

The image shows the cover of a 'Fort Worth Marathon Runner Handbook'. The background is a photograph of a street in Fort Worth, Texas, featuring a large, ornate building with classical architectural details. A banner across the top of the building reads 'FORT WORTH MARATHON'. In the foreground, a large black silhouette of a longhorn head is centered. The text 'FORT WORTH MARATHON' is overlaid in a large, bold, black, sans-serif font, with a horizontal line passing through the middle of the letters. Below the longhorn silhouette, the words 'RUNNER HANDBOOK' are written in a smaller, bold, black, sans-serif font.

**FORT WORTH
MARATHON**

RUNNER HANDBOOK

Fort Worth Marathon thanks you for running with us! This handbook should answer most questions you have about the race. Please read all the way through and check out the parking maps, timelines, courses and facts.

We want to thank the hardworking volunteers who donate their time and talents in order to help produce race that is fun and safe for runners. We honestly could not have a race without their dedication.

If you see a volunteer, give them a shout out of thanks!



Yes, you can pick up race packets for friends, please have all their info (name, race distance, etc.) ready/available to keep the lines flowing!

**EARLY PACKET PICKUP
Saturday November 11th
1 p.m. to 7 p.m.**

**RACE DAY PACKET PICK UP
OPENS 6 A.M.**

**PANTHER ISLAND PAVILION
395 PURCEY ST
FORT WORTH TX 76102**

***** NOTE: You MUST run your REGISTERED RACE DISTANCE. Distance changes must be done before the Gun Start for each distance. If you do not complete the distance that you're in, you will NOT receive a finish time and be DQ'ed.**

Bibs / Chips

The timing chip is on the back of the bib. **Do not remove** or otherwise mutilate it. Please wear your bib on the front of your body. No bib = no finish time!

Runners in the half marathon, 20 miler and full marathon will get a **food ticket** to use at the lunch trucks after they finish their race. Food at these trucks will be available for purchase for spectators, 5K runners or if you want additional food.

Runners will get **ONE FREE BEER** from Martin House Brewing Company.

Race Day Schedule:

6:00 AM Race Day Packet Pick up opens

6:00 AM Marathon Walkers (WALKERS ONLY - runners should start at 7:00 as not all aid stations will not be set up, etc.)

