



# **ATHLETE GUIDE**

**Marathon, Half Marathon, 8KM**

**SUNDAY, SEPT 29, 2024**

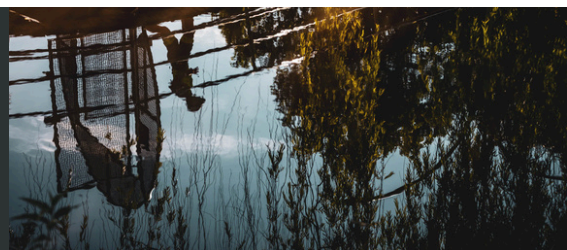
**CITY PARK, KELOWNA**



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# EVENT SCHEDULE

## Saturday, September 28, 2024

|                    |                 |           |
|--------------------|-----------------|-----------|
| 11:00 AM - 5:00 PM | Package Pick Up | City Park |
| 2:00 PM            | Family Fun Run  | City Park |

## Sunday, September 29, 2024

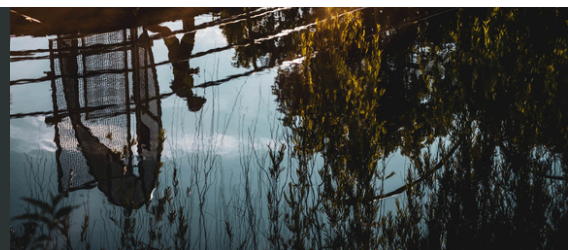
|                   |   |           |
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| 6:00 AM - 7:15 AM | Race Morning Package Pick Up & Bag Check  | City Park |
| 7:30 AM           | Marathon & Half Marathon Race START       | City Park |
| 7:00 AM - 8:15 AM | 8KM - Morning Package Pick Up & Bag Check | City Park |
| 8:30 AM           | 8KM Race START                            | City Park |
| 8:00 AM - 2:00 PM | Expo Open                                 | City Park |
| 10:00 AM          | 8KM Awards                                | City Park |
| 10:30 AM          | Half Marathon Awards                      | City Park |
| 10:30 AM          | Marathon Second Lap Cut Off               | City Park |
| 12:30 PM          | Marathon Awards                           | City Park |
| 1:30 PM           | Marathon Finish Cut Off - Course Closed   | City Park |



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# APPLE MARATHON



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## Package Pick Up:

Package pickup will be available on Saturday, September 28 in City Park from 11am-5pm. Additionally, participants can pickup their race packages on event morning. Race day package pick up is open from 6am-7:15am for Marathon and Half Marathon runners and from 7am-8:15am for 8km runners. To make your race morning as easy as possible, we suggest you visit us on Saturday.

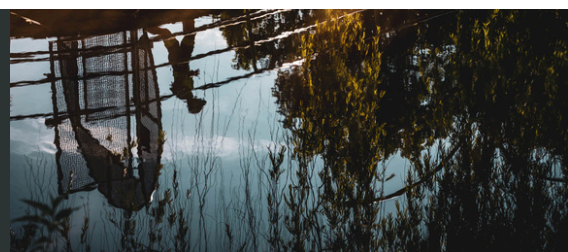
You will receive the following in your race package:

- Bib number with Timing Tag
- Safety Pins
- Event T-shirt

## Bag Check:

Runners can choose to leave a bag with spare clothes and personal belongings you'd like to have after the race at the Bag Check tent in City Park. The Bag Check will be located in the same tent as Package Pick Up. Bag Check Drop off hours will be as follows:

- 6am-7:15am for Marathon and Half Marathon Runners
- 7am-8:15am for 8Km Runners







## Race Day Information:

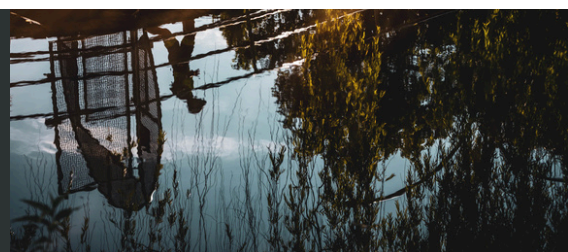
Race Morning Package Pick Up opens on Sunday at 6:00am. We suggest that you arrive no later than 45 minutes before your race start so you have enough time to find parking, warm up and check your gear at the bag check tent before your race. Please keep in mind that it might take a little longer to arrive and park on race day due to road closures in preparation for the race.

