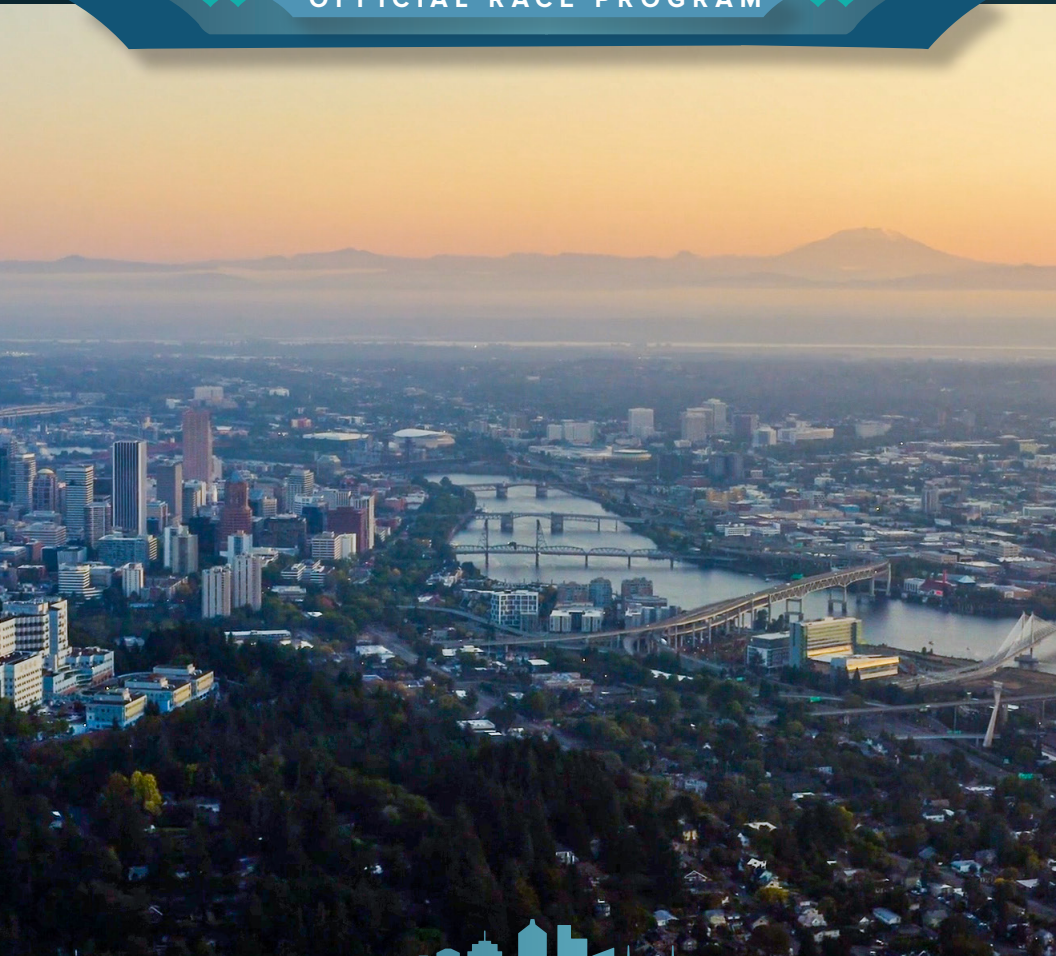




◆ ◆ OFFICIAL RACE PROGRAM ◆ ◆



OCTOBER 05, 2025



WELCOME!

This year marks the 53rd 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 2025 Portland Marathon 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

Want some company while you run? Download the Portland Marathon App and use the “Tour of Portland” feature to hear about aid stations, turns, landmarks, and course tips as you pass them—while still listening to your own music. The app also gives splits and pace updates at each mile.

TIMING

All races are chip-timed with tags on the back of your bib. You’ll receive two times: gun time, which starts when the race begins, and chip time, which starts when you cross the starting line. Chip time is your official time and used for age-division awards; gun time determines overall ranking.

LIVE TRACKING

Spectators can follow your progress on the Live Tracking webpage and sign up for text alerts. No app is needed. With the Portland Marathon race app, however, spectators can also send messages that play in your earphones and display for you and your fan club, and your phone will share location between checkpoints.

HEALTH AND WELLNESS EXPO

Saturday, Oct. 4, 2025

9:00 AM–5:00 PM

Oregon Convention Center

777 NE MLK Jr Blvd, Portland, OR

A photo ID is required to pick up your race packet. We will allow individuals to pick up someone else’s bag, but will require a digital or hardcopy of the person’s ID and a written note authorizing them to do so.

