

FLEET  FEET™

Rochester

Half Marathon

5K & Kids 1/2 Mile

Table of Contents



- 3 Weekend Schedule**
- 4 Fleet Feet Expo**
- 5 Shakeout Runs**
- 6 Race Parking**
- 7 Start Area**
- 8 Half Marathon Course**
- 9 5K Course**
- 10 Water Stops/Adopt-a-Mile**
- 11 Puma Pace Team**
- 12 The Finish Area**
- 13 Kids 1/2 Mile Race**
- 14 Awards**
- 15 Medal Monday**
- 16 Fleet Feet Training Program**
- 17 RaceJoy**
- 19 Sponsors**

All specifics/maps can be found
at www.rochestermarathon.com

Weekend Schedule

Friday, September 18th

12pm - 6pm

Race Expo and Packet Pickup

6pm - 7pm

Happy Hour Run with Diadora

Saturday, September 19th

9am

Shakeout Run presented by Shokz

10am - 4pm

Race Expo and Packet Pickup

Sunday, September 20th

5:30am

Packet Pickup opens & first bus leaves for the start line

7:00am

Last bus leaves for the start

7:20am

National Anthem/Benediction

7:30am

Half Marathon Start

7:40am

5K Start

8:30am

Drop Bags ready for pick-up

9:45am

Half Marathon Awards Ceremony

9:54am

Course cut off at 15K

10:30am

Kids 1/2 Mile Start

11:00am

Course Closes

Monday, September 21st

10am

Awards ready to be picked up at Fleet Feet @ The Armory

12pm - 6pm

Medal Monday at Fleet Feet @ The Armory

Tuesday, September 22nd

6pm

Recovery run at Fleet Feet @ The Armory



Fleet Feet Health and Wellness Expo

Fleet Feet @ the Armory
155 Culver Rd, Rochester 14620

EXPO HOURS

Friday, Sept. 18th, 12pm - 6pm

Saturday, Sept. 19th, 10am - 4pm



Packet pick-up for ALL events will be held at the Fleet Feet Health & Wellness Expo. Be sure to visit all vendors and check out the great deals on running apparel, accessories, footwear, plus FREE Normatec compression sessions to prepare your muscles for race day!

Picking up for more than 6 people? Send an email to katie@yellowjacketracing.com with the names of everyone in your party, and we'll prep your bag in advance!

DO NOT WAIT UNTIL RACE DAY!
Other people can pick up your packet for you!



VENDORS INCLUDE:

Puma - Official Footwear Partner
adidas
ASICS
Balega
Brooks
Currex
Diadora
Girls on the Run
Karhu
Nathan
MD Hyperbaric
Normatec
New Balance
On
Saltstick
Saucony
Superfeet
Shokz

Happy Hour Run

presented by Diadora

Friday, September 18th

6pm - 7pm

Fleet Feet @ The Armory

Join Diadora for a 3 mile run with footwear demos. Enjoy post-run beverages, snacks, and raffle prizes. All paces welcome!



Shakeout Run presented by Shokz

Saturday, September 19th

9am - 10am

Fleet Feet @ The Armory



Enjoy an easy 3 mile loop with post-run refreshments, raffles, and more!

Includes demos to try from Shokz, Nathan, New Balance, Saucony, and Brooks

All paces welcome!

Race Parking

Event Parking in the morning will be at ESL Ballpark, by the finish. There are 2 large lots available for all participants and spectators.

FREE Shuttle buses will be provided to take you from ESL Ballpark to the start line at Maplewood Park. The bus is for **PARTICIPANTS ONLY!** No spectators will be let on.

YOU MUST HAVE YOUR BIB TO BOARD THE BUS!!! If you don't have your bib yet, go to race day packet pickup first to retrieve it. Packet Pick-Up is at **ESL BALLPARK ONLY!** Do not go to the start for your bib.

Busses will start transporting participants at **5:30am** and run continuously until **7AM SHARP**. Anyone not on a bus by **7AM** will have to find another way to get to the start.

There is **NO PARKING** at the Start Line or the surrounding area. The streets will be closed and monitored by RPD.

You may be dropped off at Maplewood Rose Garden off of Driving Park Ave. From there, it is a 1/2 mile walk north up the river path to the start



Thank You to the
Rochester Speed Skating
Team for volunteering
their time to help manage
the Shuttles!