## Parking:

There will be limited parking available at City Park. Please note there will be temporary closures of the City Park driveway to accommodate the race starts. There may also be delays when exiting the City Park driveway to accommodate runners still on the course. This will be managed by professional traffic controllers and volunteers. The City Park driveway will be closed at the following times:

- 7:10am-7:50am
- 8:10am-8:50am

Please abide by all City of Kelowna parking rules and regulations wherever you park. Please also avoid parking along the race course. Please visit the [City of Kelowna parking website](https://www.kelowna.ca/city-parking) for further information on where to park





## Course Information:

There are three different distance events that will take place on Race Day (Sunday). Please note the course laps and colour associated with your event. Volunteer marshals will be on course to help guide athletes along the race route.

- Marathon - 2 loop course
- Half Marathon - 1 loop course
- 8km - 1 shortened loop course (follow the yellow markings after the split)

## **MARATHON & HALF MARATHON:** ORANGE COURSE MARKING

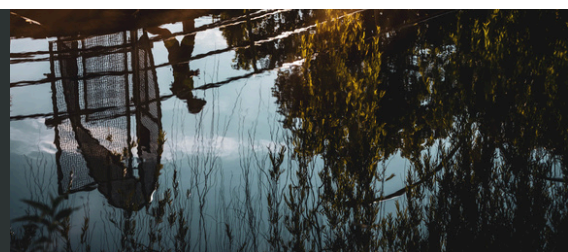
## **8KM:** YELLOW COURSE MARKING



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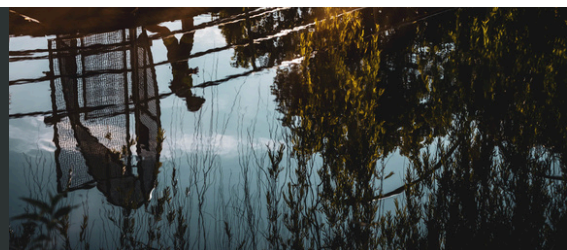
### Equipment List:

- Bib with Timing Tag
- Running Shoes (and socks, if needed)
- Bag for Bag Check (optional)
- Race Belt (optional)
- Clothes for before and after

### Aid Stations:

There are four aid stations on the run course. Some aid stations are single sided and some are double sided. Aid stations will offer water and Gatorade. Portable toilets will also be available at each aid station.

| Number | Aid Station Name            | Distance for Marathon/Half Marathon | Distance for 8K |
|--------|-----------------------------|-------------------------------------|-----------------|
| 1      | Sunset Dr Aid Station       | 1.8km                               | 1.8km           |
| 2      | Sunset Dr Aid Station       | 7km                                 | 5.8km           |
| 3      | City Park Aid Station       | 9.3km                               | 7.7km           |
| 4      | Strathcona Park Aid Station | 11km                                |                 |
| 5      | Casorso Aid Station         | 14.5km                              |                 |
| 6      | Strathcona Park Aid Station | 19.1km                              |                 |
| 7      | Sunset Dr Aid Station       | 22.9km                              |                 |
| 8      | Sunset Dr Aid Station       | 28.1km                              |                 |
| 9      | City Park Aid Station       | 30.4km                              |                 |
| 10     | Strathcona Park Aid Station | 32.1km                              |                 |
| 11     | Casorso Aid Station         | 35.6km                              |                 |
| 12     | Strathcona Park Aid Station | 40.2km                              |                 |





## Road Closures:

To ensure everyone's safety - athletes, volunteers, spectators and residents - the race will require traffic pattern changes on Sunday morning from 7am to 2pm, possibly causing delays for drivers. Professional traffic controllers will oversee all road changes throughout the course.

