



ATHLETE GUIDE

Carmel Marathon

Weekend



Race Week Schedule

Friday, April 12

11 a.m. - 9 p.m.

Health and Fitness Expo

 502 E. Carmel Drive

*All runners must pick up their packet at the expo.
There will be no race-day packet pickup.*

Saturday, April 13

6:00 a.m.

Hotel shuttles begin

Only those staying at the Renaissance or Home2 Suites may use the hotel shuttles. Shuttles run continuously, with pickups every ~15 minutes.

7:30 a.m.

Runners to the start corrals

7:45 a.m.

Pre-race announcements

8:00 a.m.

5k and 10k start

8:10 a.m.

Marathon and Half start

8:30 a.m.

Hotel shuttles begin
return trips

Only those staying at the Renaissance or Home2 Suites may use the hotel shuttles.

SPORTS MEDICINE SPECIALIST



WELCOMING
NEW PATIENTS
IN CARMEL

Joe Richardville, MD

Dr. Richardville provides a full spectrum of care, from sports physicals, injury evaluations and concussion testing to recommendations for proper sports nutrition, athletic training, physical therapy and surgical services.

Call for an In-Person or
Virtual Visit Appointment
(317) 781-1133



Franciscan HEALTH
SPORTS MEDICINE

12188-B N. Meridian Street, Suite 250 | Carmel

Important Information

Bibs

Your bib color will correspond to your race:

Blue - Marathon

Red - Half Marathon

Black - 10k

White - 5k

Your timing tag will be affixed to the back of your bib. Your time starts when you cross the start line. Your bib must be visible and worn on the front of your body.

Course Cutoff Time

Runners in the full marathon must begin their second loop (at mile 13.1) by 11:30 a.m. to be allowed to continue. The cutoff to finish is 2:50 p.m., which is about 6.5 hours or a 15:00 per mile pace.

There is no cutoff for the 5k, 10k or half marathon.

Parking

There is ample free parking around the start / finish area.

- The Center Public Parking - 819 3rd Ave SW (465 spaces)
- Carmel United Methodist Church - 621 S. Rangeline Rd
- Veteran's Way Garage - 100 City Center Dr (700 spaces)
- Civic Square Garage - 50 Red Truck Rd (303 spaces)
- Midtown South Garage - 580 Veterans Way (308 spaces)
- Midtown North Garage - 145 Elm St (581 spaces)
- The Railyard at Midtown - 350 Monon Blvd (370 spaces)
- Lot - 630 W Carmel Dr

Aid Stations

Aid stations are marked on the course maps. Every aid station features water, lemon-lime Gatorade, and portalets.

In addition, there are Franciscan Health medical tents along the course for added support.

Gear Check

Gear Check will be available to all runners. You **MUST** use the bag you were given at check-in for gear check and write your bib number clearly in the spaces provided on the bag. No other bags will be accepted. In order to retrieve your bag, you must show your bib.

IMCU IS PROUD TO SERVE AS THE TITLE SPONSOR OF THE CARMEL MARATHON WEEKEND 5K

RACE INTO IMCU!

\$50 BONUS¹

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AND DIRECT DEPOSIT



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Carmel Branch
317.814.2400
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West Carmel Branch
317.436.1430
3975 W 106th St

Old Meridian Branch
317.324.4023
12725 Old Meridian St

INDIANA 
Members Credit Union
IMCU.COM



¹Membership savings, checking account and net direct deposit required. Account must remain open at least 1 year or bonus will be debited at closing. At account opening, \$5 will be deposited into savings and the additional \$45 will be deposited into the checking account after two payrolls have posted to the account. Offer expires 05.31.2024.

²Subject to credit approval.

Start Corrals

Please make sure you line up in the correct start corral.

