



**Portneuf Medical Center
Pocatello Marathon - Running the Gap
Saturday, September 3, 2016
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 heather grey shirts with "The Pocatello Sports Committee" logo on the front and volunteers will be wearing frog green "17th 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 3, through Monday, September 5. 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. 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. Several busier intersections will be controlled.

**Thank you for your participation. Hope you enjoyed "Running the Gap!"
Run with you again Saturday, September 2, 2017!**

Race Info - You Need to Know

WHAT TO DO WITH YOUR STUFF: As part of your race packet, a commemorative backpack is provided by Sizzler, Pocatello Orthopaedics, Salt Lake Express, and Racine Olson Attorneys. 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 – no exceptions.

***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 any of the respective start areas. 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 near 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 Road; 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 approximately 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 South 2nd Avenue

Half Marathon – Pickup location is Ross Park Aquatic Complex, 2901 South 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 North Inkom Road near 2437 North Inkom 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 South 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 West Old Highway 91 just west of intersection at West Blackrock 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 South 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 South 5th Avenue near Idaho Grain Inspection Services 6702 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 on the grass just west of the Pocatello Marathon finish line on South 2nd Avenue. Look for "Start" flags and the big Idaho Central Credit Union arch.

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 from in front of the Ross Park Aquatic Complex 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 South 2nd Avenue.

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 0.8 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.
- Turn left (west) onto South Valley connector.
- Turn left (south) onto Kirkham Road.
- Kirkham road will make a slight turn to the right.
- Turn right (north) onto S 2nd Avenue.
- Finish line South end of Lower Ross Park.

Half Marathon Course Directions

- Start is on North Inkom Road at approximately 2437 North Inkom Road.
- Follows marathon route to same finish line.

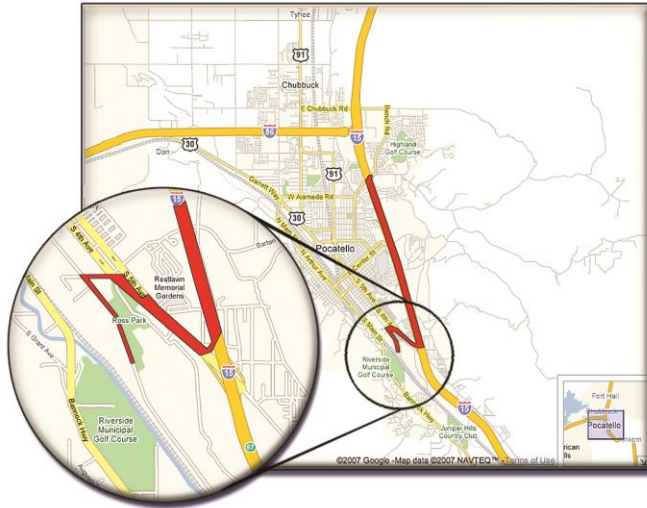
10K Course Directions

- Start is on West Old Highway 91 just west of intersection at West Blackrock Road.
- Follows marathon route to same finish line.

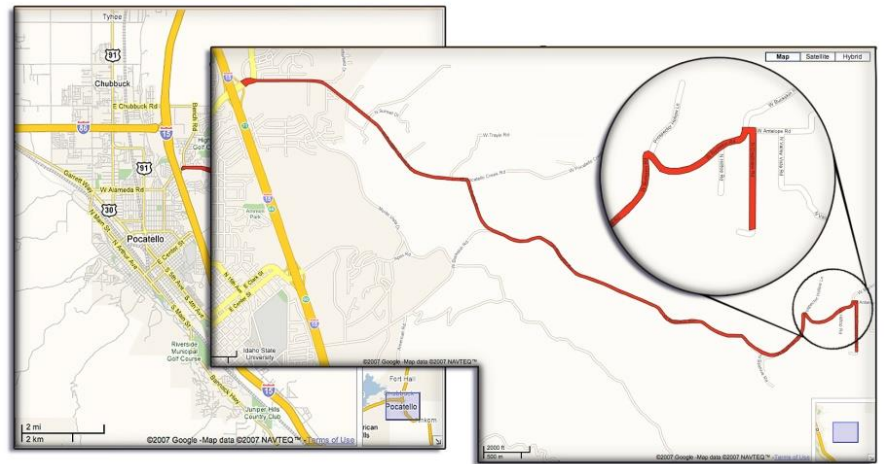
5K Course Directions

- Start is on South 5th Avenue near Idaho Grain Inspection Services 6702 South 5th Avenue.
- Follows marathon route to same finish line.

