

**Portneuf Medical Center
Pocatello Marathon - Running the Gap
Saturday, September 2, 2023
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 and black shirts with "The Pocatello Sports Committee" logo on the front and volunteers will be wearing orange "23rd 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 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. Food trucks such as Smokin' Buds and Shaka Shack will have items for purchase near the finish line area for spectators and participants.

Toast your run through the gap with Miller Lite or other adult beverages 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 beverages. 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 would be to take I-15 to Inkom (as east bound traffic on Old Highway 91 will be CLOSED) and watch at approximately mile 15 in 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: South 2nd Avenue will be closed to through access travel between the South Valley Connector and the Ross Park Aquatic Complex. PLENTY parking will be available near the Ross Park Aquatic Complex. DO NOT park on South 2nd Avenue or on Fredregill Road. Enter Ross Park from the North (South 2nd Avenue and Fredregill Road) and follow parking attendant directions for participant parking near Ross Park Aquatic Complex and spectator parking on the grass area just west of the finish line.

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.
Enjoy "Running the Gap!"**

Hope you will run with us again next year on Saturday, August 31, 2024!

Race Info - You Need to Know

WHAT TO DO WITH YOUR STUFF: As part of your race packet, a commemorative backpack is provided by Citizens Community Bank, Taco Bell, and Barrie's Ski & Sports. 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. Your backpack 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 the marathon and half marathon. Drop your bag at that point and it will be transported 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. 10K participants please limit or not use the bag drop unless absolutely needed.

***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 - Pick up location is on Via Caporatti Drive for transportation out to marathon start line

Marathon – Bus loading will take place near the corner of East Center Street and Via Caporatti Drive near TownePlace Suites and Home2 Suites. Marathon participants may use the following parking lots: Advantage Plus Federal Credit Union, 2133 East Center Street; Alliance Title & Escrow, 2350 Via Caporatti Drive; and Ortholdaho, 2240 East Center Street. DO NOT park on Via Caporatti Drive. **Buses will begin loading at 5:30 am. All buses will depart PROMPTLY at 5:40 am** for the Marathon start line at Buckskin Road and Hilltop Road. **(6:15 am start time for Marathon)**

Half Marathon, 10K, or 5K participants staying at hotels near East Center Street and Via Caporatti Drive needing a ride out to Ross Park Aquatic Complex a Shuttle is available if needed

Shuttle bus loading will take place near the corner of East Center Street and Via Caporatti Drive near TownePlace Suites and Home2 Suites. **Shuttle buses will begin loading at 6:20 am for anyone needing transportation to Ross Park. All buses depart PROMPTLY at 6:25 am.** Anyone riding these buses from Via Caporatti Drive 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 may not be going to the start line you need).

HALF MARATHON and 10K - Pick up location is at Ross Park Aquatic Complex, 2901 South 2nd Avenue for transportation out to respective start line

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 – Bus loading will take place at Ross Park Aquatic Complex, 2901 South 2nd Avenue. **Buses will begin loading 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 – Bus loading will take place at Ross Park Aquatic Complex, 2901 South 2nd Avenue. **Buses will begin loading at 8:20 am. All buses will depart PROMPTLY at 8:25 am** for the 10K start line on North Blackrock Canyon Road, approximately 0.3 miles north of the West Old Highway 91 and North Blackrock Canyon Road intersection. **(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, on the grass area across the street from 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 large grass area to the west side 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 East Center and Via Caporatti Drive – This one-way shuttle service will run **every 30 minutes**, with the **first bus departing in front of the Ross Park Aquatic Complex at 9:30 am. The final bus will leave at 1:15 pm.**