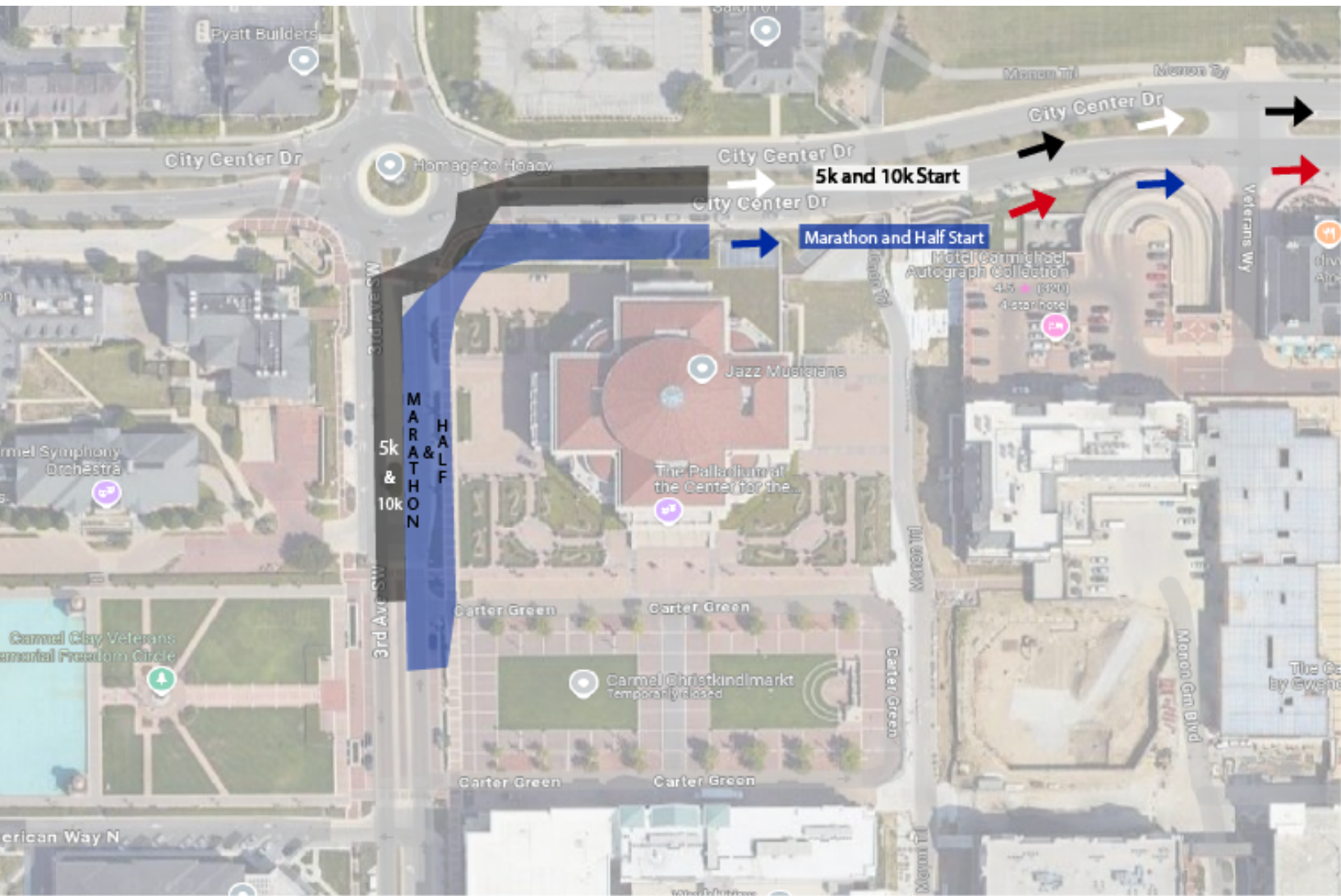
Marathon and Half Marathon runners will enter the **RIGHT / EAST** corral.

5k and 10k runners will enter the **LEFT / WEST** corral.

Watch for signs and banners to ensure you line up correctly.

There will be pace signs on the sides of the Marathon / Half corral. Please line up according to your expected pace.

If you discard any clothing in the start corral area, please look for the “Clothing Drop” flags and discard there. **Anything you discard in the start area will be collected and donated; you will not get it back.**



sweetgreen

BRING



YOUR

BIB



**CARMEL MARATHON
RUNNERS GET \$5 OFF**

Show us your bib for \$5 off your order. In-store only.

Ends 4/17.

