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## Rochester 1/2 Marathon & 5K 2021 PARTICIPANT GUIDE

Everything you need to know for your race all in one place!  
Please be sure to read all information thoroughly so you are most  
prepared for race day.

*Please be sure to read all notices as we are in a time where things are  
very fluid and info may adjust*



## Rochester 1/2 Marathon & 5K

[Learn More/Register Here](#)

### Packet Pickup/Expo



**Please go to Packet Pickup!**

**Do not wait until race day to get your packet!**

**Others may get your packet for you**

**Friday, September 24th: 12-7PM**

**Saturday, September 25th: 10-4PM**

**Fleet Feet @ The Armory**

*(155 Culver Rd, Rochester, NY 14620)*

The expo features dozens of socially distant exhibitors offering merchandise and the latest in running footwear, apparel, nutrition, and technology. Vendors include On Running, Mizuno, Karhu, Diadora, Brooks, Saucony, Superfeet, ASICS, Altra, Nathan and more....

Vendors will be spaced out indoors and outdoors to help you feel most comfortable visiting them.

**Virtual Participants** can certainly get their packets at the Expo, this way they can still enjoy the expo festivities. Any virtual packet not picked up will be mailed to the US address in the registration the week after the live event.

There is race day packet pickup, which is NOT ADVISED, located inside the main gates of Frontier Field by the finish line from 5:30AM to 7AM.

*Note: Packet Pickup is NOT at the start line like prior years because bus ticket holders packets hold their bus ticket.*



**Open to Everyone!**

### **Shake Out Run with Karhu Saturday, September 25th - 9AM**

Join us for a final, relaxing workout before your big race, or just a relaxing Saturday run! The Shake-Out will be followed by FREE pancakes courtesy of Picky Bar! Then, head into the EXPO at 10am and shop with your favorite vendors and pickup your race day packet!

## **Virtual Participants**

Virtual Participants will receive emails leading up to the event on how to submit their results. Please read that note carefully. There is an end time to submit results.

Indeed, feel free to come to the expo to get your packet and experience the excitement of the coming race day.

## **Post Race Services**

Many thanks to the **American Dairy Association**, the sponsor of our Post Race Party Celebrations for race day. In order to maintain COVID protocols, when you complete the 1/2 marathon & 5K there will be goodies in a prepackaged bag given to you in the finish line from long time sponsor **TOPS Friendly Markets**. **Sinzibukwud** will be playing live in the Athlete Village, where you can peruse the various vendors who supported you that day including **Vitalize Mind & Body**, **Spoke Cycle & Fitness**, **Xylem Water Solutions** and **Pride Plumbing**. And of course the American Dairy Association will have Chocolate Milk by the finish line for the perfect protein filled muscle recovery liquid goodness.

### **Participant Photographs**

We have partnered with FlashFrame for the event! Photos will be available for purchase on their website. The link to view photos will be available couple of days after the event.

## **Timing Details**

Your timing chip is on the back of your bib. By following just a few simple directions you can help make the timing of the race go smoothly: It is very important that the bib is worn on the front torso of each participant. Not on your shorts, or arm, or back or under a jacket. It **MUST, MUST, MUST** be visible on the front of your torso. Please be sure to not have it covered by a jacket, hydration belt or vest not even your hand if you start or stop your watch.

Both "net time" (the time from crossing the start line to crossing the finish line) and "gun time" (from the time the gun goes off to crossing the finish line) will be provided in the official results. All awards and placing are determined by the official "gun time". "Net time" is provided for the runner's convenience and is not used for placing.

**If you lose, forget or misplace your bib on race day or if we have to switch your bib to a different race, there is a \$5.00 replacement fee. No chip, no time. So be sure to pin it to your shirt the night prior to the race.**

**Please note there is no awards ceremony to reduce congregation points, but awards will be available at Fleet Feet @ The Armory or Buffalo after the race. Dates for distribution TBD. We will communicate with award winners post race.**

## **Your Participant Shirt & Medal**

Sizes and shirts were guaranteed through September 1st. Half Marathoners will receive a long sleeve tech top. The 5K participants receive a cotton short sleeve.

