

Information for Marathon/Marathon Relay Runners

1. **START:** at Shasta Dam Visitors' Center. Runners can ride the charter bus from the Sundial Bridge to the start or drive to the start. THERE ARE NO BUSES BACK TO START TO RETRIEVE VEHICLES
2. **RACE WILL START** promptly at 8:00 a.m.
3. **BIB NUMBERS** should be worn so they are visible from the front for check points on the course and at the finish.
4. **DROP BAGS** will be transported from the start to the 1st relay handoff or to the finish for marathoners. There is no drop bag transportation from leg 2 handoff to leg3 handoff. Put your bib number on your drop bag and put it in the correct collection pile. Clothes dropped off at aid stations #1 & #2 will be returned to the finish. **Please no valuables, we are not responsible for lost items.**
5. **PORT-A-POTTIES AND WATER** will be available at the start. **The visitors center will be open and masks will be mandatory to go inside.**
6. **AID STATIONS** will provide water and electrolytes except for water only at aid station #1. Gels will be available at aid stations beginning at mile 13 (Granite Road), medical stations will be at the relay transitions and at mile 14.5 when you exit 299 onto Middle Creek paved trail.
7. **AWARDS** for the marathon/marathon relay will be given out at the finish as results become available. Marathon runners receive medals at the finish. Marathon relay medals will be given to the 3rd leg runners for all team members. Team members **should not** cross the finish line with the 3rd leg runner.
8. **CUT-OFF TIMES** – are **10:30 a. m. at Keswick Boat Ramp** (9.75 miles @15.30 /mile) and **1:00 p.m. at Diestelhorst Bridge.**(19.6 miles @15.30/mile)
9. **COURSE MARKINGS** - signs and arrows will mark the course. Monitors will be at key points to keep runners on course.
10. **NO PACING** is allowed by unregistered runners since this is a Boston Qualifier.

Bus Information

Note that all runners taking the bus will be required to wear a mask. This is required by our contracts with the bus companies.

6:30 to 6:45 buses arrive at Sundial Bridge Only runners who paid online or at packet pick up will be able to take the bus to the start.(they will have a dot on their bib)

6:45 A.M. – Bus #1 will leave from the finish area at the Sundial Bridge and go to Shasta Dam Visitors' Center. **(Returns immediately to Sundial Bridge for 2nd load if necessary.)**

7:00 A.M. Bus #2 will leave Sundial Bridge for Shasta Dam.

7:05 A.M. – Bus 3 will take any remaining runners to Shasta Dam.

When buses arrive at Shasta Dam – Runners exit buses upon arrival. Visitor Center is open to all runners. All buses will return to the Sundial Bridge.

RELAY LEGS transportation to legs 2 and 3 yes you can sign up for the buses at packet pick up!

8:00 A.M. – Bus #1 & #2 leave Sundial Bridge for Keswick Boat Ramp with 2nd leg relay runners – hold until enough 1st leg runners finish to partially fill the buses then return to the Sundial Bridge. Bus #3 will continue to shuttle back and forth with 1st leg finishers until Keswick Boat Ramp is clear which ~ 11:00 a.m. is

9:00 A.M. – Bus # 1 and #2 will leave the Sundial Bridge for the Diestelhorst bridge with 3rd leg relay runners. Bus #1 will shuttle runners to the finish until approximately 1:00 p.m.