Directions from Via Caporatti Drive to Ross Park/Finish Line

- | | |
|--|-----------|
| 1: Start out going WEST on East Center Street. | 0.7 miles |
| 2: Merge onto I-15 S via the ramp on the LEFT. | 1.9 miles |
| 3: Take exit 67 for 5th Avenue. | 0.2 miles |
| 4: Turn RIGHT onto South 5th Avenue/US-91 North/I-15 BL N. | 0.7 miles |
| 5: Turn LEFT onto Barton Road continue onto Fredregill Road. | 0.2 miles |
| 6: Turn LEFT onto South 2nd Avenue. | 0.5 miles |
| 7: End at Lower Ross Park - finish line south of band shelter. | |

Total Estimated Time: 8 minutes

Total Estimated Distance: 4.31 miles

NOTE: Ross Park Aquatic Complex, Bus Pick Up Location, is on the west side of South 2nd Avenue.

Directions from Via Caporatti Drive to Full Marathon Start

- | | |
|---|-----------|
| 1: Start out going East on East Center Street. | 0.2 miles |
| 2: Turn RIGHT onto Hospital Way. | 0.8 miles |
| 3: Turn LEFT onto East Terry Street. (East Terry Street becomes West Buckskin Road) | 5.1 miles |
| 4: End at North Hilltop Road Pocatello, ID | |

Total Estimated Time: 12 minutes

Total Estimated Distance: 6.2 miles

Marathon Course Directions

- The marathon start is at North Hilltop Road and West Buckskin Road.
- Runners will head east on West Buckskin Road.
- Veer right (southeast) onto West Hoot Owl Road.
- Turn left (northwest) onto North Rapid Creek Road
- Go approximately 0.8 mile and then turn around heading (southeast) on North Rapid Creek Road.
- Stay on North Rapid Creek Road
- Turn left (southeast) onto Jackson Creek Road.
- Veer right (south) onto North 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 Sout 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 South 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.

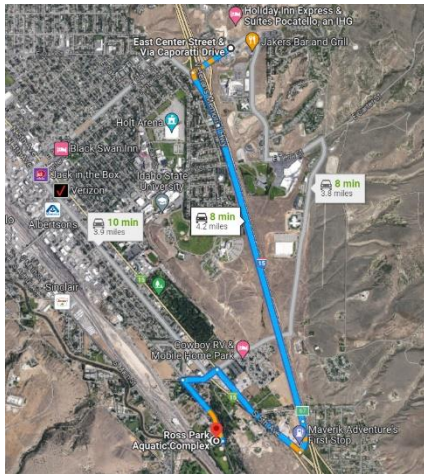
10K Course Directions

- Start is on North Blackrock Canyon Road, about 0.3 miles north of West Old Highway 91.
- Follows marathon route to same finish line.

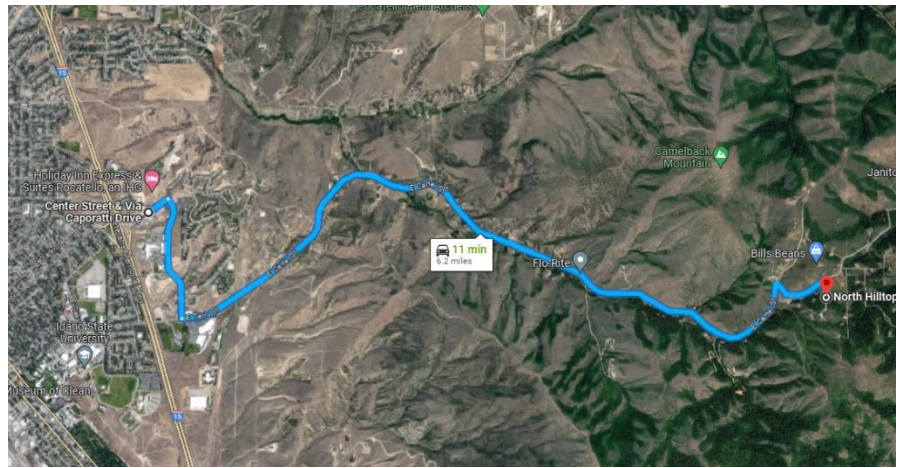
5K Course Directions

- Start is on South 2nd Avenue, north end of Ross Park Aquatic Complex parking lot 2901 South 2nd Avenue.
- Runners will head north on South 2nd Avenue.
- Turn right (east) at the parking lot 2568 South 2nd Avenue.
- 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 near Vai Caporatti Drive & East Center. 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 on Via Caporatti Drive.

