



RUN CRANDIC powered by University of Iowa Community Credit Union  
Participant Information | Sunday, April 28, 2019

## ABOUT

RUN CRANDIC powered by the University of Iowa Community Credit Union is a unique athletic and social event that brings the Corridor together. In 2018, the marathon route started in Cedar Rapids and ended in Iowa City. In 2019, we are flipping the script and starting in Iowa City and ending in historic Czech Village in Cedar Rapids. The Marathon and Half Marathon take place Sunday, April 28 and the 5Kish & 10Kish Fun Runs are held in conjunction with our expo on Saturday, April 27 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 Alliance. ALL proceeds from RUN CRANDIC will benefit the Cedar Rapids and Iowa City Community School Districts.

## PACKET PICKUP INFORMATION

FRIDAY, APRIL 26: 12pm-9pm at Newbo City Market, 1100 3<sup>rd</sup> St. SE, Cedar Rapids, IA 52401.  
All routes available for pickup.

SATURDAY, APRIL 27: 10 am-8pm at Big Grove Brewery & Taproom, 1225 S. Gilbert St, Iowa City, IA 52240.  
All routes available for pickup.

SUNDAY, APRIL 28:

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

**Half Marathon packet pickup: 6:30am-7:30am** on 2nd Street SE in Cedar Rapids near the Bridge of Lions. Because day-of packet pickup can be busy, we highly encourage you to pick up your packets on Friday or Saturday. **There is no shuttle for the Half Marathon race.**

**Packet pickup for the 5Kish and 10Kish will be available on Friday at NewBo Market in Cedar Rapids and on Saturday at Big Grove Brewery in Iowa City.**

## PRE-RACE PARTY AND EXPO

The Pre-Race Party and Expo presented by Corridor Business Journal will be held at Big Grove Brewery & Taproom in Iowa City on Saturday, April 27<sup>th</sup>. This celebration of the second annual 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

10am-8pm: Packet Pickup at Big Grove Brewery & Taproom Iowa City

10am-6pm: RUN CRANDIC Expo

11am-4pm: 5Kish & 10Kish Fun Runs Rolling Start near Big Grove Brewery & Taproom Iowa City

## POST-RACE PARTY

The Post-Race Party presented by the City of Cedar Rapids will be held at The National Czech & Slovak Museum & Library in Cedar Rapids from 10am to 4pm. Once you've received your medal, we invite runners and their families to join us at the Post-Race Party. You may use your beverage ticket at the beverage tent to receive a complimentary beverage, Bloody Mary's excluded. The meal ticket may be taken to the Hy-Vee Grill to receive a complimentary sandwich. Enjoy

beverages from Post-Race Party supporting sponsors 7G Distributing and Cedar Ridge Winery. Be sure to check out the beverage tent hosted by Post-Party Partner The National Czech & Slovak Museum Library and try the special Cedar Ridge Bagger Bloody Mary's. 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

- 10am: Post-Race Party Begins
- 10:30am: RUN CRANDIC Awards Ceremony
- 12pm-2pm: Getaway City Band
- 2pm-4pm: DJ Commando
- 4pm: Post-Race Party Ends

#### DAY OF PARKING INFORMATION

##### RUN CRANDIC MARATHON, HALF MARATHON AND GUESTS

Parking for Marathoners, Half Marathoners, and guests will be available in Cedar Rapids Lot 44 at 861 2<sup>nd</sup> Street SE. For those driving to the Marathon start, there will be limited parking available at the Hancher Commuter Lot (Lot 55 – 1 Park Road, Iowa City) until 5pm on Sunday, April 28. **Reminder: there is no shuttle back to Iowa City post-race.**

##### RUN CRANDIC 5Kish AND 10Kish FUN RUNS

5Kish and 10Kish runners will park at Big Grove Brewery & Taproom Iowa City and surrounding areas. There will not be a shuttle for 5Kish/10Kish runners. Please make arrangements accordingly.

##### RUN CRANDIC SPECTATOR PARKING

Marathon starting line spectators are able to park in the Hancher Lot (Lot 55 - 1 Park Road, Iowa City). Finish line and Half-Marathon starting line spectators are able to park in Lot 44, 861 2nd Street SE, Cedar Rapids. 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 start will need to pre-register for the shuttle service and show your marathon bib.

