

# Columbia Gorge MARATHON & HALF MARATHON

THE MOST SCENIC MARATHON IN THE COUNTRY



## October 22<sup>nd</sup>, 2017

We welcome you to the Columbia Gorge Marathon and Half Marathon. Thank you for joining us on one of the most beautiful courses that you will ever experience.

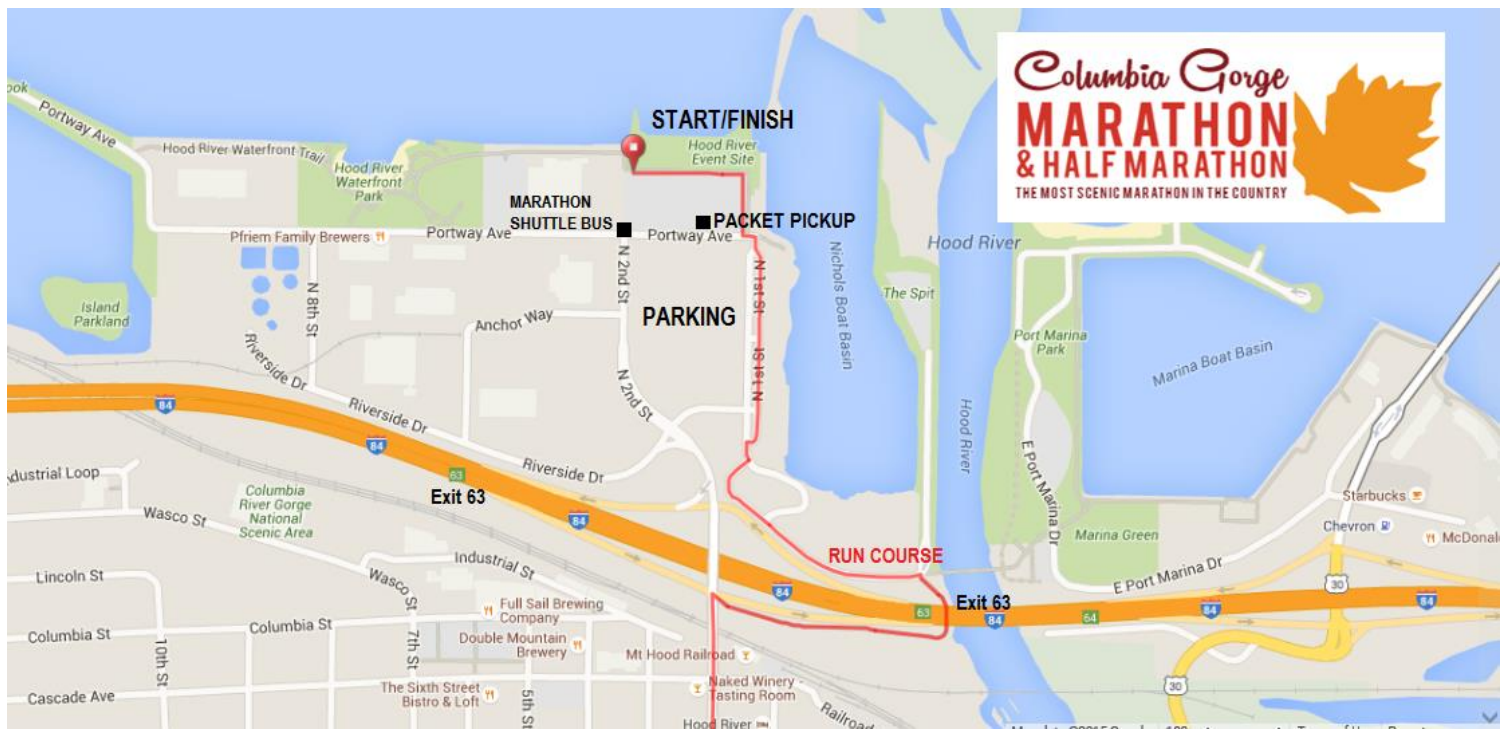
If you have not already, go to our facebook page [www.facebook.com/cgmarathon/](http://www.facebook.com/cgmarathon/) and like us. We will keep the facebook page updated with any last minute information.

### Directions to Race

Take I-84 from either direction to exit 63. At the top of the off ramp turn north (towards the Columbia River) onto 2<sup>nd</sup> Street and drive to the intersection of Riverside Drive and 2<sup>nd</sup> Street. Turn right on Riverside Drive and follow the signs to parking. There is ample parking on site.

### Parking

Parking will be available just south of the finish line at the Hood River Event Site. Please look for the parking attendants on race day and follow their directions.



**Subaru VIP Parking** Is offered to all Subaru owners. If you drive your Subaru out on race day you will be directed to a special parking location right next to the finish line and porta potties. One of the many perks of being a Subaru owner!

## Pre-Race Food

Granola bars, and pastries and will be provided for all participants at the both the start of the half marathon and marathon.