7:00 AM Marathon & Relay Starts

7:30 AM 20 Mile Race Starts

8:00 AM Half Marathon Starts

8:15 AM 5K Starts

9:20 AM 5K Award Ceremony

11:30 AM Half Marathon Award Ceremony

11:45 AM 20 Mile Race Award Ceremony

12:00 PM Marathon Award Ceremony & Prize money drawing

2:00 PM COURSE CLOSES

Basic Overview



Start/
finish

Port o johns

Packet Pick Up

Parking entrance
\$5

Panther Island Pavilion
Outdoor concert
venue with a beach

Hogan Automotive
Electrical

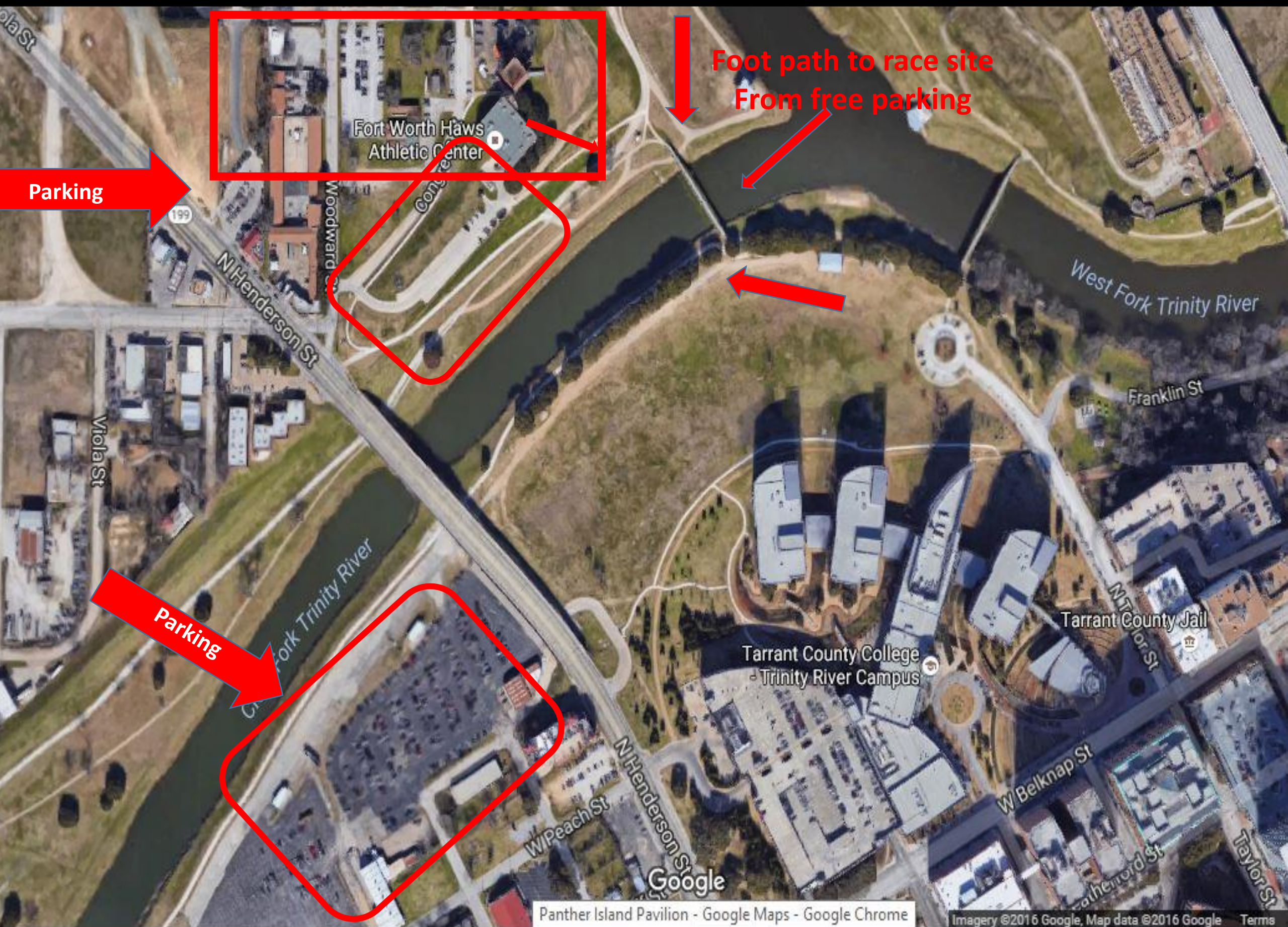
Google

Parking

Parking at Panther Island Pavilion is \$5. Please bring cash **\$5 Cash for on-site police-guarded parking.** You can avoid the collection line by pre-paying at packet pick up, which will get you a parking pass and expedite your morning parking. There is one entry point, please view the map for easy parking/access race morning.

There is free parking across the river at Haws Athletic Center off Henderson. It is within walking distance , if you park here please use the foot bridge to cross the river and do not walk across via the Henderson Street Bridge.

Please plan to arrive early to secure your vehicle, get your packet (if you have not already done so), familiarize yourself with the race site and take care of any last minute personal business if needed. There is no bag check since parking is basically at the venue.



