When the course closes at the cutoff time, any remaining participants must move off of the roads and onto a sidewalk. Anyone who decides to utilize the course route before or after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.





DAY DREAMING OF YOUR POST-RUN FUN AT *The Beach*?

START PLANNING NOW AT VISITMYRTLEBEACH.COM

What's New This Year!

At the Myrtle Beach Marathon, we believe in getting better year after year, and this year we've used your feedback to make this year the best year yet!

New Start Times

The full and half will start at 6:35am, and the 5k will start at 7:30am.

Full & Half Marathon Start Line Corrals!

In an effort to make your race experience smooth, safe, and fun, we're using corrals this year to help alleviate crowding on the course. All full and half marathon participants will be divided into two corrals based on the expected pace per mile which was provided at registration. The corral assignment will be noted on your bib.

Course Updates!

To enhance your running experience this year, we have altered the course to allow both the half and full participants to run on the boardwalk for over half a mile with views of the ocean.

Added Gu Station

We will be offering three Gu stations this year for the full marathon. They will be at miles 8.5, 14.5, and 20.5!

Mailing Awards!

Overall awards for each distance will be announced at the post-race party. If you're unable to stay for the awards ceremony, we will mail your overall award after the race.

In an effort to ensure the accuracy of age group awards, they will be mailed to all age group recipients approximately two weeks after the race. They will not be available for pick-up on race day.

Accessibility Guide



HANDICAP PARKING

• If you need handicap parking for packet pick-up or race morning, please contact us at info@mbmarathon, and we will assist you!



RACE START TIMES

- Full & Half-Marathon Wheelchair, Push Chairs, & Handcycles Start: 6:30 AM
- 5k Wheelchair, Push Chairs, & Handcycles Start: 7:25 AM

ACCESSIBLE PORTABLE TOILETS



- Portable toilets, including a limited number of ADA toilets, will be available at the **Start Line.**
- There will be ADA toilets at the Pelicans Stadium after the race.
- On the course, ADA Portable toilets will be available at the following hydration stations:
 - Full and Half Marathon // Mile 8

ACCESSING THE FIELD



There is an accessible entrance on the right side of the finisher chute. Please follow the signs to access the field.



CONTACT US

If you have a question about race weekend accessibility, please contact us at info@mbmarathon.com!



A Quick Guide to Race Day Terms

RACE BIB



- Your race bib has a timing chip on the back of it which records your time from the point your cross the start line to when you cross the finish line.
- Wear your bib on race day with the number facing out.
- Please do not bend the bib or remove the timing chip.

START

START/FINISH LINE CHUTE

- The start line chute is where runners line up before the start of the race.
- The finish line chute is where runners receive their medal, water, and sometimes post-race snacks after crossing the finish line.

START LINE CORRALS



- New for 2024, we will be dividing the start line chute for the full and half marathon into two corrals (groups) based on the pace per mile you selected when you registered.
 - More information about the new corrals for this year is available <u>here.</u>

HYDRATION STATION

- Hydration stations will be offered on the course.
- Runners can get water and/or a sports drink at the hydration station.
- Portable toilets are available at each hydration station.

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COURSE MILE MARKERS

Mile markers are posted for each mile on the course. Please note that your GPS device may not sync perfectly with the mile markers on the course.

Race Day Etiquette

It is our goal that every runner has an enjoyable, safe race experience! To support this goal, we ask that all participants follow the running etiquette below. Thank you for your cooperation!

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Full and half marathon participants are required to line up in the correct corral, which will be printed on your bib. Within your corral, please be mindful of where you are lining up. Participants who plan to walk or do a walk-run combination should line-up toward the back of the corral.



If you will be using a walk-run method, please signal verbally or by raising your hand to other participants around you when you will be switching from running to walking.

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For the safety of all participants, faster runners should stay on the left of the course and walkers stay on the right.



If you're running as a group, please only run 2 abreast to ensure there is enough space for other runners.



If possible, pass on your left and alert the runner by saying, "On Your Left."



At a Hydration Station, try to keep moving while grabbing your hydration. If you need to stop, look behind you before stopping or move to the side.



To help keep the course clean, please dispose of your cup/trash in the dedicated waste cans near the hydration stations.



For your safety and the safety of others, please keep moving through the finish line.

Category	Deadline	Form	Details
Change Distance	Friday, March 1 at 6:00 PM	Click <u>here</u> to change your distance.	 You must fill out the change distance form online. Bib Mailers, if you changed your distance after noon on Friday, February 2nd, you will need to attend PPU to receive a new bib.
Bib Mailing	Friday, February 2, 2024 at Noon	Bib mailing is closed!	Bibs and safety pins were mailed January 13-15th. Please pick up your race swag at the post-race party.
Deferral Deadline	Wednesday, February 21, 2024 at 11:59 PM	Click <u>here</u> to defer your entry.	You will be issued a race credit for the amount you paid at registration excluding handling fees that can be applied toward registration for next year's Myrtle Beach Marathon or another Capstone 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.

