

2018



FLAGSTAFF MARATHON IMPORTANT INFORMATION

Race Day: Saturday, September 15th 2018

Packet Pickup: 3:30 PM to 6:30 PM, Friday, September 14th

- KickStand Kafe, 719 N. Humphreys
Flagstaff, AZ 86001, 928-779-5393
- Packets will also be available at the Arizona Nordic Village before the Race Start. Please arrive **60 minutes before your race start time** if you plan to pick up your packet on race morning.
- Coffee and bagels will be available in the morning at the Nordic Village.



Arizona Nordic Village

The Arizona Nordic Village is located in the Coconino National Forest 15 miles northwest of Flagstaff, Arizona. From Flagstaff, simply follow the Highway 180 signs to Grand Canyon. The parking lot is alongside Highway 180 at Mile Marker 232. The address is 16848 U.S. 180 Flagstaff, AZ 86001.

Start Times

- Full Marathon: 8:00AM
- Half Marathon: 9:00AM
- 10K: 9:30AM
- Kids Kilo: 11:00AM – Sponsored by Girls on the Run of Northern Arizona



Timing and Scoring: The races will be timed/scored using chip timing. Your bib will have a Radio Frequency Chip on the back covered with protective foam. Please do not damage (bend, remove, mutilate) the chip or foam. Wear your bib **visibly** on your **chest**. Use a pin for each corner of the bib. The bib and chip are disposable, no need to return.

Please respect the finish line chute, cross the mats only once and proceed through to collect your finisher's medal and other goodies – do not turn around and go back over the mats toward the course.

Parking: There will be a \$5.00 parking fee, all proceeds to benefit the Coconino High School JROTC program. Parking is somewhat limited, so if possible please carpool.

Food After You Finish: Your bib gets you lunch from Eat n' Run and beer from New Belgium Brewing Company! We will also have bananas, oranges, soda, chips, pretzels and M & M's at the finish line.



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Course: You will be on a mix of closed Forest Service Roads, Single Track and game trails. This is a trail race; therefore the distances are approximate and may not match what your GPS says.

This course is made up of loops:

- 10K runners: run the **RED** loop once
- Half marathon runners: run the **RED** loop once and the **BLACK** loop once
- Full marathoners (you do the half twice): run the **RED** loop, the **BLACK** loop, the **RED** loop and the **BLACK** loop

Course Marking:

- Orange and silver landscaping style flags will be used along the trail as confidence markers
- Turns will be marked using landscaping flags and large finger signs (black on yellow)
- Course Marshalls will be located at key turns
- Side trails will be blocked off with ribbon

There are locations where the **RED** and **BLACK** loops overlap. There will be 2-way traffic. Please stay to your right and pay attention!

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Trail Running:

**** **WHEN APPROACHING AN AID STATION, PLEASE REMOVE YOUR HEADPHONES!!!** ****



No Headphones!

- Watch your feet as branches and rocks might get in the way
- Please do not litter in our beautiful forest (dispose of your trash at the various aid stations)
- Check the weather the day before and wear the appropriate clothing
- Wildlife and cattle might be on the course
- Ear buds/headphones are **STRONGLY** discouraged; please be able to hear your surroundings
- Announce yourself when wanting to pass a runner – hope they are not wearing headphones
- Be courteous to volunteers and other runners
- Enjoy yourself in this beautiful setting!

Aid Stations: Hammer products will be available.

- 10K will have aid stations at miles 1, 3 and 5 (3 stations total).
- Half marathon will have aid stations at miles 1, 3, 5, 8.5, 9.5 and 11.5 (6 total).
- Full marathon will have aid stations at miles 1, 3, 5, 8.5, 9.5, 11.5, 14, 15, 17, 20, 22 and 24 (12 total).



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Awards: Custom finisher medals for ALL finishers!

Top 3 men and women in each distance will receive custom awards.

Award Presentation Times:

- 10K at 10:30
- Half Marathon at 11:30
- Full Marathon at 12:30

Course Records:

- Marathon: 2:57:44 (Art Degraw – 2013) Female: 3:16:49 (Emily Harrison Torrence – 2017)
- Half Marathon: 1:16:23 (Zach Thomas – 2009) Female: 1:28:16 (Emily Harrison – 2014)
- 10K: 37:59 (Ryan Stevens – 2010) Female: 44:11 (Jennifer McCarthy – ND Listed)

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10K: Red Loop (1x)

Half: Red Loop & Black Loop (1x)

Full: Red Loop & Black Loop (2x)