Bloomington | Downtown Indianapolis | Fishers | 86th + Keystone

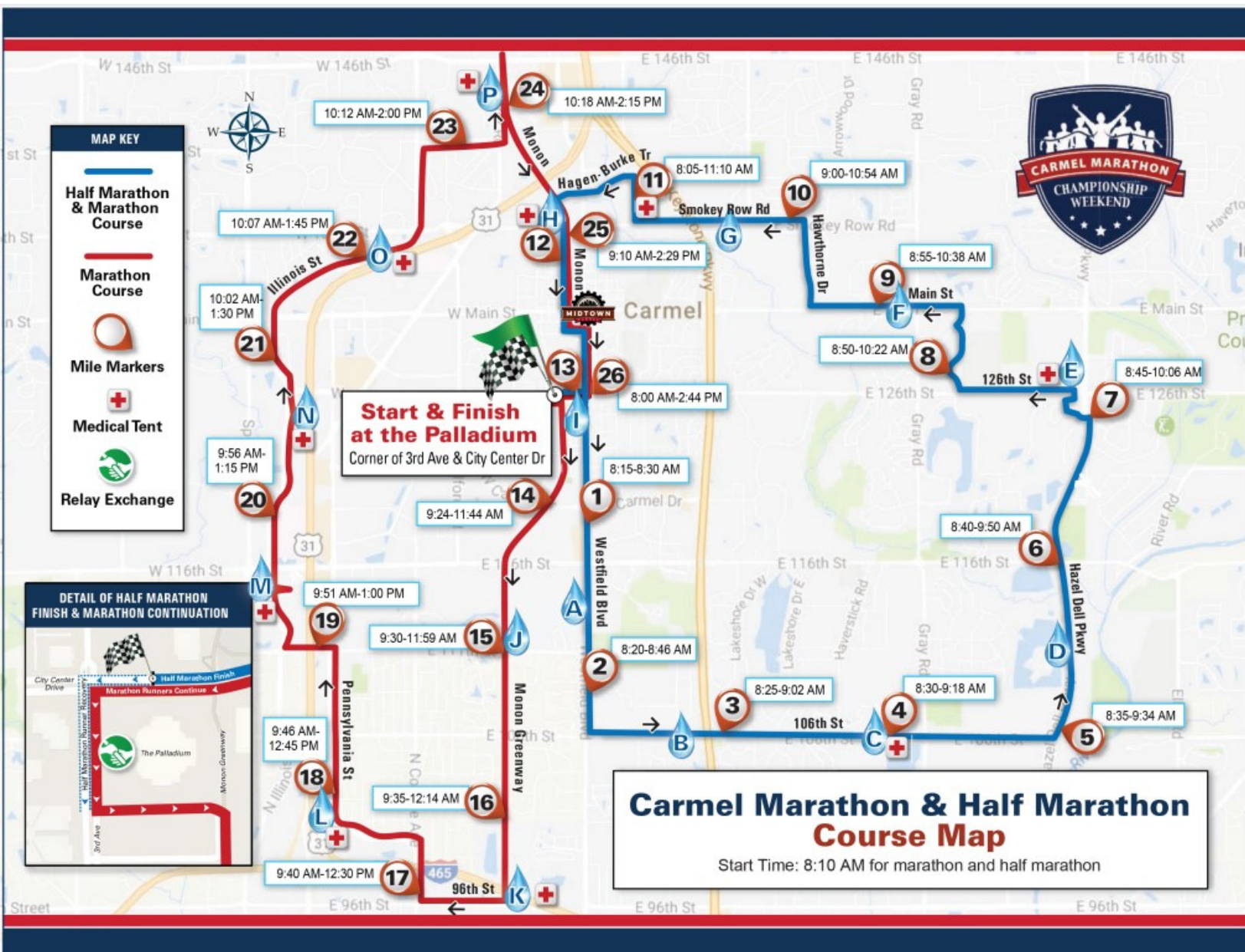
Full terms and conditions at bit.ly/sg-terms.

