



Running the Gap - September 5, 2015

Marathon, Half Marathon, 10K, 5K, 1 Mile MaraFun,
and For Kids "2" - 0.2 Miles That Is



Welcome! This packet includes directions, maps, and details of transportation provided for our event. Please don't hesitate to ask if you have questions. Race officials will be wearing royal blue shirts with "The Pocatello Sports Committee" logo on the front and volunteers will be wearing charcoal grey "16th Annual Portneuf Medical Center Pocatello Marathon – Running The Gap" shirts.

Participants: Awards will be presented for 1st place overall men and women, 1st place masters men and women, and then 1st, 2nd, and 3rd place men and women for each age group listed on the final page. Overall and Masters winners will NOT be included in their age group awards. You must be present to receive additional gift bag\$ and/or gift certificate\$ if it applies. Award presentation begins immediately following the 1.0 mile event, approximately 11:00 am. **Awards will not be released prior to awards presentation.** Overall and masters winners will be called forward. Age group award winners will be announced and the age group awards will be released at that time. Award recipients not able to stay for the awards presentation must make delivery arrangements at the awards table in the finish area. \$15 shipping & handling fee charged for all awards that need to be delivered.

Participants - ALL EVENTS CLOSE AT 12:45 pm: Participants MUST maintain the required pace for their respective event to finish by 12:45 pm. (Marathon 14 minutes 53 seconds per mile, Half Marathon 20 minutes 36 seconds per mile, 10K 36 minutes 17 seconds per mile, 5K 67 minutes 44 seconds per mile.) Participants will be given verbal notification if they are over the course close time pace, and then they will have the next mile to get back under the course close time pace. Transportation is REQUIRED to any participant who is then unable to maintain the course close time pace for the remainder of the course.

Ross Park Aquatic Complex showers will be open at 9:30 am for race participants to take a shower following their event. Access to the showers will end at 10:45 am and you MUST be out of the Ross Park Aquatic Complex by 11:00 am. NO EXCEPTIONS!

Ross Park Aquatic Complex discount pool passes available for \$3.25 at the race packet pick up at the Clarion Inn on Friday or near the awards table in the finish line area on Saturday. The Ross Park Aquatic Complex opens at noon, one entry per pass, one entry valid Saturday, September 5, through Monday, September 7. NO Refunds or Rain checks.

Finish line, course, and award photos will be available as soon as possible from GateCitySports.com. Additional course, award, and finish photo packages will also be available for purchase. Stop by the GateCitySports.com booth at the expo for GREAT pre-event photo packages. Additional details about photos available at PocatelloMarathon.com or GateCitySports.com.

We encourage participants and spectators to enjoy our MaraFest; food, massages, music and fun! Participants can refuel and celebrate with a great spread provided by Sizzler Steakhouse, Nonpareil Potatoes, Kiwi Loco Frozen Yogurt, 5th Street Bagelry, United Dairymen of Idaho and more! Please help keep your registration fees low – the food provided inside the designated participant finish area (specifically fenced off area as you cross the finish line) is for participants only.

Toast your run through the gap with Miller 64! Participants of legal drinking age will receive one FREE beer with their race bib and ID. The beer garden will also be open to spectators with \$2.00 beers. Don't forget your ID. No ID – No beer! No open containers outside the grass area of the finish line area. You will be cited for open container if you are on or beyond the roadway, north of the band shelter, or outside the south end of Ross Park with an open container.

Spectators: Due to the narrow canyon roads and number of runners on the road, please avoid driving on Buckskin, Hoot Owl, Rapid Creek, and Inkom roads. There will be limited access – BUSES only - on Inkom Road due to half marathon start. Recommendation is to take I-15 to Inkom (as east bound traffic on Old Highway 91 will be CLOSED) and watch at approximately mile 15, downtown Inkom. Cheer family & friends on, and then move forward on the course via west bound lane on Old Highway 91. Century High School is a GREAT spot – plenty of grass area for kids to play as you wait, watch and cheer!

Participants & Spectators: S 2nd Avenue will be closed to Ross Park through access. However, PLENTY of parking is available near Ross Park Aquatic Complex. DO NOT park on S 2nd Avenue or on Fredregill Road. These are no parking areas - vehicles will be ticketed and towed. Follow parking attendant directions at the north entrance of the Ross Park Aquatic Complex.

