

Bethlehem Running Festival

Friday – Sunday, October 17–19



PARTICIPANT GUIDE

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WEATHER POLICY

The festival will take place rain or shine. In the event of extreme weather, the race directors will determine whether the event is delayed or canceled.

TRIPLE PLAY AND QUADRUPLE PLAY PERKS

Runners who complete the Triple Play or Quadruple Play will receive a **limited-edition 14-inch Bethlehem Running Festival medal holder**.

RACE-DAY REGISTRATION

Yes. Same-day registration will be offered next to the race-day bib pickup tent on the patio in front of ArtsQuest. Registration opens **90 minutes before** the start of each race.

VOLUNTEERING

We love volunteers. Please visit the **Volunteer** page on our website to view opportunities and register.

PARKING, RESTROOMS, AND BAG DROP

PARKING FOR THE RACE

Please review the **Bethlehem Running Festival Parking Map** at the bottom of this page for all festival parking options and traffic patterns. The notes below describe temporary closures on Saturday.

IMPORTANT PARKING NOTE FOR 10K-ONLY RUNNERS (SATURDAY)

Roads into the free festival lots will be **closed from 7:30 a.m. to 7:50 a.m. on Saturday** for the 5K.

- If you arrive **before 7:30 a.m.** (or **after 7:50 a.m.**), enter the ArtsQuest complex via Founders Way and turn right on 2nd Street to park in **Free Lot 1** (see the Parking Map).
- If you plan to arrive **during the 7:30–7:50 a.m. closure**, you have three options:
 - Find free, legal street parking south of 3rd Street (for example, 4th Street).
 - Park in the **Polk Street Garage** at 413 East 3rd Street (garage fee applies).
 - Adjust your plans to arrive **before 7:30 a.m.** or **after 7:50 a.m.**

IMPORTANT PARKING NOTE FOR 5K RUNNERS (SATURDAY)

If you park in **Free Lot 1, Free Lot 2, or the VIP lot** on Saturday morning, you **will not be able to exit between 9:00 a.m. and 9:30 a.m.** due to the 10K race.



RESTROOMS NEAR THE START/FINISH

There are two indoor restroom locations near the start/finish area:

1. The Visitor's Center, to the left of the Levitt Stage near the Mack Truck.
2. The ArtsQuest building.

Many runners find that the Visitor's Center typically has shorter lines.

PORTA-POTTIES ON COURSE

Portable toilets will be placed along the routes. Please consult the course maps on our website; on those maps, triangle symbols indicate porta-potty locations.

BAG DROP

A complimentary bag drop will be available **between the ArtsQuest and PBS buildings.**

x

- You may drop your bag up to **one hour before** your race.
- Pick-up deadlines: **Saturday by 11:30 a.m.** and **Sunday by 12:00 p.m.**
- Please do not leave valuables or prohibited items. We cannot guarantee the security of stored items.
- Bags not claimed will be held for **two weeks** and then discarded or donated.

PACKET PICKUP AND THE EXPO

WHERE AND WHEN

- **Friday, October 17:** 12:00 p.m. to 7:00 p.m. at **ArtsQuest**, 101 Founders Way.
- **Half Marathon and Half Marathon Relay:** Additional pickup on **Saturday, October 19, 10:00 a.m. to 2:00 p.m.** at the start/finish area outside ArtsQuest.

FRIDAY EXPO SCHEDULE

12:30 pm, 2 pm, 3:30 pm: Festival host and legendary long-distance runner Bart Yasso will lead a 15-minute discussion on how to tackle the courses he designed for the Bethlehem Running Festival!

2:00 pm: Meet your ambassadors! BRF ambassadors will join Bart during his course discussion.

2:15 to 4:00 pm: Aadvark Sports Shop Trail Race runners and spectators can catch the shuttle to the starting line in the parking lot behind PBS.

2:30 pm: Bib Pickup for Trail Run moves to the start of the trail run.

4:30 pm: Bib Pickup for Kids Run moves to the start of the kids run.

5:30 pm: The Lehigh Valley IronPigs Kids Run begins on First Street outside ArtsQuest.

RELAY TEAM PICKUP

Only **one** team member should pick up the **entire team's** packets.

PICKING UP FOR SOMEONE ELSE

Yes. Please bring a **photo of the runner's ID** (a phone photo is fine). The same applies if someone is picking up your packet.