All finishers will receive a unique finisher's medallion as they cross the finish line.

## **Race Day Specifics**

### **Start Line**

The Starting Line is located on Maplewood Drive in Maplewood Park, by the tennis courts. For directions to the Starting Line. Please see Parking & Shuttles below, for where we suggest that you park race day morning. No cars will be permitted to drive to the Start Line to drop off participants.

### **Finish Line**

The Finish Line is located at Frontier Field, 1 Morrie Silver Way, Rochester, NY 14608.

For directions to the Finish Line and information on parking at the Finish, [click here](#).

### **Directions/Parking/Shuttle Buses**

We advise that participants park at Frontier Field (where the finish line is), where there is plenty of free parking. In order to take the Shuttle buses to the Start Line you must prepay for it [here](#)

[Directions/Parking Specifics Here](#)

### **Shuttle Bus Option is now Closed**

**All Shuttle Bus Ticket Holders received and email on Monday, Sept. 20th at 5:30PM via Run Sign Up on How Buses will work**

**Shuttle Bus Ticket Holders can also view the [information here](#)**

If you did not get a bus ticket, you can be dropped off at the Maplewood Rose Garden and walk towards the start line via the pathway or be dropped off north of the Maplewood Tennis Court Area by old Kodak lots and walk south to the start line.  
No cars will be permitted to drive to the Start Line to drop off participants.

At the Start Line it is highly advised and recommended to line up according to the pace you plan on running. Faster athletes towards the front. There are no Pace leaders as that does not promote social distancing. We will line up the half marathoners by 7:15 am. The half marathon race will start promptly at 7:30am. We will do the National Anthem at 7:25am.

After the half marathon begins and exits the start area, we will then line up the 5Kers to begin at 7:40AM.

Please be sure to line up for the correct event otherwise you will be in for a rude awakening and potentially very disappointed. Your bib denotes what event you are in and everyone around you should have the same color bib for that event.

## Drop Bag Service

**Drop bags will be delivered from the start line to the finish line courtesy of Fleet Feet.** By following just a few simply directions you can help make the delivery of drop bags go smoothly.

- You must use the supplied bag as your drop bag. Bags will be in your race packet you pick up at the race expo on Friday or Saturday or race morning at Frontier Field (again, not advised to wait). We can not accept other bags or items not in bags for delivery.
- At the start, you will bring your drop bag to the designated area.
- All items that you wish to have delivered from the start to the finish must fit inside the drop bag.
- No valuables or keys in bags.
- We are not responsible for lost or stolen items.
- Be sure to write your bib number on the white space on the front of the bag.
- Once the drop bag has been given to race staff, it can not be retrieved again until the Finish Line
- The Drop bags will be delivered back to Frontier Field immediately after the start of the race. The Drop Bag truck will be located in the parking lot next to the stage. Show your bib number and you'll be given your bag.
- You will not be able to claim your bag if you don't have your bib!
- All bags must be claimed by 11:00 am on event day. We are not responsible for any bags not picked up.
- Those in the 5K that use this service we will have your bags ready for pickup by 8:30AM. The Fleet Feet Team needs time to drive back to the finish and sort the bags.

## Course Specifics & Time Cutoff

### The Course

A course maps for the half and 5K can be found on our website [here](#). Half Marathon course is USATF certified course taking in incredible scenery of the riverway and waterfalls, plus Lake Ontario. The 5K will start by heading north. Approximately 1/3 mile from the start athletes will curve onto the river path to head south. There will be a road marshal at the "turn around" plus cones.



## Half Marathon Course Time Limits

You must maintain a 16 min/mile in order to finish within the 11AM time cutoff. Here is a [pace chart](#) link below to help determine where you are at by pace. Volunteers and on course support support will cease at the following time cuts based on the 16 minute mile. At this time road re-openings will occur as well. The finish line will close promptly at 11AM. There is a 3.5 hour course limit for the half marathon.  
The finish line will close at 11am.

