

OFFICIAL RACE PROGRAM



MESA
MARATHON



FEBRUARY 10, 2024

WELCOME

This year marks the 12th running of the Mesa Marathon, and we are thrilled to once again open the streets of Mesa for our runners. With a fast downhill grade, stunning desert views, and an unmatched, supportive racing community of all skill levels, the Mesa Marathon is an experience like no other. Thank you for joining us as we continue the rich tradition of this great race! Please take a moment to read the information in this Official Race Guide to ensure that you have the best experience possible.



ME

ON YOUR MARK...

DOWNLOAD THE RACE APP

Want some company while you run? Download the Mesa Marathon App and use our “Tour of Mesa” feature during the race to make sure you don’t miss out on anything along the course. With the app downloaded to your phone, you can listen to your own music as you run and the feature will kick in to tell you about the race as you pass certain points along the course. We’ll tell you about upcoming aid stations, turns, points of interest, and tips for tackling certain parts of the course. You’ll also hear your splits and updated pace information each time you pass a mile marker.

TRACKING & TIMING

The races will be chip-timed using timing tags adhered to the back of your bib. Your time will begin when you cross the start line, not at the start gun, so do not worry if you start near the back of the pack. It is important that you do not cover your bib with clothing or other objects that may interfere with the tag reader when you are crossing the start and finish lines.

Your fan club can receive free text alerts of your progress during the race. Visit the Results & Photos page on the Mesa Marathon website and use the Tracking link to get your fans signed up.



SCAN QR CODE FOR MOBILE-FRIENDLY DIGITAL VERSION

PARKING & ARRIVAL

Please take a moment to review the Parking Map for this year's Mesa Marathon. Unlike in past years, there are NO designated parking lots for the specific distances. ALL parking on the enclosed map is open to all participants in the Riverview Park area. These lots are highlighted on the enclosed map.

Note that runners may NOT be dropped off at the race start lines.

All runners must utilize the bus service provided by the race to arrive at the start lines. There is ample parking at Riverview Park.

NO parking is allowed at the Mesa Riverview Shopping Complex.



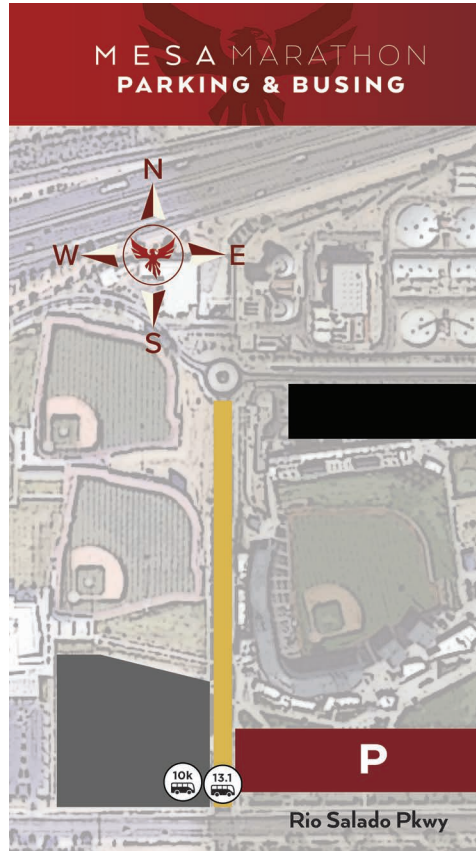
Rideshare Location

2039 Riverview Auto Dr
Mesa, AZ 85201

RIDESHARE DROP OFF/PICK UP

Please use the above address and tell your driver to take you on the 202 to the DOBSON exit. From there they will turn only onto CUBS WAY.

They will need to turn right onto Riverview Auto Dr. and then right into the rideshare lot. There they can drop you off and exit the park by continuing NORTHEAST on Riverview Auto Drive.

