



***Syracuse***  
**HALF MARATHON**

**13<sup>th</sup> Annual**  
**SYRACUSE HALF MARATHON**  
**3.22.25 – 7:30am**

**ONCENTER Convention Center**  
**800 S State St, SYRACUSE, NY**

*Proudly and professionally produced by Upstate Event Management LLC*



## **Welcome to the 2026 Syracuse Half Marathon**

Thank you for your participation in the 2026 Syracuse Half Marathon, our 13<sup>th</sup> edition.

Byrne Dairy has been an amazing partner and sponsor. As a locally grown family run company, Byrne Dairy represents everything that's great about living in Central New York. Not to mention, their amazing post-race Chocolate Milk. Without their support we could not provide a first-class event.

Each year we organize a world-class event in Syracuse and highlight some of the great things the city has to offer. The Syracuse Half Marathon is one of the most well-regarded races of its kind and includes participants representing half of the United States, Washington, D.C., Canada and as far away as Europe and South America. This is a tribute to Syracuse becoming a destination people want to see and experience and a race that people want to be a part of.

Participants will run a course that provides an opportunity to see many of our great historical sites and neighborhoods. Be sure to look around as you run, you will be amazed by what you see and the history you are surrounded by. Due to the Route 81 Project, our course will look different this year. In conjunction with local officials, we have designed a new course that will be over 300 feet of elevation gain LESS. We still have plenty of city views, Inner Harbor, Creek Walk and finish right back at the War Memorial.

We want to ensure you have a great experience in and around Syracuse. Whether this is your first half marathon or one of many we hope you enjoy it and all that Syracuse has to offer.

Thank you for your support, have fun and run well.

### **Packet Pick Up:**

We highly encourage you to pick up your packet during the pre-race Packet Pick Up to avoid worrying about having to get your bib on race morning!

As in previous years, Packet Pick Up will be at **Fleet Feet Syracuse**, which is located at:

**5800 Bridge Street  
East Syracuse, NY 13057**

Pre-race Packet Pick Up Hours:

Friday - March 20	3:00 pm	to	7:00 pm
Saturday - March 22	10:00 am	to	4:00 pm

Parking is available at Fleet Feet during Packet Pick Up, look for volunteers to assist you. During peak times, overflow parking is available at nearby Home Depot and other commercial lots in the area.

### **Race Day - ONCENTER – Lower-Level Race Information Room**

Sunday, March 22 – 6:00 am to 7:15 am



*Note that participants must take jacket size that they indicated during registration. If you wish to change your size, you must do so after the race starts in the RACE INFO room or at the “post-race packet pick up” – see below for post-race pick up info.*

### **Event Day Parking:**

The current Rout 81 project has made driving around Syracuse more difficult. To help ease congestion around downtown and the ONCENTER on race morning we have developed a comprehensive parking plan with multiple ways to help find parking. We can not stress enough, please arrive early to find parking and avoid traffic.

[Click Here for Parking Map](#)

