



Emerald Isle Marathon, Half-Marathon, & 5K Race March 30, 2019

Presented by **Publix**

Race Director: Candace Dooley doolsgirl@gmail.com

IMPORTANT PARTICIPANT INFORMATION !!!!!

Congratulations and thank you for your decision to run the Emerald Isle Marathon, Half-Marathon, or 5K Race on Saturday, March 30, 2019! We look forward to hosting you, your family, and friends, and we are working hard to make your race experience a special one!

Race proceeds benefit the Emerald Isle bicycle path network (50%) and State Employee's Credit Union House (50%). Thank you for supporting these two great causes!

Race Packet Pickup

Race packets can be picked up at the following times and locations:

Wednesday, March 27 4 pm – 7 pm
Town Board Meeting Room, adjacent to the Emerald Isle Police Station (7500 Emerald Drive)

Friday, March 29 3 pm – 9 pm
Emerald Isle Parks and Rec Gym(7500 Emerald Dr.-follow the 'Packet pick up' signs)

Early morning race day packet pickup is available only on a reservation basis. Please email Race Director Candace Dooley at doolsgirl@gmail.com to make your reservation.

Family members and friends WILL be permitted to pick up race packets for participants who will arrive after packet pickup ends on Friday, March 29.

Race Expo

Vendors will be set up at the Emerald Isle Parks and Rec Gym (same location as race packet pickup) on Friday, March 29 from 3 pm – 9 pm. We will also offer other race merchandise for sale!

Start Times

The National Anthem will occur at 6:50 am.

Emerald Isle Marathon (26.2 miles) will start at 7:00 am.

Crankchair racers will start at 6:55 am.

The National Anthem will occur again at 8:25 am.

Emerald Isle Half-Marathon (13.1 miles) will start at 8:35 am.

Crankchair racers will start at 8:30 am.

The National Anthem will occur again at 8:40 am.

Emerald Isle 5K Race (3.1 miles) will start at 8:45 am.

Start / Finish Lines

The Start / Finish lines for all 3 races are located at the Town of Emerald Isle's Western Ocean Regional Access facility located on the oceanfront in Emerald Isle. The address is 9003 Louise Avenue, located off of Islander Drive and adjacent to The Islander Hotel (102 Islander Drive).

An aerial photo map showing the Start / Finish line area is attached. Food and drink, vendors, restroom facilities, a mobile medical unit, and music (and the beach!) will all be available at Western Ocean Regional Access.

No parking is available for race participants at the Western Ocean Regional Access.

Race Participant Parking

Participants in both races should park in the NC 58 grassy right of way on both sides of NC 58 between Islander Drive and Woodpecker Lane. Please pull completely off of the NC 58 shoulder and into the grassy area, and please utilize the full area between the NC 58 shoulder and the bike path or sidewalk. Please park at a 45 degree angle to allow for more efficient parking in this area.

Emerald Isle Police Department personnel and signs will be in place on race day to direct participants to the authorized parking areas, and a map indicating the authorized parking areas is attached.

Handicapped parking is available at The Salty Pirate Water Park on the southeast corner of Reed Drive and Islander Drive, not far from the Start / Finish line.

Race Courses

Maps of each race course are attached. The Marathon course is certified, and is a Boston Marathon qualifier. The course is flat, fast, and scenic.

