

# 2024



# Flagstaff Marathon Important Information

**Race Day: Saturday, October 5, 2024**

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## **Pre-Race Packet Pickup:**

Packet pickup will take place at the Coconino Community College Lone tree Campus on:

Wednesday, October 2<sup>nd</sup> from 11 am – 2 pm

Thursday, October 3<sup>rd</sup> from 11 am – 3 pm

Friday, October 4<sup>th</sup> from 3 pm – 6 pm

CCC Lone Tree Campus is located at 2800 S. Lone Tree, Flagstaff, AZ 86001

Packets will also be available at the Arizona Nordic Village before the Race Start. Please arrive **60 minutes before your race start time** if you plan to pick up your packet on race morning.

- Coffee and bagels will be available in the morning at the Nordic Village.

## **Race Start and Race Day Packet Pickup at the Arizona Nordic Village**

October 5<sup>th</sup> at the Arizona Nordic Village—located in the Coconino National Forest 15 miles northwest of Flagstaff, Arizona—starting at 7:00AM. From Flagstaff, simply follow the Highway 180 signs to Grand Canyon. The parking lot is alongside Highway 180 at Mile Marker 232. The address is 16848 U.S. 180 Flagstaff, AZ 86001.

## **Start Times**

- Full Marathon: 8:00AM
- Half Marathon: 9:00AM
- 10K: 9:30AM
- Kids Kilo: 11:00AM – Sponsored by Girls on the Run of Northern Arizona



**Timing and Scoring:** The races will be timed/scored using chip timing. Your bib will have a Radio Frequency Chip on the back. Please do not damage (bend, remove, mutilate) the chip. Wear your bib **visibly** on your **chest**. Use a pin for each corner of the bib. The bib and chip are disposable, no need to return.

Please respect the finish line chute, cross the mats only once and proceed through to collect your finisher's medal and other goodies – do not turn around and go back over the mats and back onto the course.

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**Parking:** There will be a \$5.00 parking fee (**cash only**), all proceeds to benefit Phi Theta Kapa. Parking is somewhat limited, so if possible please carpool.

**Food After You Finish:** Your bib gets you lunch from Tamales USA and beer from Historic Brewing Company! We will also have bananas, oranges, soda, chips, pretzels and M & M's at the finish line.

**Course:** You will be on a mix of closed Forest Service Roads, single track and game trails. This is a trail race; therefore the distances are approximate and may not match what your GPS says.

This course is made up of loops:

- 10K runners: run the **BLACK** loop once
- Half marathon runners: run the **BLACK** loop once and the **RED** loop once
- Full marathoners (you do the half twice): run the **BLACK** loop, the **RED** loop, the **BLACK** loop, and the **RED** loop

## Course Marking:

- Orange landscaping style flags will be used along the trail as confidence markers
- Turns will be marked using landscaping flags and large finger/arrow signs (black on yellow)
- Course marshals will be located at key turns

## Trail Running:

- Watch your feet as branches and rocks might get in the way
- Please do not litter in our beautiful forest (dispose of your trash at the various aid stations)
- Check the weather the day before and wear the appropriate clothing
- Wildlife and cattle might be on the course – swing wide to avoid them.
- Ear buds/headphones are **STRONGLY** discouraged; please be able to hear your surroundings. If you must wear headphones, please use only one earbud.
- Announce yourself when wanting to pass a runner.
- Be courteous to volunteers and other runners
- Follow the course marking—it's there to help you!
- Enjoy yourself in this beautiful setting!

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## **Aid Stations:**

- 10K will have aid stations at miles 2 and 4.5 (2 stations total).
- Half marathon will have aid stations at miles 2, 4.5, 6, 8.8, 11 (5 total).
- Full marathon will have aid stations at miles 2, 4.5, 6, 8.8, 11, 13, 15, 17.5, 19, 21.8, and 24 (11 total)
- NOTE: Mileages are approximate.

**Awards:** Custom finisher medals for ALL finishers!

Top 3 men and women and first master's man and woman in each distance will receive custom awards.