**RACE START LINE – 800 South State St, Syracuse, NY**

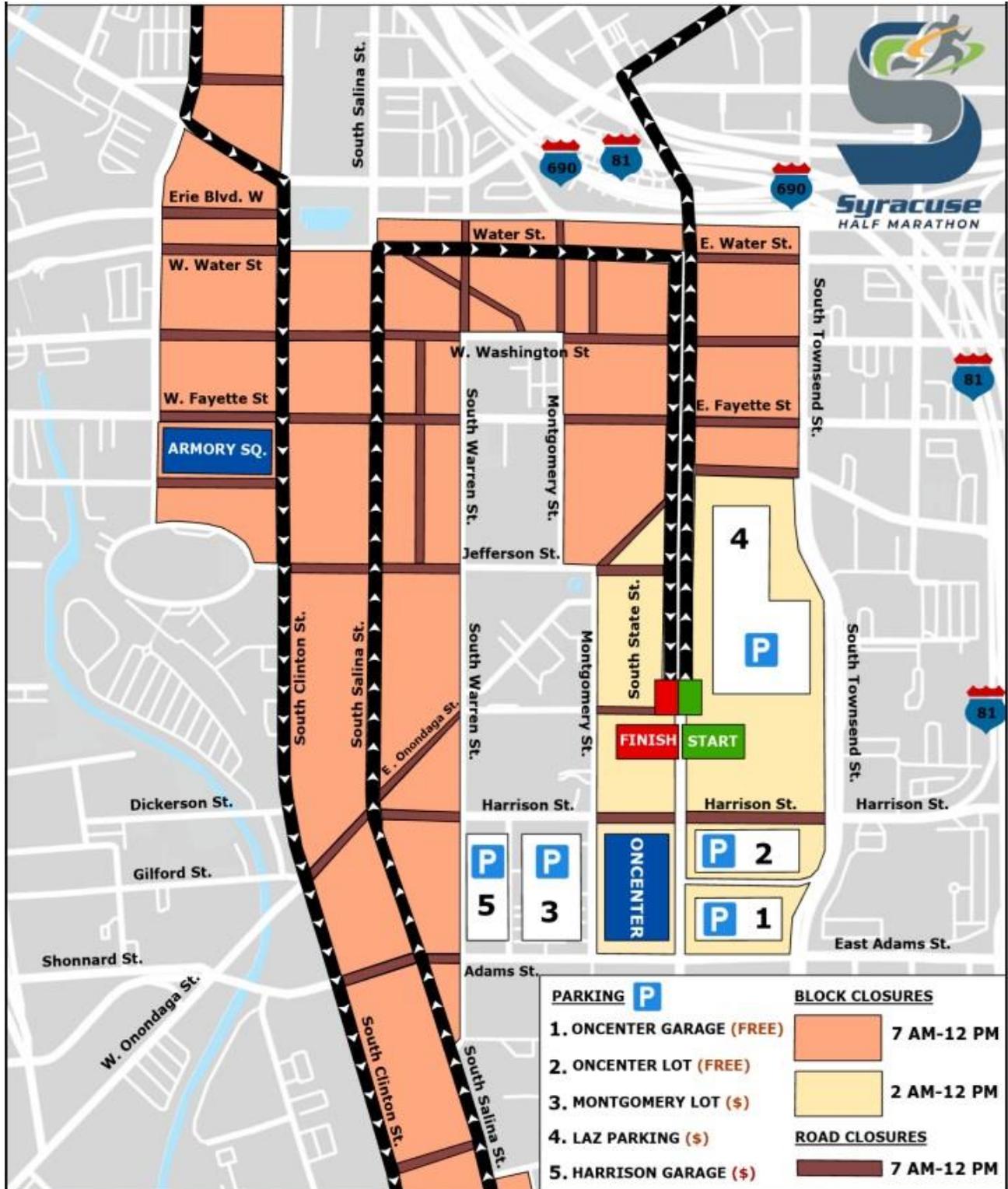
Here are general parking tips:

1. **Street parking** in the city is **FREE** on Sunday.
2. There are several parking lots and garages near the ONCENTER(see map below).
3. **Note that the parking lot behind the ONCENTER on Montgomery St charges \$15**
4. Lots will fill up quickly so get to the race early so you can relax and avoid bathroom lines.
5. Note that there is **NO SHUTTLE FROM DESTINY USA**. Participants must park near the many parking lots near the ONCENTER.
6. Do NOT use your GPS to navigate downtown. There will be street closures that navigation apps will not recognize. For the best results, please follow these directions.

See the next section about Race Day Parking options and a Parking Map. Keep in mind, some lots are free and others charge for parking. It is very important to arrive early to secure the best parking, avoiding lines and stress.

- Lot 1 – ONCENTER Surface lot - FREE – first come, first served
- Lot 2 – ONCENTER Parking Garage – FREE – first come, first served
- Lot 5 – Harrison Garage/Marriott Hotel – cash or credit

Parking staff, Syracuse Police and professional parking attendants will be directing traffic to available lots.