The Start

Maplewood Park, Rochester, NY

The starting line is located on Maplewood Drive in Maplewood Park, by the tennis courts. No cars will be permitted to drive to the Start Line to drop off participants

The start area will have plenty of porta pots, as well as complimentary drop bag service for both the 5K and the Half



Drop Bags

Write your **BIB NUMBER** on the front of your bag

All items must fit in the bag provided to you. No other bags will be accepted

Drop Bags will be transported back to the finish and available starting at 8:30am

Please do not place any valuables such as car keys or electronics inside your bag. The race is not responsible for any lost or stolen items

Any bags not picked up by 11am will be disposed



At the start of the race, please line up according to the pace you plan on running. There will be pace flags lining the start corral for your reference.

DON'T FORGET YOUR BIB!!!

A race bib is **REQUIRED** to start the race

If you forget your bib, it's \$5 CASH to replace it on race day



The start area is CARRY-IN CARRY-OUT!

Any items not placed in a drop bag **MUST** go with you when you start your race. There is **NO** donation program. All items left at the start will be thrown out

The race crew packing up is responsible for ensuring Maplewood park looks better than when they found it. Please don't make their lives harder by leaving your things everywhere. Put it in a drop bag or take it with you



Half Marathon Course

The Half Marathon will start at 7:30am in Maplewood Park, by the tennis courts

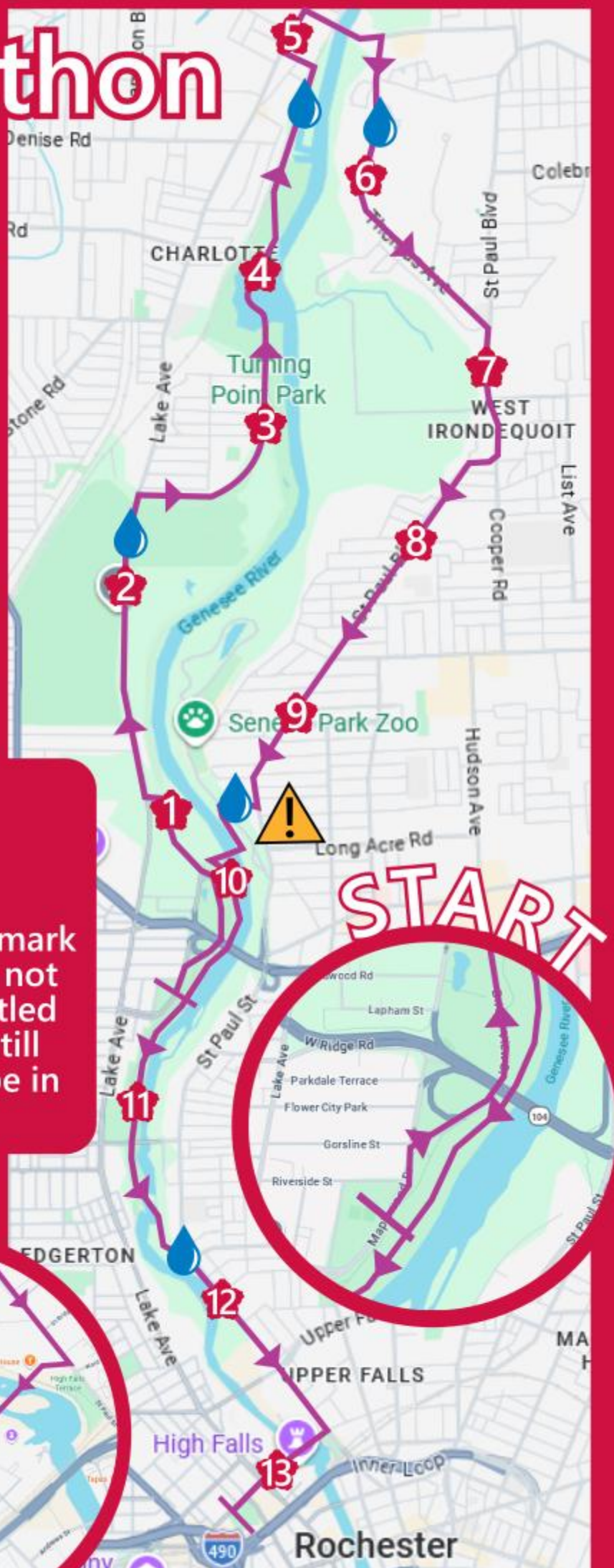
The course will loop around the Genesee River and finish at ESL Ballpark

The course will close at 11am SHARP! Athletes must maintain a 16min mile in order to finish on time