## Start Times

The marathon will start at the Mark Hatfield State Park West Trailhead promptly at 9:00 AM. Anyone showing up late is advised to immediately start the run and to check in afterwards with the results crew. The half marathon will start promptly at 9:30 AM at the Hood River Event Site for the fastest wave. Each wave start will be based off of your estimated minute mile pace. Your time will not officially start until you have crossed the start line with your timing chip.

## Marathon Start Times

8:00 AM Early Start Optional for runners who want to take their time and enjoy the scenery!

9:00 AM Main Start Note: Start is 1.5 miles away leave time to take the shuttle!

## Half Marathon Start Times

9:30 AM Start	Wave 1	Runners 5-8 Minute Mile Pace
9:40 AM Start	Wave 2	Runners 8-9 Minute Mile Pace
9:50 AM Start	Wave 3	Runners 9-10 Minute Mile Pace
10:00 AM Start	Wave 4	Runners 10+ Minute Mile Pace
10:02 AM Start	Wave 5	All Dog Leg Runners
10:04 AM Start	Wave 6	Walkers

## Early Start For Marathon Runners

We will be offering an early start for any Marathoners (not half marathoners) that feel that they may be out on course for more than 6 hours. Please let us know when you pick up your packet if you plan to do an early 8:00 AM start. You will need to make sure that you arrive at the Marathon start (not the same location as the half marathon start) in enough time to check your gear and start promptly at 8:00.

## Bag Check

At packet pick up you will receive a drawstring event bag to be used on event day to hold your items in our bag check. The bag check will be located at the start of both the marathon and half marathon. This will allow you to keep warm until you get started. Please make sure that your bag is clearly tagged with the tear off tag on your bib number. Each bib number comes with a tear off tag that you will remove and zip tie to your bag before racking it at the designated drop off. We ask that you use the bag we have provided so that we can accommodate as many bags as possible. Do not place valuables in your bag. We are not responsible for the loss of cell phones, wallets, keys, ipods or any other valuables. We will have volunteers managing our bag check at all times. However, Breakaway Promotions is not responsible for lost bags or items. All bags will be at the finish line when you arrive. You will need to show your bib number to pick up your bag.

## Shuttle for Marathon Participants

Marathon participants will start up at the Mark Hatfield Trail 1.5 miles from the finish. There will be no participant parking at the trailhead. Buses will be provided to transport all participants to the marathon start. Buses will begin loading athletes at 7:00 AM and continue to 8:40 AM. The race will start promptly at 9:00 AM. It is recommended that you show up at least one hour prior to the start to catch a bus. The bus stop for uploading is located next to the Parking lot just west of the finish line. In addition we will have a heated tent, water, pastries, and other refreshments at the marathon start to keep everyone relaxed and warm. We will have a gear check in station at the start of the marathon were you can check in any clothing and equipment and it will be transported after the start of the race to the finish line.

## Course Etiquette

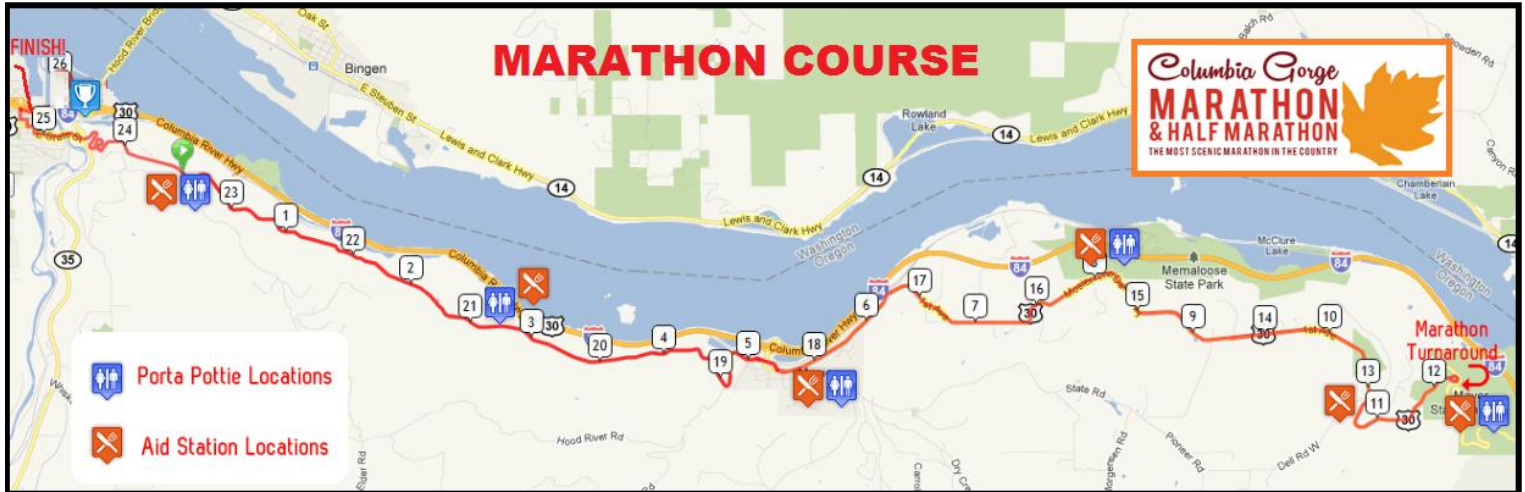
This course runs through one of the most beautiful areas that you will ever see.... and we would like to keep it that way. We will have buckets placed beside every mile marker that you can place any wrappers and trash in while on course. We will also have trash cans just past every aid station. Please do not throw trash on the ground.