Parking

Parking

Foot path to race site
From free parking

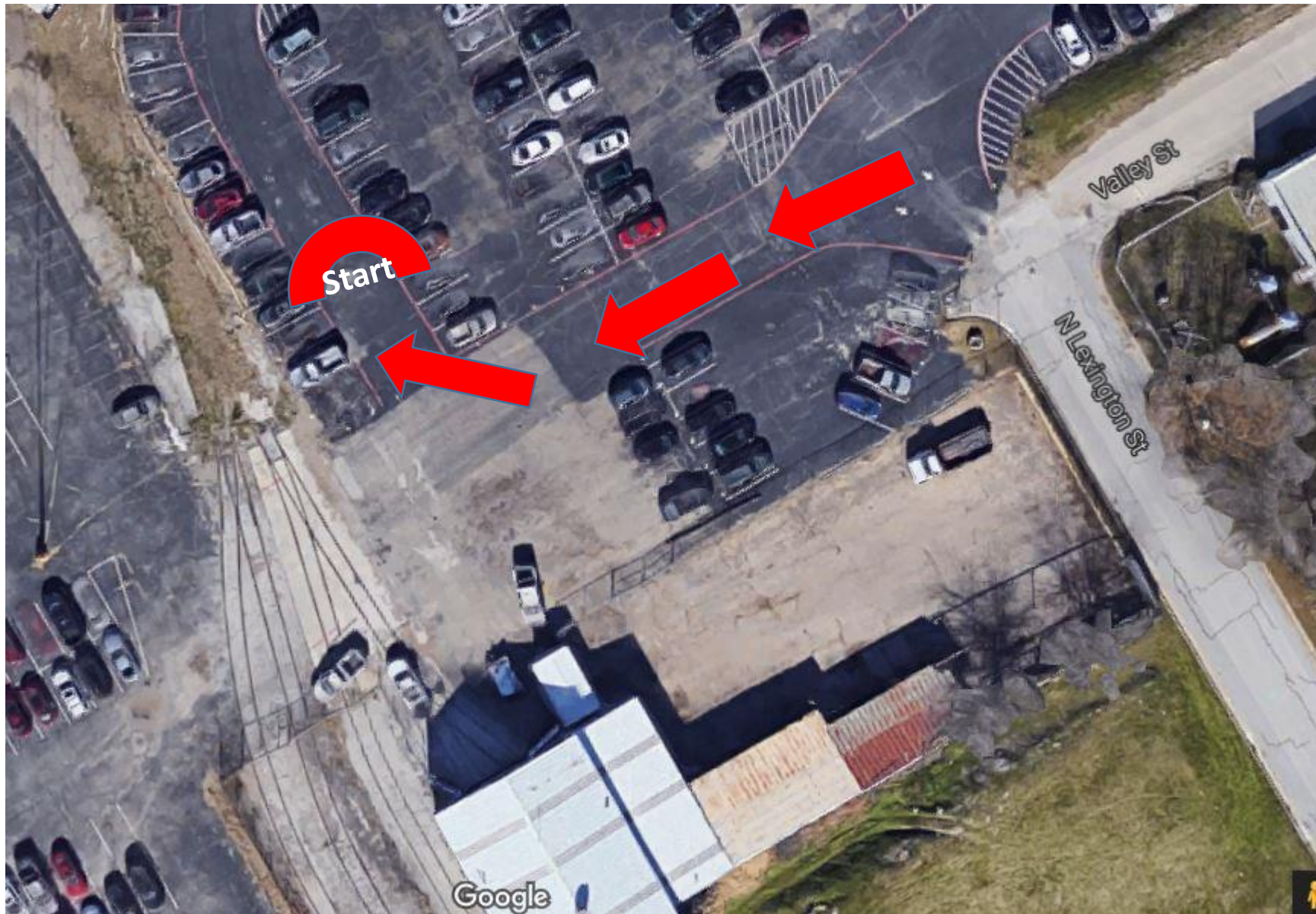
Fort Worth Haws
Athletic Center

Tarrant County College
- Trinity River Campus

Tarrant County Jail

Race Start

Please be courteous and respectful of all other athletes. Line up according to race pace, faster runners to the front and slower runners and walkers to the back. This is a chip timed race, age group awards are based on chip time. Your time does not start until you cross the start line. For the safety of all athletes, please line up according to pace.



Race Course

The majority of the races are held along the Trinity River on the Trinity Trails, please be courteous to other athletes on the course.

No more than 2 abreast, this allows others to pass and oncoming runners room to run.

Please be aware of the lead cyclist. They will have some very fast runners behind them, runners who are trying to win the race, please allow them to pass unimpeded (and give them a cheer and way to go as they pass!)

If you need to pass other runners, please give them a heads up, runner on your left or runner passing so they know you need to go by.

If you need to walk, pull over to the side and raise your hand or make sure that the person/people behind you know you are slowing to avoid and crashing.

Water Stops will be located every 1.5 – 2 miles along the course. We will have water and electrolyte replacement fluid.

Please be courteous and kind with our race volunteers, they are volunteering their time to help make a great race experience for you!



Are you trying to achieve a new PR or have a specific time goal we will have pacers. Look for the runners in the pacer shirts and hit that goal!