COURSE CUT-OFF

You must make it past the 15K mark by 9:54am. Anyone who does not make that cut-off will be shuttled back to the finish. They will still receive a medal, but will not be in the results

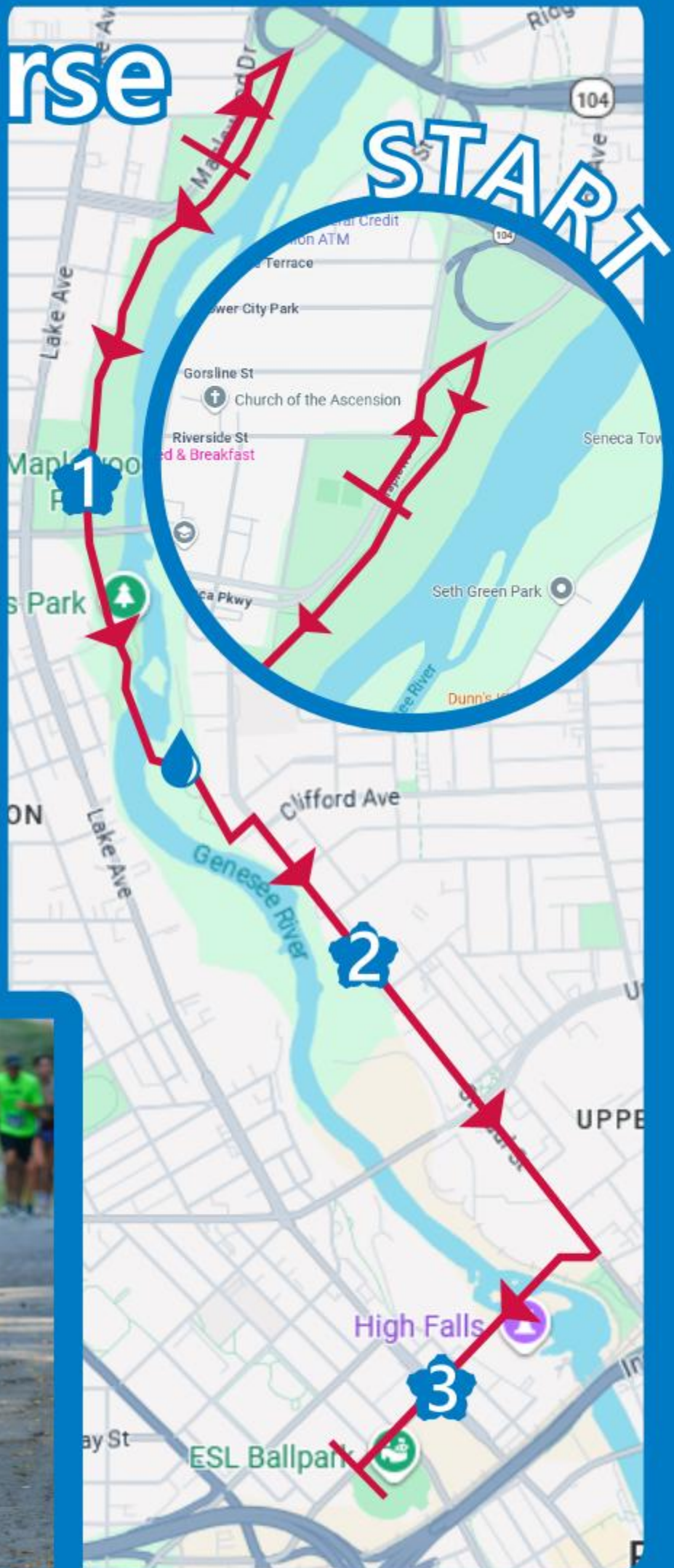


5K Course

The 5K will start at 7:40am at Maplewood Park, next to the tennis courts

The course will begin on the road, before making a U-turn onto the river path

It will follow the river, crossing over twice, before finishing at ESL Ballpark



Water Stops

There will be five water stops with water and Gatorade for athletes. All but water stop #3 will have porta pots as well.

The 5K will have 1 water stop around the halfway point



Water Stop 1

Cancer Support
Community/CSC/
Gilda's Club

Water Stop 2

Black Girls Do Bike -
Rochester Chapter

Water Stop 3

Master Kim's
Taekwondo Institute

Water Stop 4

Saint Ambrose
Academy

Water Stop 5

Harley Allendale
Columbia XC Team

Adopt-a-Mile Benefactors

Thank you to the following organizations for their time and support on course!