PLEASE NOTE: Absolutely NO bicycles, rollerskates, rollerblades, skateboards or other wheeled vehicles allowed on course to assist event participants. There are 15 aid stations on course for participants. NO dogs. Our course is NOT closed to vehicle traffic, so be aware of traffic. Do not run in the middle of the roadway. Stay to the left side of the roadway (except for marathon participants stay to your right on Inkom Road from North Rapid Creek to Old Highway 91). Several busier intersections will be controlled.

Thank you for your participation. Hope you enjoyed "Running the Gap!"
Run with you again Saturday, September 3, 2016!

Race Info - You Need to Know

WHAT TO DO WITH YOUR STUFF: A commemorative backpack is provided by Sizzler, Salt Lake Express, Merrill and Merrill Chartered, Law offices of Racine, Olson, Nye, Budge & Bailey Chartered, and Pocatello Orthopaedics as part of your race packet. Please use your backpack for extra clothes you have while waiting at the start of your event and/or clothes you would like to have after you finish. A UPS bag pickup point will be near the start line prior to the start of each event. Drop your bag at the pickup point. UPS will transport bags to the finish line. Bags are tagged with your name and bib number. Verify that the information on the bag tag matches the information on your bib tag. A bag pickup location from the UPS trucks will be near the participant finish area. Each participant checking a bag will need to present their bib to pick up their bag. **Race management will not be held responsible for lost/misplaced items.**

****TRANSPORTATION**:** NOTE TO ALL PARTICIPANTS!!! DUE TO ROAD CLOSURES & DETOURS, YOU MUST RIDE THE BUS TO YOUR RESPECTIVE START. Traffic control will not allow vehicles into the respective start areas (including the 10K). There will be **NO parking at the starting areas other than official race vehicles. NO PRIVATE VEHICLES AT THE STARTING AREAS. PLEASE BE AWARE OF DEPARTURE TIMES - BUSES WILL LEAVE PROMPTLY.**

MARATHON - One pick up location for transportation out to respective start – Clarion Inn, 1399 Bench Road

Marathon – Pickup location is at the Clarion Inn, 1399 Bench Road. Bus loading will take place at the corner of Bench Road and the road between the Clarion Inn and the Best Western. Marathon participants may use parking lots at the following location: Sandpiper, 1400 Pocatello Bench Road; Dr. Rufus Van Dyke Orthodontist Office, 1455 Bench Rd; Mutual Insurance, 1575 Baldy Avenue, and all other businesses in that complex; Calvary Chapel, 1633 Olympus Drive; and Grace Lutheran, 1350 Baldy Avenue. DO NOT park on any streets or at any other businesses. Buses will start to load at 5:00 am. The first bus will depart at 5:10 am. A full bus will depart every 5 minutes, with the last bus departing PROMPTLY at 5:35 am for Buckskin Saddle - Marathon start line on Crestview Road. (6:13 am start time for Wheelchair/Handcycle Marathon, 6:15 am start time for Marathon)

Half Marathon, 10K, or 5K participants staying at Clarion or nearby hotels and needing a ride from the Clarion Inn (1399 Bench Road) to Ross Park Aquatic Complex – Shuttle buses will start to load at 5:50 am for anyone needing transportation to Ross Park. Buses will leave at 6:00 am, 6:10 am, 6:20 am, and the last group of buses will leave PROMPTLY at 6:30 am. Anyone riding these buses from the Clarion Inn to Ross Park must exit at Ross Park and then board their appropriate bus (i.e., the shuttle bus you ride over to Ross Park on may not be going to the start line you need).