## **Award Presentation Times:**

- 10K at 10:30
- Half Marathon at 11:30
- Full Marathon at 12:30

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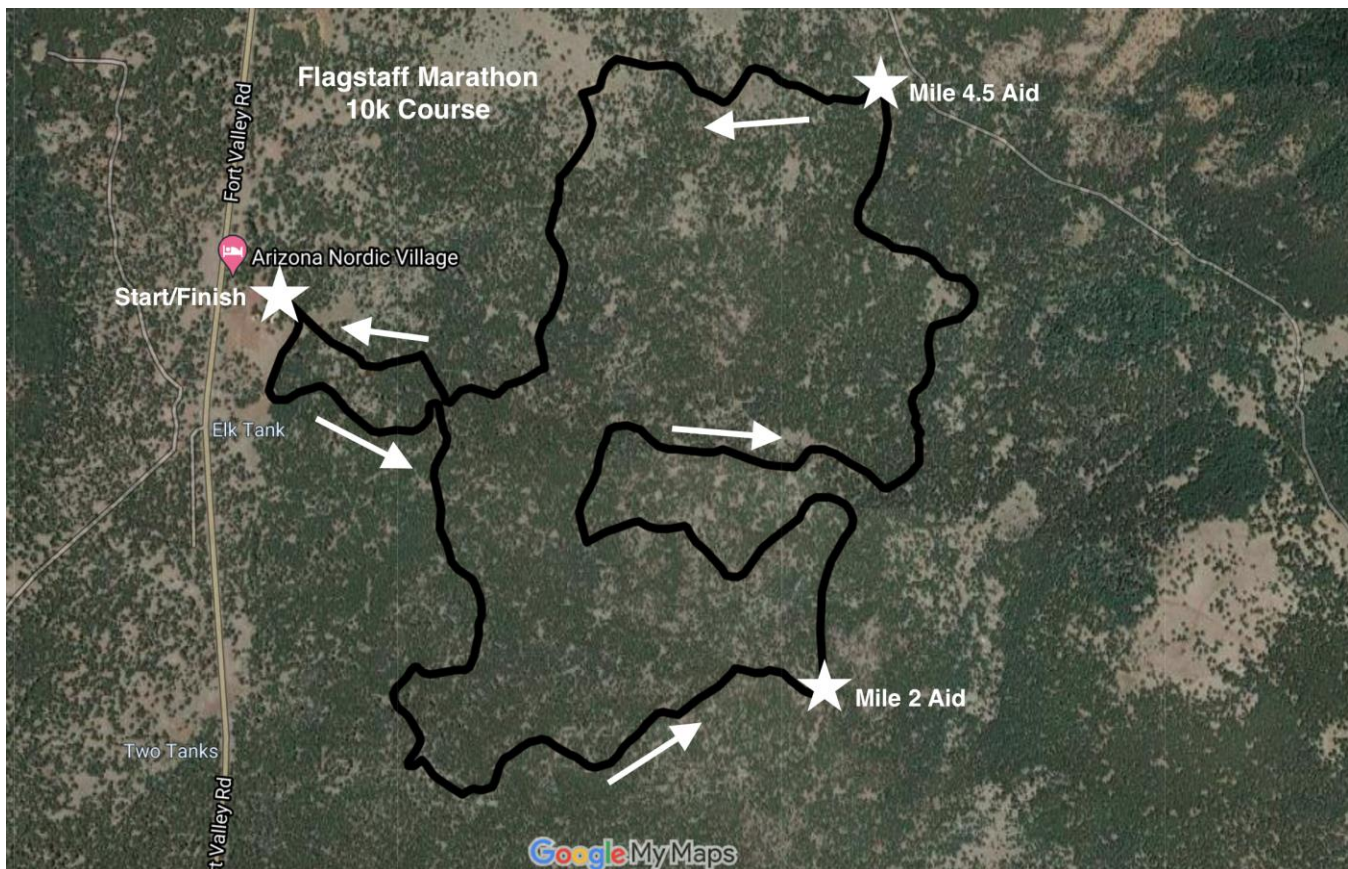
## Course Maps, Elevation Profile and GPX links

