Portneuf Health Partners
Pocatello Marathon - Running the Gap
Saturday, September 3, 2022
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. Don't hesitate to ask if you have questions. Race officials will be wearing grey shirts with "The Pocatello Sports Committee" logo on the front and volunteers will be wearing green "22nd Annual Portneuf Health Partners 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 of this packet. You must be present to receive additional gift bag$ and/or gift certificate$ if it applies. Award presentation begins upon completion of 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.

Finish line, course, and award photos will be available as soon as possible from Gate City Sports. You will be able to download one free finish line photo, and any other photos will be available for purchase at $5.00 each. Additional details about photos available at PocatelloMarathon.com

Post-race food and beverage provided inside the designated participant finish area (specifically fenced off area as you cross the finish line). Please help keep your registration fees low by keeping this food and beverage for participants only. New for 2022, Zombwiches, Smokin' Buds, and Ice-Edelic Shaved Ice food trucks will be in finish area providing food, beverage, and snack options for purchase.

Toast your run through the gap with Miller Lite or other adult beverage provided by TEC Distributing! Participants of legal drinking age will receive one FREE beer with their race bib. The beer garden will also be open to spectators with $1.00 beers. 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, roller skates, 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 enjoy "Running the Gap!"

We look forward to running with you again Saturday, September 2, 2023!

Race Info - You Need to Know

WHAT TO DO WITH YOUR STUFF: As part of your race packet, a commemorative duffle is provided by Citizens Community Bank, Taco Bell, and Barrie's Ski & Sports. Please use your duffle bag for extra clothes you have while waiting at the start of your event and/or clothes you would like to have after you finish. Your bag is tagged with your name and bib number. Verify that the information on the bag tag matches the information on your bib tag. A Barrie's Ski & Sport bag drop will be near the start line prior to the start of each event. Drop your bag at that point. Barrie's will transport bags to the finish line. A bag pickup location from the Barrie's truck 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 <u>MUST</u> 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 – Bench Road between Best Western and Grand Idaho Inn and Suites, 1399 Bench Road

Marathon – Pickup location is on Bench Road. Bus loading will take place near the corner of Bench Road and the road between the Grand Idaho Inn and Suites and the Best Western. Marathon participants may use parking lots at the following location: Sandpiper, 1400 Pocatello Bench Road; Leavitt Orthodontics, 1455 Bench Road; Mutual Insurance, 1575 Baldy Avenue, and all other businesses in that complex; Calvary Chapel, 1633 Olympus Drive; Mountain View Event Center (The MEC), 1350 Baldy Avenue, and Grace Lutheran, 1350 Baldy Avenue. DO NOT park on any streets or at any other businesses. Buses will start to load at 5:30 am. All buses will depart PROMPTLY at 5:40 am for Buckskin Saddle - Marathon start line on Hilltop Road. **(6:15 am start time for Marathon)**

Half Marathon, 10K, or 5K participants staying at Grand Idaho Inn and Suites or nearby hotels and needing a ride out to Ross Park Aquatic Complex – Shuttle buses will start to load at 6:20 am for anyone needing transportation to Ross Park. All buses depart PROMPTLY at 6:25 am. Anyone riding these buses from the Grand Idaho Inn and Suites 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

The Ross Park Aquatic Complex restrooms and the restrooms on the north end of the parking will be open for participant use prior to loading buses and then through the 5K start at 9:00 am.

Half Marathon – Pickup location is Ross Park Aquatic Complex, 2901 South 2nd Avenue. Buses will start to load at 7:05 am. All buses will depart PROMPTLY at 7:15 am for the Half Marathon start line on North Inkom Road near 2437 North Inkom Road. **(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 8:20 am. All buses will depart PROMPTLY at 8:25 am for the 10K start line on West Old Highway 91 just west of intersection at West Blackrock Road. **(8:45 am start time for 10K)**

5K – 5K start line is located at the north entrance to the Ross Park Aquatic Complex parking lot, 2901 South 2nd Avenue. Start line will be on east side of S 2nd Avenue across the street from the skate park. **(9:00 am start time for 5K)**

0.2 Mile (10:30 am start) and 1.0 Mile (*immediately after the 0.2 Mile finish*) Events – Start area is on the grass just west of the Pocatello Marathon finish line on South 2nd Avenue. Look for "Start" flags.