HALF MARATHON, 10K, & 5K - One pick up location for transportation out to respective start – Ross Park Aquatic Complex, 2901 S 2nd Avenue

Half Marathon – Pickup location is Ross Park Aquatic Complex, 2901 S 2nd Avenue. Buses will start to load at 7:00 am. Once a bus is full, that bus will depart. The last bus will depart PROMPTLY at 7:15 am for the Half Marathon start line on N Inkorn Road near E Green Canyon Road. (7:55 am start time for Wheelchair/Handcycle Half Marathon, 8:00 am start time for Half Marathon)

10K – Pickup location is Ross Park Aquatic Complex, 2901 S 2nd Avenue. Buses will start to load at 8:00 am. All buses will depart PROMPTLY at 8:15 am for the 10K start line on W Old Highway 91 near N Blackrock Canyon Road. (8:40 am start time for Wheelchair/Handcycle 10K, 8:45 am start time for 10K)

5K – Pickup location is Ross Park Aquatic Complex, 2901 S 2nd Avenue. Buses will start to load at 8:15 am. All buses will depart PROMPTLY at 8:30 am for 5K start line on S 5th Avenue near Pocatello Regional Transit 5815 South 5th Avenue. (8:55 am start time for Wheelchair/Handcycle 5K, 9:00 am start time for 5K)

0.2 Mile (10:30 am start) and 1.0 Mile (10:45 am start) Events – Start area is located in the north end of Lower Ross Park. Look for "Start" flags near the swing sets across the street from the skate park, S 2nd Avenue.

Post Race Shuttle Service from Ross Park Aquatic Complex back to the Clarion Inn – This one way shuttle service from Ross Park back to the Clarion Inn will run every 30 minutes, with the first bus departing at 9:30 am. The final bus will leave at 1:15 pm.

Directions to Ross Park/Finish Line

- | | |
|--|-----------|
| 1: Start out going WEST on POCATELLO CREEK RD | 0.3 miles |
| 2: Merge onto I-15 S via the ramp on the LEFT. | 3.8 miles |
| 3: Take the 5TH AVE. exit- exit number 67. | 0.2 miles |
| 4: Turn RIGHT onto S 5TH AVE/US-91 N/I-15 BL N. | 0.6 miles |
| 5: Turn LEFT onto BARTON RD continue onto Fredregill. | 0.2 miles |
| 6: Turn LEFT onto S 2ND AVE. | 0.6 miles |
| 7: End at Lower Ross Park - finish line south of band shelter. | |

Total Estimated Time: 11 minutes

Total Estimated Distance: 6.0 miles

NOTE: Ross Park Aquatic Complex, Bus Pick Up Location, is on the west side of S 2ND AVE.

Directions to Full Marathon Start

- | | |
|---|-----------|
| 1: Start out going EAST on POCATELLO CREEK RD | 2.1 miles |
| 2: Turn RIGHT onto N PARKS RD. | 0.5 miles |
| 3: Turn LEFT onto W BUCKSKIN RD. | 3.6 miles |
| 4: Turn RIGHT onto W ANTELOPE RD. | 0.0 miles |
| 5: Turn RIGHT onto N CRESTVIEW RD. | 0.2 miles |
| 6: End at N Crestview Rd Pocatello, ID | |

Total Estimated Time: 15 minutes

Total Estimated Distance: 6.42 miles

Marathon Course Directions

- The marathon start is on N. Crestview Road.
- Runners will head north on W Crest View Road.
- Turn left (west) onto W Antelope Road.
- Turn right (east) onto W Buckskin Road.
- Veer right (southeast) onto W Hoot Owl Road.
- Turn left (northwest) onto N Rapid Creek Road
- Go approximately a 0.5 mile and then turn around heading (southeast) on N Rapid Creek Road.
- Stay on N Rapid Creek Road
- Turn left (southeast) onto Jackson Creek Road.
- Veer right (south) onto N Inkom Road.
- Turn right (northwest) onto Old Highway 91 (I-15 Business loop).
- After passing through Inkom, Veer to the left (west) staying on Old Highway 91, just before I-15 exit 58 on the West side of Inkom.
- Veer right (northwest) staying on Old Hwy 91 passing under the I-15 Overpass near I-15 exit 63.
- Old Highway 91 and S 5th Avenue are the same road north of the I-15 Overpass at I-15 exit 63.
- Stay on south side of S 5th Avenue, which turns into S 4th Avenue near the I-15 exit 67 overpass
- Turn left (west) onto Fredregill Road.
- Turn left (southeast) onto S 2nd Avenue.
- Finish line South end of Lower Ross Park.

