



Bingham Healthcare Pocatello Marathon - Running the Gap

Saturday, September 5, 2026
Marathon, Half Marathon, 10K, 5K, 1 Mile, 0.2 Mile

Welcome!

This packet includes essential information, including directions, maps, transportation details, event logistics, and participant guidelines.

Look for race officials in grey shirts with the "The Pocatello Sports Committee" logo.

Volunteers will be in blue "26th Annual Pocatello Marathon – Running The Gap" shirts.

Awards: Awards will be presented to:

- 1st Place Overall Men & Women
- 1st Place Masters Men & Women
- 1st, 2nd, and 3rd Place in each age group (see last page for age groups)

Award Presentation begins after the 1.0 Mile event (~11:00 AM).

RULE: You must be present to receive gift bags/certificates/awards. **AWARDS WILL NOT BE RELEASED BEFORE THE PRESENTATION.** Award recipients who are unable to stay for the awards presentation must make delivery arrangements at the awards table in the finish area. A \$15 shipping/handling fee applies for delivered awards.

Participants

ALL EVENTS CLOSE AT 12:45 pm: Participants **MUST** maintain the following required pace for their respective event to finish by 12:45 pm:

Event	Max Pace per Mile
Marathon	14:53 minutes
Half Marathon	21:00 minutes
10K	37:00 minutes
5K	68:00 minutes

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 for any participant who is unable to maintain the course's close time pace.**

Race Photos

Photos from the finish line, course, and awards will be available free to download from Gate City Sports. Visit PocatelloMarathon.com for photo access.

Food & Beverage

Post-Race Refreshments are available **inside the fenced participant area** at the finish line. **Please keep this area for registered runners only.**

The following food trucks will be available for all spectators, offering a variety of items for purchase:

- Smokin' Buds BBQ
- Shiver Shack Snow Cones

Celebrate Your Run

Toast your run through the gap with Miller Lite, Hop Valley, 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.

Alcohol Rules:

- 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.

Spectator Guidelines

Due to the narrow canyon roads and the number of runners on the road, **please avoid** driving on the following roads:

- Buckskin, Hoot Owl, Rapid Creek, and Inkom

Our recommended viewing spots:

- Take I-15 towards Inkom and take Exit 58 (**eastbound traffic on Old Highway 91 will be CLOSED**) and watch at approximately mile 15 in downtown Inkom
 - Cheer family and friends on, and then move forward on Old Highway 91
- Century High School (South 5th Avenue): GREAT spot, plenty of grass area for kids to play as you wait, watch, and cheer!

(Please refer to our spectator guide on our website for more details and information)

Parking: PLENTY of parking will be available near the Ross Park Aquatic Complex. **DO NOT park on South 2nd Avenue or Fredregill Road**. Enter Ross Park from the North (South 2nd Avenue and Fredregill Road) and follow the parking attendant's directions for participant parking near Ross Park Aquatic Complex and spectator parking on the grass area just west of the finish line.

Rules & Safety

Absolutely NO bicycles, roller skates, rollerblades, skateboards, or other wheeled vehicles are allowed on the course to assist event participants (we have 15 aid stations on course, see aid station information below)
NO DOGS

Traffic Awareness:

- The course is **not closed** to vehicles
- Stay **on the left side** of the roadway.
- Do NOT run in the middle of the roadway
(Please note: several busy intersections will be controlled)

Awards Notes:

Overall awards: Based on gun time, unless unforeseen delay causes "open start line," then chip time will be used.

1st, 2nd, & 3rd place Age Group Awards: Based on chip time. 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, and these details may not be available until the day of the event.

Race Info - You Need to Know

What to Do With Your Stuff

Each participant receives a commemorative drawstring bag provided by Citizens Community Bank, Taco Bell, Barrie's Ski & Sports, and Mountain View Event Center.

Use this bag for:

- Extra clothes while waiting at the start of your event
- Clothes you want at the finish

Important:

- Your bag is tagged with your name and bib number (Verify tag matches your bib upon pickup)
- Drop-off: Barrie's Ski & Sport box truck will be at the start line (Marathon & Half Marathon)
- Pickup: At the participant's finish area from the Barrie's Ski & Sports truck
- Bib is required for bag pickup — no exceptions.
- 10K participants: Please limit or avoid using bag drop unless necessary

TRANSPORTATION – MANDATORY FOR ALL PARTICIPANTS

Due to road closures and detours, you **MUST** take the bus to your event 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