Guiding Eyes for the Blind - Monroe Region

Measures for Justice

Champ's Pittie Network

Winona Woods Neighborhood Association

Women Sailors/Genesee Yacht Club

Rochester Road Runners

Ability Partners Foundation

Junior League of Rochester





PUMA®

Pace Team

There is no sign up needed to enjoy the help of a pace leader to get your goal time. Simply introduce yourself to them in the start line and when we say GO, stay with them

Caveat

Anything can happen to a pace leader so please be nice to them.



Half Marathon

- 1:50 Kyle Dacey
- 2:00 Justyn Newman
Joe Haungs
- 2:15 Lauren Chiavaroli
Brett Sobieraski
- 2:30 Susan Naccarella
- 2:45 Charlotte Kimberly-Haag
- 3:00 Brenda Myrthil

5K

- 30 Min Rachel Dowling
- 35 Min Mary Spahn
- SAG Carrie DiPasquale

The Finish Area

Cross that finish line, get your medal, and grab some post-race food courtesy of Tops and Jersey Mike's



Just set a new PR?
Ring the PR Bell and
let us know!

Plus other backdrops
and signs to
commemorate your day



Tops
Friendly Markets



Don't forget to grab
your drop bag! Must
show your bib number
in order to pick it up



Stop by the Fleet
Feet tent and
jump start your
recovery with
Normatec



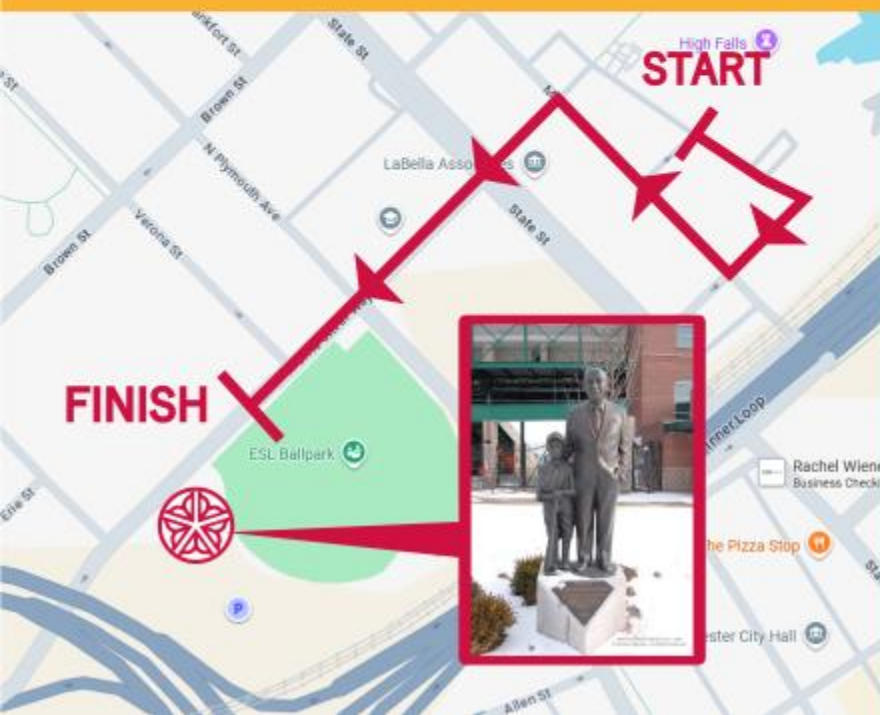
Visit one of the
many food
trucks and enjoy
some live music
from The
Uptown Groove

KIDS 1/2 MILE RACE

September 20th
10:30am
ESL Ballpark

The kids race will start at the corner of Furnace & Browns by High Falls/Pont de Rennes Bridge. The kids will finish under the big arch and receive a medal just like the Half Marathon and 5K participants

While parents are welcome to walk their child to the start, we ask that you stay to the side and not run the race with your child, as we have other athletes still finishing the Half Marathon and need to give them the right of way. There will be pacers running with the kids to help them to the finish



The kids race is point-to-point, so walking to the start is required.

Volunteers will help walk your child to the start. They will be holding signs by the Morrie Silver Statue in front of ESL Ballpark and leaving every three minutes starting at 10am

We recommend arriving no later than 10:15 as the race will go off at 10:30am SHARP!