RACE-MORNING PACKET PICKUP

Race-morning pickup is available **only** if you purchased the day-of packet pickup add-on during registration. If you need to add it, please use the race-morning pickup instructions on our website.

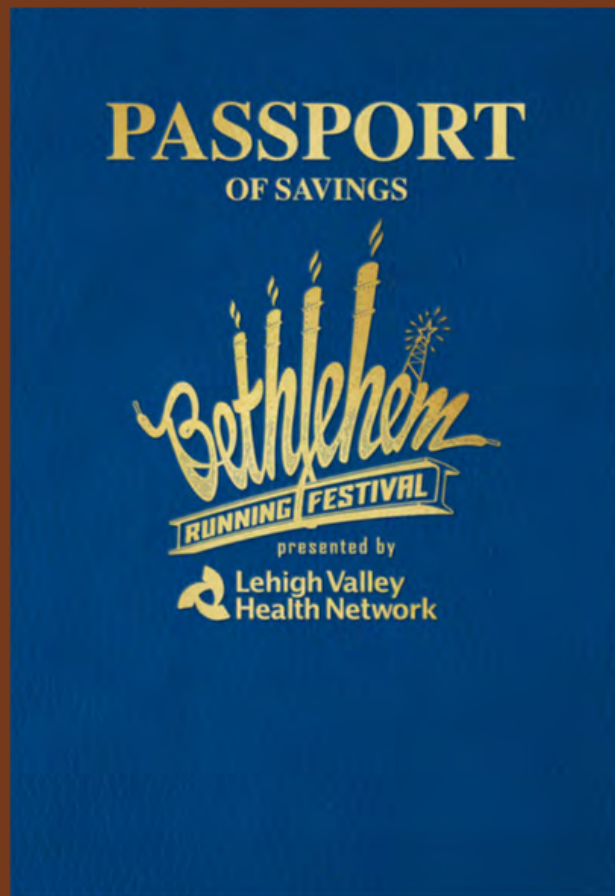
WHERE RACE-MORNING PICKUP IS LOCATED

For runners who purchased race-morning pickup, packets will be at the bib-pickup table right in front of the entrance to artsquest Trail runners will have a designated table at the trail run start.

RUNNERS PASSPORT – HOW IT WORKS

Your **Runners Passport** is a booklet of special offers from local Bethlehem businesses for runners and their families.

- Pick up your passport with your race packet.
- Make **five** purchases at participating businesses and obtain **five** passport stamps.
- Email a photo of your completed stamps to **info@runegades.com** to be entered to **win a free VIP registration for the 2026 Bethlehem Running Festival**.





RACE-DAY RUNNING DETAILS

STARTING CORRALS AND WAVES

Please line up behind the sign that best matches your **expected pace** (5K/10K) or **target finish time** (Half Marathon). Each race starts in **three waves** approximately **90 seconds apart**. All races are **chip-timed**; your official time starts when you cross the mat.

RESULTS

Results will be posted online immediately after you finish at www.secondwindtiming.com. QR codes will also be displayed around the finish area for quick access.