If you will be arriving in town after the expo is closed or are otherwise unable to attend the expo, you may elect to have your packet shipped to you for an additional fee. This option may be selected during registration or can be added later after completing the registration process.

There is NO packet pick up on the morning of the event.

Expo Schedule:

12:30 PM & 3:30 PM

Course presentations and Q&A with RunPortland Coaching Program coach Paul Carmona.

1:00 PM

Women’s Safety panel presented by Running Mate, moderated by Another Mother Runner’s Host Sarah Bowen Shea. Join us for a powerful conversation on runner safety featuring leaders who are reshaping the way we think about protection, community, and empowerment on the run. Dena Lewis, founder of Running Mate, will sit alongside Ashley Raymond of Safely, Kirstie Russel of Paratus, and Gloria Marcott of DefendHER to discuss the challenges runners face, the tools and strategies available to stay safe, and how the running community can come together to create a culture of prevention and support. From technology and training to mindset and community initiatives, this panel will highlight practical ways runners can feel more confident and protected on the roads and trails.

PARKING & ARRIVAL

IMPORTANT: All runners arriving by car, public transit, or drop-off must plan for significant additional travel time once entering downtown.

The race start area is on SW Salmon Street between SW Main and SW Taylor. Many hotels are within walking distance, and runners staying nearby are strongly encouraged to walk and leave vehicles at the hotel.

Drivers should allow at least 45 minutes to park and walk to the start after reaching downtown. Please reference the official Portland Marathon Parking Map for nearby facilities—all require payment.

Parking lots closest to the start/finish will fill quickly and have the longest exit delays. To avoid congestion, late-arriving runners should park farther from the venue.

Drop-offs must occur away from the start line, with participants walking in from that point. Direct drop-offs at or near the start line are strictly prohibited due to traffic congestion.

GEAR CHECK Presented by  **ROC**
Regenerative Orthopedic Center

Gear Check will operate within the finish festival area at Waterfront Park from 5:00 AM to 6:30 AM. No gear bags will be accepted after 6:30 AM due to the closure of Naito Pkwy. Runners who have



not checked their gear by this time may use the Last Chance Gear Check located in the start area. Please be advised that gear bags turned in at the start area may experience delays in transport and sorting at the finish festival.

The gear check area is located immediately south of the Hawthorne Bridge. 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 bags should be checked no later than 6:30 AM. 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 starting 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 may enter the start area beginning at 5:00 AM and should arrive no later than 6:30 AM. Start chutes open at 5:30 AM, and all runners must be in the chute by 6:45 AM to ensure an on-time start. A start venue map is provided below.

Half Marathon: Assemble on SW Salmon St between SW 4th Ave and SW 2nd Ave. Self-organize by pace, with faster runners near SW 4th.

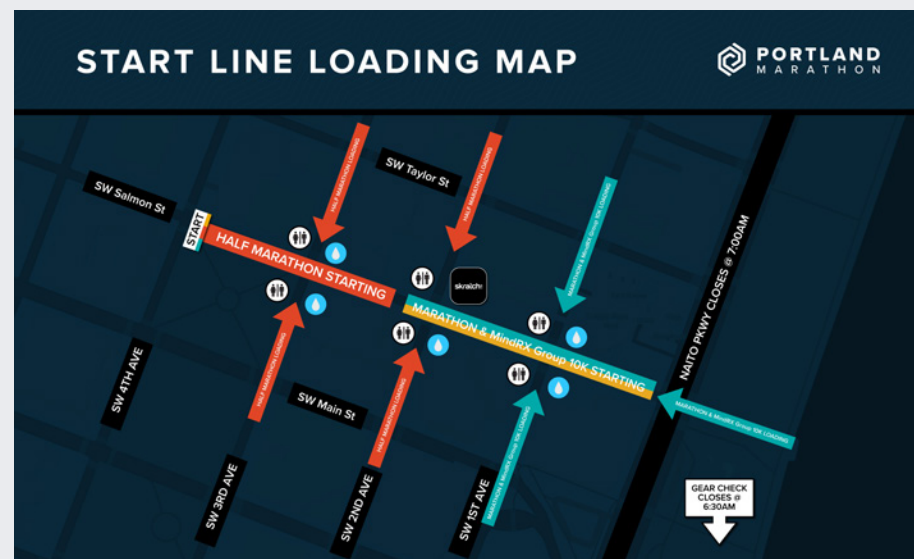
Start time: 7:00 AM.

Marathon & MindRX Group 10K: Assemble on SW Salmon St between SW 2nd Ave and Naito Pkwy. Self-organize by pace, with faster runners near SW 2nd.