Post Race Shuttle Service from Ross Park Aquatic Complex back to the Grand Idaho Inn and Suites – This one way shuttle service from Ross Park back to the Grand Idaho Inn and Suites 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 from Bench Rd/Pocatello Creek Rd 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 from Bench Rd/Pocatello Creek Rd 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.   3.5 miles
4: End at N Hilltop Rd Pocatello, ID

    Total Estimated Time: 12 minutes   Total Estimated Distance: 6.4 miles

Marathon Course Directions

- The marathon start is at N. Hilltop Rd and W Buckskin Rd.
- Runners will head east on 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.
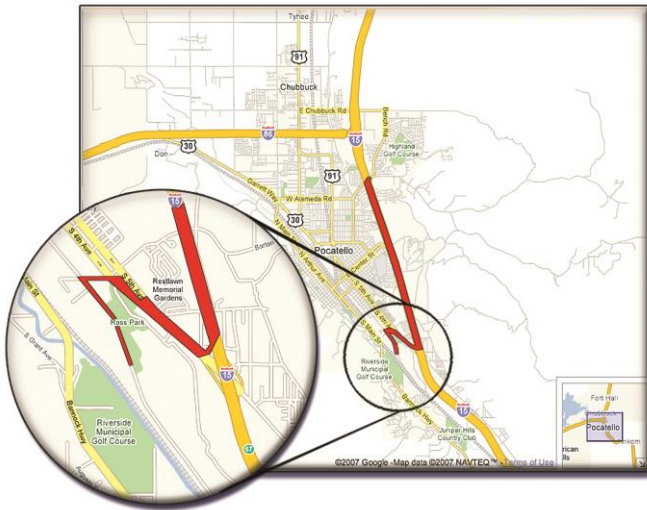- Follows marathon route to same finish line.

10K Course Directions

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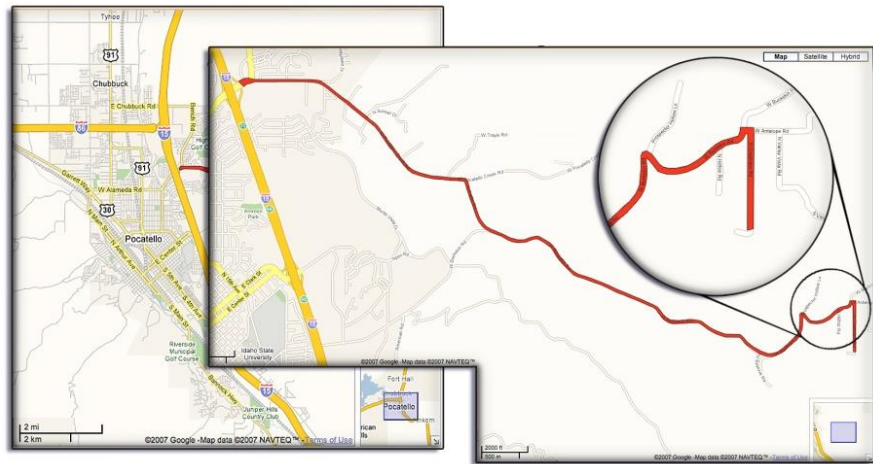- Follows marathon route to same finish line.

