



November 2nd, 2025

ATHLETE GUIDE

Enjoy a flat & fast
course featuring
stunning views of
Lake Huron this
coming November!



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EVENT INFORMATION

THE ROCK CF FOUNDATION AND TRIVIUM RACING ARE EXCITED TO BRING TO LIFE THE THUMB COAST MARATHON: A FLAT, FAST COURSE FEATURING STUNNING VIEWS OF LAKE HURON ON NOVEMBER 2ND, 2025. STARTING IN HISTORIC DOWNTOWN CASEVILLE, MICHIGAN, THIS POINT-TO-POINT COURSE WILL TRAVEL EAST WITH A DOWNTOWN FINISH IN BEAUTIFUL PORT AUSTIN, MICHIGAN.

THE FULL MARATHON WILL START IN CASEVILLE AND FINISH IN PORT AUSTIN, WHEREAS THE HALF MARATHON WILL START IN SLEEPER STATE PARK AND FINISH AT THE SAME LOCATION IN PORT AUSTIN. THE 5K WILL BE A LOOP AROUND DOWNTOWN PORT AUSTIN, FEATURING THE SAME FINISH LINE AS THE FULL AND HALF. DETAILED COURSE MAPS ARE LOCATED ON OUR RACE REGISTRATION WEBSITE.

WHO IS ROCK CF?

THE ROCK CF FOUNDATION IS A 501(c)3 NON-PROFIT BASED IN MICHIGAN. FOUNDED IN 2007, ROCK CF HAS BEEN HEIGHTENING AWARENESS FOR CYSTIC FIBROSIS AND PROVIDING THOSE LIVING WITH CF AN ARRAY LIFE-CHANGING TOOLS AND OPPORTUNITIES. ULTIMATELY, IT IS OUR MISSION TO SUPPORT OUR COMMUNITY THROUGH THESE PROGRAMS TO FURTHER PROMOTE PHYSICAL/MENTAL HEALTH AND LONGEVITY.

PROCEEDS FROM THE THUMB COAST MARATHON WILL GO DIRECTLY TOWARDS PATIENT-FOCUSED INITIATIVES, SUCH AS OUR KICKS BACK PROGRAM AND BOWMAN BROTHERS TRADE SCHOOL SCHOLARSHIPS FOR CF PATIENTS.

**SUNDAY, NOVEMBER 2ND, 2025
CASEVILLE TO PORT AUSTIN, MI**

PACKET PICKUPS

Saturday, November 1

Early Packet Pick Up

Port Austin Welcome Center

- 2 W Spring St. Port Austin, MI 48467 - 12:00pm - 7:00pm

Sunday, November 2

Race Day Packet Pick Up and On-Site Registration

- **MARATHON:** Caseville County Park Pavilion, Dock St, Caseville, MI - 6:00am - 7:45am
- **HALF MARATHON:** Sleeper State Park - 6:00am - 8:15am
- **5K RUN/WALK:** Port Austin Welcome Center - 2 W Spring St. Port Austin, MI 48467 - 6:30am - 8:45am

Race Day Schedule

- **Marathon Start: 8:00am**
- **Half Marathon Start: 8:30am**
- **5K Run/Walk Start: 9:00am**
- **Course Cutoff: 2:00pm**

PARKING LOCATIONS

MARATHON

Parking for the Rock CF Thumb Coast Marathon is limited, as shuttles from the Port Austin finish line will be the main point of travel to the marathon start line. If parking is necessary and you do not plan to use a shuttle, please utilize the city streets of Caseville that are NOT on the marathon course. You can also park at the Caseville High School, but the lot will close at 7:30am, 30min prior to race start. Vehicles will not be able to leave here until the last runner passes through. There are NOT post-race shuttles back to Caseville.

Link to course map:

<https://www.strava.com/routes/3368246681751080544>

HALF MARATHON

The main point of travel to the Half Marathon start line at Sleeper State Park are the shuttles from Port Austin (finish line). If parking is necessary and you do not plan to use a shuttle, limited parking is available at Sleeper State Park in the North and South lots along M25. There are NOT post-race shuttles back to Sleeper State Park.

PLEASE NOTE: If you are parking at Sleeper State Park, please be aware that a Michigan Recreation Passport or purchase of a Day Use Parking pass from the DNR is required. If you do not have a Michigan Recreation Passport, day passes can be purchased on-site.

Link to course map:

<https://www.strava.com/routes/3367687172697826164>

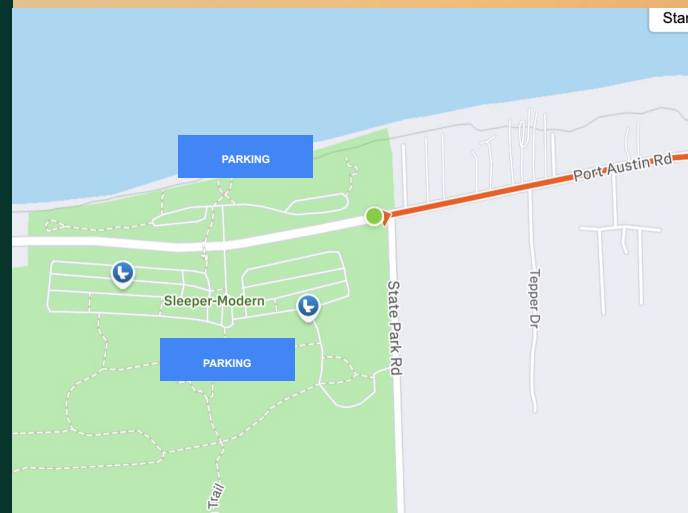
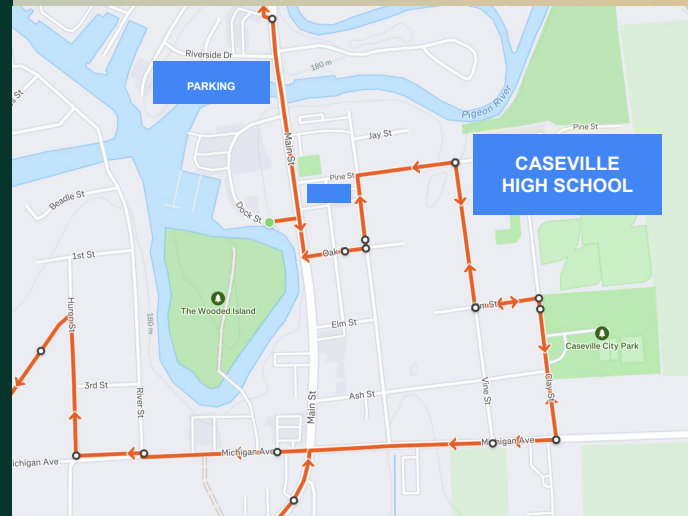
5K RUN/WALK

You may utilize any of the public parking along the roads of Downtown Port Austin that are not utilized on course. Please do NOT park on M25 (Spring Rd) or Lake St as this is part of the finish route for all courses.