Half Marathon Course Directions

- Start is at intersection of N Inkom Road and E Green Canyon Road.
- Follows marathon route to same finish line.

10K Course Directions

- Start is on W Old Highway 91 approximately 1 mile East of the I-15 exit 63.
- Follows marathon route to same finish line.

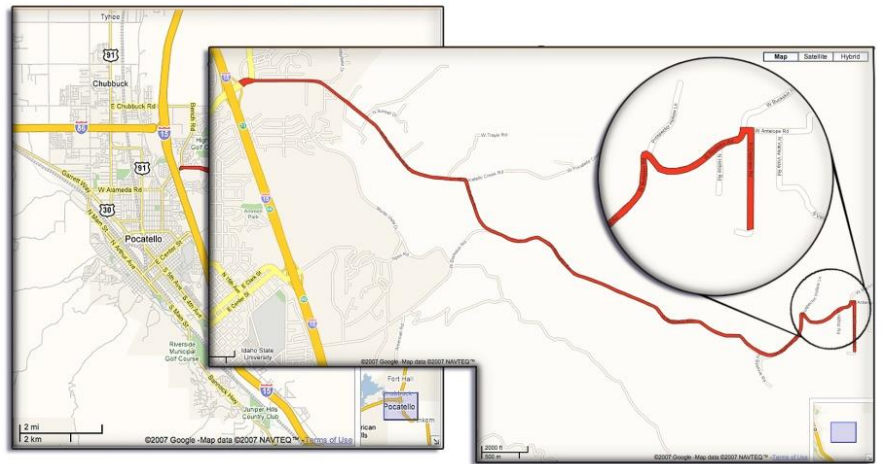
5K Course Directions

- Start is on S 5th Avenue near Pocatello Regional Transit 5815 South 5th Avenue.
- Follows marathon route to same finish line.