Marathon & Half

Course Map

[Click here for an interactive MARATHON course map](#)

[Click here for an interactive HALF MARATHON course map](#)

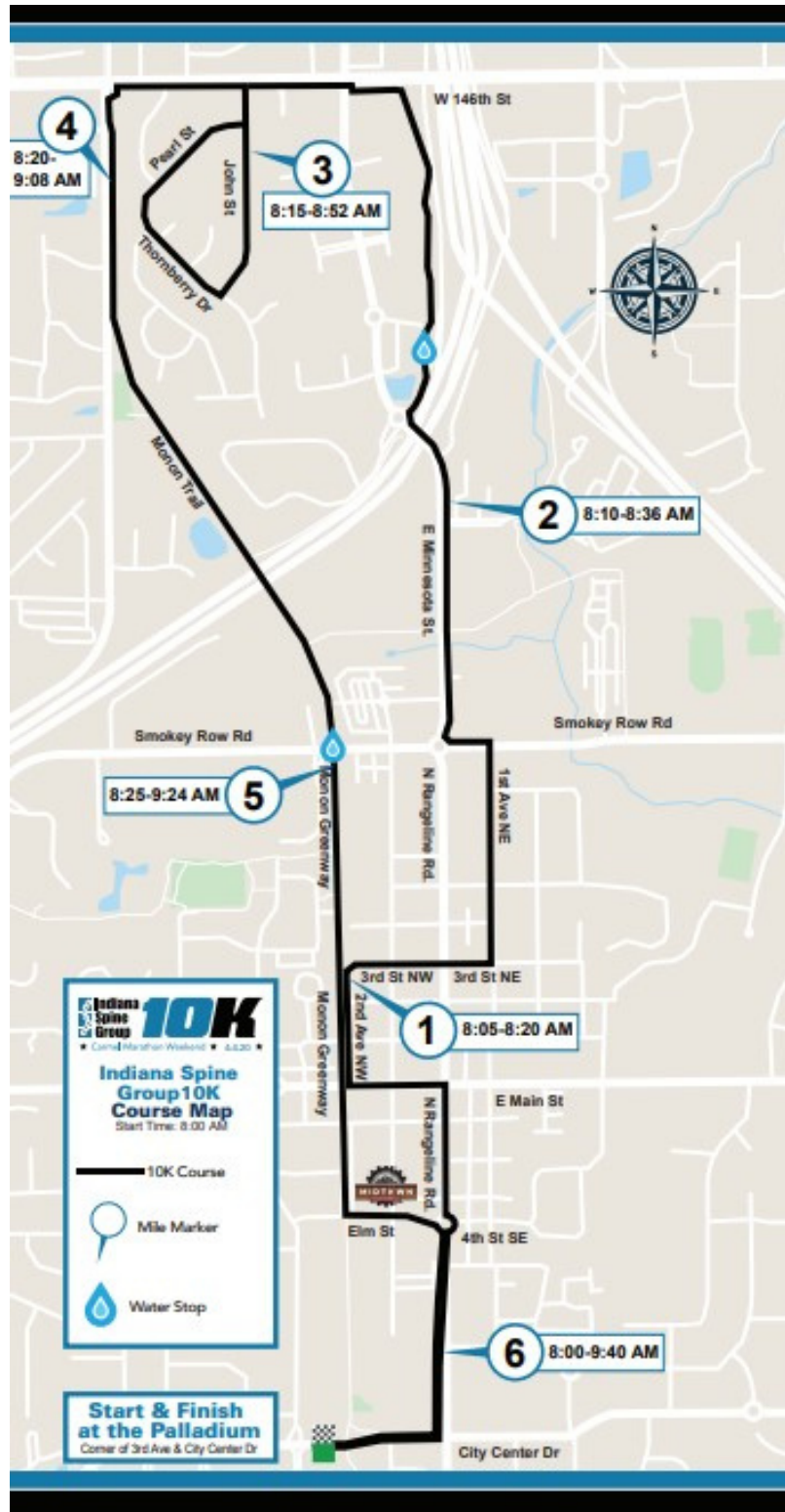


Franciscan
HEALTH

Indiana Spine Group 10k

Course Map

[Click here for an interactive 10k course map](#)



Indiana Members Credit Union 5k Course Map

[Click here for an interactive 5k course map](#)



Meet Your Pace Team

Running with a pacer is free and a great way to ensure you stay on track toward your goals and have others to run with.

No signup necessary; to run with a pacer, simply find them in the start corral, introduce yourself, and follow along once the race starts.

Pacers will be wearing a red singlet with the Carmel Marathon logo on the front and “Pace Team” on the back, and will be carrying small flags with their target finish time on it.