5K Course Directions

- Start is on S 2nd Avenue, north end of Ross Park Aquatic Complex parking lot 2901 S 2nd Avenue.
- Runners will head north on S 2nd avenue.
- Turn right (east) at the parking lot 2568 South 2nd.
- Follow trail over to the Shady Side Trail.
- Turn right (south) onto Shady Side Trail.
- Follow Shady Side Trail onto AMI/Kirkham Trail.
- Turn right (north) onto South 2nd Avenue.
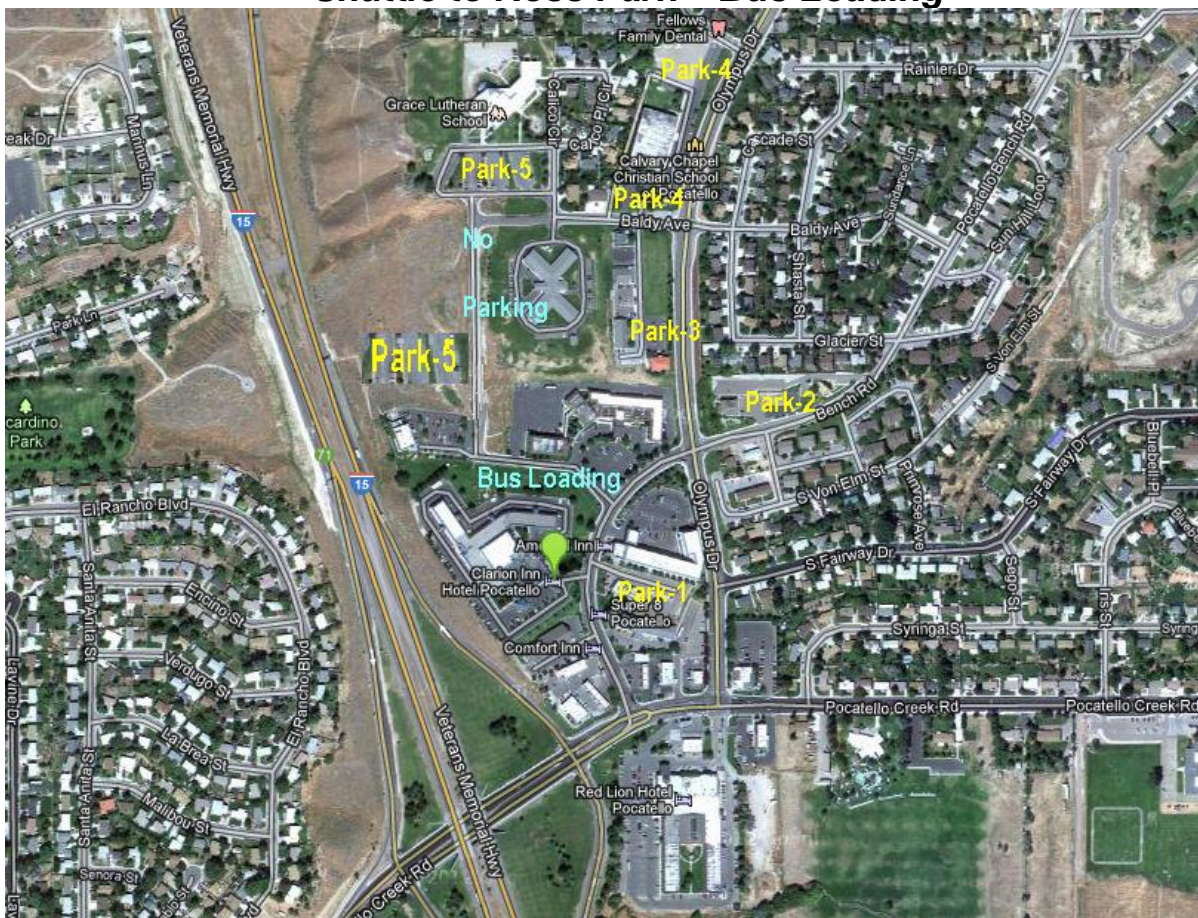- Follows marathon route to same finish line.

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 Grand Idaho Inn and Suites or other nearby hotels. Half Marathon and 10K will load buses for their respective starts at Ross Park. Plenty of parking available at Ross Park.

Bus loading takes place at corner of Bench Road and roadway between Grand Idaho Inn and Suites and Best Western.