7:00 am - Marathon: The Marathon course leaves the Western Ocean Regional Access on Islander Drive, travels west on Reed Drive, and then travels west on the Coast Guard Road bicycle path to the western entrance of the Lands End subdivision. Runners will then cross over to the north side of Coast Guard Road (Police will control crossing) and continue traveling west on Coast Guard Road to Ring Street, and then make a right on Ring Street, followed by a quick left on Channel Drive. Runners will continue on Channel Drive, make a left on Inlet Drive and continue onto and around Wyndtree Drive. The course makes a right onto a short (approximately 500 feet) dirt path and emerges on Wyndward Court. Runners will then follow Wyndward Court back to the Coast Guard Road bicycle path, and follow the bicycle path to the western entrance of Lands End. Runners will turn right into Lands End and travel along Gulf Stream Drive to Sea Mist Drive. The course then follows a short (approximately 250 feet) paved path to Sea Breeze Drive, and then makes a left onto Tradewinds Drive, followed by a right on Spotted Sandpiper Drive and then a left on Windjammer Drive. Runners will loop around back to Tradewinds Drive and out the main entrance to Lands End, making a right onto the Coast Guard Road bicycle path. The course then follows the bicycle path before making a right on Ocean Oaks Drive followed by a quick right on Page Place down toward the ocean, where it makes

a left on Ocean Drive. Runners will travel along Ocean Drive and then make a left on Fawn Drive, then make a right on Deer Horn Drive followed by a quick right back onto the Coast Guard Road bicycle path. Runners will make a right on Reed Drive, and then merge into the Half-Marathon course on Reed Drive. Runners will run along Reed Drive, and then cross NC 58 at Mangrove Drive (Police will control intersection), and then travel down Old Ferry Road to Sound Drive. Runners will then head east on Sound Drive to Archers Point, turn on Piney Street and Archers Creek Drive, and then head south on Lee Avenue and across NC 58 again (Police will control intersection) toward the ocean. The course turns onto Jackson Avenue down to Ocean Drive, and runners will then head east on Ocean Drive all the way to the “dog-leg” and onto the NC 58 bicycle path. **(Marathon runners should note that Half-Marathon runners will make a left turn from Ocean Drive onto Connie Street, while Marathon runners should continue straight.)** Marathon runners will continue east along the NC 58 bicycle path before making a right on 25th Street, followed by a quick left on Ocean Drive. Runners will continue on Ocean Drive to 7th Street, and make a left turn onto 7th Street back to the NC 58 bicycle path. Runners will make a left on the NC 58 bicycle path and follow the bicycle path for approximately 7 miles back to Islander Drive near the finish. Runners will turn left on Islander Drive and finish the 26.2 mile race at the Western Ocean Regional Access!

8:35 am - Half-Marathon: The Half-Marathon course leaves the Western Ocean Regional Access on Islander Drive, travels east on Reed Drive, crosses NC 58 at Mangrove Drive (Police will control intersection), and then travels down Old Ferry Road to Sound Drive. Runners will then head east on Sound Drive to Archers Point, turn on Piney Street and Archers Creek Drive, and then head south on Lee Avenue and across NC 58 again (Police will control intersection) toward the ocean. The course turns onto Jackson Avenue down to Ocean Drive, and runners will then head east on Ocean Drive to Connie Street. **Half-marathon runners will make a left turn onto Connie Street (Marathon runners will go straight)**, then make a quick left and enter the NC 58 bicycle path along NC 58. Runners will follow the NC 58 bicycle path from Connie Street all the way back to Islander Drive near the finish. Runners will finish the 13.1 mile race at the Western Ocean Regional Access!

8:45 am - 5K Race: The 5K course also leaves the Western Ocean Regional Access on Islander Drive, then travels east on the NC 58 bicycle path to Mangrove Drive, and then turns right on Mangrove Drive, followed by a quick left onto Reed Drive. Runners will follow Reed Drive for a few blocks, then turn right on Sea Oats Drive toward the ocean, then turn right (to the west) on OceanView Drive, then right (north) on Sandbur Drive to Reed Drive, and then a quick turn back down Yaupon Drive toward the ocean again, onto OceanView Drive, and then right (north) on Shell Drive. Runners will then turn left (west) on Reed Drive all the way back to Boardwalk Avenue and make a left (south) turn toward the ocean to Louise Avenue, and then west to finish the 3.1 mile race at the Western Ocean Regional Access!

Color Coding

There are segments of each race course that are common to all 3 races. We will have many volunteers on the course to direct you, and we will also have signs at each turn, along with pavement markings identifying the correct route for each race.