## MARATHON

The RUN CRANDIC marathon shuttles will pick runners up on the corner of 2<sup>nd</sup> St and 12<sup>th</sup> Ave. SE in Cedar Rapids from 4:45am-5:15am. **The last bus will leave promptly at 5:15am. Reminder: There will NOT be a shuttle back to Iowa City post-race.**

## HALF MARATHON, 10Kish AND 5Kish

There will NOT be a shuttle for the half marathon, 10Kish and 5Kish races.

## GEAR CHECK

Gear check will be available for the full and half-marathon runners 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 7:00am.**

## START TIMES & PROCESS

RUN CRANDIC marathon will begin precisely at 6:30 AM. While we will meet, convene and check-in at Lower City Park. The actual start line for the run will be located at the bridge near Lower City Park in Iowa City. **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 precisely at 8:00 AM. The official start line for this run will be located 16th Avenue SW & Inspiration Pl SW in Czech Village in Cedar Rapids. **NOTE: As with the full marathon runners, please line up with the pace group that most matches your ability to run 13.1 miles.**

RUN CRANDIC 5Kish and 10Kish fun runs course will open at 11:00 AM and close at 4:00 PM. Runners must start by 3:00 PM. The official start line for the 5Kish & 10Kish will be in Riverfront Crossings Park, near Big Grove Brewery & Taproom in Iowa City.

## 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 Iowa City to Cedar Rapids. 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 & CLUB RD

RUN CRANDIC marathon runners will leave North Liberty and run in the closed northbound lane of Highway 965. They will turn right on to 120th Street and run on the north side (westbound lane) of Hwy 965 to Club Rd. They will turn left at Club Rd to Wright Brothers Blvd and then head up Kirkwood Blvd into Cedar Rapids. The half marathon runners will join the full participants at Club Rd. The half-marathon and marathon courses join together at the aid station located at Club Rd. & Wright Bros. Blvd. (SW Corner) (20.4/6.4 miles) in Cedar Rapids. Both routes will follow the road to the finish line in Czech Village.

You can find a detailed map of all three courses here: <http://runcrandic.com/event-info/routes>

## AID STATIONS

#	Mile # Full/Half	Amenities	Location	Open
1	2.25	Water	Dubuque Street & Private Driveway, sponsored by Watts Group	6:30-7:15am
2	4	Orange Gatorade, water	Dubuque Street & Across from S. View Dr., sponsored by Innovative Software Engineering	6:30-7:45am
3	5.25	Orange Gatorade, GU gel, orange slices, restrooms, water	Dubuque Street & Liberty High School, sponsored by JM Swank	7:00-8:15am
4	8	Orange Gatorade, water	965 & W. Penn St. at UICCU, sponsored by UICCU	7:15-9:30am
5	10	Orange Gatorade, water	965 & Private residence just north of Swan Lake Road	7:30-10:00am
6	12.25	Orange Gatorade, GU gel, orange slices, restrooms, water	965 & Dan's Overhead Doors, sponsored by Heyn's Ice Cream & Paul Park Coldwell Banker Real Estate	7:30-10:30am
7	14	Orange Gatorade, GU gel, water	965 & Royal Oaks Dr., sponsored by Cedar Ridge Winery & Distillery	7:45-11:00am
8	16	Orange Gatorade, water	965 & 120th Street NE, sponsored by Ironsides Apparel	8:00-11:30am
9	17.25	Orange Gatorade, GU gel, orange slices, restrooms, water	120 <sup>th</sup> Street NE & Steeple Lane, sponsored by Shueyville United Methodist Church	8:15-12:00pm
10	20.4/6.4	Orange Gatorade, GU gel, restrooms, water	Club Rd. & Wright Bros. Blvd. (SW Corner), sponsored by Fly CID <b>**HALF MARATHON JOINS ROUTE HERE**</b>	8:15-12:30pm
11	21.9/8.9	Orange Gatorade, GU gel, orange slices, water	Kirkwood Blvd. & 76 <sup>th</sup> Ave. Dr., sponsored by Corridor Running	8:40am- 1:00pm
12	23/9.9	Orange Gatorade, GU gel, water	Kirkwood Blvd. & between Devonwood Ave. & Kirkwood Ct., sponsored by Cedar Rapids Area Association of Realtors	8:45am-1:15pm
13	24.1/10. 9	Orange Gatorade, restroom, water	Bowling Street & 50 <sup>th</sup> Ave., sponsored by Point Builders	8:45am - 1:30pm
14	25.25/11 .9	Orange Gatorade, orange slices, water	Bowling Street & Hope Lutheran Church, sponsored by UICCU	8:45am - 2:30pm
15	26.2/13. 1		FINISH LINE	
<b>ADDITIONAL HALF MARATHON ONLY AID STATION</b>				
#	Mile #	Amenities	Location	Open
1	2	Water	Tait Cummins Park & Trail Entrance	8:20-9:00am
2	4	Orange Gatorade, restrooms, water	C Street & Ely Rd. (Casey's), sponsored by Lepic-Kroeger Realtors	8:40-9:20am
3	5.2	Orange Gatorade, GU gel, water	C Street & 76th Street, sponsored by TrueNorth	8:50-9:45am