PLEASE NOTE: If you are parking at Port Austin State Harbor, please be aware that a Michigan Recreation Passport or purchase of a Day Use Parking pass from the DNR is required. If you do not have a Michigan Recreation Passport, day passes can be purchased on-site.

Link to course map:

<https://www.strava.com/routes/3408526415637349076>



SHUTTLE TIMES

The pre-race shuttles will be running from the all-race finish line located in Port Austin, MI and dropping off runners at their respective starting locations of Downtown Caseville for the Marathon and Sleeper State Park for the Half Marathon.

Parking for the shuttles will be located near the finish line in Port Austin. Shuttles will cost \$5 and can be added onto your registration during the signup process or after signup in your RunSignup account. You can access your account through your original confirmation email and by following [these instructions](#).

We highly recommend that if you decide to not utilize the shuttles, to have a plan ahead of time on how you will return to your vehicle after the race. We will not be offering post-race shuttles back to Caseville or Sleeper State Park.

If someone takes a shuttle and does race morning packet pickup, we will be providing gear check to get their race swag back.

Marathon Shuttle Depart Times

6:20am, 6:50am

- Half Marathon Depart Times

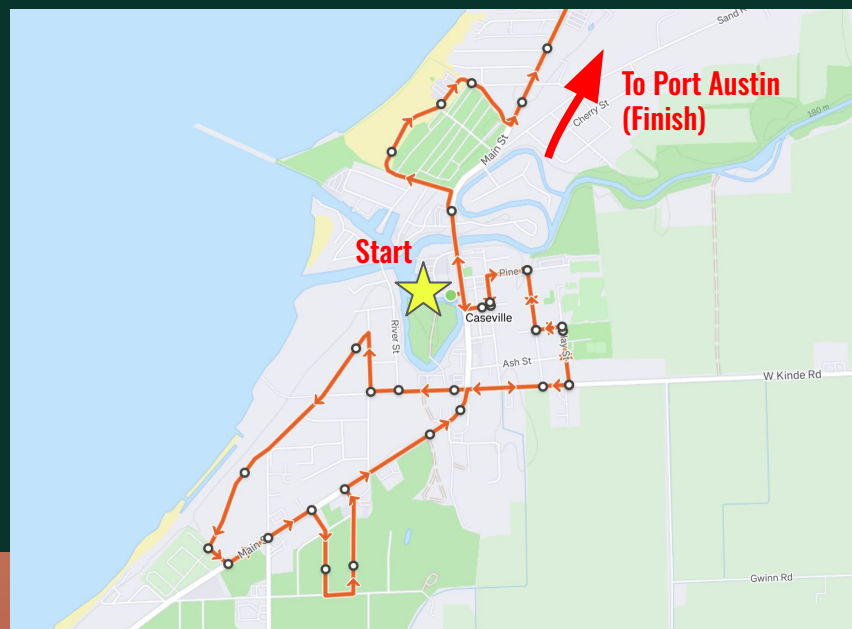
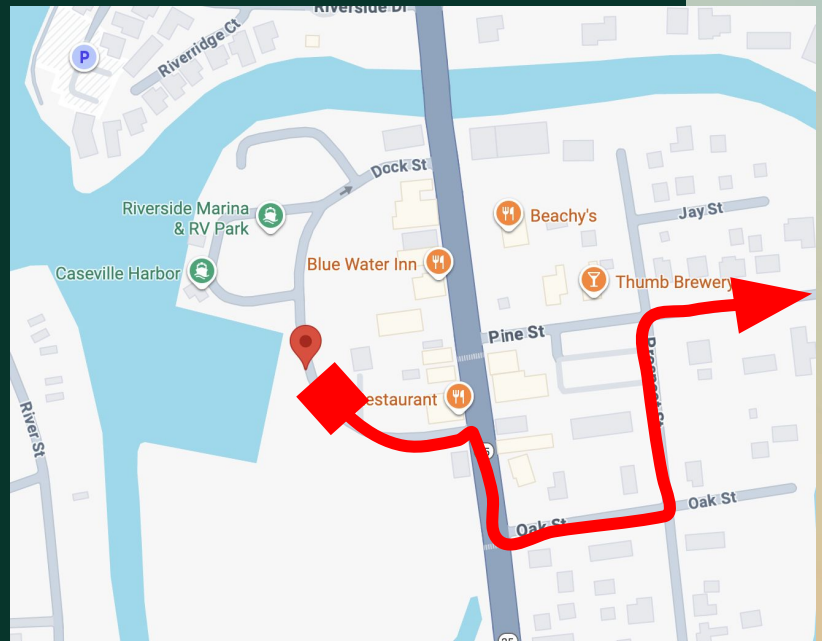
7:15am, 7:30am & 7:45am

MARATHON RACE START

The Rock CF Thumb Coast Marathon will start from Downtown Caseville, MI. Starting coordinates: 43°56'32.6"N 83°16'26.5"W
<https://maps.app.goo.gl/tHRi2V7T25LUDkm7A>

Runners will start on Dock St in Caseville before a short city loop, turning from Dock to M25 and then onto Oak St.

Once runners complete the city loop, they will then make their way Northeast on M25 to continue the Marathon route towards Port Austin, MI.