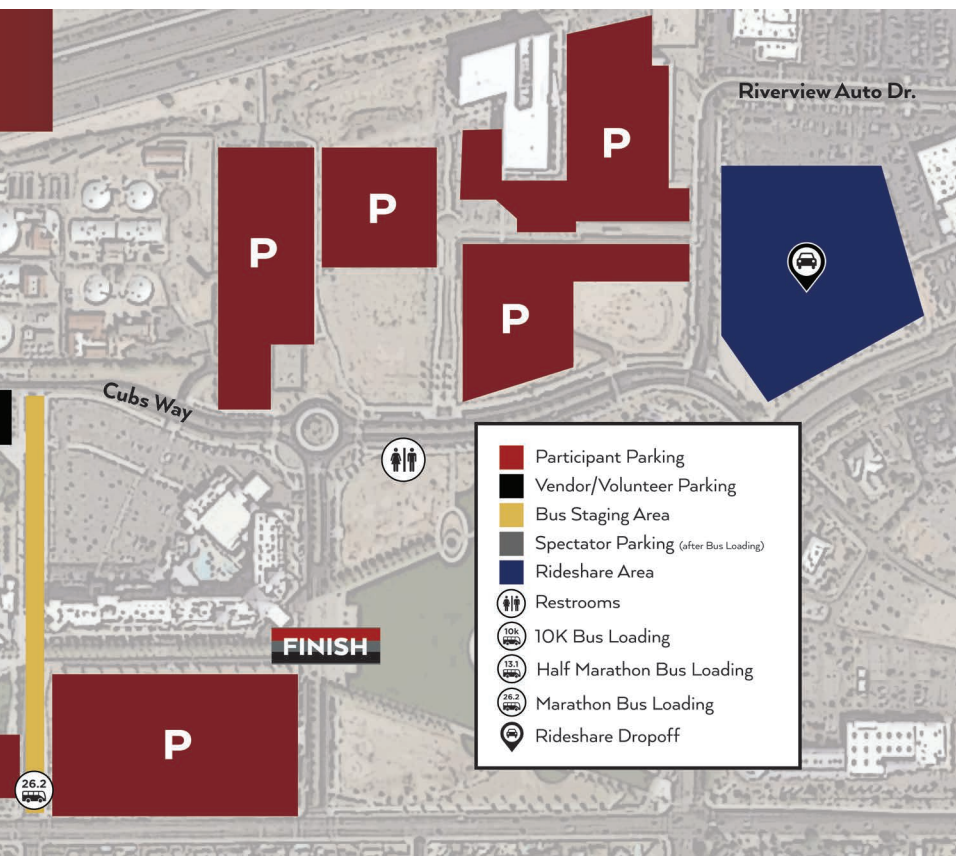


MARATHON RUNNERS

Marathon buses will depart from 4:00am to 5:15am from the southeast corner of Sloan Park at the intersection of Sheffield Avenue and Rio Salado Parkway.

Marathon runners should arrive in the parking area no later than 4:30am. Marathon buses will stage in the southbound lane on Sheffield Avenue.

PARKING AND BUSING MAP



HALF MARATHON RUNNERS

Half Marathon buses will depart from 4:00am to 5:15am from the southwest corner of Sloan Park at the intersection of Clark Street and Rio Salado Parkway.

Half Marathon runners should arrive in the parking area no later than 4:30am. Half Marathon buses will stage in the southbound lane on Clark Street.

10K RUNNERS

10K buses will depart from 4:45am to 5:45am from the southwest corner of Sloan Park at the intersection of Clark Street and Rio Salado Parkway.

10K runners should arrive in the parking area no later than 5:15am. 10K buses will stage and load in the unpaved parking lot on this corner.

...GET SET...

PRE-RACE AREA

Abundant portable restrooms, water, and Gatorade Endurance will be available in the start line staging areas. Heaters will also be present to keep runners warm before the race.