Start time: 7:15 AM.

IMPORTANT: Naito Pkwy must be cleared of all runners and spectators by 6:45AM. Once the Half Marathon begins, no one may cross Naito Pkwy until a safe break between runners, as the course loops back onto Naito Pkwy at Mile 1.

The start area is within blocks of the finish venue at Waterfront Park, along SW Salmon St. between SW Main St. and SW Taylor St. Portable toilets will be available at the finish venue; however, we highly recommend using the units located on SW 1st, SW 2nd, and SW 3rd Avenues to help avoid delays at the start. Skratch Labs Lemon Lime electrolyte drink will be available near SW 2nd Ave. & Salmon St.



...GET
SET...

Feather flags marking pace and finish times will be placed throughout the start chute—runners should line up accordingly. Pacers will stand beside the flags holding elevated signs to mark each zone. Pace groups are outlined in the following graphs.

MARATHON

2:55	6:40/mile pace
3:00	6:52/mile pace
3:05	7:03/mile pace
3:15	7:26/mile pace
3:20	7:37/mile pace
3:25	7:49/mile pace
3:30	8:00/mile pace
3:35	8:12/mile pace
3:45	8:35/mile pace
3:50	8:46/mile pace
4:05	9:20/mile pace
4:20	9:55/mile pace
4:50	11:03/mile pace
5:05	11:38/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	9:09/mile pace
2:10	9:55/mile pace
2:20	10:41/mile pace

There are 16 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 Lemon - Lime Skratch Labs Hydration, water, portable restrooms, and medical personnel. When passing an aid station, runners will always be offered Skratch Labs 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.

Ambulances will be stationed along the course for emergencies, and medical personnel will be present at every aid station with supplies and kits. Runners with non-emergency needs should report to an aid station when possible. If needed, a SAG vehicle can transport a runner to the finish. If unable to reach an aid station, check in with the nearest volunteer or police officer.

A large medical area at the finish will have trained personnel and a “Self-Service” tent with basic supplies for non-critical needs.

While most of the course is closed to traffic, some sections require runners to stay within designated lanes marked by cones. Always follow directions from volunteers and law enforcement.

Map of the 2019 MindRX Group 10K Race Route in Portland, Oregon

Legend:

- ⬡ Aid Stations
- Marathon Route
- - - Half Marathon Route
- - - MindRX Group 10K Route

Key Locations and Landmarks:

- PEARL DISTRICT:** NW Overton St., Broadway Bridge, MODA CENTER, NW 23rd Ave., W Burnside St.
- DOWNTOWN PORTLAND:** START FINISH
- SOUTH PORTLAND:** SW Macadam Ave.
- SELLWOOD:** Sellwood Bridge, SE Bybee Blvd.
- REED COLLEGE:** Reed College
- HOSFORD - ABERNETHY:** Hosford - Abernethy

Aid Stations (A through S):

Interstates: 405, 5, 84

Other Streets: NW 23rd Ave., W Burnside St., SW Macadam Ave., SE Bybee Blvd., SW Milwaukie Ave.

Other Landmarks: Burnside Bridge, Broadway Bridge, Sellwood Bridge.

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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.

TRAIN BOXES

To keep public transit moving, the course includes four “train boxes.” These are short, equidistant detours that re-route runners for a few blocks when a train needs access. Distances remain the same, and the course is still USATF-certified.

Train box locations:

- **NW Flanders & 5th / NW Flanders & 6th** (marathon miles 1.0 & 7.0; not on half)
- **SW 1st & Harrison / SW 1st & Lincoln** (marathon mile 8.5; half mile 2)
- **NW 1st & Davis** (marathon miles 7.4 & 25.7; half mile 12.5)
- **SE Reedway & 20th** (marathon mile 21.1; half mile 7.9)

At each location, volunteers and large arrow signs will direct runners—please follow their instructions.

PACE REQUIREMENTS & COURSE CUT-OFF TIMES

Marathon	15:00/mile, 6h33m
Half Marathon	30:00/mile, 6h33m
MindRX 10K	15:00/mile, 1h33m

Runners must stay on pace at each mile marker to remain within the course time limit.

Those unable to maintain pace must either board a SAG vehicle to the finish, or continue as pedestrians on the sidewalk/shoulder (without traffic control, aid, or signage). Pedestrians must obey traffic laws but remain eligible for a finisher’s medal.

Marathon Note: At Mile 24.3 (SE Stark St), runners arriving after 12:00 PM will be rerouted for the final 1.9 miles. Finish location is unchanged. Full details are on the Race Info page.