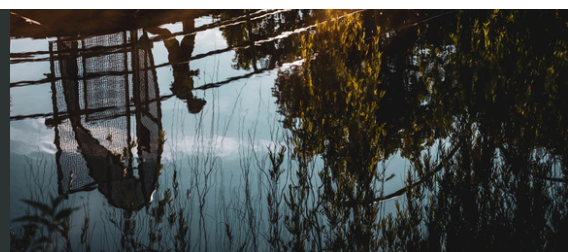
Please use your phone camera to scan the QR code and visit the [Traffic Impact](#) page on our website for all the details:



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## **Volunteers:**

Events like the Apple Marathon would not be possible without volunteer support. We are still in need of several volunteers on the event weekend. If you have any friends or family joining you in Kelowna, please encourage them to sign up at [\*\*HERE\*\*](#)

## **Emergency Information:**

Staff, medical resources and volunteers will be spread out throughout the course. If you have any issues on course, please let one of the volunteers or marshals know. If for some reason you opt not to finish your race, please let the staff at the finish line know.

## **Awards:**

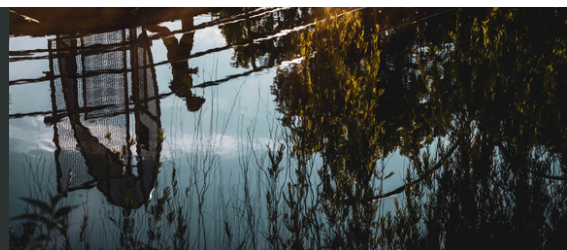
There will be an awards ceremony starting at approximately 10am for the 8K, 10:30am for the Half Marathon and 12:30pm for the Marathon.

Top 3 Male and Female Finishers will be recognized in the 8km, Half Marathon and Marathon events. Additionally, top finishers in each age category will be recognized at the awards ceremony.

### **Age Category Awards:**

- Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 +

Results will be posted online at [startlinetiming.com](http://startlinetiming.com).





## COURSE MAPS & GPX LINKS:

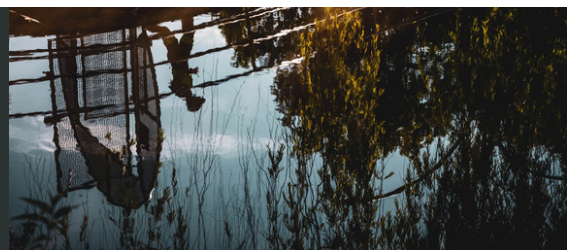
- [Marathon](#)
- [Half Marathon](#)
- [8KM](#)
- [Family Fun Run](#)



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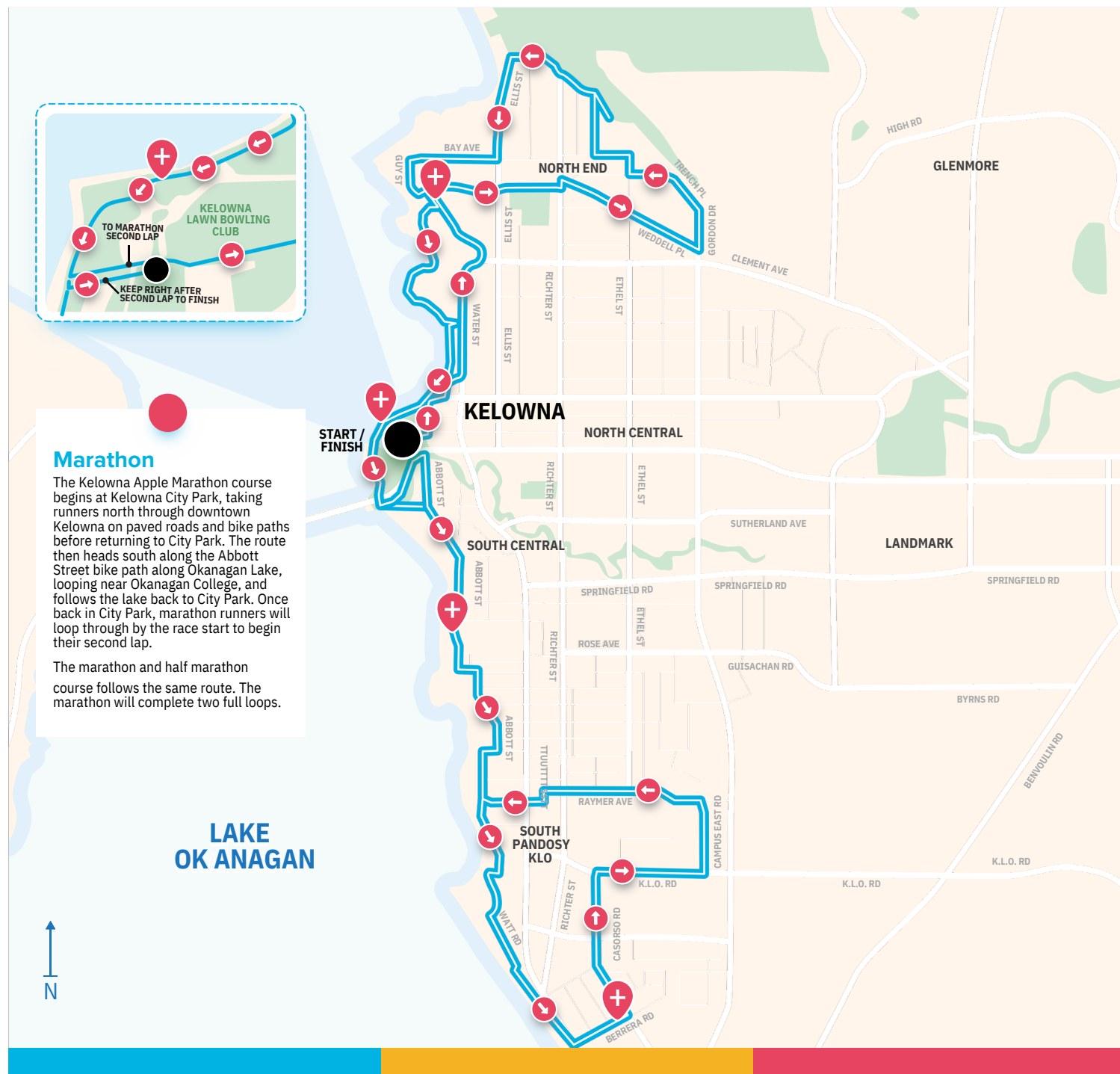
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# Full Marathon