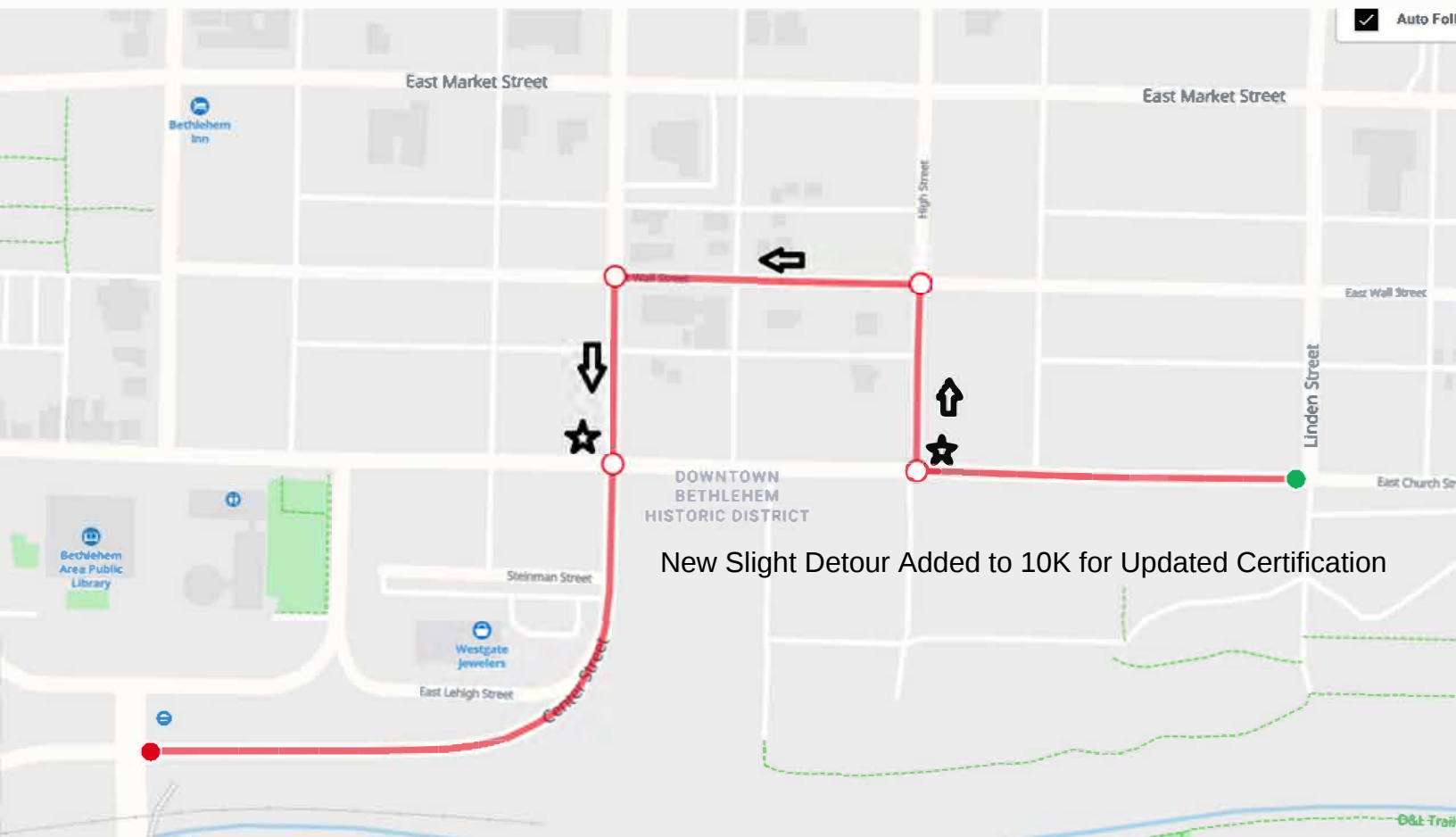
COURSE MAPS

Updated maps for the **5K and 10K** and for the **Half Marathon** are below.

10K Course



5K Course



Half Marathon Course



HALF CHEER STATIONS

Half Marathon Course



USATF CERTIFICATION

The **5K, 10K, and Half Marathon** courses have been professionally measured and **USATF certified**.

COURSE SURFACES

- **Trail Run:** A natural surface with dirt, rocks, roots, hills, and technical features. Trail shoes are recommended.
- **Kids' Run:** First Street outside ArtsQuest. Road shoes are recommended.
- **5K, 10K, Half Marathon:** Public streets and macadam. Road shoes are recommended.

TIME LIMITS

To comply with city street-closure windows, the following time limits are enforced:

- Trail Run: **2:00**
- 5K: **1:15**
- 10K: **1:55**
- Half Marathon: **3:30**
- Runners who are behind pace may be asked to shorten the course or board runner transport.

ON-COURSE WATER AND FUEL

- **Trail Run:** Mile **2.0** (water).
- **5K:** Mile **1.3** (water).
- **10K:** Mile **2.6** (water and UCAN Hydrate) and Mile **4.2** (water).
- **Half Marathon:** Miles **2.4, 5.2, 6.3, 7.5,** and **10.0** (all have water and UCAN Hydrate; the station near **6.3/7.5** also offers UCAN gel).
- **Half Marathon Relay:** The finish of your leg coincides with a station that offers water and finisher snacks.

RUNNER TRACKING

There is no live runner tracking for this event.

PACERS

Pacers will support the following Half Marathon finish times: **1:35,D 1:40, 1:45, 1:50, 1:55, 2:00, 2:10, 2:15, and 2:30 and 2:45.**

MEDICAL SUPPORT

The medical tent is located **directly at the finish line**. Additional staff and volunteers will be on course to assist runners.

PETS

For safety and insurance reasons, **pets are not permitted** on the racecourse or in the start/finish area.