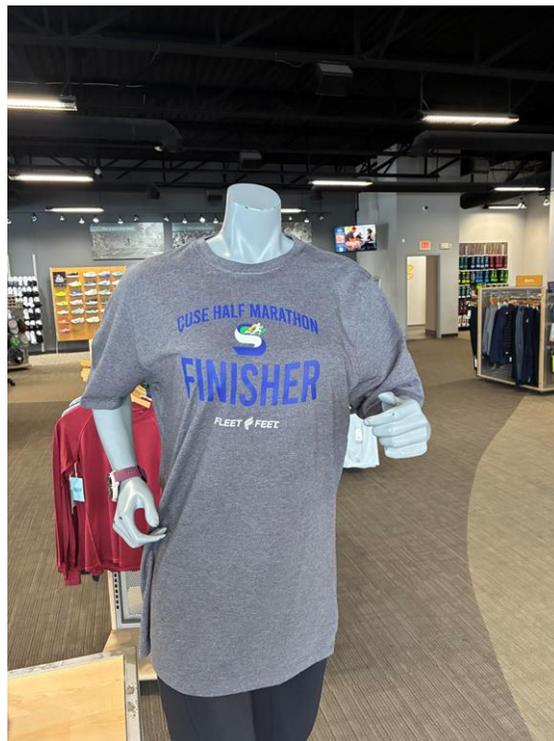




## **Fleet Feet Syracuse is the Official Running Store of the Syracuse Half Marathon**

Fleet Feet has been supporting the Central New York Running Community for over 25 years and supported the Syracuse Half Marathon from the first inaugural race. This year join Fleet Feet for these unique experiences:

- 2026 Syracuse Half Marathon Packet Pick Up- Friday March 20<sup>th</sup> 3- 7 PM and Saturday March 21<sup>st</sup> 10- 4 PM. Pick up your packet and shop for the latest spring and summer running gear. Great deals and custom footwear fitting.
- 2026 Pre-Race Shake Out Run is Saturday morning at 8:30 AM. An easy and flat run of 3 miles or less, starting at Fleet Feet in East Syracuse. After the run, shop the many deals and be the first to pick up your packet.
- NEW this year, the Official 2026 Syracuse Half Marathon Finishers shirt will be available on Sunday at the Fleet Feet booth at the ONCENTER. These comfortable and good-looking poly-cotton blend shirts are being made on demand with your choice of graphic on the front or back. Just \$25 and available when you finish. Celebrate your accomplishment all spring and summer.



- On Tuesday March 24<sup>th</sup> from 4:30-6:30, Fleet Feet is hosting the Syracuse Half Marathon Post Race Packet Pick up. Unclaimed age group awards can also be claimed and jacket sizes swapped if available. Fleet Feet will have the Official 2026 Syracuse Half Marathon Fishers Shirts for sale.

*Join us at 6:55 AM at the main stage of the ONCENTER for a  
unique race warm-up experience*

*Hosted by Eli Green & The Syracuse Run Club*



## **Race Start**

Announcements and national anthem begin at 7:28am

Projected Race Start at 7:33am

## **The Course**

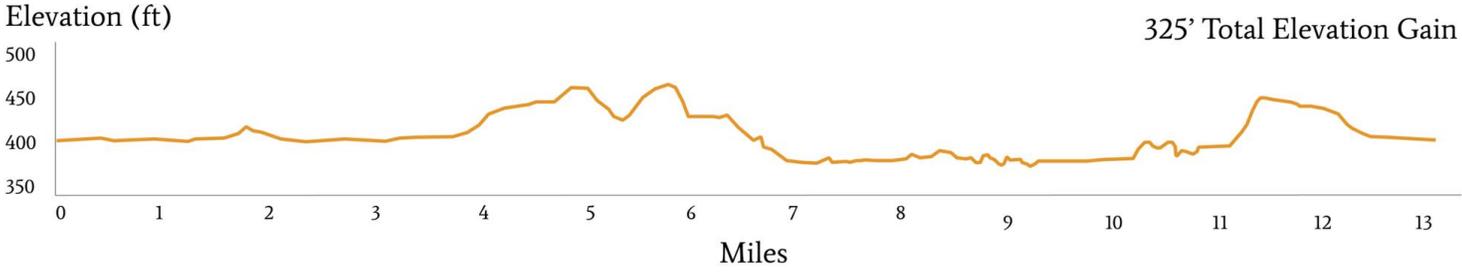
120+ first responders (police, EMT's, medical staff)

