



RUN CRANDIC powered by University of Iowa Community Credit Union
Participant Information | Sunday, April 29, 2018

ABOUT

RUN CRANDIC powered by the University of Iowa Community Credit Union is a unique athletic and social event that brings the Corridor together. The route follows the CRANDIC rail line along Highway 965 through Swisher, North Liberty and into Coralville. The half marathon picks up in North Liberty and the 5K in Coralville. All three routes will end at historic Kinnick Stadium located in Iowa City. RUN CRANDIC is made possible through a partnership with Corridor Running Club, Iowa City/Coralville Area Convention & Visitors Bureau, and the Cedar Rapids Metro Economic. ALL proceeds from RUN CRANDIC will benefit the Cedar Rapids and Iowa City Community School Districts.

PACKET PICKUP INFORMATION

FRIDAY, APRIL 27: 12pm-9pm at Robert A. Lee Recreation Center, 220 S Gilbert St, Iowa City, IA 52240. All routes available for pickup.

SATURDAY, APRIL 28: 12pm-7pm at NewBo City Market, 1100 3rd St SE, Cedar Rapids, IA 52401. All routes available for pickup.

SUNDAY, APRIL 29:

Marathon: There will be no race day packet pickup for marathon.

Half Marathon packet pickup: 6:30am-7:30am at University of Iowa Community Credit Union Financial Center, 2355 Landon Rd, North Liberty, IA 52317. Because day-of packet pickup can be busy, we highly encourage you to pick up your packets on Friday or Saturday. If this is not possible and you plan to use the shuttle from Kinnick Stadium, please plan to arrive early for the shuttle at 6:30am. **Note: We are not able to accommodate late starts at the race.**

5K packet pickup: 7:30am-9:00am at Northwest Junior High School, 1507 8th St, Coralville, IA 52241. Because day-of packet pickup can be busy, we highly encourage you to pick up your packets on Friday or Saturday. **Note: We are not able to accommodate late starts at the race.**

PRE-RACE PARTY AND EXPO

The Pre-Race Party and Expo presented by Boston Beer and Fleck Sales will be held at NewBo City Market in Cedar Rapids on Saturday, April 28th. This celebration of the inaugural RUN CRANDIC is free and open to the public. Runners, their families, and the community are encouraged to come and enjoy an afternoon and evening of festivities.

SCHEDULE OF EVENTS

12-7pm: Packet Pickup inside NewBo City Market

12-7pm: RUN CRANDIC Expo

3:00pm: Getaway City Band on NewBo City Market stage

5:30pm: DJ Jason Wells on NewBo City Market stage

7:30pm: Evan Stock Band on NewBo City Market stage

POST-RACE PARTY

The Post-Race Party presented by Corridor Business Journal will be held at Big Grove Brewery and Taproom in Iowa City from 10am to 6pm. Once you've received your medal and taken your photo at Historic Kinnick Stadium, we invite runners and their families to join us at the post-race party to enjoy your complimentary beverage and meal provided by Big Grove Brewery. Valid identification will be required to redeem your beverage ticket for any/all alcohol. RUN CRANDIC runners look younger than everyone else.

SCHEDULE OF EVENTS

12pm-5pm: Complimentary shuttles from Kinnick Stadium to Big Grove Brewery

1pm: Dave Zollo and the Body Electric on Big Grove Brewery and Taproom Lawn

2pm: RUN CRANDIC Awards Ceremony

DAY OF PARKING INFORMATION

RUN CRANDIC MARATHON

Marathon runners who have secured a shuttle pass to NewBo City Market will park in University of Iowa lots 46 and 75 (see map below in YELLOW). Parking will be permitted until 7pm on Sunday, April 29. Those parking in Cedar Rapids may park on the street or in Lot 44, which will be free for the weekend in Cedar Rapids. **Reminder: there is NO return shuttle to Cedar Rapids post-race.** For those wishing to stage a vehicle at the finish, you may do so (in your assigned lot) beginning on Saturday at 10AM.