Directions to Ross Park/Finish Line

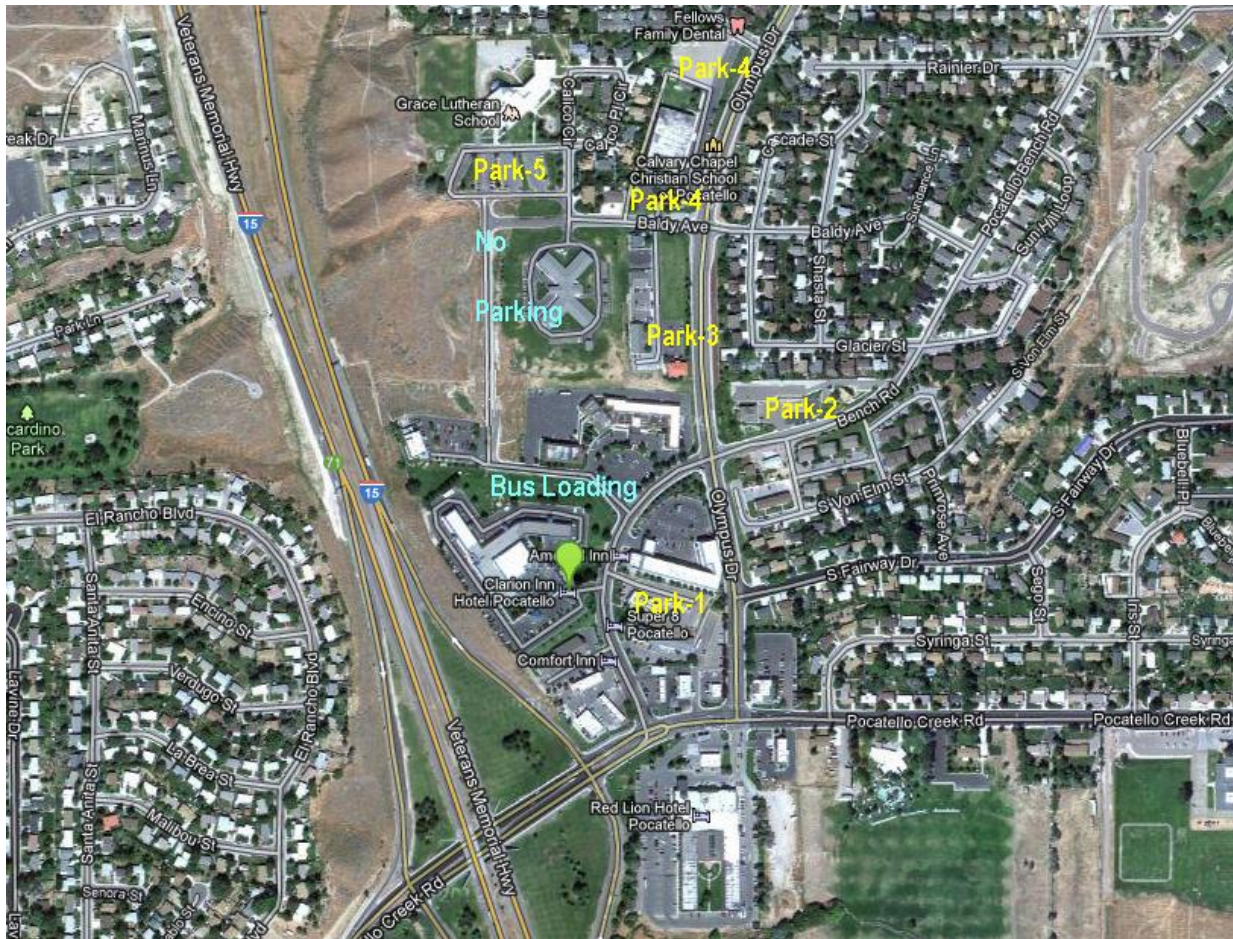


Directions to Marathon Start



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