- **Bus Loading Location:** Corner of East Center Street & Via Caporatti Drive, near TownePlace Suites and Home2 Suites
- **Parking:**
 - Horrocks— 2350 Via Caporatti Dr
 - Dollar Loan Center - 2300 Via Caporatti Dr
 - Advantage Plus FCU – 2133 E Center St
 - Ortholdaho – 2240 E Center St
- **Do NOT park on Via Caporatti Drive**
- **Bus Loads:** 5:15 AM
- **Departs:** 5:25 AM SHARP
- **Start Location:** Buckskin Rd & Hilltop Rd
- **Race Start:** 6:15 AM

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

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

SHUTTLE

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

- **Bus Loading Location:** Corner of East Center Street and Via Caporatti Drive near TownePlace Suites and Home2 Suites.
- **Loading Time:** 6:20 am for anyone needing transportation to Ross Park.
- **Departs:** 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

- **Bus loading location:** Ross Park Aquatic Complex, 2901 South 2nd Avenue.
- **Bus Loads:** 7:00 am
- **Departs:** PROMPTLY at 7:10 am for the Half Marathon start line on North Inkom Road near 2437 North Inkom Road.
- **Race Start:** 8:00 am

10K

- **Bus loading location:** Ross Park Aquatic Complex, 2901 South 2nd Avenue
- **Bus Loads:** 8:20 am
- **Departs:** 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.
- **Race Start:** 8:45 am

5K

- **Start Location:** North entrance to Ross Park Aquatic Complex parking lot (across from skate park)
- **Race Start:** 9:00 AM
- **No bus needed**

1 mile & 0.2 Mile

- **Start Location:** Large grass area west of the finish line, on South 2nd Avenue
- **Start Times:**
 - **0.2 Mile:** 10:30 AM
 - **1 Mile:** Immediately after the 0.2 Mile event

Post Race Shuttle

Shuttle service from Ross Park Aquatic Complex back to Via Caporatti & E Center area

- **Runs every 30 minutes**
- **First Departure:** 9:30 AM
- **Last Bus:** 1:15 PM
- **Pickup:** in front of Ross Park Aquatic Complex

Course Maps & Info

Aid Stations:

15 total aid stations are located approximately at mile: 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 station has:

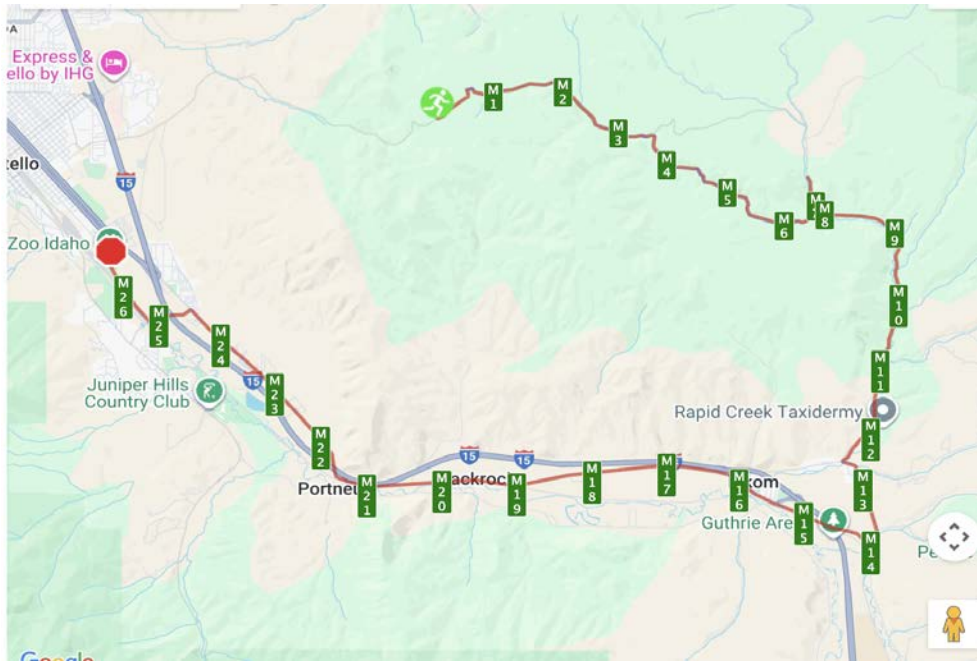
- **Water**
- **Gatorade Frost Glacier Freeze**
- **Vaseline, Ibuprofen, Band Aids**
- **Porta-Potties** (located near each aid station)

Select aid stations have:

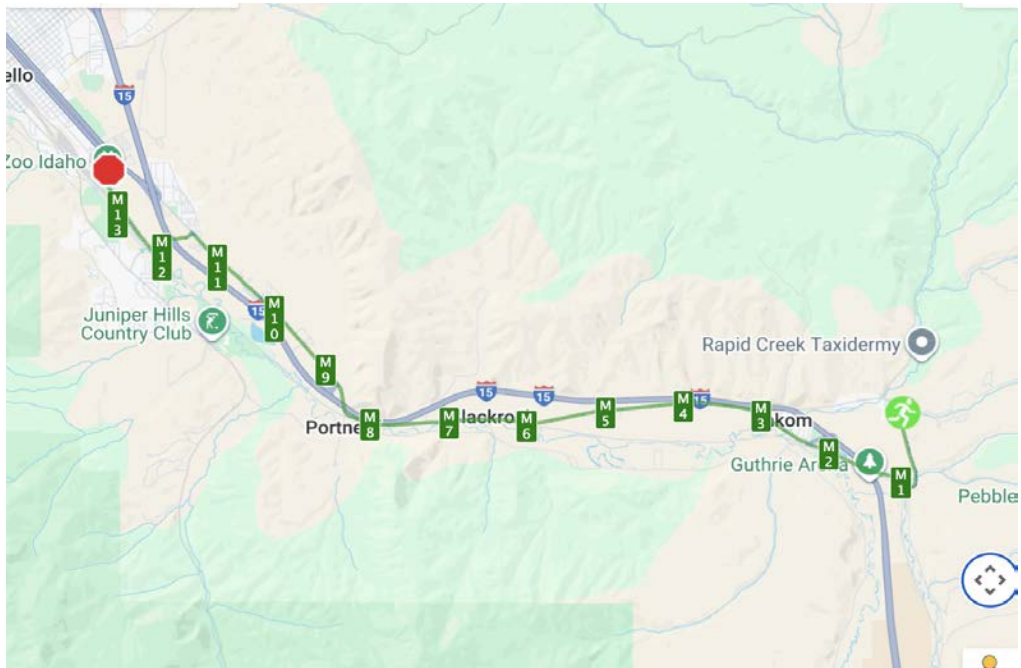
- **GU Energy Gels** (12.7, 20.7, 22.7): available just prior to aid stations
- **Bananas** (5.3, 16.2, 19.7, 22.7, 24.6)
- **Assorted wrapped hard candy** (8, 14.4, 18.6, 21.7)