BIB MAILING

Runners who elected to have their bib mailed to them should receive their bib by Wednesday, February 28. Bibs and safety pins were mailed of February 19th.

If you do not receive your bib by Wednesday, February 28, please come to packet pick-up and head straight to customer service to be assigned a new bib.

Runners with bib mailing, if you changed your distance **after noon on Friday, February 2,** you will need to attend packet pick-up to receive the bib for the correct distance. Please head straight to customer service, so we can assist you!

Check out the chart below to see what you will receive in the mail and what you will pick up after the race!

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



PACKET PICKUP

All participants who did NOT have their bib mailed to them need to attend packet pick-up to get their race bib. We use a reservation system to allow us to serve you more efficiently. **If you haven't reserved your spot, do so <u>here!</u>**

If you are unable to attend, you can have someone else pick up your bib for you. They will need a copy of your ID (a picture is sufficient). There will be no race day bib pick up!

When

- Thursday, February 29 | 4:00 PM 7:00 PM
- Friday, March 1 | 10:00 AM 7:00 PM

Where

- The Hangout at Broadway at the Beach
- <u>1181 Celebrity Cir, Myrtle Beach, SC</u> <u>29577</u>

What You'll Receive

- Bib
- Safety Pins
- Participant Shirt



Free Parking

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



PACKET PICKUP

Packet Pickup: Frequently Asked Question	Answer	
Can someone else pick up my bib for me?	Yes, someone else can pick up your bib for you. Please have them bring a copy of your ID to packet pick-up for verification purposes. A picture on their phone is sufficient.	
If I am picking up bibs for multiple people, do I need to sign up for multiple reservation spots?	No, you only need to sign up for one spot if you are picking up bibs for multiple people	
What if I need to change my reservation time after I've reserved my spot?	Please email our customer service team at <u>info@mbmarathon.com</u> , and we will change your time for you.	
Will I be allowed to exchange my participant shirt for a different size at packet pick-up?	At packet pick-up, you will receive the size shirt you selected at registration which will be printed on the back of your bib. If you would like to exchange your shirt size, you can do so on Saturday AFTER the race based on the availability	
Will packet pickup be held indoors or outdoors at The Hangout?	We plan to have packet pickup outside, so we ask you to plan accordingly.	
Will there be packet pick-up on race morning?	No, we will not offer race morning packet pick-up. Please make plans to attend packet pick-up on Thursday or Friday, or have someone attend on your behalf.	





Race Details

The Family Fun Run will take place Friday, March 1st at 6:00pm 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 volunteers half mile adventure!

Parking

There is ample free parking at Broadway at the Beach.

Packet Pickup

Please reserve a time to pick up your race bib and participant shirt before the Family Fun Run. Packet Pickup will be held at The Hangout (the same location as the Fun Run).

All participants will be **required to sign a waiver** before participating in the Family Fun Run. Please plan to arrive 30 minutes before the start of the Family Fun Run to complete the waiver.

Swag

All registered participants will receive a Family Fun Run shirt and medal!





2:00 PM POST-RACE PARTY ENDS

Start & Finish Line Locations

Start Line: ALL Distances | Robert Grissom Parkway Just south of the Intersection of <u>Grissom Parkway and Monticello Drive</u>

Finish Line: ALL Distances | Pelicans Ballpark Parking Lot

Start Times

Full & Half-Marathon: 6:35 AM | Wheelchair Division 6:30 AM 5k: 7:30 AM | Wheelchair Division 7:25 AM



Parking

Broadway at the Beach | <u>1352 Celebrity Circle, Myrtle Beach 29577</u>

Race day parking for runners and spectators is available at Broadway at the Beach. There is ample **free parking** at Broadway, and it is a short walk (approximately 15 minutes) to the start line. Please be sure to read the road closures statement below on how to access Broadway on race day.

After parking, runners and spectators will **walk south toward and then cross over 21st street** to get to the Pelicans Stadium/Security Checkpoint to enter the start zone.

Please plan to arrive **at least 45 minutes** prior to the start of the race to allow yourself time to go walk to the start line from the parking area and clear the security check point outside of the Pelicans Stadium.

Race day parking will NOT be available for runners and/or spectators at the Pelicans Stadium.

Road Closures

On race morning, if you're coming from Ocean Blvd, Kings Hwy, or Bypass 17, **please take 29th Ave North directly to Broadway at the Beach** for parking.