Half Marathon AWARDS

Cash Prizes for Top 5 Male/ Female in Half Marathon

First Place	\$250
Second Place	\$100
Third Place	\$75
Fourth Place	\$50
Fifth Place	\$25

Plus awards for top 3 in 5 year age groups

19 & Under, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70 & Up

PLUS a pair of Shokz
Headphones to the
First Overall Male and
Female in the Half
Marathon AND the 5K



Awards will be scored
based on GUN TIME!

Chip time will be
provided in the results
for your convenience

5K

AWARDS

Awards for top 3 Overall Male/
Female, plus awards for Top 3 in 5
year age groups!

19 & Under, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59,
60-64, 65-69, 70 & Up



Top 5 Male/Female in the Half Marathon will be recognized on stage
at 9:45am. All other awards will be available at the awards table
starting at 8:15am for the 5K and 9:30am for the Half Marathon

Any awards not picked up will be available at Fleet Feet @ The
Armory for one week after the event. All Cash Award winners must
fill out the provided 1099 form in order to receive their check

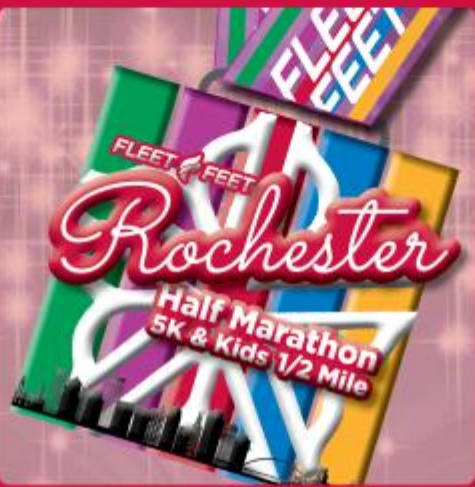


Medal Monday

Monday, September 21st

12pm - 6pm

Fleet Feet @ The Armory



Bring your 2026 finisher medal and get the back engraved with your finishing time! Free for all participants!

Recovery Run/Walk with Celebratory Cake

**Tuesday, September 22nd
6pm**

Fleet Feet @ The Armory

Join us for a celebration and Recovery Run/Walk with a 3ish mile FLAT route and delicious cake



Race Anywhere by signing up for Virtual!

Perfect for those who still want to race that Half Marathon or 5K distance and earn their medal, but can't make it to the event in person

Virtual participants have from September 20th to September 27th to run their race wherever and whenever they choose, then upload their results online.

Participants are still welcome to visit the expo to pick up their packet and take advantage of all the great deals and demos. Any packets not picked up will be mailed out using the shipping address provided during registration

Participants will get an email closer to the event with more detail on how to submit results online.



CUSTOM LIMITED EDITION RACE GEAR!

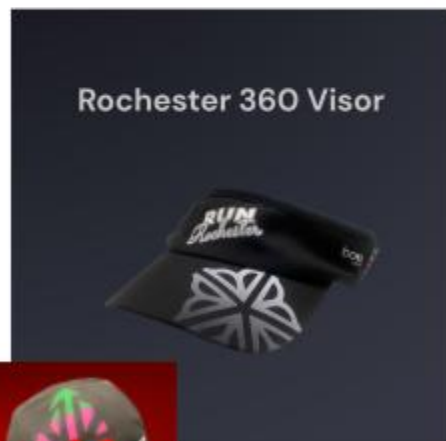
- Crew socks
- 360 Visors
- Elite Laser Cut Hats
- Lowdown Trucker Hats

PLUS print on demand
Run ROC T-Shirts

All available at the Fleet Feet
Health and Wellness Expo!



Rochester
Crew Sock



Rochester 360 Visor



ELITE LASER CUT



COME TRAIN WITH US!

To Learn More and Sign Up:

www.fleetfeet.com/s/rochester/training

Join us for social training groups with experienced coaches and mentors who will guide you through every step along the way with the support and camaraderie of Fleet Feet!

All participants will receive an effective and well organized training experience with coaches, online training schedule, educational clinics, membership to a private Facebook training group page, and accountability!