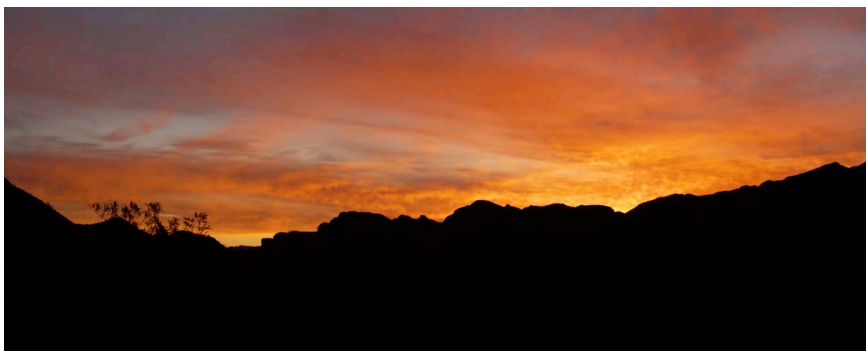
After arriving at the start line staging area, Marathon runners will be allowed to stay on their buses if they choose. However, Half Marathon and 10K runners must exit their buses upon arrival and bring all of their belongings with them.

AMAZON GEAR CHECK

Each start line staging area (including the 10K) will have a gear check service available. Before checking their bags, runners should ensure that the bib tear tag that was placed on the handle of their bag during

Packet Pickup is still attached to the bag. After the race runners must present their race bib at the Amazon gear pickup area and volunteers will retrieve the bag with the matching number. The Amazon gear pickup will be located in the northeast corner of the Finish Festival Presented by TING at Riverview Park.

All gear should be checked no later than 6:10 a.m. It is recommended that extra clothing be removed prior to race start and placed in checked gear bags. Any clothing that is left in the general staging area or anywhere along the route will be collected and donated to charity. Please do not leave valuable items such as phones, wallets, or car keys in checked bags. The Mesa Marathon will not be responsible for lost or stolen items.



START CHUTE

Runners will be directed to line up in the start chutes beginning at 6:00 a.m.

Marathon runners will line up on N Ellsworth Rd. Faster pace groups will stage closest to the start line near Gun Range Rd, and slower pace groups will stage farther north towards the bus parking area.

Half Marathon runners will line up on E McDowell Rd between N Norwalk and N Omaha. Faster pace groups will stage closer to the start line near Norwalk, and slower pace groups will stage farther east towards N Omaha.

10K runners will line up on E 8th St immediately north of the baseball diamonds. Faster pace groups will stage on the east side of the chute closer to start line, and slower pace groups will stage farther west towards Center St.

Large markers denoting various paces will line each start chute and runners will be directed to queue in the zone which marks their expected pace.

All three races will begin at 6:30 AM. There will not be waves or fixed corrals.

PACING

Pacers will be lined up in the start chutes next to the large pace markers. They will be holding elevated pace signs to mark their locations. Pace groups will be as follows:

MARATHON

3:00	6:52/mile pace	Men's 18-34 BQ mark
3:05	7:03/mile pace	Men's 35-39 BQ mark
3:10	7:15/mile pace	Men's 40-44 BQ mark
3:20	7:37/mile pace	Men's 45-49 BQ mark
3:25	7:50/mile pace	Men's 50-54 BQ mark
3:30	8:00/mile pace	Women's 18-34 BQ mark
3:35	8:12/mile pace	Women's 35-39 & Men's 55-59 BQ mark
3:40	8:23/mile pace	Women's 40-44 BQ mark
3:50	8:46/mile pace	Women's 45-49 & Men's 60-64 BQ mark
4:05	9:20/mile pace	Women's 55-59 & Men's 65-69 BQ mark
4:20	9:55/mile pace	Women's 60-64 & Men's 70-74 BQ mark
4:40	10:41/mile pace	
5:00	11:27/mile pace	
6:33	15:00/mile pace	

HALF MARATHON

1:30	6:52/mile pace
1:40	7:38/mile pace
1:50	8:24/mile pace
2:00	9:10/mile pace
2:10	9:55/mile pace
2:20	10:41/mile pace

Pacers will not be available for the 10K.

GO!

AID STATIONS

There are 13 aid stations along the marathon course, 7 aid stations along the half marathon course and 4 aid stations along the 10k course. All aid stations will be supplied with Gatorade Endurance Orange, water provided by WhiteWater, portable restrooms, Biofreeze, and first aid. When passing an aid station, runners will always be offered Gatorade first and water second. Certain aid stations will also be supplied with GU Energy Gels and other amenities. Refer to the Aid Station Map for details on exact locations and amenities at each aid station.