 Both 21st Ave North and Robert Grissom Parkway will close around 3:00 am and will not be open to traffic.

Roads utilized for the race course will be closed and reopened on a rolling basis as runners pass through the course. For more information, please take a look at the road closure list on our <u>website</u>.

Ride-Share/Drop-Off Suggested Locations

If you are using a ride-share or being dropped off on race morning, we recommend you enter Broadway at the Beach at <u>Resort Drive off of 29th Street.</u>

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.
 - The checkpoint will open for full and half participants at 5:45 AM.
- To expedite the security process, please have your bib fastened to you and visible before you approach the checkpoint.
- For security reasons, spectators will **NOT** be allowed in the start line chute or at the start line.



Customer Service

If you have customer service needs before the race, Customer Service will be located adjacent to the security checkpoint outside of the Pelicans Stadium on 21st Avenue from 5:45 AM - 7:30 AM.

If you have customer service needs after the race, customer service will be located inside the Pelicans Stadium on the field from 8:00 AM - 2:00 PM.

Gear Check

Due to the close proximity and availability of parking at the start, gear check will **not** be available on race morning. Runners are encourage to leave personal belongings in their vehicles or with family/friends.

Portable Toilets

Portable toilets will be available to runners at the start line after they pass through the security checkpoint. New this year: The portable toilets will be closer to the start line!



tart Line Corrals (Full & Half Marathon Only)

Runners will be divided into 2 corrals (A & B) based on the estimated pace selected at registration.

There will be five minutes between the start of each corral.

- Corral A: 6:35 AM
- Corral B: 6:40 AM

Start Corral Guidelines:

- Corral assignments will be printed on your race bib.
- Each participant will be **required** to start in the corral that is printed on the bib.
- Bibs will be checked for correct corral placement upon entering the chute. You will only be allowed to start in the corral that is listed on your bib.
- Please have your bib fastened to you and visible before you enter the corral.

To improve safety, crowding, and the overall race experience, we ask that you follow these instructions when lining up in the starting chute.

The 5k will not use corrals, but for the safety and overall race experience of all participants, we kindly ask that participants who plan to walk or do a walk/run combination, line-up toward the back of the start line chute. Thank you for your cooperation!

Medical Support

We will have medical professionals on-site throughout the race, including at the start/finish area.

ALL)

New for

this year!

Race Bibs

RACE DAY

Please wear your race bib on the front of your shirt or the front of your shorts with the numbers facing out. **Please do not bend or fold the timing chip**, which is on the back of your bib!



 Post-Race Party Food Tag: Participants can use this ticket to redeem pizza at the postrace party.

- 2. **Post-Race Party Drink Tags**: Participants can use these tickets to redeem two beverages (beer only) after the race. Participants must be 21 and over (photo ID required) to redeem the ticket for alcohol.
- 3. **Start Corral Letter:** This letter identifies your corral assignment (A & B). Corrals will be used for the full and half marathon.
- 4. **Over/Under 21 Icon:** The cup icon or U21 icon indicate whether the participant is 21 and over. Participants will still need to show their ID to confirm if trying to redeem beer tickets.
- 5. **Heart Icon:** The heart icon indicates that the runner qualifies for the Bless Your Heart Bling bonus medal for running both the PNC Bank Charleston race and the Myrtle Beach Marathon Event.
- 6. **10k Icon:** The 10k icon indicates that the runner completed the Myrtle Beach Double, the inperson race and the virtual 10k and qualifies for the Virtual 10k medal.
- 7. Race Number: The large number in the center of your bib is your unique race number and identifier. You can use this number to look up your race results.
- 8. **Race Distance**: The race distance you are registered for is listed here.
- 9. Bib Color: Full marathon | green, Half marathon | orange, 5k bibs | red





Time Limits

The time limit for this event is **6 hours and 30 minutes for the Marathon** and **three hours and 15 minutes for the Half-Marathon which is a 15-minute mile pace**. Due to the layout of the 5K course in conjunction with the halfmarathon, we do have the flexibility to extend our general pace requirements for the 5k to 25min/mile pace for this event. The cutoff time is determined by our event permit, which permits us to use the roads, police support and other city resources for a specified period of time. After the permitted period ends, roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydrations stations and course markings.



When the course closes at the cutoff time, any remaining participants must move off of the roads and onto a sidewalk. Anyone who decides to utilize the course route before or after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.



Pacers

We plan to offer the following pace groups. Please look for the pacers (holding a flag in the air with the pace on it) in the start line chute. Pacers will be wearing an **green shirt** that says "Pacer" on it!

Half marathon: 1:30| 1:45 | 2:00 | 2:15 | 2:30 | 2:45 | 3:00

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

Live Tracking Live tracking will not be available.