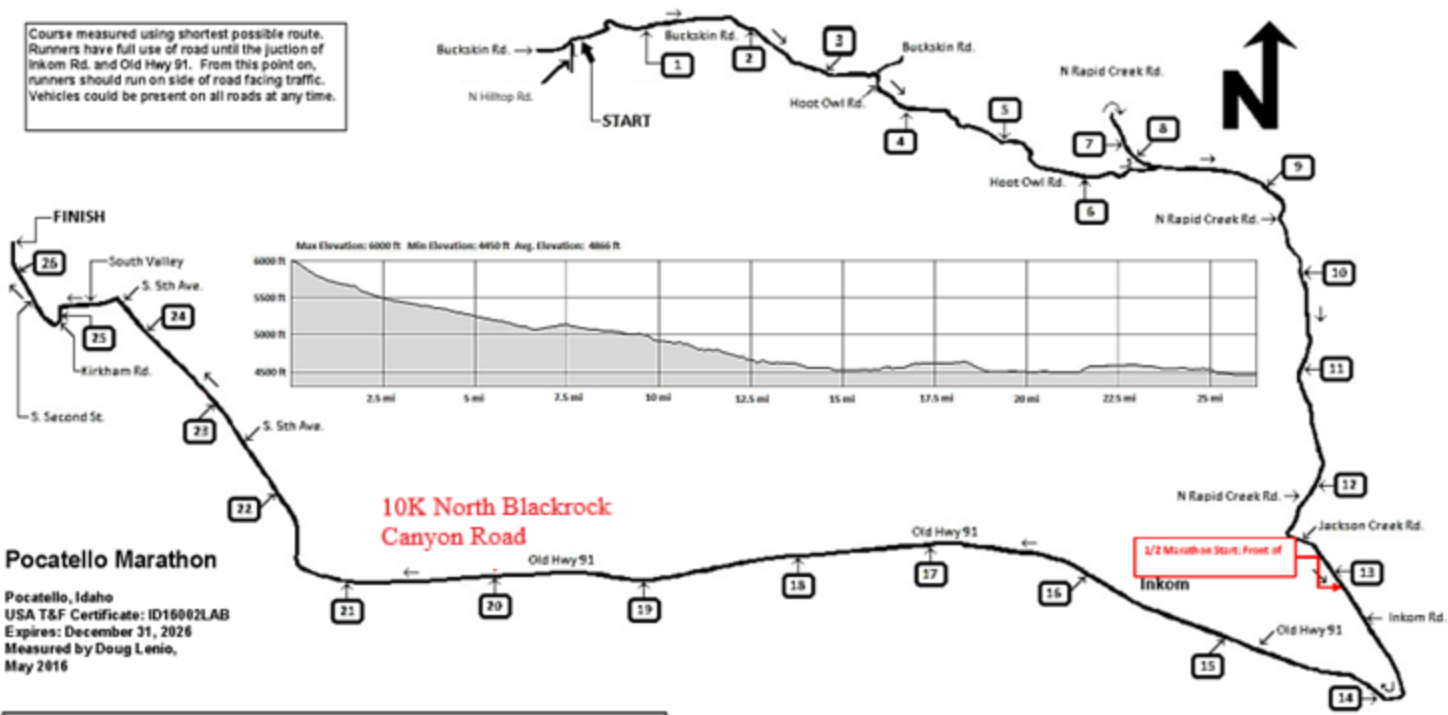
Parking Options: Do not park on Via Caporatti Drive as buses need this road for staging and loading.