5K Course click here:

<https://www.mapmyrun.com/routes/view/4731752821/>

Half Marathon Course click here:

<https://www.mapmyrun.com/routes/view/875003251/>

20-Mile Race: Turn Around Point on the 2nd loop is 250 yards past the Woodshed Smokehouse

Full Marathon is 2 loops (half marathon loops)

You will not cross over the finish line between loops, you will keep going straight to start 2nd loop

Interactive Map of the Half course (and main loop of the Full and 20-Mile):

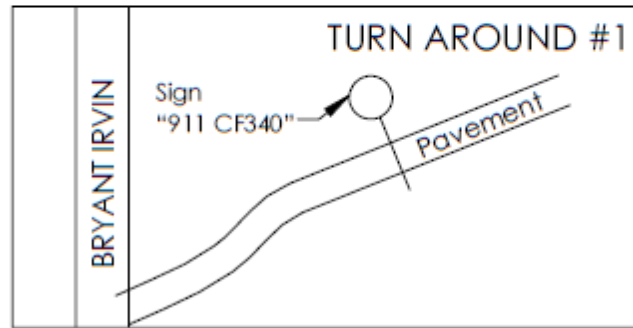
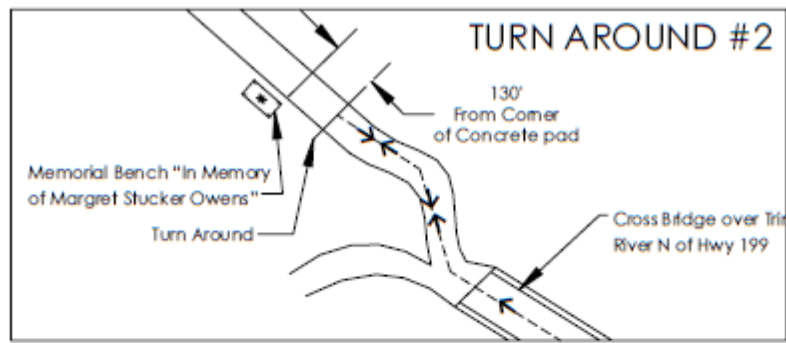
<https://connect.garmin.com/modern/activity/3154322255>

The turnarounds will be marked with large signs. (Note that due to how the courses are laid out, even though they are mostly out and back, the main turnarounds are **NOT** exactly at the halfway-point of each race distance.) Here are the locations and approximate GPS mileage:

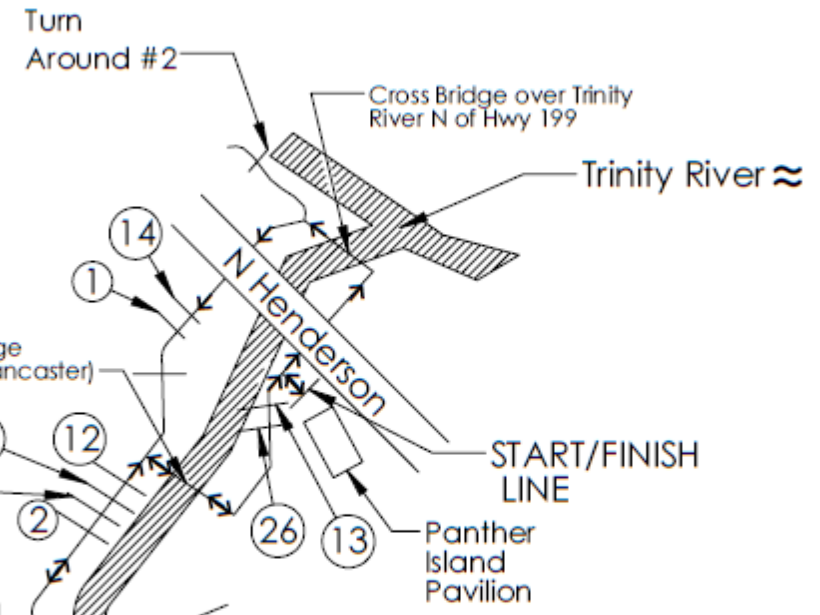
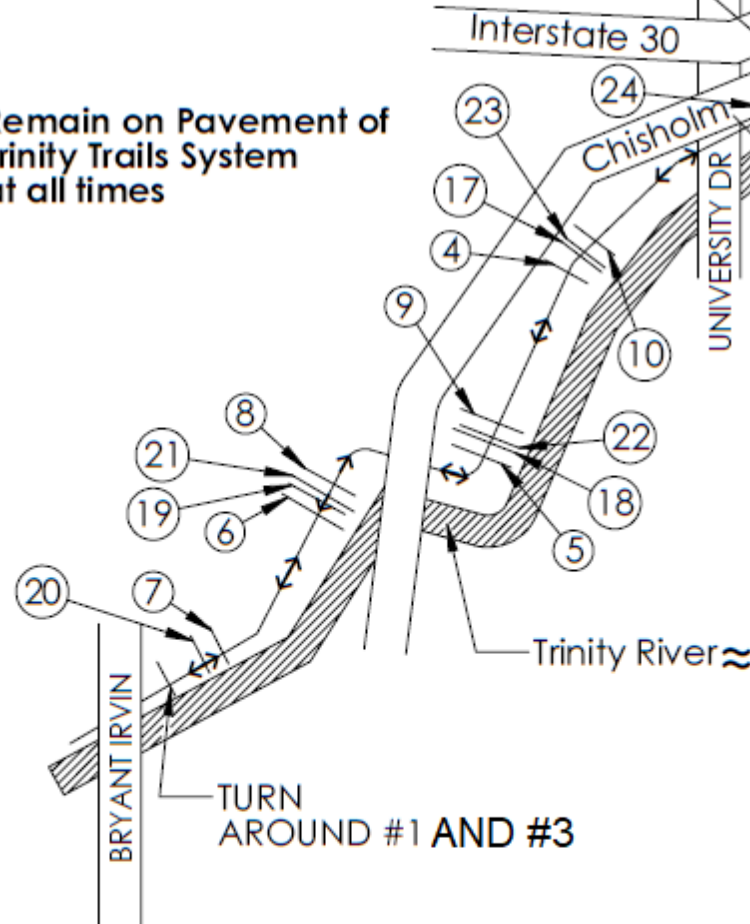
- Turn-around (#1) for the **Half-Marathon** and the first loop of the **20 Mile** and **Full Marathon** will be at 3024 ACME Brick Plaza, Fort Worth and will be at approximately **Mile 6.9** of the race.

- The final turn-around (2nd lap) for the **20 Mile** will be at Rogers Road (just past the Woodshed Smokehouse) and will be at approximately **Mile 16.9** of the race.

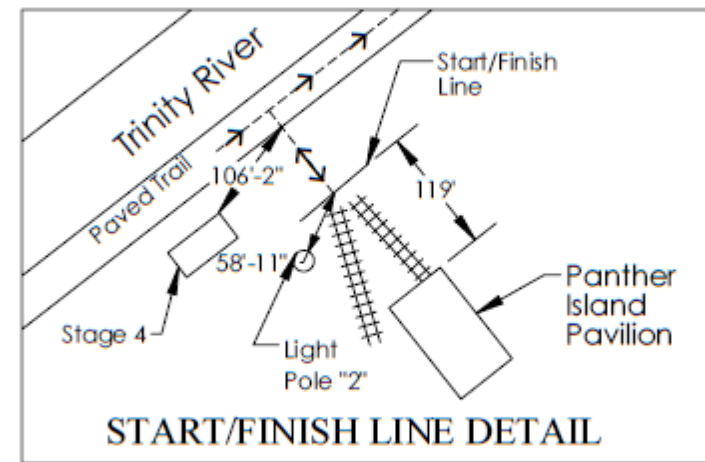
The final turn-around (#3, 2nd lap) for the **Full Marathon** will again be at 3024 ACME Brick Plaza, Fort Worth and will be at approximately **Mile 20** of the race.



