



## Athlete Information

### Half Marathon and 10K Run

#### **Registration and Packet Pick-Up**

You may pick up your race bib, t-shirt and goodie bag at the registration tent on Public Square. The tent will be open on Friday, September 3 from 5:00pm – 9:00pm and on Saturday, September 4 from 6:00am – 7:00am.

The timing device will be on your race bib. There will be no ankle strap. You must securely fasten the race bib to the front of your shirt or race belt. Do not wrinkle the bib or pin through the “plastic” portion of the bib as that is the timing chip.

You may register for the Half Marathon or 10K on Friday night at the registration tent. Payment in cash only.

**THERE WILL BE NO RACE DAY REGISTRATION  
FOR THE HALF MARATHON OR 10K.**

#### **Changing Races**

You may switch from the half marathon to the 10K by notifying us at the registration tent on Friday evening. There will be no refunds. You cannot decide while racing to call it quits at 10K if you signed up for the half marathon. That is a DQ and you will not receive a time.

#### **Race Course Issues**

The race starts on September 4 at 7:30am. The course closes at 10:30am. Pre-race on-course notifications at 7:15am. Pay attention to the announcer before the start of the race. Be at the start line by 7:20 for last minute announcements, invocation and national anthem.

The course is two loops for the half marathon and one loop for the 10k. Both races start at the same place at the same time. The course has been measured and certified by USA Track and Field. All mile markers are accurate for both 10K and half marathon runners. The 10k will finish approximately 200 yards before the Sneaker King half marathon finish line. 10K runners will be directed onto the sidewalk where they will proceed to the aid stations and food area at the Sneaker King Half Marathon finish.

We will have at least four aid stations (half marathoners will pass these twice). Aid stations will have ice, Gatorade and water. Pretzels and oranges will be available at the half-way point for half marathon runners. Bring your own gels if you need them. You may purchase them at the National Running Center booth at Public Square from 6:00am -7:00am.

Medical assistance is available at the start/finish line for the half marathon. If you run into trouble notify a volunteer and we will get medical assistance to you ASAP.

NOTE: There is a significant “out-and-back” section of this course. Therefore, there is a “turn-around” approximately 5K into the run. All runners turn around at the corner of Crescent Street and Gordon Street on their first lap. However, half marathon runners will turn left onto Gordon Street on their second lap and turn around several hundred yards further than they did on lap 1. Volunteers will be there to direct you. They will yell “Lap 1” or “Lap 2” and direct you accordingly.

TRAFFIC: River Street, Jackson Street and Franklin Street are closed. Residential neighborhoods are open to traffic. Please be cautious when you observe moving vehicles.

### **Bag Check**

There will be a tent for bag check near the finish line. Please label your bag with your bib number and leave with the volunteer.

### **Sneaker King Finish Line Party and Awards**

There will be a free pancake breakfast and children’s activity zone taking place during and immediately after the race courtesy of Sundance Vacations. So please bring your family. Awards will be given in 10-year age groups. Awards will be presented in the outdoor amphitheater along the banks of the beautiful Susquehanna River.

### **Parking**

There are numerous parking decks and on-street parking in Wilkes Barre. Meters are running from 8:00am on Saturdays. Street parking on Main and South Street will be closed for the Blue Cross State Championship Cycling events that take place after the half marathon and 10K. Please do not park on the run course!!

We hope to have a map of all the parking decks in Wilkes Barre posted soon. Please check the website before leaving for the race.

### **Post Race**

Following the Wendy’s Wonderful Kids Half Marathon and 10K run, Wilkes Barre will be hosting Blue Cross State Championship Cycling. The events include a children’s bike ride, novice rides, charity rides and all levels of cycling experts concluding with the twilight Criterium featuring an international field of top amateur and pro cyclists.

Whitewater Challengers is offering a unique opportunity for you to take a raft trip down the Susquehanna with your family. Buses leave Public Square and transport you up river to Forty Float where you will board rafts for a calm float back to Wilkes Barre. You may register for the rafting trips at the Wilkes Barre Health and Fitness Expo, the location of registration.

Please visit the Health and Fitness Expo at Public Square. Race apparel will be sold next to the registration tent. Vendors include the National Running Center, Truly Pure and Natural, Sundance Travel, and XS energy drinks. Chiropractic screenings, running evaluations, and kids activities will take place under the Blue Cross Pavilion. You may also enjoy a free NEPA Crossfit workout or climb some ropes at the National Guard Climbing wall.

Within your goody bag you will receive a coupon sheet with discounts to downtown stores and restaurants. We encourage you to stay and enjoy a meal and downtown shopping before heading home.

### **Wet Paint Main Street Mile**

If you still have energy in your legs, you can register all day long for the Main Street Mile. This race starts at Public Square at 7:00pm and ends on South Main Street at the Cycling Finish Line. There will be elite, recreational and walking wave starts. Cost is \$15 on race day with 100 percent of your race fee going to the Wendy's Wonderful Kids program.