Directions to Ross Park/Finish Line

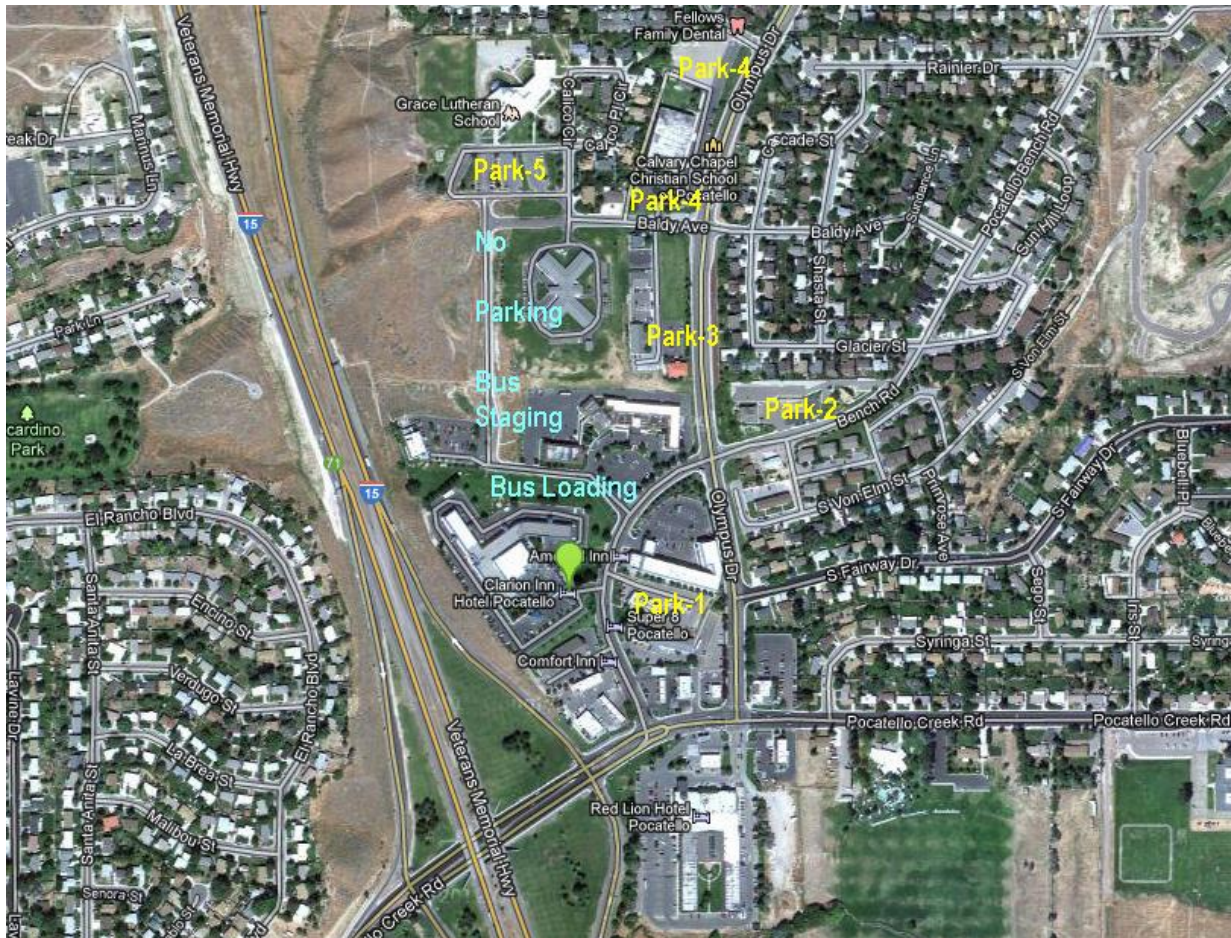


Directions to Marathon Start



Marathon – Parking and Bus Loading *Shuttle to Ross Park – Bus Loading

***NOTE:** Shuttle to Ross Park for Half Marathon, 10K, and 5K participants staying at the Clarion Inn or other nearby hotels. Half Marathon, 10K, and 5K will load buses for their respective starts at Ross Park, and there is plenty of parking available at Ross Park.



Bus loading will take place at the corner of Bench Road and the roadway between the Clarion Inn and the Best Western
Parking Options: Do not park on any roads as buses will need the space for staging