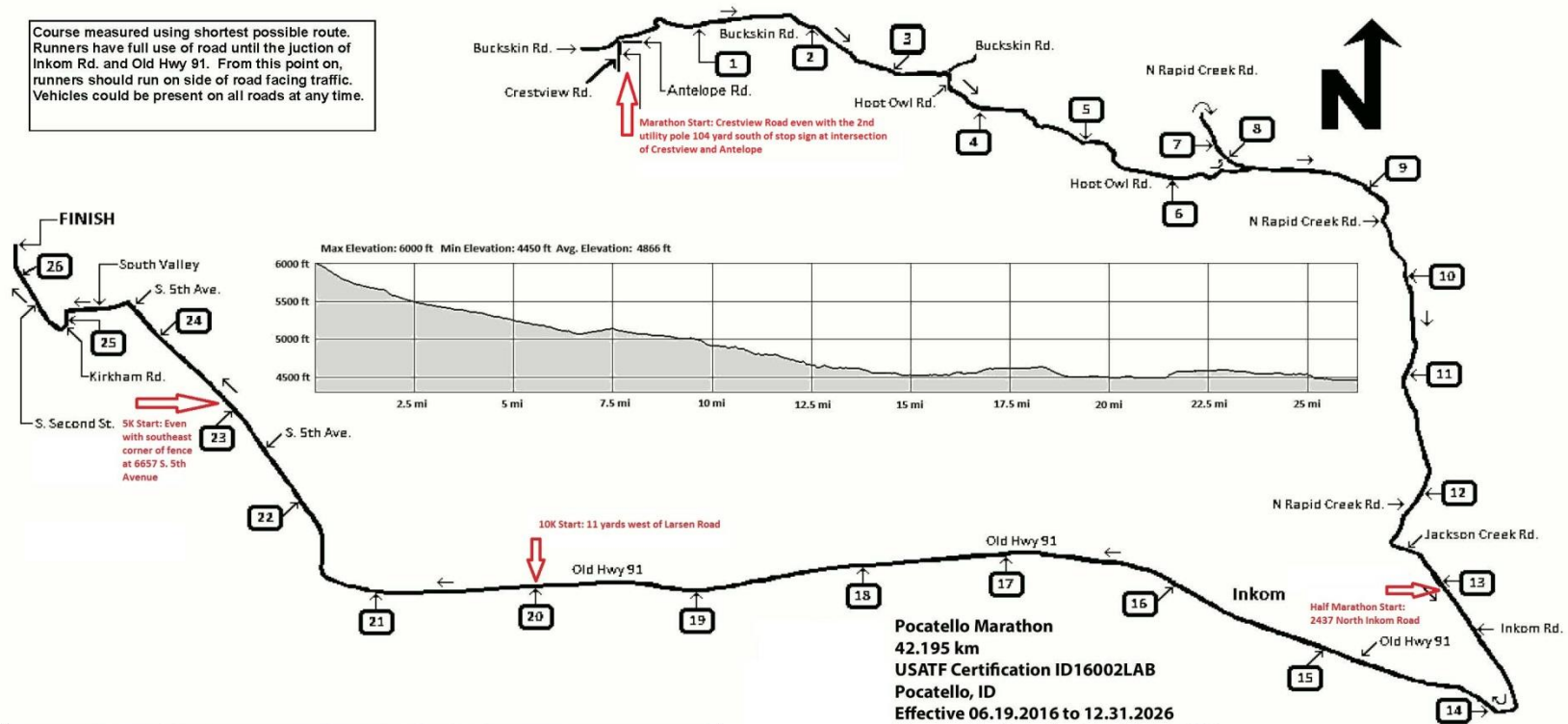
Park-3: Mutual Insurance, 1575 Baldy Avenue, and all other businesses in that complex