HEADPHONES

Headphones are discouraged but not prohibited. If using them, please keep the volume low enough to hear instructions from race officials and to be courteous to other runners.

STROLLERS

Running and jogging strollers are permitted in **ALL RACES EXCEPT THE TRAIL RUN**. Please be mindful of other runners and avoid pushing through crowded packs.

FIELD SIZE

Expected participation is approximately **200** runners in the Trail Run, **1,000+** runners across the 5K and 10K, and **1,500** runners in the Half Marathon and Relay.



POST-RACE CELEBRATION AND AWARDS

POST-RACE FESTIVITIES

After the 5K, 10K, and Half Marathon, enjoy music by **DJ Jamaal** on the Levitt Lawn. ArtsQuest food and beverage locations will be open. On Saturday, two additional community events follow the 10K:

1. **American Cancer Society Making Strides Against Breast Cancer Walk** at **12:00 p.m.**
2. **SouthSide Arts District ChiliFest** from **12:00 p.m. to 4:00 p.m.** on 3rd and 4th Streets (a short walk from ArtsQuest).

AWARDS CEREMONIES

- **Trail Run:** Thursday at **5:45 p.m.** near the start/finish area
- **Kids' Run:** Friday at **6:30 p.m.** near the start/finish area at ArtsQuest
- **5K:** Saturday at **8:15 a.m.** on the Levitt Lawn
- **10K:** Saturday at **10:30 a.m.** on the Levitt Lawn
- **Half Marathon:** Sunday at **10:30 a.m.** on the Levitt Lawn
- **Half Marathon Relay:** Sunday at **10:30 a.m.** on the Levitt Lawn

PICKING UP AWARDS EARLY

If you placed overall, as a master, or in your age group (top three), you may pick up your award at the awards table in front of the Levitt Stage after verifying your time at the official results display. **Awards are not mailed.**

MERCHANDISE

Official Bethlehem Running Festival merchandise will be available at the **Friday expo** and outside **ArtsQuest on Saturday and Sunday**. You may also shop online prior to the festival and choose on-site pickup via the **BRF Online Store** on our website.

LOST AND FOUND

Lost and found is located at the **bib pickup table in the expo area**. Items will be held for **two weeks** and then donated when appropriate. For inquiries, please email **info@runegades.com**.





B. Braun Half Marathon Relay RACERS – FREQUENTLY ASKED QUESTIONS

CORPORATE CHALLENGE ELIGIBILITY

During registration you will be asked whether all team members work for the same company. Answering “yes” enrolls your team in the Corporate Challenge. If you did not see this question during registration and would like to be included, please email info@runegades.com. (Teams beginning with “B. Braun” are automatically included.)

CORPORATE CHALLENGE VS. RELAY

The Corporate Challenge is an additional award category for corporate teams. All teams—corporate and non-corporate—compete together for overall relay awards.

DRIVING THROUGH POLICE BARRICADES

You will receive a **relay pass** at packet pickup and by email (printable). Keep it in your vehicle to show police at barricades.

RELAY EXCHANGE LOCATIONS AND DIRECTIONS

A printable relay parking pass and route overview are available at the bottom of the Relay page on our website. Please display the pass when approaching restricted areas.

- **Exchange 1 (Mile 5):** Parking lot across from the Wawa at **1584 8th Avenue**. Directions from the start (considering closures): Exit the ArtsQuest lots onto Founder's Way or Polk Street to 3rd Street → Right on 3rd Street → Right onto the 2nd Street Ramp over the Hill to Hill Bridge (PA-378 North) → Exit at 8th Avenue → Right on 8th Avenue → Right on Eaton (**8th is closed at Eaton; show your relay pass to police**) → Left on Shoenersville Road (parking on your right).
- **Exchange 2 (Mile 10): Spring Street Parking Lot** at Spring Street and Main Street. Directions from Exchange 1 to Exchange 2: Left on Shoenersville Road → Right on Eaton → Left on 8th Avenue → Left on Spring Street (**show your relay pass to police** to access the Spring Street Lot).

RELAY PARKING

- Exchange 1: Parking across from **Wawa, 1584 8th Avenue**.
- Exchange 2: **Spring Street Parking Lot** at Spring Street and Main Street.

TRANSPORTATION

Teams are responsible for their own transportation to and from relay exchanges.

FOOD AND DRINK FOR FIRST-LEG RUNNERS

Finisher food and drink will be available at the Exchange 1 site for runners completing the first leg.