Park-1: Sandpiper, 1400 Pocatello Bench Road

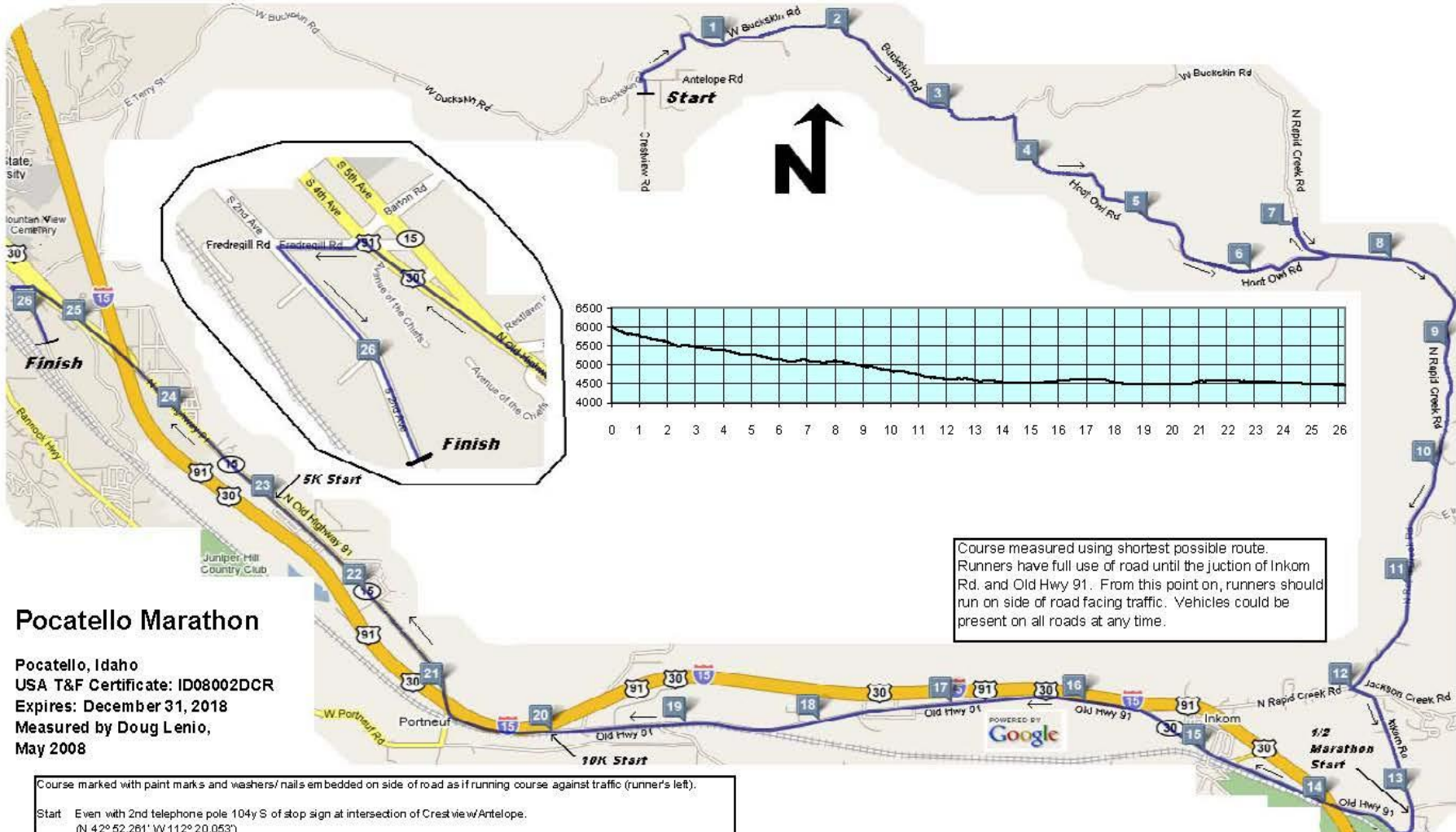
Park-2: Dr. Rufus Van Dyke Orthodontist Office, 1455 Bench Rd

Park-3: Mutual Insurance, 1575 Baldy Avenue, and all other businesses in that complex

Park-4: Calvary Chapel, 1633 Olympus Drive

Park-5: Grace Lutheran, 1350 Baldv Avenue

Marathon, Half Marathon, 10K, and 5K Course Map



Course measured using shortest possible route. Runners have full use of road until the junction of Inkorn Rd. and Old Hwy 91. From this point on, runners should run on side of road facing traffic. Vehicles could be present on all roads at any time.

Pocatello Marathon

Pocatello, Idaho
 USA T&F Certificate: ID08002DCR
 Expires: December 31, 2018
 Measured by Doug Lenio,
 May 2008

Course marked with paint marks and washers/nails embedded on side of road as if running course against traffic (runners left).

Start	Even with 2nd telephone pole 104y S of stop sign at intersection of Crestview/Antelope. (N 42° 52.261' W 112° 20.053')
1 mile	104y W of west side of Timberline Rd. (N 42° 52.601' W 112° 19.313')
2 mile	97y E of stop sign at Mt. Meadow Dr. (N 42° 52.640' W 112° 18.217')
3 mile	Adjacent to dam at Beaver Pond, no other landmarks. (N 42° 52.099' W 112° 17.358')
4 mile	139y SW of address post for 2673 Hoot Owl. (N 42° 51.705' W 112° 16.562')
5 mile	108y W of Speed Limit sign which is about .25 miles NW of 1825 Hoot Owl. (N 42° 51.348' W 112° 15.620')
6 mile	114y E of Curve warning sign with is .2 miles SW of 1493 Hoot Owl. (N 42° 50.989' W 112° 14.714')
7 mile	80y S of turn around marker. (N 42° 51.332' W 112° 14.356')
Turn	Even with unmarked Telephone Pole to east. Marker is also 82y S of green telephone box labeled with (TB) LP 1. (N 42° 51.358' W 112° 14.353')
8 mile	69y E of mail box for 5937 Rapid Creek Rd. (N 42° 51.071' W 112° 13.461')
9 mile	84y S of mail box for 5261 Rapid Creek Rd. (N 42° 50.412' W 112° 13.017')
10 mile	30y N of yellow gravel driveway, or 110y S of green telephone box RP TR SE 18-2. (N 42° 49.563' W 112° 13.120')
11 mile	26 y N of green telephone box # 13-5, Rapid Creek Rd. (N 42° 49.739' W 112° 13.356')
12 mile	Even with mail box at 2630 Jackson Creek (N 42° 48.024' W 112° 13.802')
13 mile	33y S of mailbox for 1791 Inkorn Rd. (N 42° 47.249' W 112° 13.341')
1/2 Start (Not Certified)	1y SW of telephone box RL 8A and even with NE driveway for 1674 Inkorn Rd. (N 42° 47.161' W 112° 13.306')