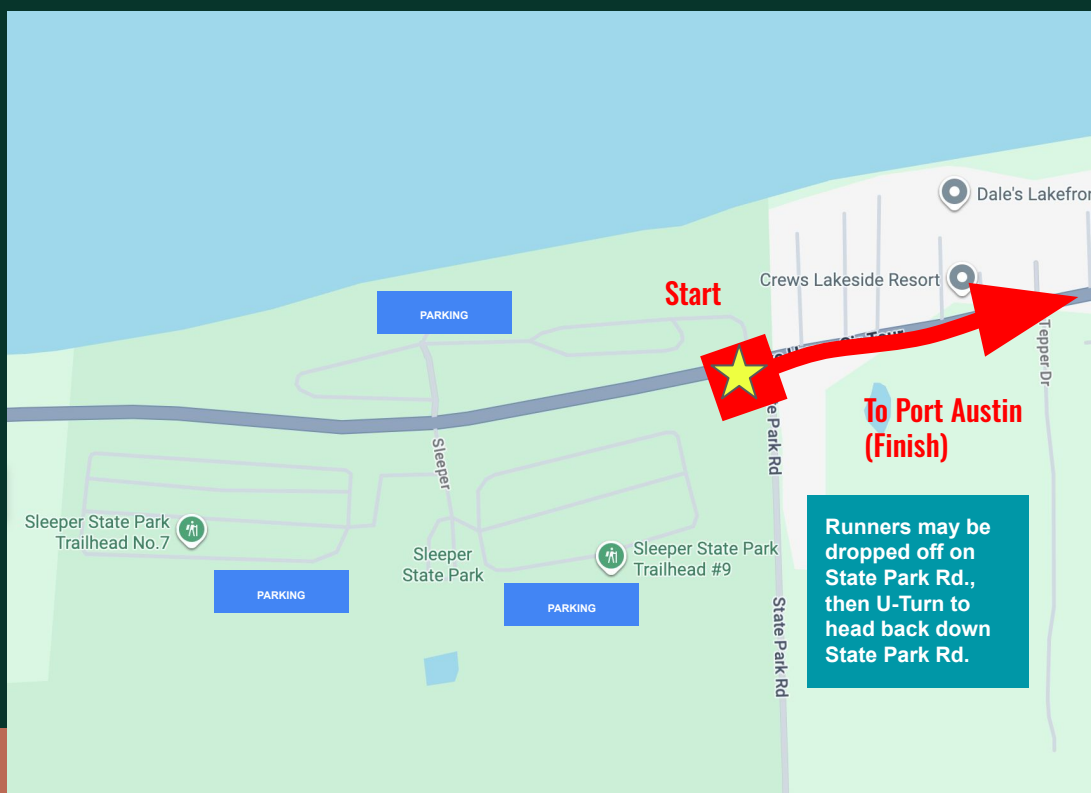


13.1 RACE START

The Half Marathon will start from Sleeper State Park, approximately halfway from Caseville to Port Austin. Runners will complete a point-to-point course to the same finish line in Port Austin as the Marathon. Course will utilize Eastbound M25 as primary race route. Drop offs for runners can be made on State Park Rd.

Half Marathon starting location: [Sleeper State Park](#)

We highly suggest that runners doing the Half Marathon utilize the shuttle service in Port Austin pre-race, as there will NOT be post-race shuttles. If you do not plan to use the shuttle, limited parking is located at Sleeper State Park.



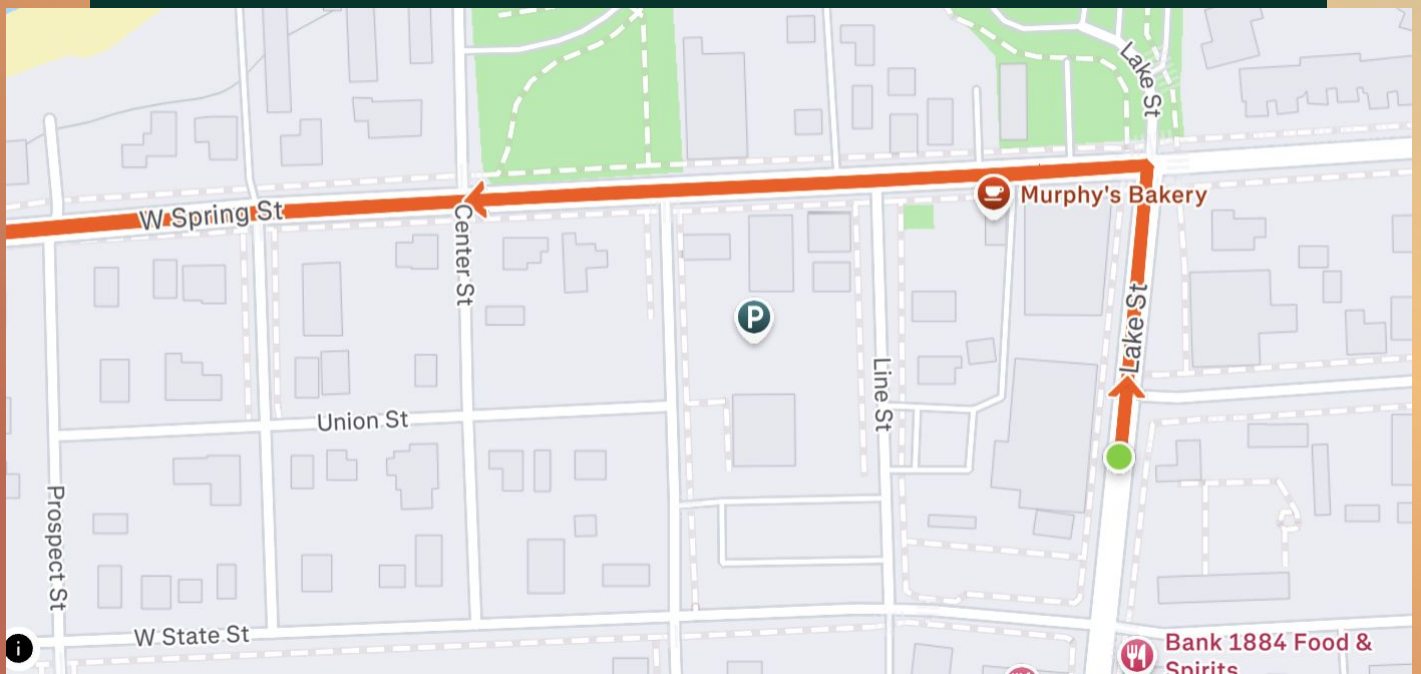
5K RUN RACE START

The Rock CF Thumb Coast 5K Run/Walk will start and finish in downtown Port Austin, MI, located just off of Spring St (M25) on Lake St. This is the same finish line for the Marathon and Half Marathon.

Runners may utilize the neighboring streets of Port Austin as well as the Port Austin Harbor for race parking. Both options will be a short walk to the starting line. We recommend avoiding parking on eastbound M25, as runner/pedestrian traffic may be higher on that road.

Start/finish location:

<https://maps.app.goo.gl/y2xhfNYRdXJfX1wW7>



MARATHON ROUTE MAP

The Rock CF Thumb Coast Marathon will begin in downtown Caseville, Michigan on Dock Dr. After a brief loop around the city center, runners will begin their journey east towards Port Austin, Michigan along the beautiful Saginaw Bay of Lake Huron. Once runners follow a loop of Point Crescent State Park, the race will conclude along Main St. in Port Austin.

The full marathon course will have a time limit of 6 hours, due to road closures. The course is USATF-certified, making it a Boston Qualifier.

