

OFFICIAL RACE PROGRAM



PORTLAND
MARATHON

PRESENTED BY



OHSU
Health



OCTOBER 06, 2024

WELCOME!

This year marks the **52nd running of the Portland Marathon**. First established in 1972, the Portland Marathon is rich with history and tradition — and after more than five decades, the Rose City still offers one of the most beautiful, unique, and premier racing experiences in the world. From its waterfront setting and epic bridge crossings to its eclectic culture and iconic city scenery, we hope you enjoy everything the 2024 Portland Marathon presented by OHSU Health has to offer. Please take a moment to read the information in this Official Race Program to ensure that you have the best experience possible.



ON YOUR MARK...

DOWNLOAD THE RACE APP

PRESENTED BY TOYOTA

Want some company while you run? Download the Portland Marathon App presented by Toyota and use our “Tour of Portland” 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. The app will 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.

TIMING

The races will be chip-timed using timing tags adhered to the back of your bib. You will receive two times, gun time and chip time. Gun time will begin as soon as the race starts, while chip time will begin as soon as you cross the start time. Chip time will be used for age division awards and as your official time, so do not worry if you start near the back of the pack. Gun time will be used to determine overall ranking.

LIVE TRACKING

PRESENTED BY TOYOTA

Your timing tag will allow your fan club to follow along with your expected location on a map by visiting the Live Tracking presented by Toyota webpage. Here spectators can also sign up to receive text alerts of your progress during the race. No app is required for spectators to view, nor for runners to participate in, Live Tracking presented by Toyota.

However, while running with the Portland Marathon race app presented by Toyota, spectators will be able to send messages to participants that will be read aloud in your earphones and viewed by you and your fan club. Your phone will also report your location between timing checkpoints.

PARKING & ARRIVAL

Staging will be allowed in the start venue as early as 5:00 AM and all runners are encouraged to arrive no later than 6:30 AM. Those arriving in any manner other than on foot should plan for significant extra travel time upon reaching downtown.

The pre-race staging area is located in Portland’s Waterfront Park at 1000 SW Naito Pkwy. There are roughly two dozen large parking facilities within walking distance of the venue, but runners should be aware that they do require payment. Those who plan to be dropped off at the start venue by another driver should arrange to be dropped off at a location well removed from the start line and proceed to the staging venue on foot. Please do not attempt to be dropped off directly at the staging venue as extreme traffic congestion will result.

TriMet MAX lines will be in operation early on race morning for those who prefer to arrive by train. Visit trimet.org for information on stop locations and departure times.

...GET SET...

PRE-RACE AREA

Abundant portable restrooms will be available in the staging area. Medical staff will be present to service any last-minute medical needs. Spectators will not be allowed to congregate in the staging area.

Much of the staging area is covered in sand-based turf and is therefore subject to puddling during wet weather. In the event of rain on race morning or the day before the race, runners should take appropriate precautions to avoid running in wet footwear. For example, consider arriving at the venue wearing sandals or a different pair of shoes that can be worn during pre-race staging, and then change into your racing shoes once you are ready to remain on paved surfaces. Extra shoes/sandals can be left in your gear check bag.

GEAR CHECK

The gear check area is located immediately south of the Hawthorne Bridge. A large tent will cover the area to ensure that checked bags remain dry in case of inclement weather. Runners will not be allowed to enter the tented area to drop off or retrieve their bags. Volunteers will meet runners at the entrance to the tent and will take their bags into the tent for them. 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 gear check area and volunteers will retrieve the bag with the matching number.

All gear should be checked no later than 6:30 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 Portland Marathon will not be responsible for lost or stolen items.



START CHUTE

Runners will be directed to exit the staging venue and enter the start chutes beginning at 6:40 a.m. Half Marathon runners will line up on Naito Pkwy **NORTH** of Salmon St. Faster pace groups will stage closest to Salmon St and slower pace groups will stage farther south towards Columbia St.

Marathon and 10K runners will line up on Naito Pkwy **SOUTH** of Salmon St. Faster pace groups will stage closest to Salmon St and slower pace groups will stage farther north towards Morrison St.

Please make sure that you enter the correct chute; the chutes remain divided by barricade until after the start line where the marathon and half marathon courses diverge. Runners who enter the wrong chute will end up leaving at the incorrect time. Large markers denoting various paces will line the start chute and runners will be directed to queue in the zone which marks their expected pace.

The marathon and 10K will start at 7:00 AM. The half marathon will start following the marathon and 10K runners clearing the start line, at approximately 7:15 AM. There will not be waves or fixed corrals. The start line is located near the World Trade Center skybridge above Salmon St.