Because the marathon and half share the first 13 miles of the course, many of the pacers can guide you through either distance.

Pacer	Marathon Finish Time	Half Finish Time
Derek Miller	2:50	1:25
Christopher Gregory	3:00	1:30
Joe Durrett	3:05	1:32:30
Dion Roberts	3:10	1:35
Mickey McFall	3:20	1:40
Ken Skrien	3:25	1:42:30
George Mohler	3:30	1:45
Brian Tominov	3:35	1:47:30
Nick Hannagan	3:40	1:50
Todd Oliver		1:50
Keith Xiao	3:50	1:55
John Neal & Eamonn Warren		1:55

Continued on next page...

Pacer**Marathon Finish Time****Half Finish Time**

Orlando Gonzalez	3:55	1:57:30
Calvin Lui		2:00
Trena Roudebush	4:00	2:00
Wei Li	4:15	2:07:30
Rachel Sun		2:10
Erica Cuellar	4:30	2:15
Craig Coombs		2:20
Amber Smith	4:45	2:22:30
Heather Durian	5:00	2:30
David Liu		2:30
Marie Bartoletti	5:15	2:37:30
Starr Sheehan & Rob Vera	5:30	2:45
Katie Conley	6:00	3:00
Amy Rempalski	6:30	3:15



Live Runner Tracking



**Download RaceJoy for Free
Tracking and Cheer Sending!**

Live Phone Tracking
Continual Progress Updates
And So Much More!



Friends and family can track your progress using the RaceJoy App. Simply download the app, search for the Carmel Marathon Weekend, and then search for participants by name or bib number.

If a runner is carrying their phone and sharing their location, their progress will update in real-time. Otherwise, their progress will be updated at each timing mat (Start, Mile 6.55, Mile 13.1, Mile 20, and Finish).

Results and Awards

After you finish, your results will be immediately available - just scan the QR code on your bib!

If you need assistance finding your result, you can visit the Results tent.

If you finished in the top 3 in your age group, stop by the Awards tent to pick up your award!



Official Merchandise

This year, we've partnered with Athletic Annex to create the official Carmel Marathon Weekend apparel. Check it out on the [Athletic Annex website](#), or stop by and check it out at the expo. But hurry - we've produced very limited quantities, so when it's gone, it's gone!



Post-Race Party

Stick around after your finish for the best post-race party around.



The Indiana Spine Group Pancake Village is back! Enjoy FREE pancakes and sausage, courtesy of ISG.

Reward yourself with a FREE beer from Bier Brewery. Just tear off the tag on the bottom of your bib. You must have your I.D. or a 21+ wristband (which you can get at the expo) to enter the beer garden. You can purchase additional drinks as well.



Visit the Athletico tent for a free post-race stretch!

Commemorate your accomplishment by getting your name and finish time engraved on the back of your medal! The cost is \$10.



The Coffee Pros and the best Arepas food truck in town will also be there selling fresh coffee and great food!

Frequently Asked Questions

Please read through these before reaching out with questions.

Can someone else pick up my packet for me?

Yes. We don't require an I.D. or other documentation. Just have them give your name at the check-in table and we'll give them your packet. Your packet can not be mailed, or picked up on race day. It must be picked up on Friday at the expo.

Can I switch to a different race?

Yes, you can switch to a different distance up until the moment you pick up your packet. You'll need to log in to RunSignUp, go to your profile, and find your upcoming races. Next to the Carmel Marathon Weekend, you'll want to click on "Manage Registration." Then, scroll to the bottom and click on "Transfer Event." That will allow you to select a different distance. [Here's a video demonstrating how to do this.](#)

Note that if you transfer to a longer distance, you'll need to pay the difference between that event's current fee and the amount you originally paid. If you transfer to a shorter distance, you will not be issued a refund for the difference in cost.

Can I defer to next year?

Yes. You have until April 12th (Expo day) to defer to next year's race. You can do so within RunSignUp by clicking on the event, going to "Manage Registration," and clicking "Defer Registration." Please note that there is a \$20 fee to defer.



Questions?

Get in touch at

info@carmelmarathon.com

or visit the **Solutions** tent at the expo
or on race day.



athletic annex