NEW THIS SEASON! No Boundaries programs are sponsored by Saucony, and the Half Marathon Programs are sponsored by ASICS

Fleet Feet Fall Training Program

Kickoff - October 20th

6PM - 7PM

Fleet Feet @ The Armory



Programs:

WalkCrew 5K

Perfect for those who just want to walk up to a 5K

No Boundaries:
Learn to Run 5K

The tried 'n true run/walk strategy, for those who want to start or return to running

No Boundaries 2.0

For those who can run 2-3 miles without stopping but want to go longer

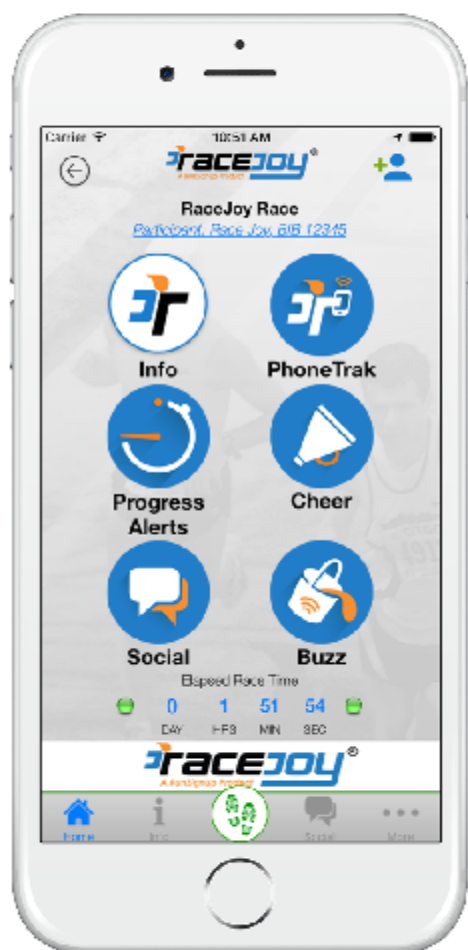
"Just Finish" Half
Marathon Training

This is for those who want to simply finish a Half Marathon

"Just Faster" Half
Marathon Training

This is for those who want to complete a Half Marathon faster than they have before

Joy Alert! This Race is in RaceJoy!



Available for Apple
and Android devices.

Live Phone Tracking!
GPS Progress Alerts!
Send-a-Cheer!



Share your race
experience with
supporting
friends and family!

Download RaceJoy Today!

Questions?

Email: support@racejoy.com

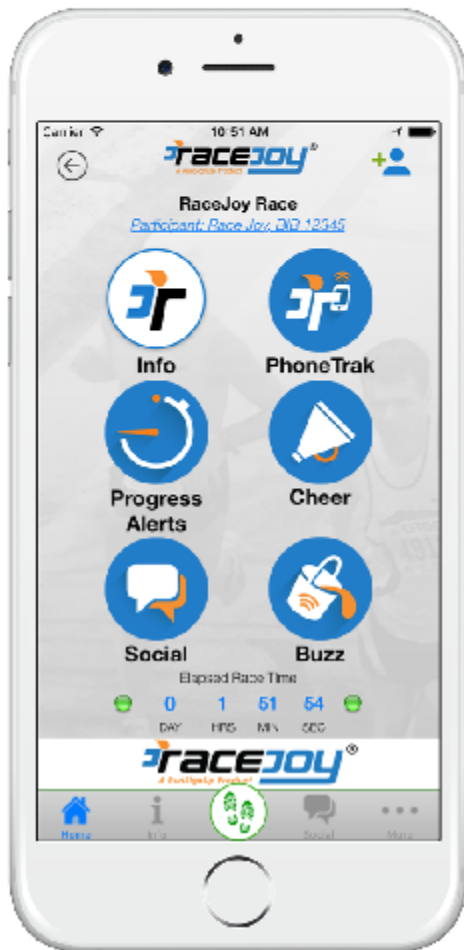
Website: racejoy.com

See RaceJoy Buzz Alerts or FAQ in App

Like us on Facebook to see what
races are offering RaceJoy!



Key RaceJoy Features!



Live Tracking

Live phone tracking of up to 50 participants moving along the official course map. Receive NearMe alerts as a participant draws near and use the MeetUp feature to find one another.



Progress Alerts

GPS-based progress alerts are issued continuously in audio format. Typically these are sent every mile and include pace and estimated finish time.



Send-a-Cheer

Send entertaining, motivational audio cheer clips or custom personal messages with text-to-cheer.

The race participant must carry their phone and enable tracking on race day.

Note: Make sure the spectator logs in as themselves or RaceJoy will track their phone and not yours.

Start My Race
Click When Crossing the Start Line

Participants! Come back on race day and click the Start My Race button as you cross the start line.

Be sure to follow the in-app prompts to ensure proper setup of the various features available to you on race day.

If you have any questions about RaceJoy for this race, contact support@racejoy.com. We're happy to help!

THANK YOU TO OUR SPONSORS!

FLEET  **FEET™**



For more information about the event, visit
www.rochestermarathon.com