PACING PRESENTED BY TOYOTA

Pacers will be lined up in the start chutes next to the large banners marking each pace zone. 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

AID STATIONS

There are 19 aid stations along the marathon course (marathon runners pass stations B and H twice), and 10 aid stations along the half marathon course. All aid stations will be supplied with Nuun Endurance Lemon Lime electrolyte drinks, water, portable restrooms, and medical personnel. When passing an aid station, runners will always be offered Nuun first and water second. Certain aid stations will also be supplied with GU Energy Gels and fruit. 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, medical personnel will be present at every aid station on the course and will be equipped with medical supplies and kits. When possible, runners experiencing non-emergency medical needs

should continue to an aid station and check in with the medical personnel stationed there. If necessary, a SAG vehicle will be dispatched to retrieve the runner and transport them to the finish venue. 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 provided by OHSU Health will be established at the finish venue with trained medical personnel. Runners with non-critical needs will be able to use a “Self-Service” medical tent in this area which will have basic equipment and supplies.

Although the majority of the race course is entirely closed to all traffic, there are limited sections 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.

PHOTOGRAPHERS

At the Portland 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.

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TRAIN BOXES

To allow for continued flow of public transportation during the race, there are four locations along the course where the race will execute “train boxes.” A train box is a temporary shift in the actual race course that re-routes runners along an alternate and equidistant course for a few blocks before rejoining the regular course. A train box happens any time a train needs access across the race course while runners are also present. Rerouted runners end up running the exact same distance as those who run the regular course. Train box locations are:

 **NW Flanders St & 5th Ave / NW Flanders St & 6th Ave**
(near marathon mile 1.0 and 7.0, not on half marathon course)

 **SW 1st Ave & Harrison St / SW 1st Ave & Lincoln St**
(near marathon mile 8.50, and half marathon mile 2)

 **NW 1st Ave & Davis St**
(near marathon mile 7.4 and 25.7, and half marathon mile 12.5)

 **SE Reedway St & 20th Ave**
(near marathon mile 21.1 and half marathon mile 7.9)

Upon arriving at these locations, runners will be directed by multiple volunteers and large arrow signs whether they should continue straight, turn right, or turn left. Runners must follow the instructions of these volunteers and take the indicated route when applicable. Regardless of any combination of re-routes, all runners will run a USATF-certified course.

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 7:00 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.

Runners who arrive at the railroad crossing on SE Stark St (marathon mile 24.3) after 12:00 noon will be re-routed for the final 1.9 miles of the race. Depending on how soon after 7:00 a.m. the runner starts, this will impact those whose pace is roughly 12:00 minutes per mile and slower. These re-routed runners will finish the race in the exact same location as those running the regular route. To see more details on the re-route, visit the Race Info page on the Portland Marathon website.

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

CHEER!

SPECTATORS

Spectators should plan to park in the Downtown area surrounding the start/finish venue at 1000 SW Naito Pkwy. It is very unlikely that parking will be available in the facilities nearest the start/finish venue by the time spectators begin to arrive and they should therefore plan to park at facilities that are slightly more removed from the venue. Spectators should expect to pay for parking and should anticipate delayed travel throughout the downtown area upon arrival and departure.

Travel within the Downtown area will be extremely limited between the hours of 7:00 and 8:00 a.m. and spectators are therefore encouraged to arrive before or after this time. 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.

MARATHON SPECTATORS

Marathon spectators wishing to support their runners from start to finish without doing any driving could follow this suggested strategy:

- Start on SW 4th Ave between SW Alder St and SW Oak St *(mile 0.5)*
- Head west three blocks to SW Broadway *(mile 1.4)*
- **For those willing to walk quickly** Head north to NW Hoyt St between NW 9th Ave and NW Broadway *(mile 5)*
- Go east to Naito Pkwy anywhere between the Burnside Bridge and Hawthorne Bridge *(mile 8)*
- Use the pedestrian sidewalk of the Hawthorne Bridge to cross the river to SE Water Ave *(mile 24)*
- Return across the Hawthorne Bridge for the finish at SW Salmon St and Naito Pkwy

HALF MARATHON SPECTATORS

Half marathon spectators wishing to support their runners from start to finish without doing any driving could follow this suggested strategy:

- Start on SW 4th Ave between SW Market St and SW Lincoln St *(mile 0.5)*
- Use the pedestrian sidewalk of the Hawthorne Bridge to cross the river to SE Water Ave *(mile 11)*
- Return across the Hawthorne Bridge for the finish at SW Salmon St and Naito Pkwy

YOU DID IT!

FINISH FESTIVAL

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 near the exit of Runner Services on the northeast side of the Portland Rose Festival Foundation building. Once runners exit Runner Services they will not be allowed reentry. They should ensure that they have collected their medal, rose, sapling, and recovery food/drinks before exiting.

On the lawn to the east of the Portland Rose Festival Foundation building runners will be able to collect their free post-race food by removing the tear tags along the bottom of their bibs and redeeming them at the tents.

Runners of legal age will be treated to a free post-race beer, located on the lawn immediately north of the Hawthorne Bridge. Runners may either be carded and given a stamp at the Info Booth during the Expo, or bring proper photo ID to the Beer Garden entrance.

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 Runner Services. Runners may visit this tent and present their race bib to receive a free result card. Results will be available on the Photos/Results page of the Portland Marathon website as soon as runners cross the finish line.

Awards Ceremonies for overall winners will take place at the finish line. The Half Marathon awards ceremony will occur at 9:00 a.m. and the Marathon awards ceremony will occur at 10:30 a.m.



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