Park-1: Alliance Title & Escrow, 2350 Via Caporatti Drive

Park-2: Advantage Plus Federal Credit Union, 2133 East Center Street

Park-3: Ortholdaho, 2240 East Center Street

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: ID16002LAB
 Expires: December 31, 2026
 Measured by Doug Lenio,
 May 2016

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 106y 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 169y 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° 50.8937' W 112° 13.064'W)

10 mile 80y N of green telephone box labeled 26-0 (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 Inkorn Rd. (N 42° 47.755' W 112° 13.542')

1/2 Start (Not Certified) 45y S of Mailbox for 2263 Inkorn Rd. (N 42° 47.866' W 112° 13.508')

14 mile 24y N of 1503 Old Hwy 91, also 30y N of Inkorn 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 2602 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')

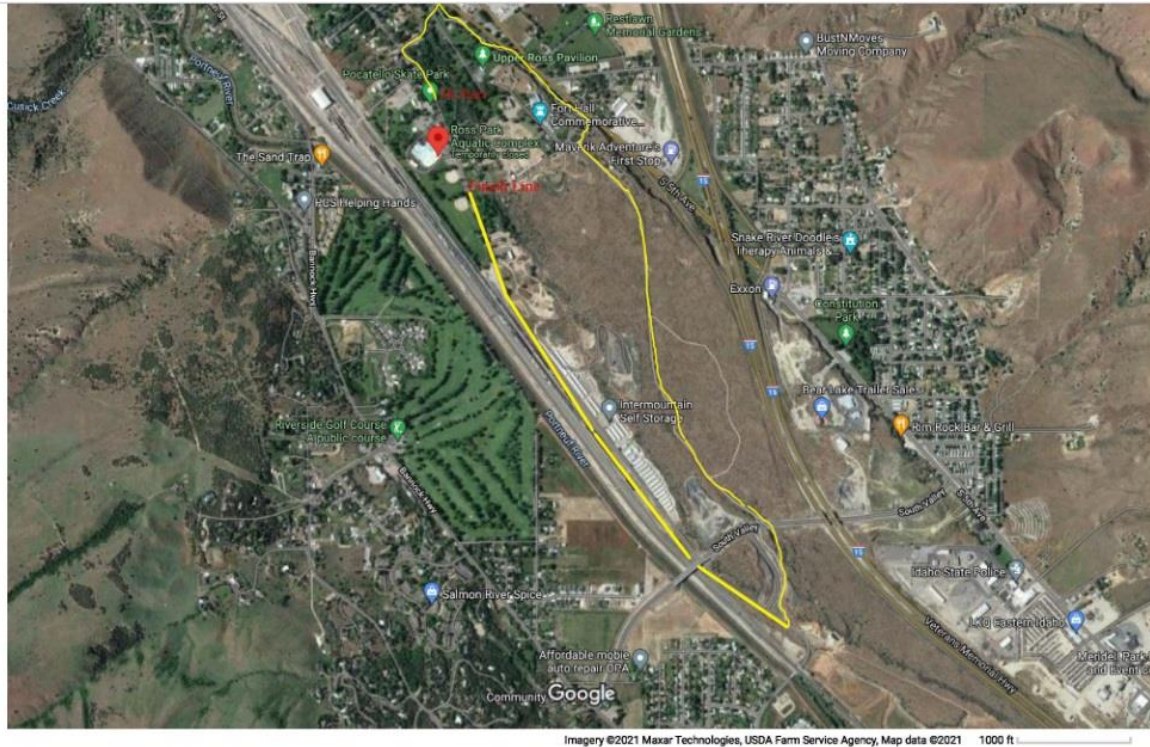
25 mile 127y S of Stop Sign for Kirkham Rd., 5y N of reflector post (N 42° 49.767' W 112° 24.538')

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')

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 each aid station.



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.