2,000 traffic safety cones

60 detour routes

8 aid stations

400+ volunteers



## Turn by Turn Directions

- Start running N on S State St
- Left onto E Washington
- Left onto Montgomery St
- Left onto E Jefferson St
- Quick right to continue running South on Montgomery St
- Pass E Adams St, then follow Montgomery St as it curves left through the parking lot
- Right onto S State St
- Left onto Burt St
- Right onto Oakwood Ave
- Right onto E Kennedy St
- Right onto S State St
- Left onto Burt St
- Right onto S Salina St
- Bear right onto S Warren St
- Right onto E Washington St
- Left onto Almond St
- Almond St becomes Catherine St
- Bear left onto Lodi St
- Right on Turtle St
- Left on 1st North
- Left on Lemoyne Ave
- Right on Lodi
- Left onto the exit ramp from Hiawatha Blvd W
- Left onto Hiawatha Blvd W
- Left onto Solar St
- Pass two parking lots (on the runners' right), then make an immediate right on the road with the bus stop (see detail map)
- Right onto the road running NW (on the SE side of the parking lots—see detail map)
- Left onto Harborside Dr (Destiny USA loop)
- Complete a full, clockwise loop around the mall via Destiny USA Dr
- Left onto the road on the S side of said loop (where runners entered the loop)
- Run under the overpass for Hiawatha Blvd W, then immediate left onto the Onondaga Creekwalk ramp
- Make the 180-degree turn at the top of the ramp to run SW on the pedestrian path parallel to Hiawatha Blvd W
- Cross Onondaga Creek, then make an immediate left onto the Onondaga Creekwalk
- Run under the overpass for Bear St W, then make an immediate right onto the trail heading SW towards Van Rensselaer St
- Left onto Van Rensselaer St
- Right onto W Kirkpatrick St
- Pass Hunter Ave, then left onto Spencer St (counterflow on the turn)
- Right onto Maltbie St
- Left onto Evans St
- Left onto N Franklin St
- Right onto Genant Dr
- Left onto N Clinton St
- Right onto Spencer St
- Spencer St becomes Catawba St
- Right onto Lodi St
- Right onto Catherine St
- Catherine St becomes Almond St
- Right onto E Washington St
- Left onto S State St
- Finish

**Aid Stations:** There will be eight (8) aid stations on the course. These are located approximately every 1-2 miles. Each aid station will have Gatorade and water. Aid stations 3-8 will have GU energy gels (Vanilla Bean, Chocolate Outrage, Triberry, and Strawberry Banana). We do ask that you help us keep this course clean and put your trash in the trash can and trash bags at the aid stations if possible.

**Course Restrooms:** Porta Potties will be located at all aid stations. Each set of porta potties will be placed slightly (100 – 200ft) PAST each aid station.

**Post-Race Party Expo and ONCENTER:** There is plenty of room at the ONCENTER for you, your friends and family. This guide will help you locate important race functions:

**Main Level Exhibit Hall:**

- Awards Stage
- Merchandise
- Seating
- Vendors and Sponsor booths
- Beer (Post Race – 10:00am pouring time)
- Hot and Cold Food with limited GF options (Post Race)
- Charity Booths

**Lower Level:**

- Race Info Room
- Bag / Gear Check
- Women's Changing Rooms

**ONCENTER Restrooms:** There will be plenty of restrooms available inside the ONCENTER in Exhibit Hall A and in the lower level. As always, lines grow long in the minutes leading up to the race. Please plan accordingly, there will also be plenty of porta potties near the start line and just before the race, these are great options. If you notice a line forming at a restroom, please head outside to the port potties.

**Race Information, Packet Pick Up, Gear Check and Women's Changing Rooms:** Take the escalators or stairs down to the lower level of the ONCENTER for Race Information, Packet Pickup, Gear Check and Women's Changing Rooms. Escalators and stairs are located at the first entrance of the ONCENTER.