Hydration Stations: 1.5, 3.5, 5.5, 7, 8.5, 10.5, 11.5, 14.5, 16, 18.5, 20.5, 25

- Water and sports drink will be provided at each station.
- Gu will be available at the following stations: 8.5, 14.5, 20.5
- There will be portable toilets available at each hydration station.

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Spectator Locations

RACE DAY

We have highlighted many great spectator locations below. We encourage all spectators to create a spectating plan using the course map, locations listed below, and road closures document before race day.

Due to security reasons, spectators will NOT be allowed in the start zone or at the start line.

Location	5k	Half	Full
Myrtle's Market (Corner of Mr. Joe White and Kings Hwy)	\bigotimes	\bigotimes	\bigotimes
Warbird Park on Farrow Pkwy		\bigotimes	\bigotimes
1220 Moser Dr in The Market Common		\bigotimes	\bigotimes
Pavilion Park (9th Ave & N. Ocean Blvd)	\bigotimes	\bigotimes	\bigotimes
Plyler Park (N. Ocean Blvd/Mr. Joe White Ave)		\bigotimes	\bigotimes
29th Av. N. & Ocean Blvd.			\bigotimes
76th Ave. N. & Kings Hwy.			\bigotimes
Finish Line at Pelican's Stadium			\bigotimes

POST-RACE

Finish Line Festival at Pelicans Ballpark



Celebrate your accomplishment with family and friends at the Finish Line Festival at the Pelicans Ballpark! Stretch out on the field as you recap the race. Island Sound DJ is going to keep the energy rolling at the Post-Race Party with great music and awards announcements!

Runners (21+) will receive two beer tickets attached to their race bib. Participants must be 21+ to redeem the beer tickets and must have a valid ID with them to redeem the tickets. Participants will also receive a food ticket attached to their bib which can be redeemed for pizza after the race.

In the ballpark, additional alcoholic and non-alcoholic drinks will be available for purchase.

Just outside of the ballpark entrance at the end of the finisher chute, Girl Scout Cookies and Tropical Smoothie will be available for purchase.



Results

There will be no results tent at the finish line. Runners will receive a text message with a link to their individual results upon crossing the finish line. <u>Results</u> will also be posted online as they become available.

Results Corrections

If your race results are inaccurate or missing, please complete the race corrections form that will be emailed to you after the race.



Professional photographers will be along the course as well as the start/finish area to take pictures throughout the race. When they become available, a link to the race photos will be posted on our <u>website</u>. FinisherPix, the race photographer, will email a link to runners.



Overall Awards

POST-RACE

19 & Under

20-24

25-29

30-34

Age Groups

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70-74

75+

Overall Award Medals will be presented to the **top three male and female finishers** in the full marathon, half-marathon and the 5k based based on gun time.

If you are unable to pick up your overall award at the ceremony, we will mail it to you approximately two weeks after the race. Award medals will only be shipped to address within the contiguous United States.

Please note the time may change based on when results are finalized.

Age Group Awards

Age Group Award Medals will be given to the top three male and female finishers in the full, half marathon and the 5k based on chip time.

To ensure the accuracy of age group awards, age group award medals will **not** be given out on race day. Age group award medals will be mailed approximately three weeks after the race.

Award medals will only be shipped to address within the contiguous United States.





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POST-RACE

Race Swag

All full, half, and 5k 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 your 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 **2024 PNC Bank Charleston Half Marathon** & the **2024 Myrtle Beach Marathon** BEFORE Monday, February 5?

If so, you qualify for the Bless Your Heart Bling that can be picked up at the BONUS BLING tent located on the field at the Pelicans Stadium!

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

Please be sure to pick up your Bless Your Heart Bling before leaving the Post-Race Party. We will be unable to mail any bonus medals.

Myrtle Beach Double (In-Person Race and Virtual 10k)

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 Party Map

POST-RACE



Our partner and packet pickup host, The Hangout, has some great race weekend events!





FEB 29TH-MARCH 2ND

Music

6-10PN

T 6-10PM

PRE RACE & POST RACE PARTIES EVERYDAY

FEB 29 PACKET PICK UP 4-7PM MAR 1 **PACKET PICK UP 10AM-7PM** KIDS RACE 6PM $\mathbb{S}_{\mathbb{R}}$ MAR 2 HANGOUT BREAKFAST DANCE PARTY 8A Email Eventsmb@thehangout.com for your breakfast reservation and for information about the menu and cost of the event. THE

SHOW YOUR RACE BIB/ MEDAL THE RACE PARTICIPANT RECEIVES 10% OFF ALL WEEKEND ON FOOD & RETAIL!

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