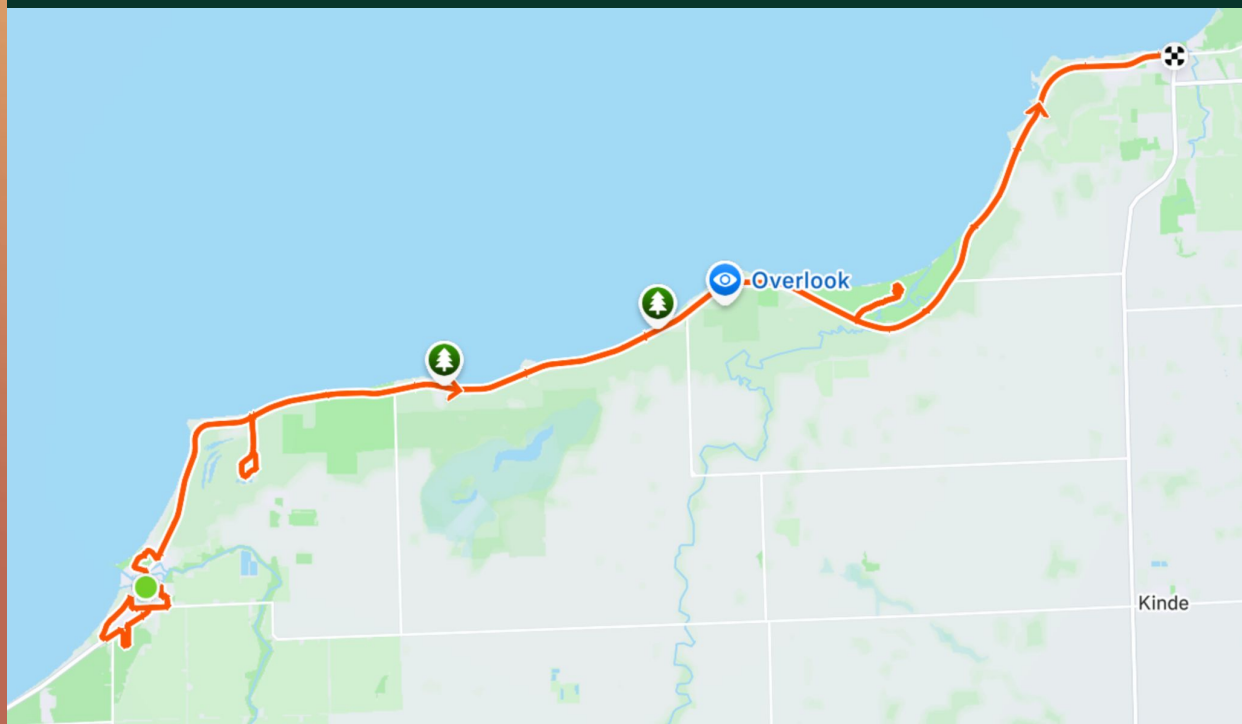
Race Start Time: 8:00 AM

Race Starting Location: Downtown Caseville, Michigan -

<https://maps.app.goo.gl/tHRi2V7T25LUDkm7A>

Full Marathon Course Map:

<https://www.strava.com/routes/3368246681751080544>



13.1 ROUTE MAP

The Rock CF Thumb Coast Half Marathon will begin at Sleeper State Park, located off of M25. Runners will begin their journey east in this point-to-point race towards Port Austin, Michigan along the beautiful Saginaw Bay of Lake Huron. The finishing location will be the same as the full marathon, located on Main St in downtown Port Austin.

Course is FULLY PAVED. The half marathon course will have a cutoff time of 5.5 hours, due to road closures. This course is also USATF Certified (Certification Code: MI25020MN)!

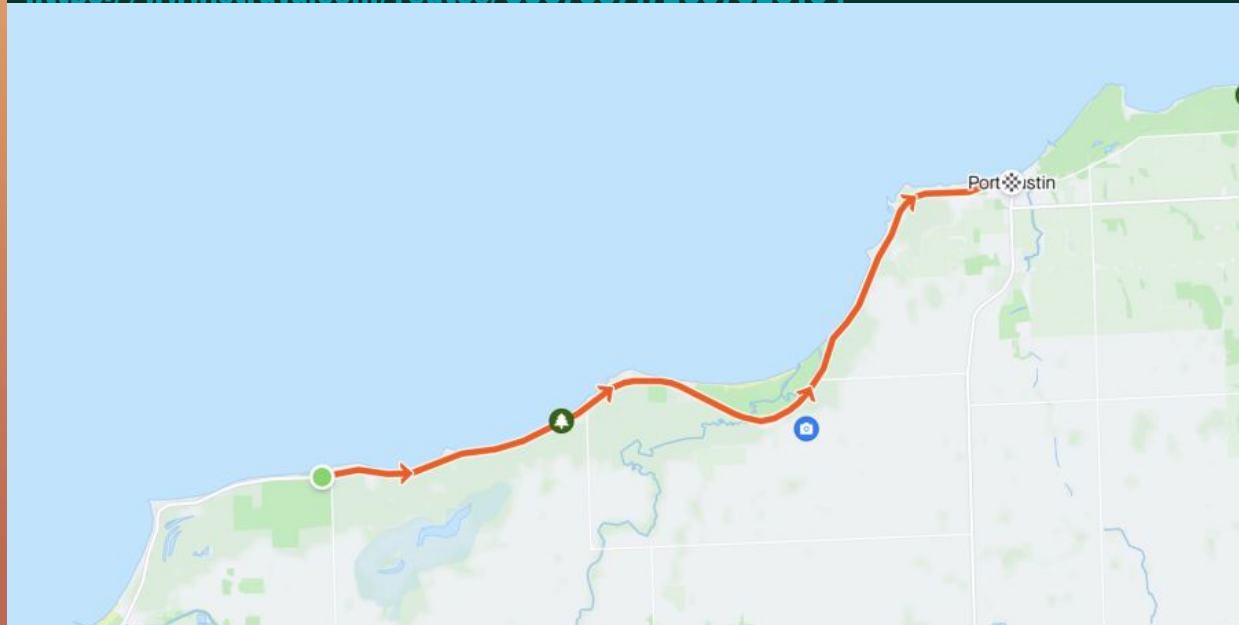
Race Start Time: 8:30 AM

Race Starting Location: Sleeper State Park -

<https://maps.app.goo.gl/X2tJL717bYmBDZP56>

Half Marathon Course Map:

<https://www.strava.com/routes/3367687172697826164>



5K RUN ROUTE MAP

The Rock CF Thumb Coast 5K Run/Walk will be an out-and-back style course along beautiful Lake Huron. Starting on Lake St, runners will take a left turn onto Spring (M25) to begin heading westbound.

Once runners reach the turn-around point, they will work their way back to the start/finish on Lake St. This is the same start/finish as the Marathon and Half Marathon.