## 2 Loops



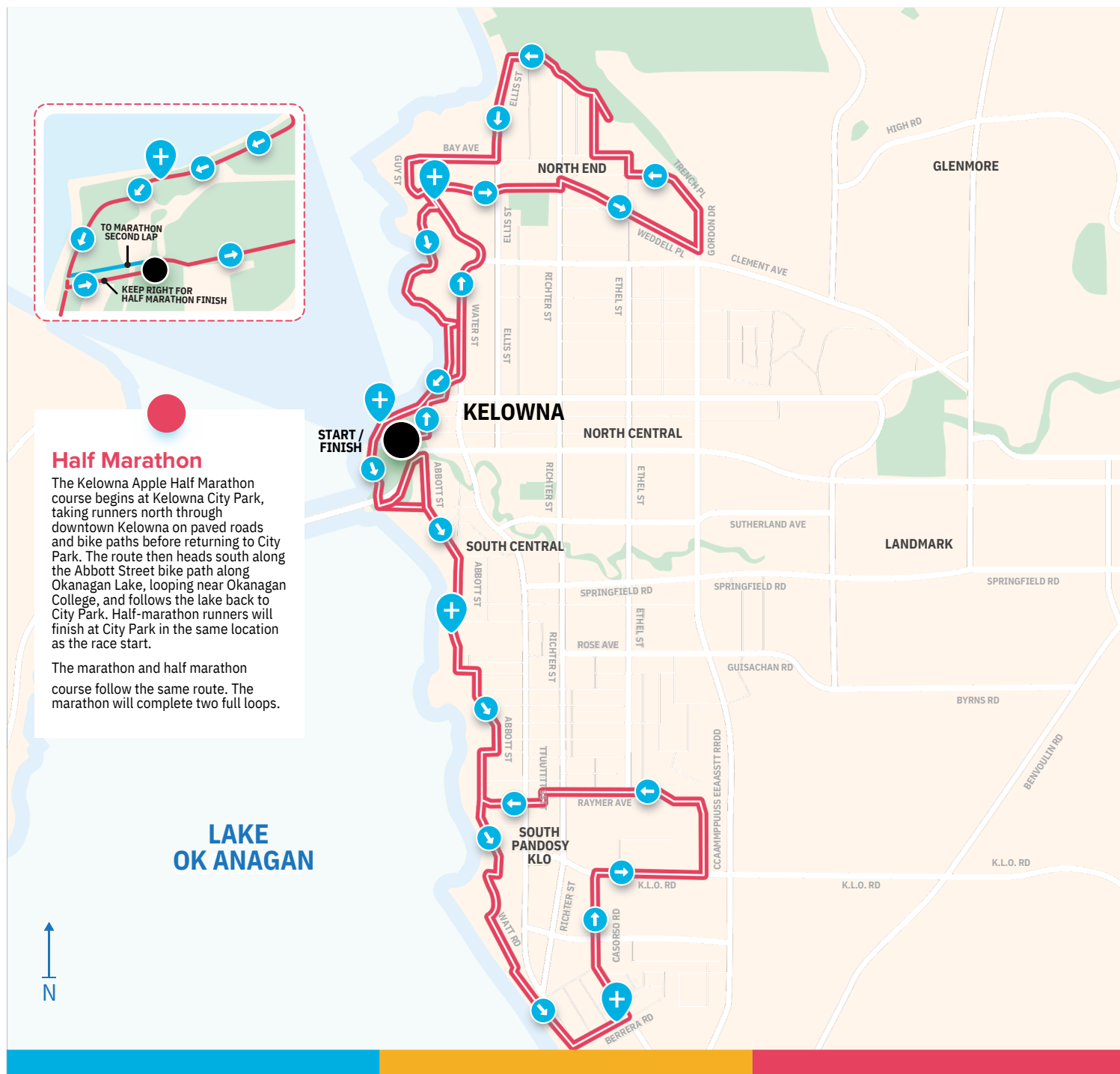
**Apple Race Series** is a dynamic platform dedicated to promoting health, wellness, and sportsmanship through innovative triathlon and running events. With a focus on inclusivity and excellence, the Apple Race Series aims to inspire individuals to push their limits, embrace challenges, and achieve their fitness goals, all while showcasing Kelowna and the best of the Okanagan. Experience the thrill of competition and the joy of accomplishment with the Apple Race Series.