## RACE PHOTOS

There will be course photographers to capture runners along the course. Post-race, you can find these photos [www.runcrandic.com/photos](http://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 NATIONAL CZECH & SLOVAK MUSEUM & LIBRARY

### RECOVERY TENT PRESENTED BY ATHLETICO PHYSICAL THERAPY

Athletico Physical Therapy will be onsite in Czech Village to provide post-race stretching, massage, and recovery. The recovery area will have Dan and Debbie's chocolate milk, Quaker granola bars, cookies, bagels w/cream cheese, fruit and chips available for runners as they finish the race. **This is only available to runners.**

### 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 February 28, 2019 (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.**

All runners and families are encouraged to head directly to National Czech & Slovak Museum & Library grounds for the post-race party. The beverage tent will open at 7:30am and Hy-Vee Market Grill at 10am. You can redeem your beverage and meal tickets at this time. Live music will begin at 12:00pm and the award ceremony will begin at 10:30am. *You must be present at the award ceremony to receive your award, they will not be mailed post-race.*

## 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. The races may be delayed up to 30 minutes due to severe weather decided by race officials. Severe weather is defined as either a thunderstorm warning, tornado watch, tornado warning or if lightning is present in the area.

## 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.

A Sag Wagon will be available thanks to our partnership with McGrath Auto. **The Sag Wagon will take any runners to the finish line only, they will not return to Iowa City or location by request.** In the event you need Sag, please call 319-730-1436.

## RUN CRANDIC RELAY INFORMATION

Relay members are encouraged to meet on the corner of 16th Avenue and C St to meet their team members and cross the finish line together.

Race Day Events tracking information - How to Wear MYLAPS Reusable Multisport Tag

1. Wrap the Multisport Tag around your ankle tight enough so that it cannot fall off your foot during the swim but



not tight enough that it restricts motion. You CAN wear this under a wetsuit.

2. Stick both ends of the tag together so that the Velcro strip and the Multisport Tag are aligned.



3. Transfer the Reusable Multisport Tag to the next person of the relay following steps #1 and #2.



4. Enjoy your race and **RETURN** the Multisport Tag at the finish line!

## **GETTING TO YOUR RELAY POINT**

Transportation is not provided to the relay point, except for the starting line. We recommend relay participants drive to their starting location and the team member finishing at that point can drive the vehicle to the finish line area/ Lot 44 (861 2<sup>nd</sup> Street SE, Cedar Rapids).

## **RELAY POINTS**

- Liberty High School – 1400 Dubuque Street NE, North Liberty – At mile 5.25
  - Relay members can access this relay point by traveling in the southbound lane of Dubuque Street (from North Liberty) and turning left into the school entrance. If traveling from the start line in Lower City Park, please note that while the street is not closed, there will be a police escort for all marathon runners until they reach the trail south of West Overlook Drive. Drivers must follow the police trail car at a safe distance. Please watch for runners when turning into the entrance. Signage and an aid station will note the designated relay point.
- Dan's Overhead Doors – 1810 Dan's Drive, North Liberty – At mile 12.25
  - Relay members can access this relay point by traveling in the southbound lane of Hwy 965. The best points to join the southbound lane of Hwy 965 are at Amana Rd NW and 120th Street or points north. Please watch for runners when turning into the entrance. Signage and an aid station will note the designated relay point.
- Shueyville United Methodist Church – 1195 Steeple Lane, Shueyville – At mile 17.25
  - Relay members can access this relay point by traveling taking the exit for Swisher/120th Street from Interstate 380 and utilizing the eastbound lane toward Shueyville. Please watch for runners when turning into the entrance. Signage and an aid station will note the designated relay point.