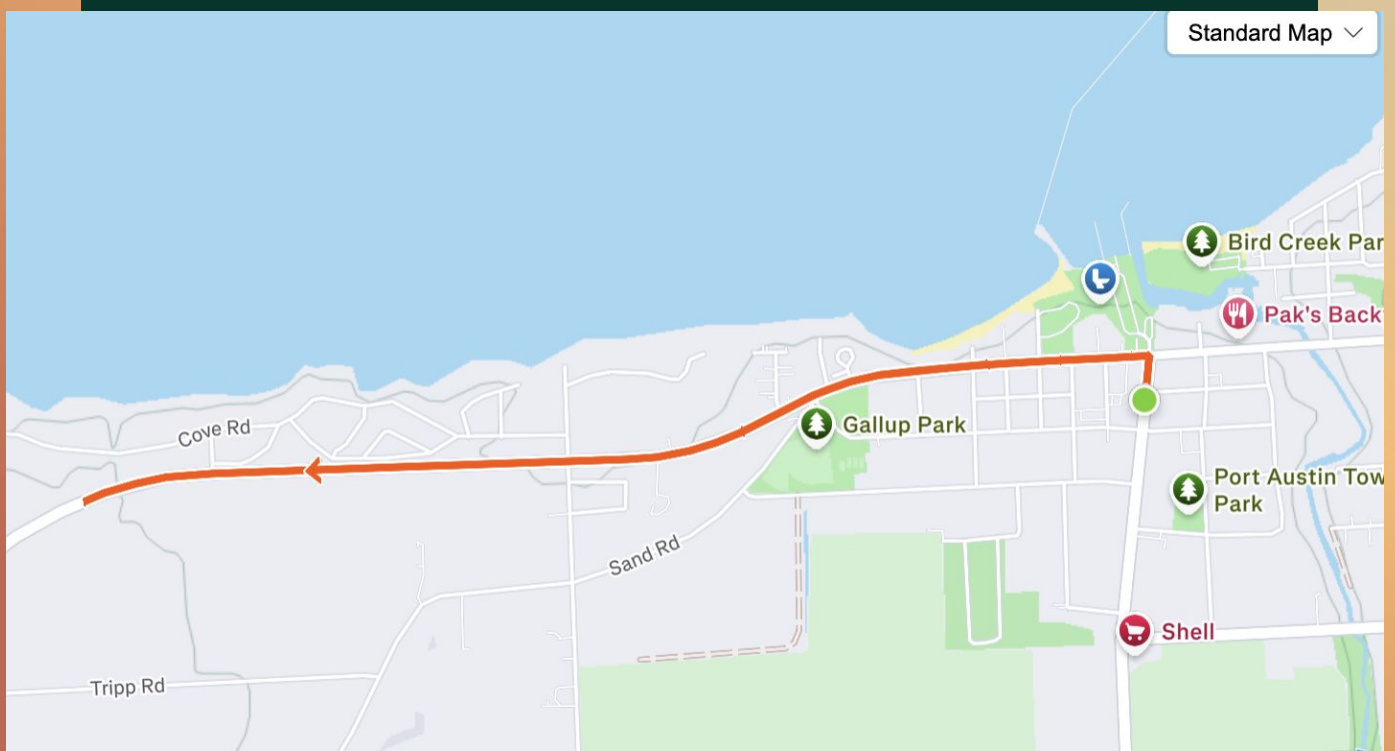
Race Start Time: 9:00 AM

Race Starting Location: Port Austin, MI - Lake St

<https://maps.app.goo.gl/y2xhfNYRdXJfX1wW7>

5K Run/Walk Course Map:

<https://www.strava.com/routes/3408526415637349076>



AID STATIONS

Below is a chart listing the available aid stations on course during the Rock CF Thumb Coast Marathon and Half Marathon. Aid stations will feature water and Gatorade at all stations with a mix of other support.

Note: Aid Stations locations and options available may change slightly due to course modifications and availability.

Aid Station #1	Marathon Location	Half Marathon Location	5K Location	Aid Provided	Location	Toilets
1	Mile 1	N/A		Water + Gatorade	Caseville South Loop	Yes
2	Mile 3.25	N/A		Water + Gatorade	Caseville South Loop	Yes
3	Mile 5	N/A		Water + Gatorade		Yes
4	Mile 7.5	N/A		Water + Gatorade + Huma Gel	Beginning of Gagetown Loop	Yes
5	Mile 9.5	N/A		Water + Gatorade	End of Gagetown Loop	Yes
6	Mile 11.5*	N/A		Water + Gatorade	Half Marathon Start Sleeper SP	No (near Half start)
7	Mile 13.5*	Mile 2.1		Water + Gatorade + Huma Gel	M25	Yes
8	Mile 15.5*	Mile 4.22		Water + Gatorade	M25	Yes
9	Mile 18.2			Water + Gatorade + Huma Gel	M25	Yes
10	Mile 20	Mile 6.73		Water + Gatorade + Candy	Start of Port Crescent O/B for Full	Yes
11	Mile 21.5	Mile 8.27		Water + Gatorade	M25	Yes
12	Mile 23.5	Mile 10.40		Water + Gatorade + Coke	M25	Yes
13	Mile 24.4	Mile 11.2		Water + Gatorade	M25	Yes
14	Mile 25.5	Mile 12.23	Will see Aid Station #14 on route	Water + Gatorade + Coke	M25	No (near finish)
Bathrooms will also be located at all starting lines and finish line area.						

RACE SWAG

All participants will receive a commemorative Rock CF Thumb Coast crewneck and finisher's medal! Pictured below.

Participants must register by October 10th at 11:59 PM to guarantee sweatshirt size.



AWARDS + TIMING

All finishers will receive a finisher's medal. Overall and age group awards listed below will be presented on a rolling basis throughout the event.

Additional awards include:

Marathon: The top 3 men, women & non-binary overall, along with the top 3 men and women in each of the following age groups: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over will receive awards.

Half Marathon: The top 3 men, women & non-binary overall, along with the top 3 men and women in each of the following age groups: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over will receive awards.

5K Run/Walk: The top 3 men, women & non-binary overall, along with the top 3 men and women in each of the following age groups: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over will receive awards.