Parking Options: Do not park on any roads as buses will need the space for staging

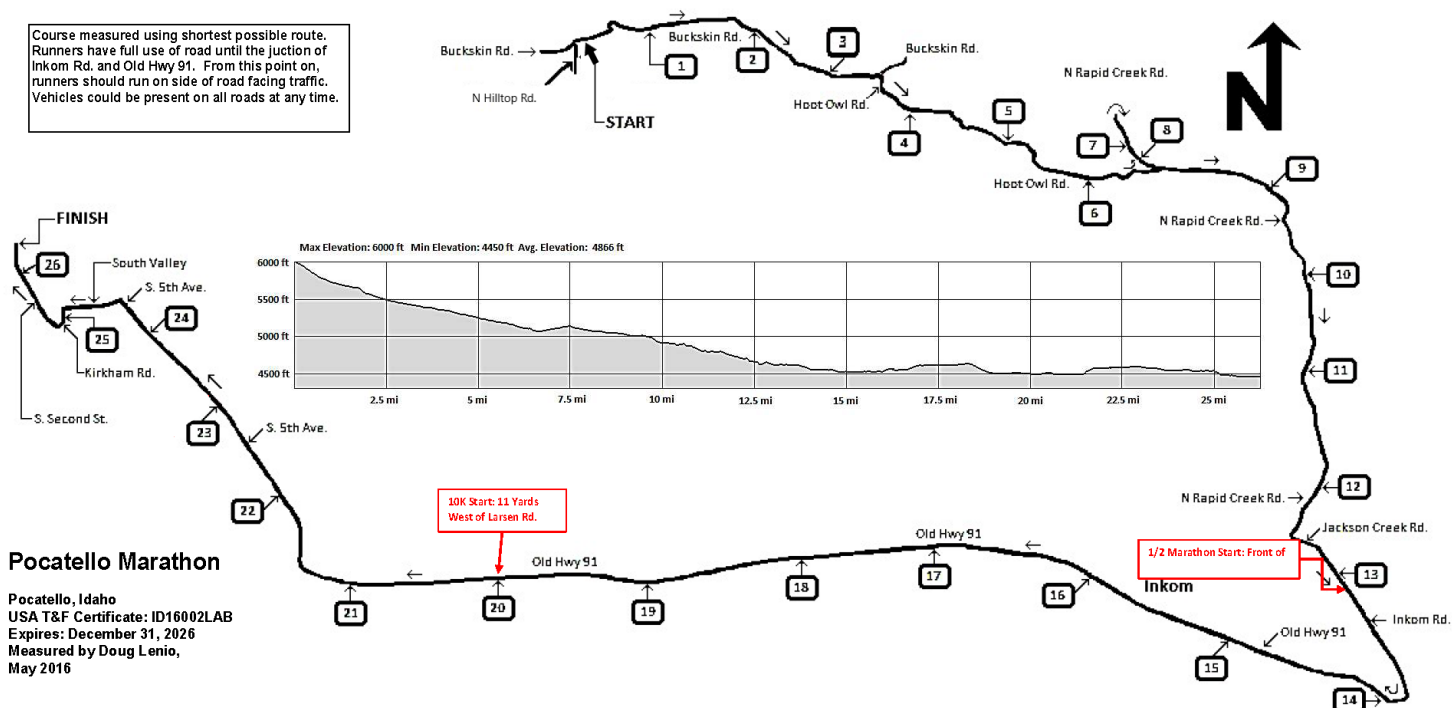- Park-1: Sandpiper, 1400 Pocatello Bench Road
- Park-2: Leavitt Orthodontics Office, 1455 Bench Rd
- Park-3: Mutual Insurance, 1575 Baldy Avenue, and all other businesses in that complex
- Park-4: Calvary Chapel, 1633 Olympus Drive
- Park-5: Mountain View Event Center (The MEC), 1350 Baldy Avenue, and Grace Lutheran, 1350 Baldy Avenue

Course measured using shortest possible route. Runners have full use of road until the juction 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.

Buckskin Rd.

Buckskin Rd.

3

Buckskin Rd.

N Rapid Creek Rd.

N Hilltop Rd.

START

1

2

Hoot Owl Rd.

5

8

7

4

9

Hoot Owl Rd.

6

N Rapid Creek Rd.