Please note that the race bibs, mile markers, race route signs, and race route pavement markings are all color coded for the 3 races this Saturday.

ORANGE - Full Marathon (26.2 miles)

GREEN - Half-Marathon (13.1 miles)

YELLOW - 5K Race (3.1 miles).

If in doubt, just follow the arrows for the color of your race!

Restrooms

The Western Ocean Regional Access has fixed public restroom facilities, and we will also have several porta-johns available before and after the races.

Porta-johns will be located near mile 7, mile 14, mile 18, and mile 23 on the Marathon course.

Porta-johns will be located near mile 6 and mile 9 on the Half-Marathon course.

Water Stations, Gatorade, and Gu Gel

Water stations will be located near miles 2.5, 4, 6.5, 8, 11, 14, 19, and 21 along the Marathon course. Gatorade AND water will be located near miles 16, 18, 23, and 25 along the Marathon course. Gu gel will be available slightly before the water stations at miles 8, 16, and 21.

Water stations will be located near miles 3 and 6 along the Half-Marathon course. Gatorade AND water will be located near miles 9 and 11 along the Half-Marathon course.

A water station will also be located near mile 1.5 along the 5K course.

Emergency Services

Emerald Isle Police, Fire, and EMS personnel will be assisting all day long at the Start / Finish line area and along the course. We thank them for their assistance!

Food and Drink, Music After The Races

Runners can enjoy post-race water, Gatorade, fruit, bagels, and more after the races at the Western Ocean Regional Access! A local DJ will also provide music at the Western Ocean Regional Access.

After Party at The Growler Taproom!

All runners are invited to The Growler Taproom, located on the corner of Mallard Drive and NC 58 (you'll run right past it near the Start / Finish line!) for free post-race food and great beer for purchase. After Party starts at 10 am and will last until.....!

Awards

Awards will be presented for overall finishers and all age group placers for each race. Age groups include: up to age 10, 11-15 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

5K Race awards will begin at approximately 10:30 am.

Marathon awards will begin at approximately 11:00 am.

Half-Marathon awards will begin at approximately 11:15 am.

Where To Stay?

There are several hotels and vacation rental companies in and around Emerald Isle, and a complete list of those located in Emerald Isle can be found at www.emeraldisle-nc.org/visit .

Please consider our vacation rental company, hotel, and RV park sponsors for your accommodations:

Emerald Isle Realty 866-586-6980 or www.emeraldislerealty.com . Hundreds of quality vacation rental cottages and condos to choose from!

The Islander Suites 800-367-3381 or www.islandernc.com . Located directly adjacent to Start / Finish.

Holiday TravLPark 252-354-2250 or www.htpresort.com . Located just around the corner from Start / Finish.

The following hotels are offering special rates for runners and their families (use Promo Code "EIMG"):

Hampton Inn & Suites (Swansboro) 910-325-9000 or www.hamptoninn.com.

Best Western Plus Silver Creek Inn (Cedar Point) 252-393-69015 or www.bestwestern.com.

Where to Eat?

There are many great restaurants in and around Emerald Isle, and a complete list of those located in Emerald Isle can be found at www.emeraldisle-nc.org/visit.

Learn More About our Beautiful Town and County!

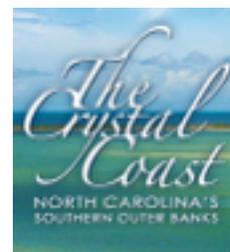
Emerald Isle is a beautiful place with a great caring community of people! Learn more about Emerald Isle at www.emeraldisle-nc.org, and learn more about the entire Crystal Coast resort area at www.crystalcoastnc.org!

Thank You to Our Wonderful Sponsors!

We couldn't do this without you!

The 2019 Emerald Isle Marathon, Half-Marathon, and 5K Races are proudly sponsored by:

Publix



The Sylvester Family
In Memory of Nat Sylvester





**High Tide
Property Group**



Pam Herndon, State Farm