- Race Information and Packet Pick Up will be open from 5:45 AM – 7:15 AM
- Gear Check-Will be open from 6:00 AM – 11:00AM. Please do not leave valuables in any bag you check. We are not responsible for lost items.
- Women's Changing Rooms- Open from 6:30 AM- 11 AM



**Pre-and Post-Race Food:** Before or after the race, make sure you stop by to see some of our sponsors and other local races. Once you finish, head back inside the ONCENTER for the Wegmans Post-Race Party and a hot meal. Here you can also enjoy the music of **The Tom Chick and The Negative Splits**. Menu for runners includes:

- Baked Ziti (gluten free/dairy free station)
- Chocolate Milk (Byrne Dairy)
- Pizza (gluten free options)
- Cookies
- Fresh Fruit\*
- Juice Boxes
- Granola Bars (Gluten Free options) \*
- Gatorade
- Water (Aquafina)
- Monster Energy Drinks
- Soft Drinks
- Bagels / Peanut Butter\*
- Kind Bars\*
- Cliff Bars\*

Plant Based / Vegan Options\*

**Spectator Food:** Non-runners may purchase a hot food and beer tickets in the main hallway for \$15.00 (cash and card accepted). ID is required for beer.



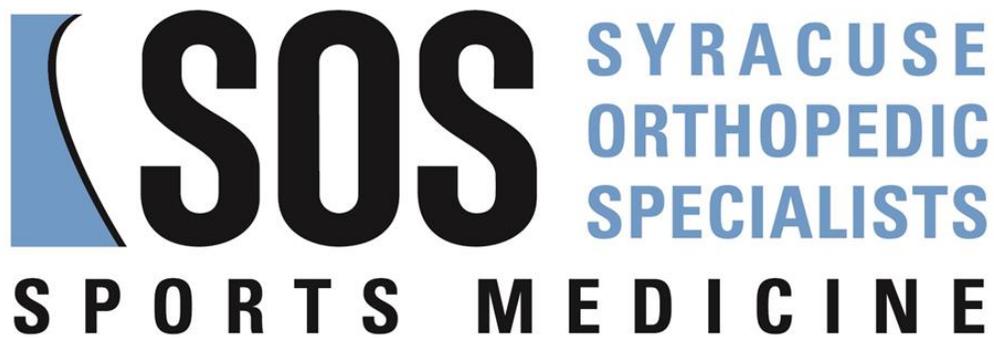
## got beer?

Celebrate your accomplishment with a beer on us. All participants, 21+, can obtain a wrist band at our ID Check Station. Please drink responsibly.

\*\* ID Check for beer begins at 6am in the GLASS REGISTRATION BOOTH inside the ONCENTER. Post RACE ID Check will be in front of the beer serving area. You **MUST** bring a legal ID if you wish to consume alcohol.

Pouring starts at 10:00am per NYS law.

Not running and want beer/food? Family and friends can purchase a \$15 food/beer ticket. Please provide ID for beer.



**SOS Syracuse Orthopedic Specialists:** In 2026, SOS returns as the official medical provider of the Syracuse Half Marathon. SOS brings their extensive knowledge of athlete/runner care to our course and finish line. SOS will work in conjunction with AMR to provide the best care possible for each of our runners. For more than 30 years, Syracuse Orthopedic Specialists (SOS) has provided total orthopedic care near Syracuse, NY and the surrounding regions. With a team of some of the [best orthopedic doctors](#) and the latest advancements in medical technology, our patients get the care they need for a healthier, happier life.



**AMR (EMT)** will have ambulances in several locations throughout the course. If you find yourself injured, or not feeling well, please tell one of our volunteers. They will have a member of our medical team assist you. There is also an area inside the ONCENTER that will be staffed by EMT's from AMR.



**Results:** Live results will be posted at [www.leonetiming.com](http://www.leonetiming.com). Following the race, please check their website for your official time and place.



**Awards Ceremony:** At 9:45 AM, we will be presenting awards for the top 3 overall in each gender. AGE GROUP AWARD winners can pick up their award beginning at 10:00 at the tables to the left of the main stage.