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 Inkom 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
 42.195 km
 USATF Certification ID16002LAB
 Pocatello, ID
 Effective 06.19.2016 to 12.31.2026
 Measured by Doug Lenio on May 1, 2016
 Map not to Scale - No Restrictions

Course marked with paint marks and washers/ nails embedded on side of road as if running course against traffic (runner's 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 168y S of mailbox for 6993 Rapid Creek (N 42° 51.623' W 112° 14.415')

8 mile 45y SE of mail box for 6377 Rapid Creek Rd. (N 42° 51.125' W 112° 14.155')

9 mile 101y NW of Turn ahead sign on Rapid Creek Rd. (N 42° 50.893' N' W 112° 13.064'W)

10 mile 83y N of green telephone box labeled 26-9 (LP 4) (N 42° 50.077' W 112° 13.008')

11 mile 77y N of School Bus Stop Ahead sign on Rapid Creek Rd. (N 42° 49.251' W 112° 13.297'W)

12 mile 90y NE of mail box at 3122 Rapid Creek Rd. (N 42° 48.404' W 112° 13.451')

13 mile 1y S of Telephone Pole (with Yellow support wire) on Inkom Rd. (N 42° 47.755' W 112° 13.542')

½ Start (Not Certified) 45y S of Mailbox for 2263 Inkom Rd. (N 42° 47.666' W 112° 13.508')

14 mile 24y N of 1503 Old Hwy 91, also 30y N of Inkom Rd intersection (N 42° 47.027' W 112° 13.481')

15 mile 60y E of Buried cable sign, 10y W gate for field access (N 42° 47.385' W 112° 14.525')

16 mile 46y W of School sign, 5y W of green telephone box labeled 630 (N 42° 47.815' W 112° 15.551')

17 mile 2y W of driveway for 2802 Old Hwy 91, 3 yd E of green box (N 42° 47.973' W 112° 16.696')

18 mile 134 W of School Bus Stop Ahead sign, 99 y E of Buried cable sign Old Hwy 91 (N 42° 47.889' W 112° 17.871')

19 mile West side of driveway for 4766 Old Hwy 91 (N 42° 47.741' W 112° 19.027')

20 mile 11y W of Larsen Rd sign (N 42° 47.764' W 112° 20.183')

21 mile 207y NE of I-15, Hwy 30, Hwy 91 sign, 64 y NE of buried cable sign (N 42° 47.735' W 112° 21.384')

22 mile Even with south side of North driveway entrance to Western States (N 42° 48.332' W 112° 22.086')

23 mile 20y S of Michelin Sign (N 42° 49.014' W 112° 22.836')

5K Start (Not Certified) Even with SE corner of fence for 6657 S 5th Ave. (Old Hwy 91) (N 42° 49.081' W 112° 22.921')

24 mile Even with S side of driveway for Bannock Co. Compound, 7y S of Telephone pole (N 42° 49.611' W 112° 23.688')

25 mile 127y S of Stop Sign for Kirkham Rd., 5y N of reflector post (N 42° 49.767' W 112° 24.538')

26 mile 1 y S of Private Property sign, 10y S of Green telephone box (unmarked) (N 42° 50.262' W 112° 25.210')

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, 10.4, 12.7, 14.4, 16.2, 18.6, 19.7, 20.7, 21.7, 22.7, 23.6, 24.6, and 25.3. 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 12.7, Mile 20.7, and Mile 22.7 aid stations. Bananas and oranges will also be available at Mile 5.3, 16.2, 19.7, 22.7, and 24.6 aid stations. Assorted wrapped hard candy will be available at Miles 8, 14.4, 18.6, and 21.7. A porta-pottie will also be located near 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 2016 event, the 5K will include 9 & under and 10-14 age group awards.

Note: The 1 mile MaraFUN is a timed event and additional awards will be presented. Details of the age groups will be based on the number of participants, which details may not be available until the day of the event.