 **Aid Station**  
**Full Marathon 42.2 km**  
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# APPLE HALF MARATHON



## Half Marathon



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 **Aid Station**  
**Half Marathon 21.1 km**  
[appleraceseries.com](http://appleraceseries.com)



# APPLE 8KM RUN



## 8km Run 1 Loop

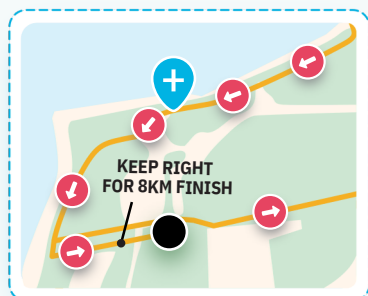
### 8km Run

The Kelowna Apple 8km course begins at Kelowna City Park, taking runners North through downtown Kelowna on paved roads and bike paths.

Runners in the 8km distance will split from the Marathon/Half Marathon route at Richter St. and Weddell Pl. and will rejoin the Marathon/Half Marathon route at Bay Ave and Jones St.

8km runners will finish at City Park in the same location as the race start while Marathon/Half Marathon runners continue South.

LAKE  
OK ANAGAN



LAKE  
OK ANAGAN



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 **Aid Station**  
**Run 8 km**  
[appleraceseries.com](http://appleraceseries.com)



## FAMILY FUN RUN:

Join us for a day of fun and festivities on Saturday, September 28 and kick off your race weekend with the Family Fun Run! Pick up your race package and join the whole family on a run/walk through City Park.