FINISH

26

South Valley

S. 5th Ave.

24

Max Elevation: 6000 ft   Min Elevation: 4450 ft   Avg. Elevation: 4866 ft

6000 ft
5500 ft
5000 ft
4500 ft

2.5 mi   5 mi   7.5 mi   10 mi   12.5 mi   15 mi   17.5 mi   20 mi   22.5 mi   25 mi

10

25

Kirkham Rd.

11

S. Second St.

23

S. 5th Ave.

22

10K Start: 11 Yards West of Larsen Rd.

Old Hwy 91

Old Hwy 91

17

N Rapid Creek Rd.

12

Jackson Creek Rd.

1/2 Marathon Start: Front of Inkom

13

Pocatello Marathon

Pocatello, Idaho
USA T&F Certificate: ID16002LAB
Expires: December 31, 2026
Measured by Doug Lenio,
May 2016

21

20

19

18

16

15

Old Hwy 91

Inkom Rd.

14

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 42º 52.261' W 112º 20.053')
1 mile 104y W of west side of Timberline Rd. (N 42º 52.601' W 112º 19.313')
2 mile 97y E of stop sign at Mt. Meadow Dr. (N 42º 52.640' W 112º 18.217')
3 mile Adjacent to dam at Beaver Pond, no other landmarks. (N 42º 52.099' W 112º 17.358')
4 mile 139y SW of address post for 2673 Hoot Owl. (N 42º (51.705' W 112º 16.562')
5 mile 108y W of Speed Limit sign which is about .25 miles NW of 1825 Hoot Owl.
        (N 42º 51.348' W 112º 15.620')
6 mile 114y E of Curve warning sign with is .2 miles SW of 1493 Hoot Owl.
        (N 42º 50.989' W 112º 14.714')
7 mile 80y S of turn around marker. (N 42º 51.332' W 112º 14.356')
Turn   Even with unmarked Telephone Pole to east. Marker is also 168y S of mailbox for 6993 Rapid
        Creek (N 42º 51.623" W 112º 14.415')
8 mile 45y SE of mail box for 6377 Rapid Creek Rd. (N 42º 51.125' W 112º 14.155')
9 mile 101y NW of Turn ahead sign on Rapid Creek Rd. (N 42º 50.893'N' W 112º 13.064'W)
10 mile 83y N of green telephone box labeled 26-9 (LP 4) (N 42º 50.077' W 112º 13.008')
11 mile 77y N of School Bus Stop Ahead sign on Rapid Creek Rd. (N 42º 49.251' W 112º 13.297'W)
12 mile 90y NE of mail box at 3122 Rapid Creek Rd. (N 42º48.404' W 112º 13.451')
13 mile 1y S of Telephone Pole (with Yellow support wire) on Inkom Rd. (N 42º 47.755' W 112º 13.542')
½ Start (Not Certified) 45y S of Mailbox for 2263 Inkom Rd. (N 42º 47.666' W 112º 13.508')