SPECTATORS

Spectators should park in downtown near the start/finish at 1000 SW Naito Pkwy but should not expect spots in the closest lots. Plan to park farther out, pay for parking, and allow extra time for delays entering and leaving downtown.

Travel will be very limited between 7:00–8:00 AM, so arrive before or after this window. Please respect private property, avoid non-public lots, and keep noise low in residential areas, especially early in the morning.

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 1st 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

MINDRX 10K SPECTATORS

MindRX 10K 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)
- Head northeast to NW 4th Ave and NW Davis (mile 5.4)
- Return to the start/finish area at SW Salmon 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.

Join us at the Nike Finish Line Block Party. There will be a live DJ performance, giveaways, medal engraving, customization, and a Hyperice recovery lounge.

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

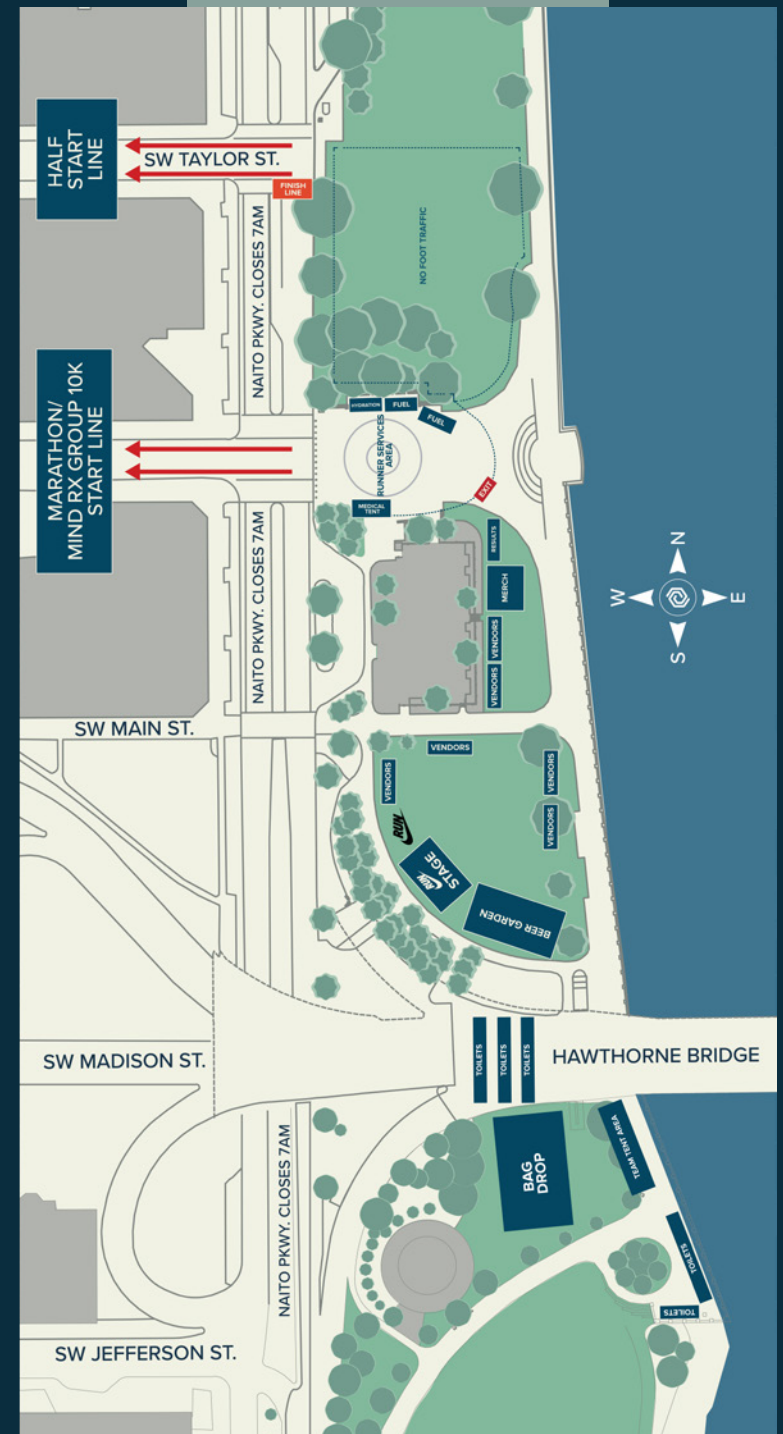
Approximately 3-4 days following the race runners will receive an email to notify them that their free race photos are ready. The email will contain a link to view and download the photos.

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 10:30AM.



START/FINISH VENUE MAP



PORTLANDMARATHON.COM