## Aid Stations

Aid stations will be well stocked along the route. Aid stations will remain open to support a 6-hour marathon pace or 7-hours if you use the early start.

## Marathon Aid Station Info

Mile	Station Info	Location	Supplies	Restroom
3	Aid Station 1	Old Highway Overlook	Water, Gatorade, Gummy Bears	YES
4	Aid Station 2	Twin Tunnels	Water, Gatorade, GU, Gummy Bears	YES
6.3	Aid Station 3	East of Mosier	Water, Gatorade, GU, Bananas, Gummy Bears	YES
8	Aid Station 4	Memaloose Overlook	Water, Gatorade	YES
10.5	Aid Station 5	Dell Road	Water, Gatorade	NO
11.8	Aid Station 6	Rowena Crest Viewpoint	Water, Gatorade, GU, Bananas	YES
13	Aid Station 7	Dell Road	Water, Gatorade	NO
15.5	Aid Station 8	Memaloose Overlook	Water, Gatorade	YES
17.3	Aid Station 9	East of Mosier	Water, Gatorade, GU, Bananas, Gummy Bears	YES
19.6	Aid Station 10	Twin Tunnels	Water, Gatorade, GU, Gummy Bears	YES
20.5	Aid Station 11	Old Highway Overlook	Water, Gatorade, GU Gel, Gummy Bears	YES
23.5	Aid Station 12	Mark Hatfield Trail Head	Water, Gatorade, Gummy Bears	YES



## Half Aid Station Info

Mile	Station Info	Location	Supplies	Restroom
2.6	Aid Station 1	Mark Hatfield Trail Head	Water, Gatorade, Gummy Bears	YES
5.5	Aid Station 2	Old Highway Overlook	Water, Gatorade, GU, Bananas, Gummy Bears	YES
6.5	Aid Station 3	Tunnels Turn Around	Water, Gatorade, GU, Gummy Bears	YES
7.5	Aid Station 4	Old Highway Overlook	Water, Gatorade, GU, Bananas, Gummy Bears	YES
10.5	Aid Station 5	Mark Hatfield Trail Head	Water, Gatorade, Gummy Bears	YES





## Timing

Timing for the event will be done by Racewire. Chips are attached to the back of your bib number and are disposable. Live time results will be posted throughout the event at the results tent as well as splits for the Half Marathon turnaround. Click on [www.columbiagorgemarathon.com](http://www.columbiagorgemarathon.com) for live results and splits throughout the race.

## Post-Race Food

Once again we will provide you with the best post-race meal you can find anywhere! Spin Catering will be at the finish line with a full taco bar (tacos, rice, beans, chips, salsa, etc.). Rosauer's will be back serving their delicious soup. We will have fresh local fruit on tap as well. If that isn't enough we will also have plenty of other post-race snacks for you to enjoy. You may leave tired, but there is no reason to leave this event hungry. Double Mountain Brewing will be selling beer this year! So be sure and bring your ID. You must have your bib number in order to get both food. Food is only for registered runners.

## Post-Race Message

We will have several massage therapists on hand to help stretch out those sore muscles after your run. Massage is free of charge (gratuity appreciated) and offered on a first come first serve basis.

## Awards

Every finisher will receive a commemorative finisher's medal. The top three men and women for both the Marathon and Half Marathon will receive a super cool 50/50 custom bottle. The top three men and women in each age category will also be recognized with awards. We encourage everyone to hang out on the lawn and recognize our winners. Categories are as follows for both men and women, 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ Awards for the half marathon will start at 12:30 PM and the marathoners at 2:00 PM. Winners must be present to receive award or have a friend to receive on their behalf. Awards will not be mailed after the event. Please note that participants registered in walking categories will be timed but this is not intended to be race walking competitions. No awards will be presented for walking categories.

## A few other race day facts and reminders:

- Watch the weather and be prepared for a chilly start with warming later in the morning. You will be able to drop layers at the aid stations they will be returned to the finish after the event is finished. We cannot be responsible for items left behind if you decide to leave prior to retrieving you items.
- When on course, please be aware that all streets are open to traffic. If you are not on the trail or in a designated event lane, you must run on the shoulder of the road and must be facing oncoming traffic. Marathon runners should be aware that there is a crossing in Mosier that you must watch for traffic before crossing the road.

## Presented by:



## A huge thanks to all our sponsors!!!