Start Time: 2:00 PM

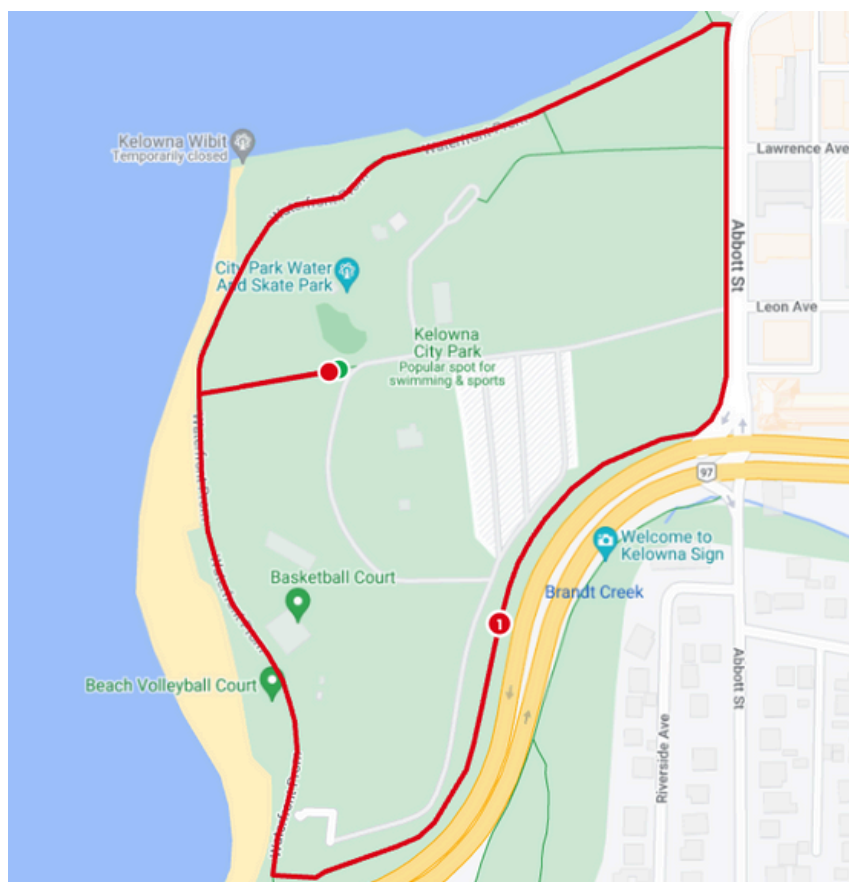
Location: City Park

Distance: 1.6km

Age Limit: None! Bring out the whole Family!

Registration Closes: Online registration will remain open on Saturday, September 28th until just before the race. You will be able to sign up from your smart phone until then as long as entry spots remain available.

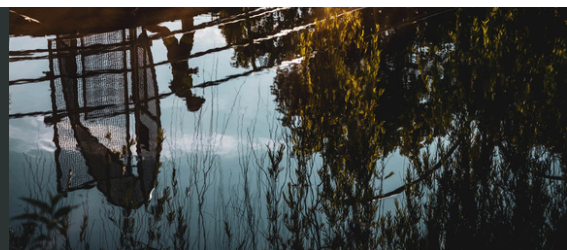
Course Description: The Family Fun Run will start at the Marathon start line in City Park. Runners will run West toward the lake then turn right onto the Waterfront Promenade and run a clockwise loop around City Park, finishing back at the Marathon Start/Finish Line!



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## FAQS:

**Q:** When should I be on site?

**A:** At least 45 minutes before your distance's start time so you are ready to race. If you intend to do your package pick up or bag check on race morning please arrive at least 1 hour before your race distance's start time.

**Q:** When can I get into start corral?

**A:** The event announcer will call each distance to the corral approximately 10 minutes before the scheduled start time.

**Q:** Are there pacers?

**A:** There will be pacers for select times for the Half Marathon and Marathon. Pacers will hold a sign with their pace time on it in the start corral so you can line up near them.

**Q:** Are there toilets?

**A:** Portable toilets are located at City Park next to the start/finish line, as well as Portable Toilets at Aid Stations.

**Q:** When will my event start?

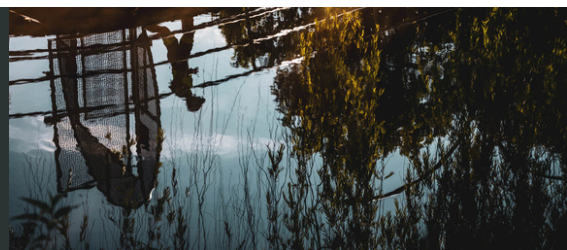
**A:** This varies per participant and is based on race distance. Visit the [event schedule](#) as reference.

**Q:** Will there be food at the finish?

**A:** Yes! There will be snacks, water and electrolytes.

**Q:** When/where can I see the results?

**A:** Results will be posted online following the event. Your timing chips will track you throughout the race.



# Thank You!



2024  
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