Link to interactive course maps: <https://pocatellomarathon.com/course-maps/>

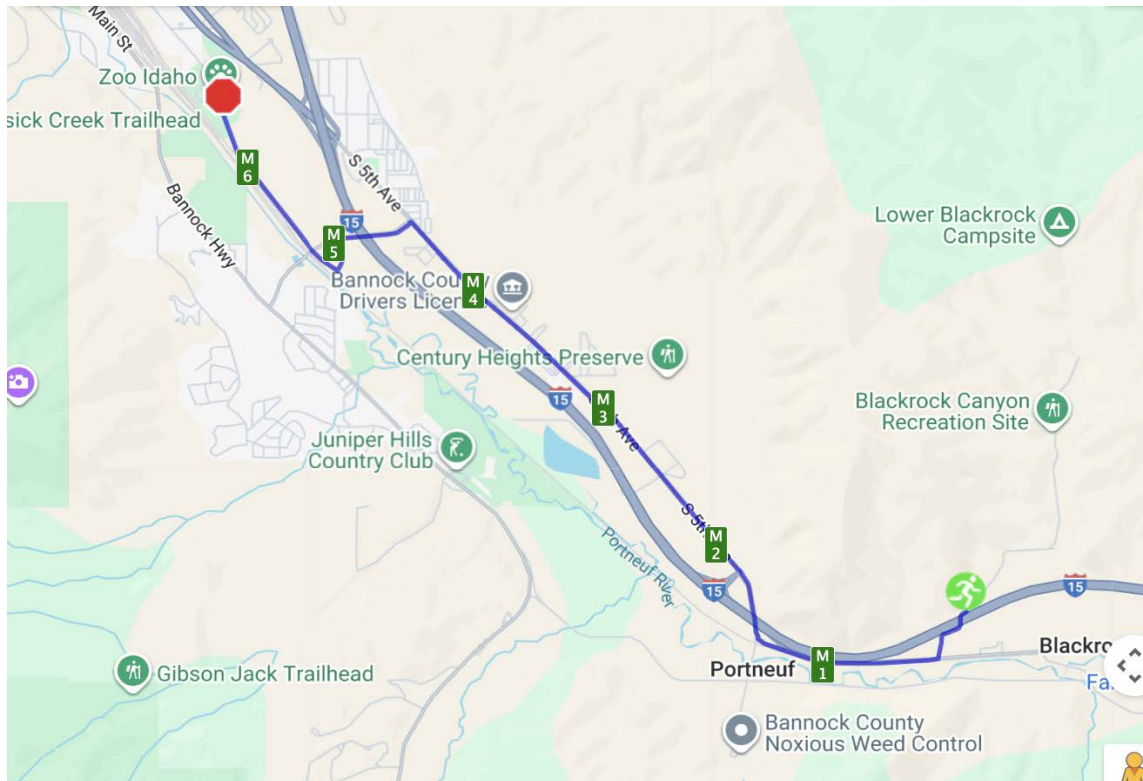
Marathon



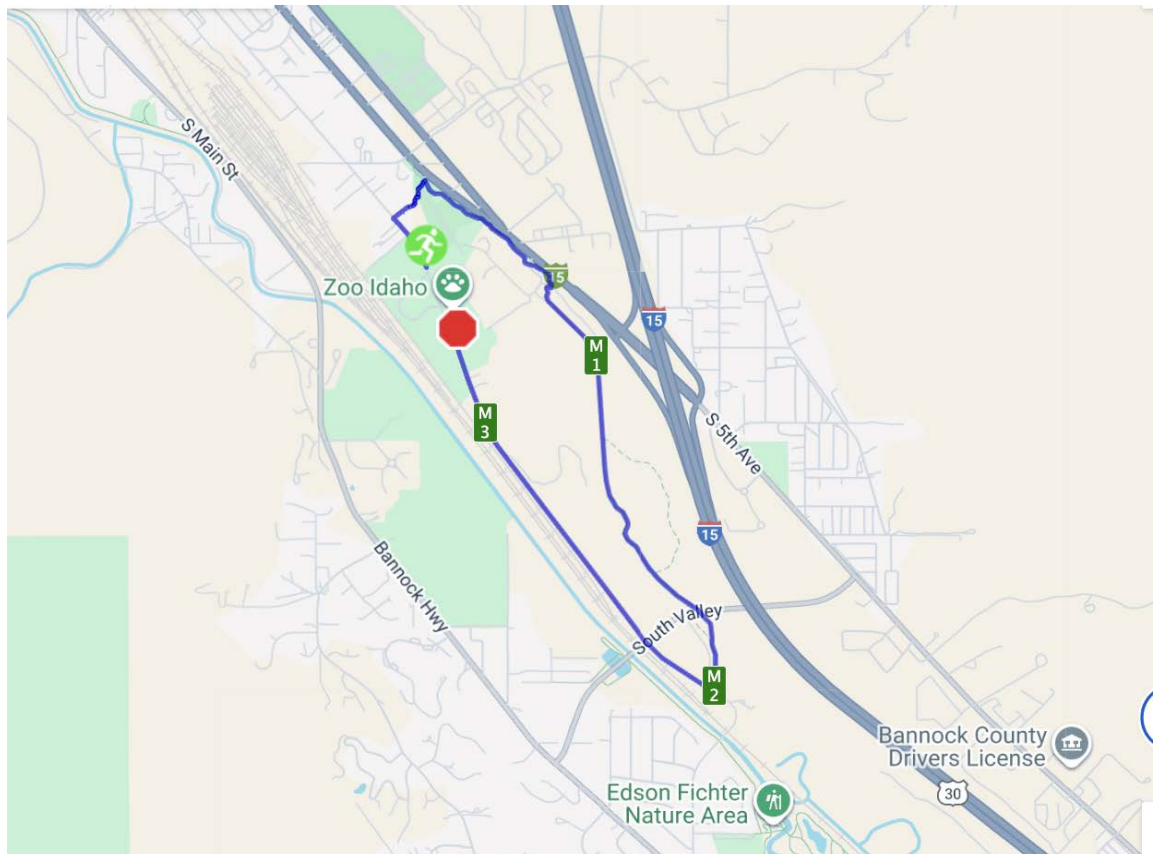
Half Marathon



10K



5K



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 Via Caporatti Drive & East Center. Half Marathon and 10K will load buses for their respective starts at Ross Park. Plenty of parking is 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: Horrocks, 2350 Via Caporatti Drive

Park-2: Dollar Loan Center - 2300 Via Caporatti Dr

Park-3: Advantage Plus Federal Credit Union, 2133 East Center Street

Park-4: Ortholdaho, 2240 East Center Street

Directions from Via Caporatti Drive to Ross Park/Finish Line

- | | |
|---|-----------|
| 1: Head 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, and 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 starts on West Buckskin Road near North Hilltop 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 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.

Thank you for your participation.

Enjoy “Running the Gap!”

Hope you run with us again next year on Saturday, September 4, 2027!