14 mile 24y N of 1503 Old Hwy 91, also 30y N of Inkom Rd intersection (N 42º 47.027' W 112º 13.481')
15 mile 60y E of Buried cable sign, 10y W gate for field access (N 42º 47.385' W 112º 14.525')
16 mile 46y W of School sign, 5y W of green telephone box labeled 630 (N 42º 47.815' W 112º 15.551')
17 mile 2y W of driveway for 2802 Old Hwy 91, 3 yd E of green box (N 42º 47.973' W 112º 16.696')
18 mile 134 W of School Bus Stop Ahead sign, 99 y E of Buried cable sign Old Hwy 91
         (N 42º 47.889' W 112º 17.871')
19 mile West side of driveway for 4766 Old Hwy 91 (N 42º 47.741' W 112º 19.027')
20 mile 11y W of Larsen Rd sign (N 42º 47.764' W 112º 20.183')
21 mile 207y NE of I-15, Hwy 30, Hwy 91 sign, 64 y NE of buried cable sign
         (N 42º 47.735' W 112º 21.384')
22 mile Even with south side of North driveway entrance to Western States
         (N 42º 48.332' W 112º 22.086')
23 mile 20y S of Michellin Sign (N 42º 49.014' W 112º 22.836')
5K Start (Not Certified) Even with SE corner of fence for 6657 S 5th Ave. (Old Hwy 91)
         (N 42º 49.081' W 112º 22.921')
24 mile Even with S side of driveway for Bannock Co. Compound, 7y S of Telephone pole
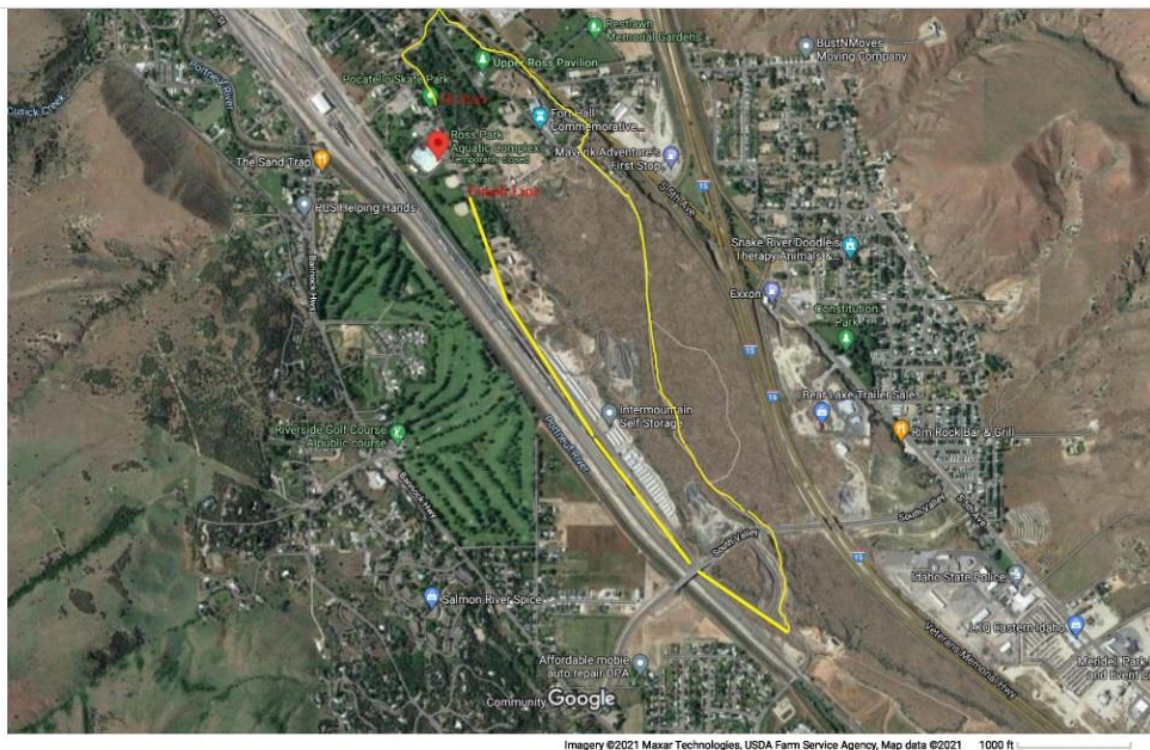   (N 42º 49.611' W 112º 23.688')
25 mile 127y S of Stop Sign for Kirkham Rd., 5y N of reflector post (N 42º 49.767' W 112º 24.538')
26 mile 1 y S of Private Property sign, 10y S of Green telephone box (unmarked)
         (N 42º 50.262' W 112º 25.210')
Finish   Ross Park, 1st pole south of Band Shelter, or adjacent to pole 012, F136, 15T.
         (N 42º 50.444' W 112º 25.297')

Marathon, Half Marathon, and 10K Course Map

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, Gatorade Frost Glacier Freeze, vaseline, ibuprofen, and band aids. GU Energy Gels of assorted flavors will be available just prior to the Mile 12.7, Mile 20.7, and Mile 22.7 aid stations. Bananas 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 the aid stations at mile marks 3.3, 5.3, 8, 12.7, 16.2, 19.7, 21.7, and 23.6.

5K Course Map

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. 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: 9 & under, 10-14, 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.

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.