RUN CRANDIC HALF-MARATHON

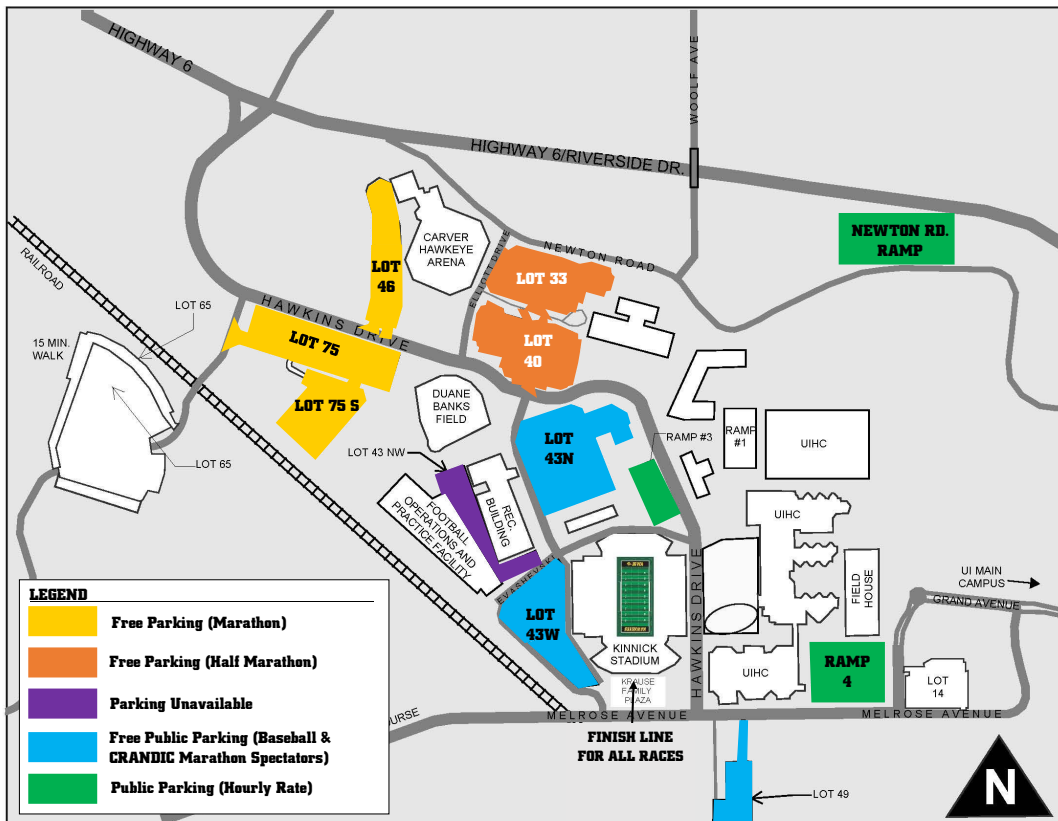
Half-marathon runners who have secured a shuttle pass to the University of Iowa Community Credit Union in North Liberty will park in lots 33 and 40 (see map in ORANGE) near the University of Iowa Dental School. Parking in these lots will be permitted until 7pm on Sunday, April 29. There is very limited parking available at University of Iowa Community Credit Union and North Bend Elementary School in North Liberty, Iowa. **Reminder: there is NO return shuttle to North Liberty post-race.** For those wishing to stage a vehicle at the finish, you may do so (in your assigned lot) beginning on Saturday at 10AM.

5K RIVER RUN CRANDIC

5K runners will park at Northwest Junior High, Coralville Recreation Center and surrounding neighborhoods. There will not be a shuttle for 5K runners from Kinnick Stadium or a return shuttle to the start line. Please make arrangements accordingly.

RUN CRANDIC SPECTATOR PARKING

Finish line spectators are able to park in lots 43N, 43W, and 49 (see map below in BLUE) next to Kinnick Stadium. Please note that there is a University of Iowa Baseball game on Sunday, April 29 and parking is first come, first serve. Parking is also available in the public parking ramps near the hospital for an hourly rate. Please refer to the **Spectator Guide** for parking and viewing information along the route.



SHUTTLE INFORMATION

Anyone planning to use the RUN CRANDIC shuttle to the marathon or half marathon will need to have a shuttle pass. This will be emailed to those who registered for the shuttle on Friday, April 27. The passes will also be available at packet pickup on Friday and Saturday.

MARATHON

The RUN CRANDIC marathon shuttles will pick runners up in Lot 75 (at the Cambus Stop) from 4:45am-5:15am. **The last bus will leave promptly at 5:15am. Reminder: There will NOT be a shuttle back to Cedar Rapids post-race.**

HALF MARATHON

The RUN CRANDIC half marathon shuttle will pick up at the Dental School Drop off point for the Cambus (circle drive outside of Dental School). The shuttles will run from 6:30am-7:30am. **The last shuttle bus will leave at promptly at 7:30am.** Because packet pickup morning of can be busy, we highly recommend getting on a shuttle as early as you can if you plan to pick your packet up at UICCU. **Reminder: There will NOT be a return shuttle to UICCU post-race.**

POST EVENT SHUTTLE TO BIG GROVE BREWERY

The City of Iowa City has arranged for a shuttle to run from 12pm to 5pm from the City Bus stop on Hawkins Drive near Krause Family Plaza outside of Kinnick Stadium to Big Grove Brewery in Iowa City. The shuttle will be free, thanks to the City of Iowa City!