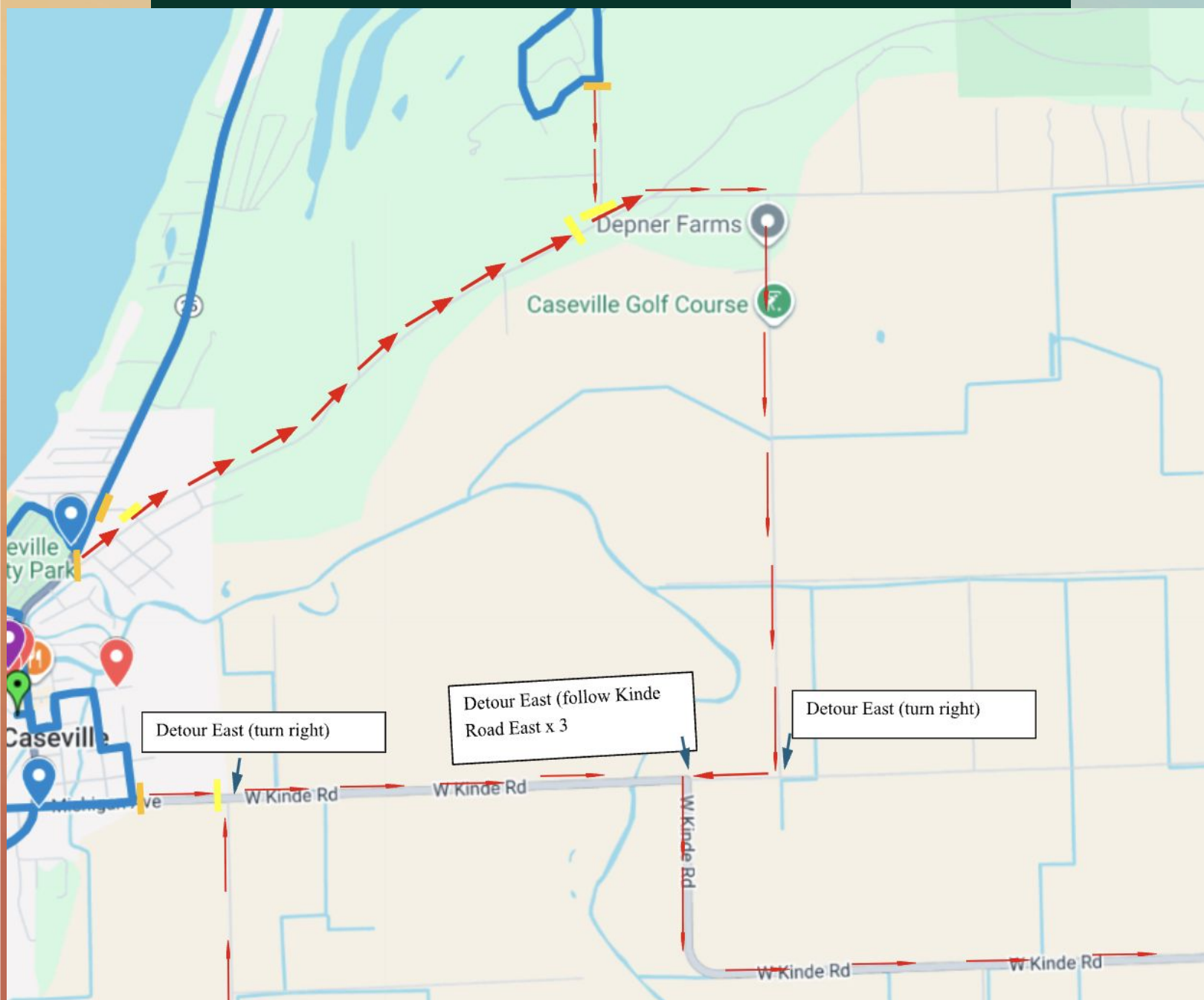
Virtual participants will not be eligible for awards.

Awards not picked up on race day will be subject to a \$10 shipping fee. Awards will only be mailed 2 weeks from the event date. This is a chip timed event by Trivium Racing. Overall awards are based on 'gun time' while Age Group awards are based on 'chip time'.