**10K:** Black Loop (1x): GPX of 10k course: <https://www.strava.com/routes/2983179213783766520>

**Half:** Black Loop & Red Loop (1x): GPX of Half Marathon course:  
<https://www.strava.com/routes/2983178552495737060>

**Full:** Black Loop & Red Loop (2x)

### Black Loop

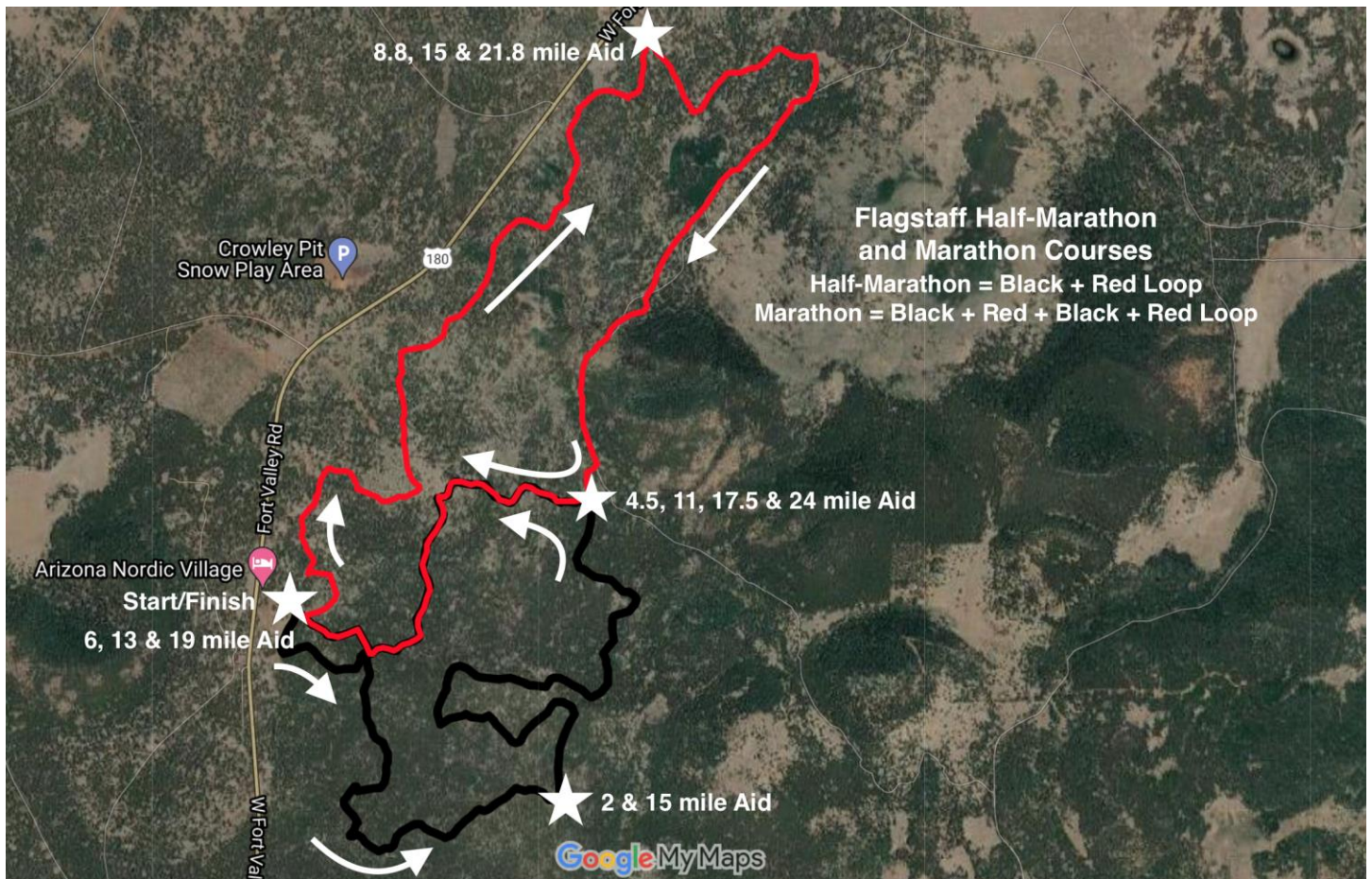


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**Black and Red  
Loops**



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## Half Marathon Course Profile