RELAY MEDALS

All relay runners receive the **Half Marathon finisher medal** with a special relay ribbon. Medals are distributed at packet pickup.

RELAY AWARDS

Awards are presented to individuals from the top **Male, Female, and Co-Ed** teams. The top Corporate team is awarded the **Corporate Cup**.

BIB PICKUP AND TIMING CHIP

At least one team member must attend the expo on Friday or Saturday to pick up the team's **individual bibs**. On race morning, the **first runner** must visit the **timing tent** to pick up the team's **ankle timing chip**.

TIMING CHIP PLACEMENT

Each team receives a single chip to be worn on the **ankle** and passed at exchanges. It may be held in hand or on the wrist during the handoff, but it must pass **low over the timing mat** to register at the start, exchanges, and finish.

WATCHING THE START AND GETTING TO EXCHANGES

Yes, you may watch the start and still make it to your exchange, but **do not rely on standard GPS routes** due to race-day closures. Use the directions included above and those on the Relay page.

REPLACING A TEAMMATE

If a teammate cannot participate, a substitute is allowed. Please arrive early and visit the **day-of packet pickup table** (opens **6:30 a.m. Sunday**) to update team details.

TRAIL RUNNERS – FREQUENTLY ASKED QUESTIONS

START LOCATION

The trail race starts at **Dodson Street Park** (top of Dodson Street in Bethlehem).

PARKING AND SHUTTLE

There is **no parking** at Dodson Street Park for runners or spectators. Please park at the **Wind Creek Dealers' School Lot** directly in front of ArtsQuest (identified as **Lot 1** on the Parking Map). A **free shuttle** will transport runners and spectators (age **5 and older**).

SHUTTLE SCHEDULE

- To the start: First shuttle at **2:15 p.m.**; last shuttle at **4:00 p.m.** (approximately every 25 minutes).
- From the finish: First shuttle at **5:30 p.m.**; last shuttle at **6:45 p.m.**

SPECTATORS

Spectators may use the shuttle if they are **age 5 or older**. If you are traveling with a child under age 5, please email **info@runegades.com** in advance so we can work with you on alternatives.

DROP-OFFS AND PICK-UPS

Drop-off and pickup are allowed. There is a turnaround area at the entrance to Dodson Street Park.

PACKET PICKUP FOR THE TRAIL RACE

- **Friday at the Expo:** 12:00 p.m. to 2:30 p.m. at ArtsQuest.
- **Friday at the Start:** 3:00 p.m. to 4:30 p.m. at Dodson Street Park.
- Race-morning pickup at the start is available.

RESTROOMS AT THE START

Portable toilets will be available near the trail start.

TIME LIMIT

The trail race time limit is **2 hours**. The finish chute will be removed at **6:30 p.m.**, and the last shuttle departs at **6:45 p.m.**.

AWARDS

Awards for overall and age-group winners will begin at approximately **5:30 p.m.** If you win an award, please pick it up before leaving; awards are **not mailed**.

STROLLERS AND DOGS

Strollers and dogs are **not permitted** on the trail course. Children may run if they are registered and running alongside a parent or guardian.

POST-RACE SNACKS AND AFTER-PARTY

Snacks will be provided at the finish. In addition, Country Club Brewing is offering Aardvark Sports Shop 3.8-Mile Trail runners one free beer (21+) after Friday's trail race. The brewery is 0.4 miles from SteelStacks at 323 Pierce Street, Bethlehem.



KIDS' RUN – FREQUENTLY ASKED QUESTIONS (2025)

WHEN AND WHERE

The Kids' Run takes place on Friday, **October 17**, on **First Street** outside ArtsQuest, 101 Founders Way, Bethlehem. It is adjacent to the expo.

DISTANCES

- Ages **5 and under**: **¼ mile**
- Ages **6–8**: **½ mile**
- Ages **9–12**: **1 mile**

AWARDS

All children receive a custom **Lehigh Valley IronPigs “Ferrous” finisher medal**. The **two fastest boys** and **two fastest girls** in each race receive additional awards.

RUNNING WITH YOUR CHILD

Parents may run with their children at **no charge**.

PARKING

Please park in **Lot 1** or the **VIP lot** (no Friday restrictions) as shown on the Festival Parking Map.



QUESTIONS NOT COVERED HERE?

Please email info@runegades.com and we will be happy to help.

Have a fantastic race weekend!