Age group awards will be based on chip/net time.

There will be awards for the top 3 males and females overall and in the following age groups:  
20 and under, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-99

**Video Boards:** Immediately following your amazing 13.1 mile tour of Syracuse, come inside and get your picture taken with your name and time in front of our large video boards.



**2026 Runner Tracking is Located Here**

## Team Competition



The Team who wins the 2026 Syracuse Half Marathon Team Competition wins a Team Entry to the 2026 peak to brew team relay this summer.

### Official rules For Participants of the 2026 Syracuse Half Marathon

1. Cut off time of 3:30min (16 min miles). If runners fall below 16-minute pace, they may be asked to use the sidewalk and obey all traffic regulations. The finish line will remain open for 4 hours and you will receive a medal when you cross.
2. We discourage the use of headphones. We want you to hear other runners, volunteers and police on the course.
3. We love our dogs but can't allow dogs or other pets to run with their humans.
4. Strollers are not allowed. With so many people on the course, it would not be safe for either party.
5. Be courteous of fellow runners and encourage them. Even though you're running next to someone, you don't know how bumpy the road was that they took to get there.

### Finish Line

Congratulations! You crossed the finish line and you will be greeted first by the best race volunteers in Central New York. The first rule of crossing the finish line is DON'T STOP. There are likely some people running behind you and nobody wants to get run over by a sprint to the finish. We know you will be exhausted but keep moving, it is the best thing for you and you have a party to get to. Volunteers will congratulate you and put a medal around your neck. Immediately begin your recovery. Volunteers will be handing out water as you make your way towards the ONCENTER for the post-race party. Inside the ONCENTER you will find, pasta, pizza and a smorgasbord of race foods. Do not forget to rehydrate.



Meet Rocky – The Race Director’s Rescue Pup  
*Please consider rescuing a dog or cat – it will be the best decision you ever make.*

Our 2026 Syracuse Half Marathon Finishers Medal is a work of art. We cannot wait to share it with you on Sunday morning!

## Photos



The Syracuse Half Marathon has photographers at various points on the course. FREE high-res photos will be provided by Trent Wellott Photography. You'll be sent an e-mail after the race. Make sure that your bib is clearly visible during the race so you can be identified.

There also will be large videoboards to pose next to with your name and official time.

### Clearance Race Jackets and Shirts:

We will be selling clearance items from past races in Gallagher Hall at deeply discounted rates. Cash and credit cards accepted.

### Post-Race FAQ:

1. Where can I receive an extra or buddy medal? After 11:30am, you're welcome to grab an extra medal in the RACE INFO room. These will also be available at the post-race packet pick up on Tuesday, March 24, 2026 at Fleet Feet Sports Syracuse from 4:30pm – 6:30pm.
2. Where can I find results or age group awards? [www.leonetiming.com](http://www.leonetiming.com)
3. Can I have an award, jacket or medal shipped to me? Unfortunately, **we do not ship any items**. We can not ship items, even if you live out of town, missed the race or were sick. We offer four days of pick up. We can arrange for local pick up after the race.

**Post-Race Packet Pick Up**

If you need to pick up your packet, swap a jacket size, grab an extra medal, or just come say hi, we will be at Fleet Feet Syracuse, 5800 Bridge Street, East Syracuse on Tuesday, March 24<sup>th</sup> from 4:30pm – 6:30pm