In an effort to contain waste and facilitate cleanup operations, runners are asked to discard trash and shed clothing as close as possible to an aid station rather than elsewhere along the course. Any clothing that is shed along the course or at an aid station will be collected and donated to charity.

MEDICAL & SAFETY

There will be ambulances staged at various points along the route to service emergency medical needs. Additionally, each aid station will be equipped with first aid supplies and medical kits. When possible, runners experiencing non-emergency medical needs should continue to

an aid station and check in with the aid station director stationed there. If necessary, a SAG vehicle will be dispatched to retrieve the runner and transport them to the Finish Festival. If it is not possible to continue on to an aid station, runners should check in with the nearest volunteer course marshal or police officer at any intersection.

A large medical area will be established at the Finish Festival with trained medical personnel provided by our official medical sponsor, Mountain Vista Medical Center. The medical tent in this area will have basic equipment and supplies. Runners with non-critical needs will be able to use the ROC Physical Therapy tent just outside the runner services area.

There are sections of the course where runners must remain within certain lanes to allow traffic to flow in adjacent lanes. These areas will be marked with cones and runners must always stay within the indicated lane when cones are present. Please follow the directions of volunteer course marshals and law enforcement officers at all times.



MESA MARATHON

AID STATION MAP

FINISH

10K START

HALF START

FULL START

Legend:

- Marathon Route (Red line)
- 10K Route (Black line)
- Half Marathon Route (Grey line)
- Aid Stations (Numbered circles)

Compass Rose: N, S, E, W

[illegible]

CHEER!

PHOTOGRAPHERS

At the Mesa Marathon, your memories are on us. All runners will receive free race photos following the race. Multiple photographers will be stationed along the route to capture your race photos. "Photographer Ahead" signs will be placed on the street as you approach a photographer so that you can be ready to strike a pose. In order to receive your photos, you must wear your race bib on the front of your person in an unobstructed manner so that your bib number is visible.

CUT-OFF TIMES

Marathon runners must maintain the minimum required pace of 15:00 minutes per mile, or four miles per hour. The clock for the cut-off pace will begin when the last runner crosses the start line, rather than at 6:30 when the race begins. Runners who fall behind the minimum required pace must either consent to be picked up by a SAG vehicle, or continue the race by moving to the sidewalk or shoulder and continuing as a pedestrian. Those who elect to continue as pedestrians must adhere to all regular traffic laws and are not guaranteed support at aid stations. They should also memorize the route, as traffic control assets and directional signage will be removed promptly following the cut-off time. They will still be eligible to receive a finisher's medal.

Half marathon runners must maintain the minimum required pace of 30:00 minutes per mile, or two miles per hour.

SPECTATORS

Spectators should always be respectful of private property and not utilize non-public parking at residences or businesses. Those spectating in residential areas should be extremely considerate of noise levels, particularly during the early morning hours.

FINISH FESTIVAL

We are excited to be finishing at beautiful Riverview Park this year. Immediately after crossing the finish line, runners will find themselves in an enclosed Runner Services area. Spectators will not be permitted to enter this area and should plan to meet up with their runners in the festival area north and east of the finish line on the grass. Once runners exit Runner Services they will not be allowed re-entry. They should ensure that they have collected their medal and recovery items before exiting.

Near the exit of the runner services area and just outside this area, runners will be able to collect their free post-race treat and free post-race beer provided by HUSS Brewing Co. by removing the tear tags along the bottom of their bibs and redeeming them at the designated tents.

SCAN QR CODE FOR MOBILE-FRIENDLY DIGITAL VERSION



FINISH FESTIVAL MAP



PHOTOS & RESULTS

Approximately 3-4 days following the race runners will receive an email to notify them that their free race photos are ready. The email will contain a link to view and download the photos.

A results tent will be set up near the exit of the Runner Services area. Runners may visit this tent and present their race bib to receive a free result card. Results will also be

available on the Photos/Results page of the Mesa Marathon website as soon as runners cross the finish line.

Awards ceremonies for overall winners will take place on the main stage in the Finish Festival. The 10K awards ceremony will occur at 7:30 a.m.; the Half Marathon awards ceremony will occur at 8:30 a.m.; the Marathon awards ceremony will occur at 9:30 a.m.

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