### [Pace Chart](#)

## Race Etiquette

Please remember to be considerate of your fellow participants, especially while on the river path, which is narrow. During this portion, other runners may want to pass, so be sure to move to the side if someone behind you says, "on your left" or "coming through". It's proper race etiquette to let that person through. Headphones are discouraged since they distract you from being able to listen for instructions being called out by Road Marshals or Bike Patrol and from hearing when other runners are trying to get by. Please be sure to pay attention to what is going on around you during the race.

## Water Stops

All water stops will have water and porta-potties. There will be 5 water stops each with water and electrolyte drink.

- **Water Stop 1** - at 2ish Miles outside Riverside Cemetery sponsored by [Vitalize Mind/Body](#)
- **Water Stop 2** - at 4.5ish Miles at end of Genesee River Path before you turn up Petten sponsored by [Xylem Water Solutions](#)
- **Water Stop 3** - at 6.5 ish miles on Thomas Ave & Fair View Rd sponsored by [Spoke Cycle & Fitness](#)
- **Water Stop 4** - at 9ish miles at Cooperative Extension Building on St Paul sponsored by [Pride Plumbing](#)
- **Water Stop 5** - 11.5ish miles at Brewer Street by RGE hosted by **Harley Allendale Columbia XC Team**

## Traffic Advisory - Road Closures

There will be some road closures & delays the morning of the race. The race begins at 7:30 am in Maplewood Park on Maplewood Drive (by the tennis courts). The course closes at 11:00 am. But please keep in mind that roads will be re-open as the final runner passes each checkpoint. We appreciate the efforts of the Rochester & Irondequoit Police Departments, who along with volunteer road marshals will do their very best to lessen the impact to the community while keeping the runners and walkers out of harm's way.

[Click Here](#) to see the list of road closures for September 26th

## Volunteers!

# **Be Sure to Thank ALL VOLUNTEERS!**

## **They are dedicating their time to ensure you have a successful event**

### **Final Reminders**

- Bus Ticket Holders - Please give yourself enough time to get on a shuttle to make it to the Starting Line on time. DO NOT wait until 7:00 am to get on the last shuttle. We can not guarantee that you will make it to the Starting Line on time.
- Remember on race day to wear your Bib Number with the chip attached, it is the only way your time will be accounted for!
- Please work with the traffic control entities throughout the race. We want to provide you a safe course.
- If at any time you feel you cannot complete the rest of your event, please move to the side, locate a water stop, road marshal or bike patrol and notify them of same. They will take appropriate action.
- If a runner is in need of medical attention, please notify the closest traffic control officer, road marshal, bike patrol or water stop and let them make the 911 call. All 911 calls will be made from the Frontier Field Command Post.
- If inclement weather occurs, please listen to course closure information from the traffic control officers, road marshals, bike patrol or water tables. They will provide further instructions.
- After you cross the finish and receive your medal head to the participant post-race area, hang out, take in some music and revel in your success.
- Please be aware that dogs are not allowed in Frontier Field.
- Please thank all volunteers along the course and at Frontier Field. They have given up their own day to make sure you have a safe and memorable marathon experience.
- NO LITTERING!!!!
- Smile!! We are back racing on Rochester streets!!

***Thank you so very much for choosing this event & for joining us!***  
***It's been too long and we are so excited to have you back!***

### **COVID-19 & Other Guidelines**

As it stands now, we will be adhering to the CDC guidelines regarding masking, social distance, post race food and mass gathering protocols. Should situations change we will indeed adjust protocols accordingly.

By registering for this event you are acknowledging that the date, time, location, and distance of the race may be changed, switched to virtual, or canceled at any time as deemed necessary by the Race Directors due to circumstances beyond their control. In the event that any of these scenarios happens or any other circumstances related to the organizers or participant, there will be no refunds, transfers, or deferrals allowed unless otherwise stated.

## The Amazing Sponsors



Thank you so much to our  
incredible sponsors for their  
continued support!



[www.yellowjacketracing.com](http://www.yellowjacketracing.com)

[www.rochestermarathon.com](http://www.rochestermarathon.com)

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