Remain on Pavement of Trinity Trails System at all times

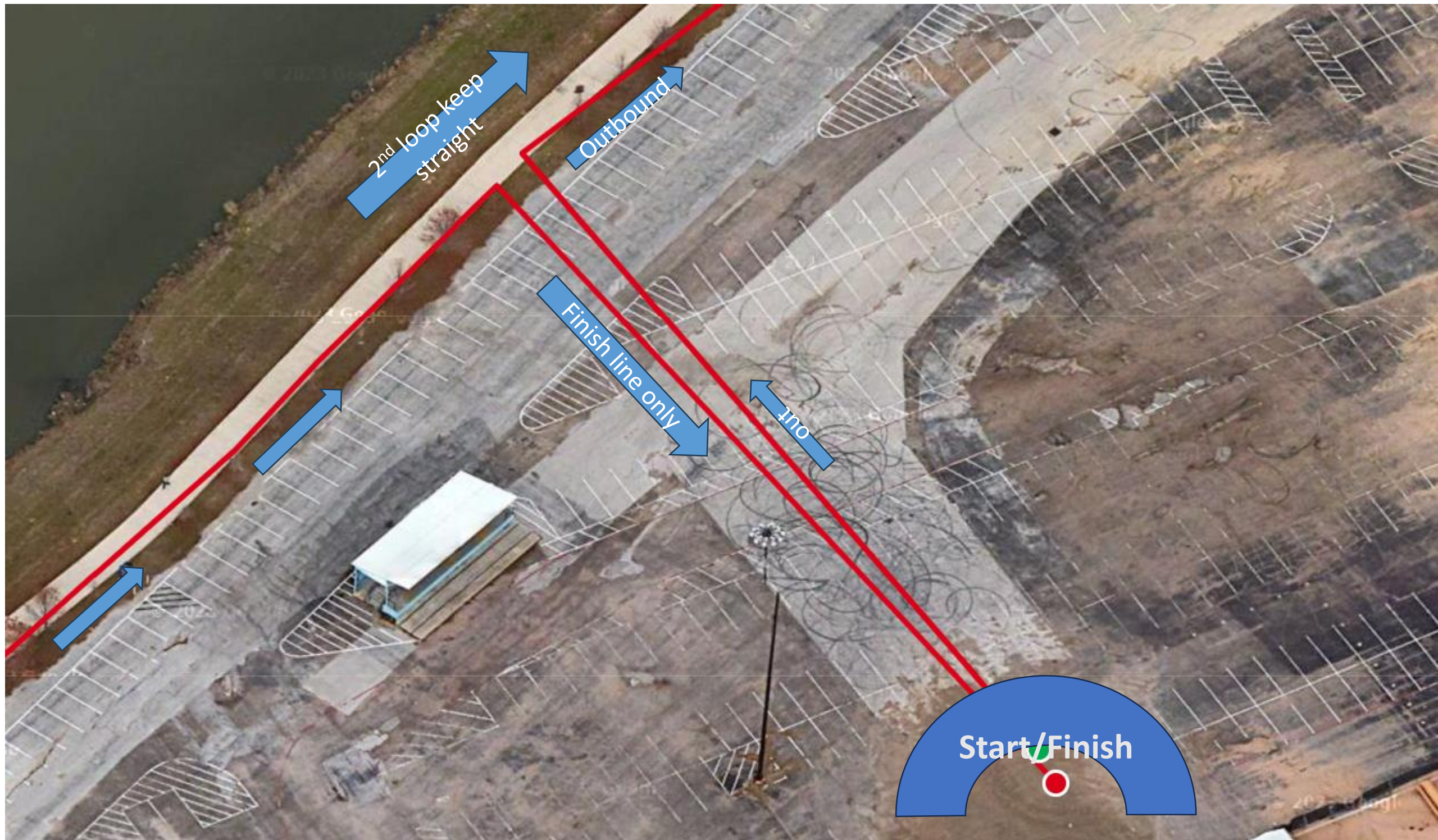


Tilley Bridge (S of W Lancaster)



MEASURED BY: DEMERY COX
www.coxracingservices.com

START/FINISH & 2ND LOOP DETAIL



DO NOT CROSS THE FINISH LINE UNTIL YOU HAVE COMPLETED YOUR RACE!

TO VIEW YOUR TIME:

- WWW.COXRACINGSERVICES.COM
- MENU
- RESULTS
- SELECT YOUR EVENT
- SELECT “RESULTS”
- SEARCH: YOUR BIB NUMBER

Misc. Reminders, facts, answers to frequently asked questions:

Strollers are allowed on the course

Dogs on leashes are allowed on the course

Music/headphones are allowed on the course, please keep the volume at a level that is conducive to be aware of your surroundings, oncoming runners and runners needing to pass.

We will post preliminary results through out the morning, please check these results for any errors. If you must leave and you have won an award, please notify one of the board members so we can give your award to you. We do not have a secondary award pick up and we cannot mail the awards to you.