GEAR CHECK

Gear check will be available for the full and half-marathon only. **Please use the clear bag you receive at packet pickup as your gear check bag. Volunteers at gear check will have labels to apply your bib number to the bag.** RUN CRANDIC is not responsible for lost or stolen items.

Marathon gear check will open at 5:00am, half marathon gear check will open at 7:15am.

START TIMES & PROCESS

RUN CRANDIC marathon will begin precisely at 6:30AM. While we will meet, convene and check-in at NewBo the actual start line for the run will be located at the intersection of 16th Ave SW and 1st Street SE. Runners will line up to the west of this intersection along 16th Ave. **NOTE: As with any run/race, we encourage you to line up near the pacer that is most aligned with your ability. Even if you are not planning to run with a pacer this will help spread runners out at the start by ability.**

RUN CRANDIC half-marathon runners will begin starting at 8:15AM in a phased start. The official start line for this run will be located on the most northwest corner of Landon Rd near where the GEICO Building is being constructed. The fastest pacer group for the half will be a 1:40 finish so they will begin precisely at 8:15AM. After they start each following pace groups will begin 1-minute following the preceding group. E.g., 1:50 pace group at 8:16AM, 2:00 pace group at 8:17 and so on until the last group departs at 8:23AM. **NOTE: As with the full marathon runners, please line up with the pace group that most matches your ability to run 13.1 miles and be prepared to come to the start line when your pace group is called.**

RIVER RUN CRANDIC 5K runners will begin precisely at 9:30AM. The official start line for the 5K will be located on 8th street near Northwest Junior High. Coralville Police will close and escort all runners from the start line to the trailhead just east of the 1876 Schoolhouse.

COURSE INFORMATION

RUN CRANDIC is not a closed course. While we have arranged for several sections of each course to be closed for traffic during the event, runners should expect for the course to be open for traffic from Cedar Rapids to Iowa City. Runners are expected to obey all traffic laws and any commands from public safety and race officials along the course and may be asked to stop at some points. The course will be marked with arrows, mile markers, and aid stations. RUN CRANDIC's course will be open for 7 hours on race day and there will be a SAG vehicle at the time of course closure. **Please note that each aid station WILL close based on this 7-hour pace.**

HIGHWAY 965

RUN CRANDIC marathon runners will run in the closed northbound lane of Highway 965 from 76th Avenue to just north of Wright Brothers Blvd. From there the Cedar Rapids and Eastern Iowa Airport police will transition runners to the southbound lane shortly after Wright Brothers Blvd. At this point, runners will remain in the closed southbound lane of Highway 965 until Scales Bend Road in North Liberty. At that time, runners will be directed to the trail and sidewalks until the finish line at Kinnick Stadium. The speed limit of Highway 965 will be reduced to 35 mph in Johnson County for any northbound traffic.

The half-marathon and marathon courses join together at the aid station at University Iowa Community Credit Union on Penn Street (17.5/4.5 miles) in North Liberty. Both routes will follow the trail/sidewalk from there to the finish line at Kinnick Stadium. 5K runners will join the course at 7th Street and 12th Avenue in Coralville. Half-marathon and marathon runners – please note that we have coned this 5K entrance point. Full and half runners should stay left of the cones; 5K runners should stay to the right.

You can find a detailed map of all three courses here: <https://gis.johnson-county.com/runcrandic/>