14 mile	108y W of East side of I-15 bridge. (N 42° 47.236' W 112° 14.109')
15 mile	25y W of Main Street/Hwy 91 junction. (N 42° 47.807' W 112° 15.179')
16 mile	At orange post on North side of Hwy 91 (in 2nd dip past stop sign), or 126y E of mail box for 2465 HWY 91. (N 42° 47.949' W 112° 16.228')
17 mile	20y E of address post for 3397 Hwy 91. (N 42° 47.923' W 112° 17.405')
18 mile	82y E of mail box for 4441 Hwy 91 adjacent to pole fence. (N 42° 47.797' W 112° 18.564')
19 mile	41y E of mail box for 5406 Hwy 91. (N 42° 47.789' W 112° 19.735')
20 mile	Even with telephone pole at historic turnout in GAP, OR 33y E of pipeline marker 12-41. (N 42° 47.733' W 112° 20.914')
21 mile	166y NE of 35 mph curve speed limit sign. (N 42° 48.049' W 112° 21.832')
22 mile	30y S green telephone box 7295 across from Big Springs drive. (N 42° 48.747' W 112° 22.533')
23 mile	90y S of green telephone box, or 197y S of 5K start. (N 42° 49.381' W 112° 23.342')
5K Start (Not Certified)	Even with flagpole in front of County Jail. (N 42° 49.444' W 112° 23.442')
24 mile	Even with N side of driveway for Rimrock Bar. (N 42° 49.998' W 112° 24.167')
25 mile	10 y south of 2nd telephone pole south of Avenue of Chiefs Dr. (N 42° 50.624' W 112° 25.009')
26 mile	Directly across from South side of North driveway for Ross Park pool. (N 42° 50.623' W 112° 25.383')
Finish	Ross Park, 1st pole south of Band Shelter, or adjacent to pole 012, F136, 15T. (N 42° 50.444' W 112° 25.297')

Aid Stations:

Aid stations will be located approximately at mile marks 3.3, 5.3, 8, 9.8, 12.1, 14, 15.7, 18, 19.1, 20.1, 21.1, 21.8, 23, 24, and 25. Each aid station will have water, PowerAde (one of two flavors at an individual aid station - either Fruit Punch or Mountain Blast), vaseline, ibuprofen, and band aids. PowerBar energy gel will be available at the Mile 11.9, Mile 20.1, and Mile 23 aid stations. Bananas and oranges will also be available at Mile 5.3, 15.7, 19.1, 21.8, and 24 aid stations. Assorted wrapped hard candy will be available at Miles 8, 14, 18, and 21.1. A porta-pottie will also be located at each aid station.

Awards:

AWARDS for Marathon, Half Marathon, 10K, and 5K events: 1st place Overall Men and Women Awards, 1st place Masters Men and Women Awards (overall based on gun time), and 1st, 2nd, & 3rd place Age Group Awards (age group based on chip time) will be presented. Overall and Masters winners will NOT be included in their age group awards. Award presentation will begin at approximately 11:00 am. Awards will not be released prior to the awards presentation. Award recipients not able to stay for the awards presentation must make delivery arrangements at the Awards table in the finish area. A \$15 shipping and handling fee will be charged for all awards that need to be delivered. The age groups for men and women include: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over. Additional age group categories may be added for 5K and 10K depending on number of participants under the age of 14.

Note: For the 2015 event, the 5K will include 9 & under and 10-14 age group awards.