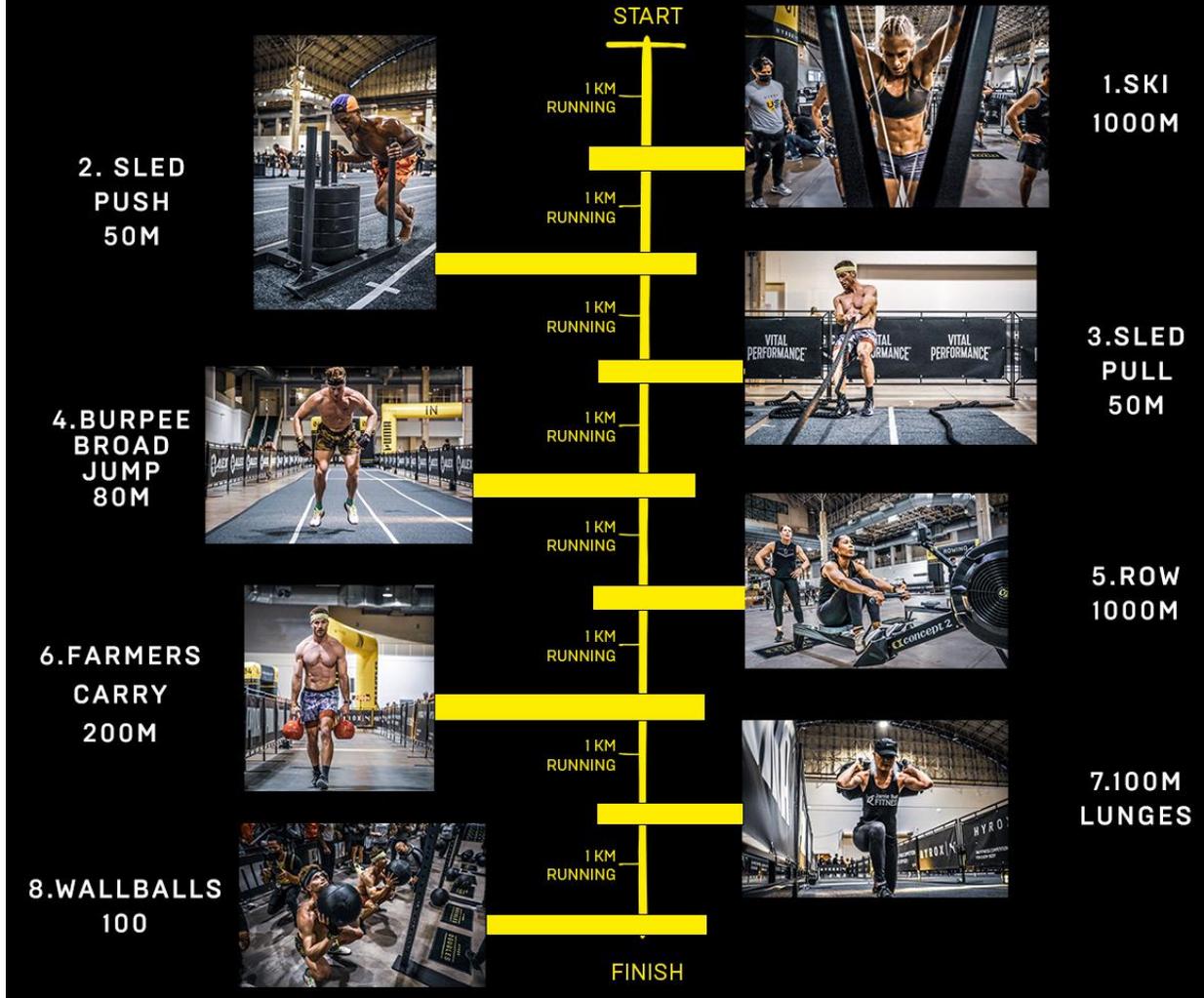


Syracuse's premier Hyrox gym will be next to the main stage educating all of you on their new popular sport!

What is Hyrox? See the graphic below!

# HYROX

THE FITNESS COMPETITION FOR EVERY BODY



## Our Charity Partners



TOGETHER, WE CAN DELIVER.

Special thanks to all partners and sponsors for making this event possible



**FLEET**  **FEET**

*Wegmans*

 Paige's  
Butterfly Run

Fighting Pediatric Cancer. Funding Hope.

UPSTATE  
ORTHOPEDICS  
**MOUNTAIN**  
GOAT RUN  
10 MILER

 SYRACUSE  
TRACK  
CLUB

 STEP UP  
4 KIDS  
5K & KIDS FUN RUN

 WINEGLASS  
RACE SERIES  
26.2 · 13.1 · 8K · 5K

And most importantly... THANK YOU!