AID STATIONS

#	Mile # Full/Half	Amenities	Location	Open
1	2.2	Orange Gatorade, water, restroom	Bowling Green & 41st Street, sponsored by Health Solutions	6:30-7:00am
2	4.5	Orange Gatorade, water, Restroom	Kirkwood Blvd & 76th Street, sponsored by Cedar Rapids Area Association of Realtors	6:30-7:30am
3	6.5	Orange Gatorade, water, GU gel, restroom	965 & Wright Brothers, sponsored by Eastern Iowa Airport	6:45-8:30am
4	8.3	Orange Gatorade, water	965 & Tharp, sponsored by Corridor Running	7:00-9:00am
5	10	Orange Gatorade, water, fruit, Vaseline, restroom	965 & RTL Equipment, sponsored by Lepic Kroeger Realtors	7:15-9:30am
6	12	Orange Gatorade, water, GU gel	965 & Amana Rd., sponsored by Cedar Ridge Winery & Distillery	7:30-10:00am
7	14	Orange Gatorade, water, restroom	965 & just north of Marina entrance, sponsored by JM Swank	7:45-10:30am
8	16	Orange Gatorade, water	965 & 230th Street NE, sponsored by Logan Construction	8:00-11:00am
9	17.5/4.5	Orange Gatorade, water, GU gel, Vaseline, restroom	UICCU - Ranshaw Way & Penn St, sponsored by UICCU **HALF MARATHON JOINS ROUTE HERE**	8:00-11:30am
10	18.9/6	Orange Gatorade, water, GU gel, fruit	North Ridge Trail & Golfview Drive, sponsored by Performance Health & Fitness	8:15-12:00pm
11	20.2/7	Orange Gatorade, water, GU gel	MediRevv Parking Lot & North Ridge Trail, sponsored by MediRevv	8:15am-12:15pm
12	21/8	Orange Gatorade, water	12th Avenue & Oakdale, sponsored by Stuff Etc.	8:15am-12:30pm
13	22/9	Orange Gatorade, water, GU gel, restroom	12th Ave & Liberty Ln, sponsored by Town Square Family Foot Care	8:30am - 12:45pm
14	23/10	Orange Gatorade, water, fruit	902 12th Ave, sponsored by Biotest Plasma	8:40am - 1:00pm
15	24.3/11.3	Orange Gatorade, water	Mid-Clear Creek Trail, sponsored by Fin & Feather	8:45am-1:15pm
16	25.3/12.3	Orange Gatorade, water	Riley Law Firm, sponsored by UICCU	8:45am-1:30pm
18	26.2/13.1	Orange Gatorade, water, orange slices, Chocolate Milk, pickle juice	Nile Kinnick Statue/Finish Line	8:45am-2:30pm

ADDITIONAL HALF MARATHON ONLY AID STATION

#	Mile #	Amenities	Location	Open
1	2	water, Restroom	North Bend Elementary School, sponsored by Corridor Dental	8:00-9:00am

RACE PHOTOS

There will be course photographers to capture runners along the course. Post-race, you can find these photos www.runcrandic.com/photos. These are free to download and use personally, thanks to our presenting sponsor University of Iowa Community Credit Union.

POST-RACE AT KINNICK STADIUM

RECOVERY TENT PRESENTED BY ATHLETICO PHYSICAL THERAPY

Athletico Physical Therapy will be onsite at Kinnick Stadium to provide post-race stretching, massage, and recovery.

MEDALS

Once you have crossed the finish line, please pick up your medal at the medal pick-up booth. Volunteers will validate your finish time and place your medal on your neck. **REMINDER: Those who registered after March 15, 2018 (or changed race distance),** please check in at the medal booth so we can validate your finish. Depending on medal availability, as communicated, you may be required to wait for your medal to arrive in the mail 4-6 weeks after the race.

NOTE: We will have extra medals on hand for photos at the finish line.

KINNICK STADIUM ACCESS

Runners and their family and friends may access the south end-zone of Kinnick Stadium for photos and to wave at the University of Iowa Stead Family Children's Hospital. Please enter sections 115/116 for field access.

All runners and families are encouraged to head directly to Big Grove Brewery in Iowa City for the Corridor Business Journal post-race party. Big Grove will open at 10am and you can redeem your beverage and meal tickets at this time. Live music will begin at 1:00pm, award ceremony will begin at 2:00pm.

REMINDER: The City Bus shuttle will operate from 12pm-5pm at the City Bus stop on Hawkins Drive (near Krause Family Plaza).

SEVERE WEATHER

RUN CRANDIC organizers have worked for months alongside Corridor emergency management and public safety officials to plan for the safest possible race. In the event of severe weather, please follow the on course instructions by race and public safety officials. In the event of severe weather the day of the race, organizers will only cancel the event at the direction of these emergency management & public safety officials. It is not possible for the race start to be delayed.

MEDICAL EMERGENCY & "SAG WAGON"

RUN CRANDIC organizers have partnered with numerous Corridor fire and medical personnel to be available throughout the duration of the event. Should you need medical assistance, please alert any aid station captain or volunteer. If you are between aid stations and need assistance please dial 911 for emergency or call 319-899-1686 for Michael Rooney who will be handling any/all "sag wagon" needs or other requests.