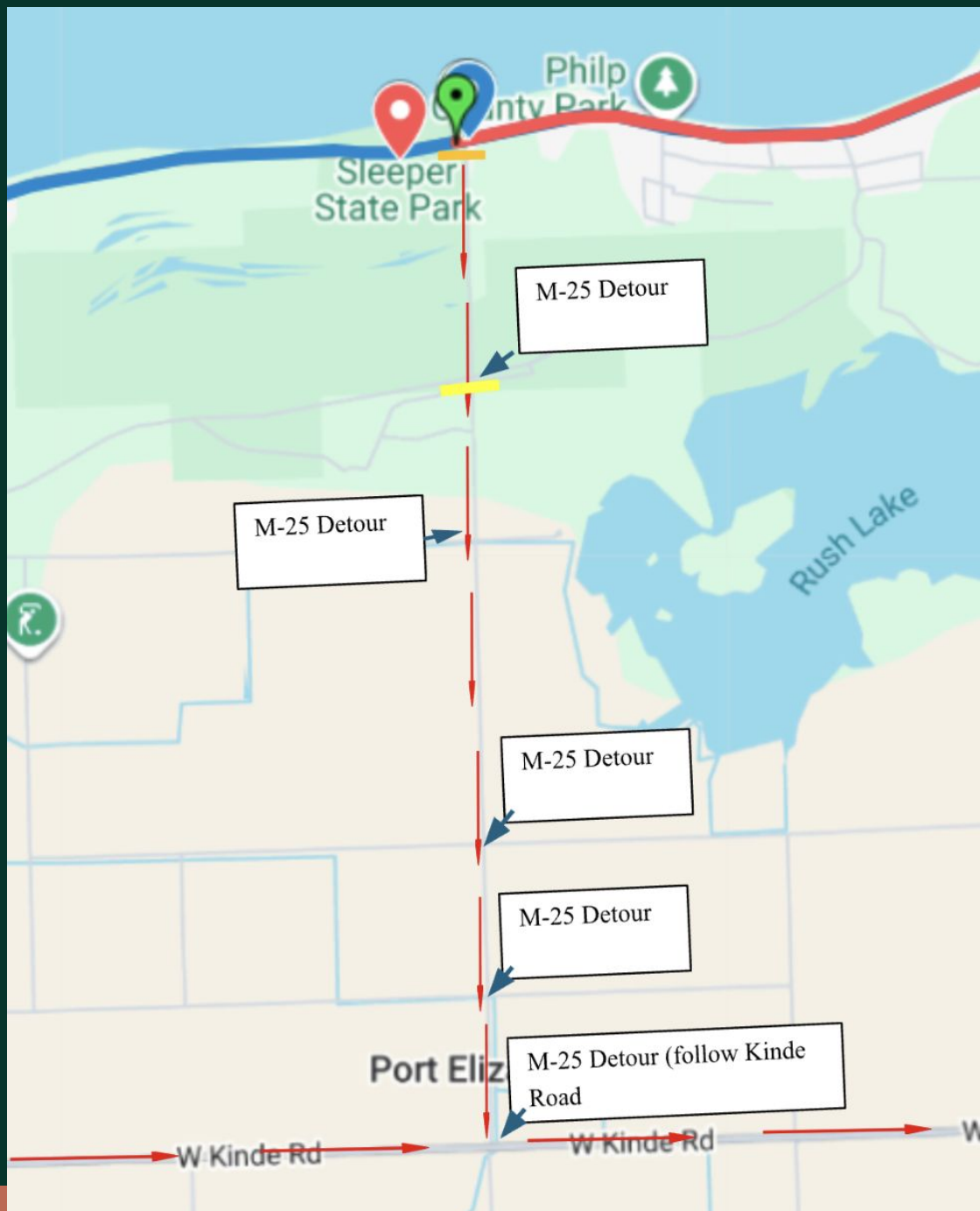
LOCAL DETOURS



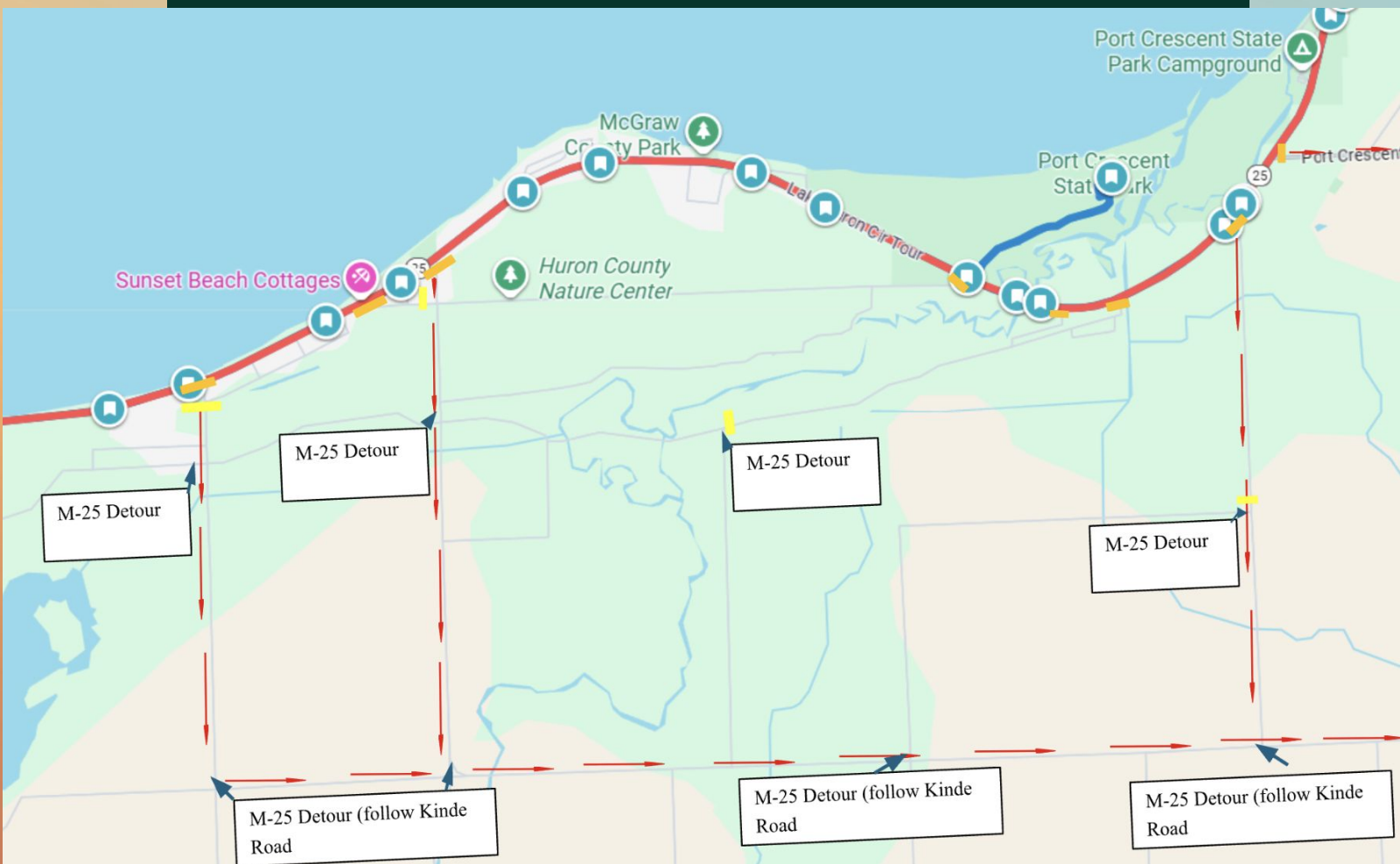
LOCAL DETOURS



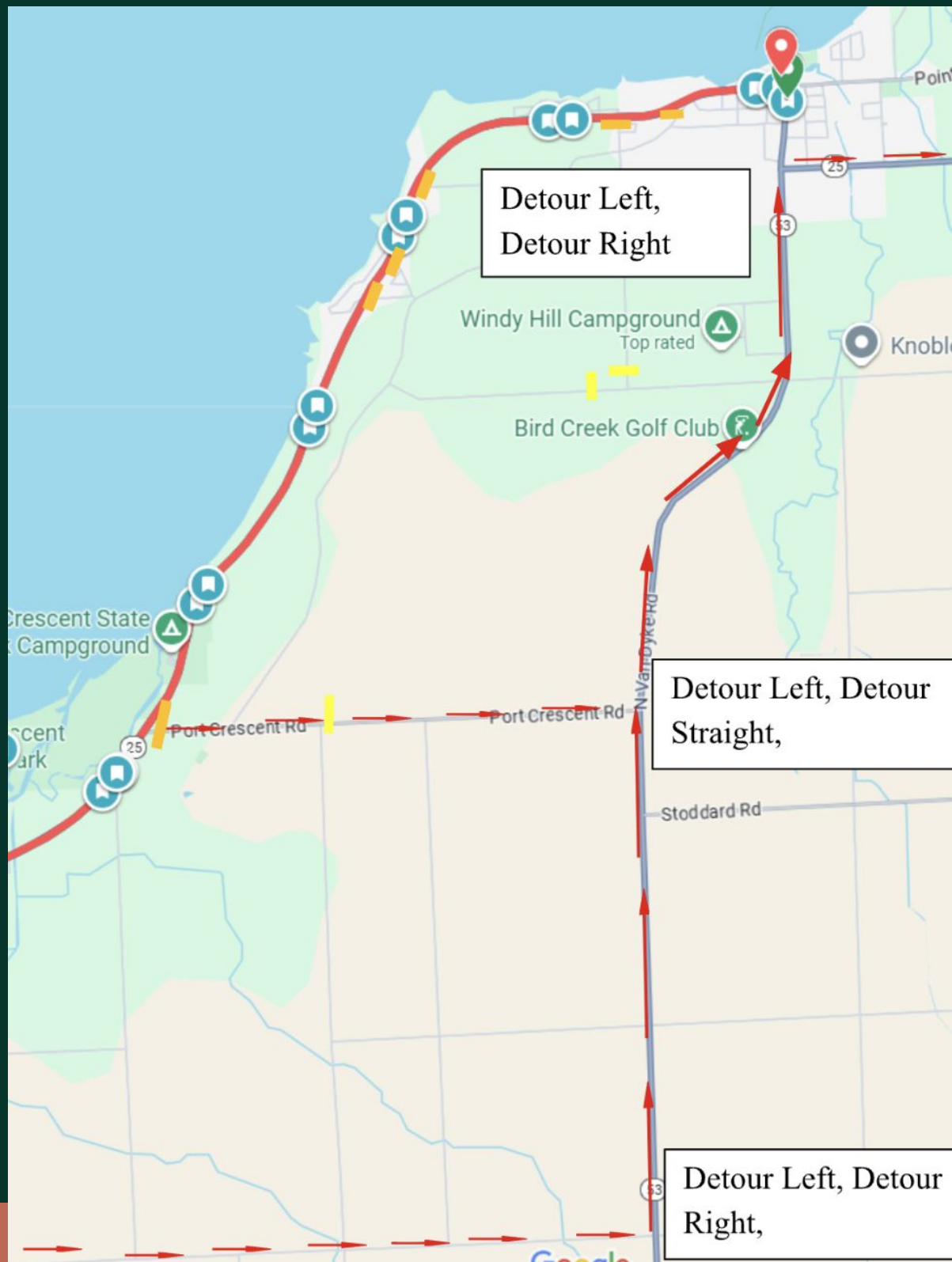
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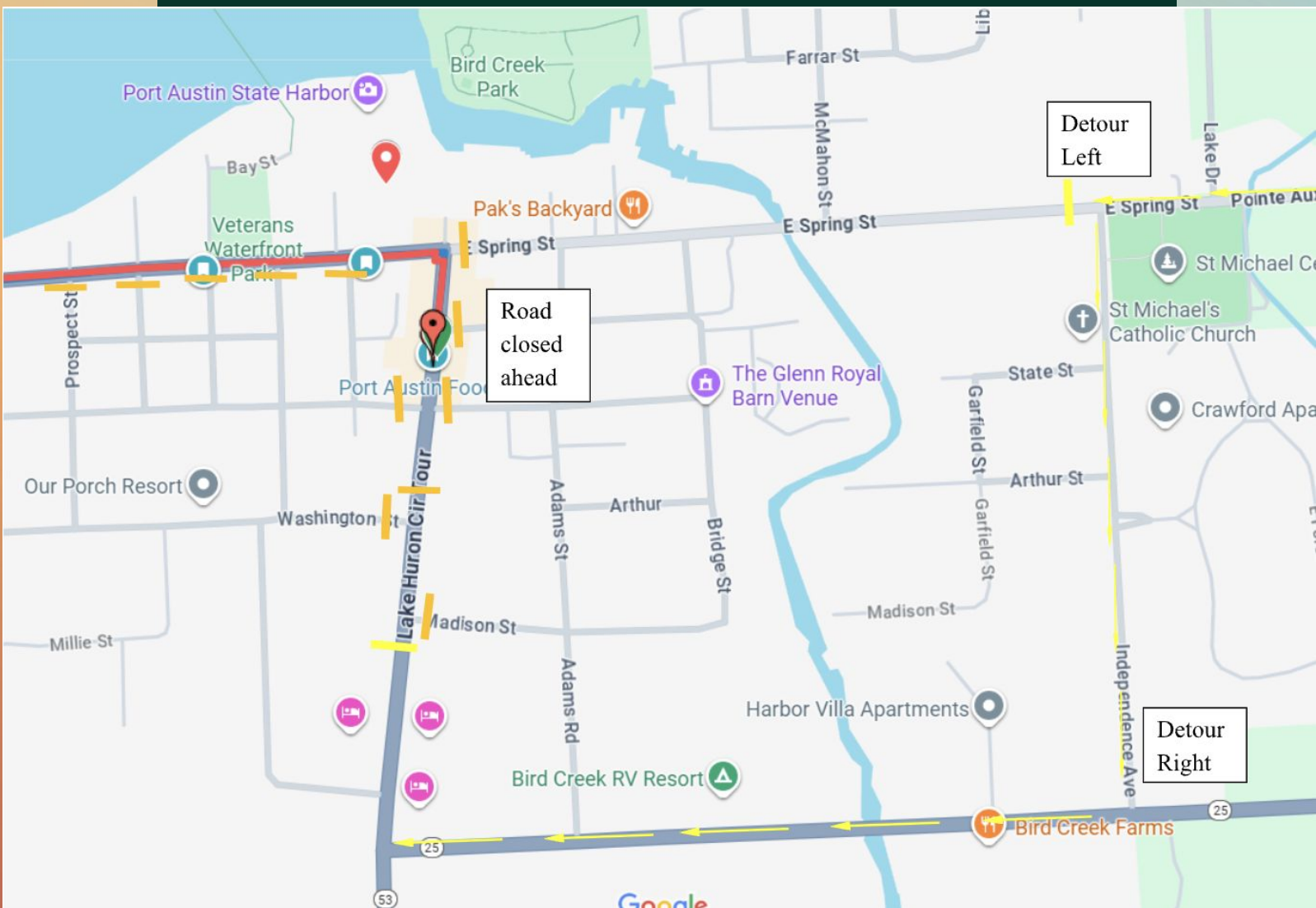
LOCAL DETOURS



LOCAL DETOURS



LOCAL DETOURS



FAQs

General Race Information

When is the race?

The Rock CF Thumb Coast Marathon, Half Marathon, and 5K will take place on Sunday, November 2, 2025.

Where is the race located?

The races showcases the beauty of Michigan's Thumb in the late Fall!

Marathon: Starts in Caseville and finishes in downtown Port Austin

Half Marathon: Starts in Sleeper State Park and finishes in downtown Port Austin

5K: A loop course through downtown Port Austin, finishing at the same line as the Marathon and Half

Who produces the race?

The event is co-produced by the Rock CF Foundation and Trivium Racing.

FAQs (cont.)

Course & Certification

Is the course certified?

Yes. The Half Marathon course is USATF-certified and the Marathon course is in the certification process.

Is the Marathon a Boston Qualifier?

Yes! The Rock CF Thumb Coast Marathon is a Boston Qualifier.

What is the course like?

All races are flat, fast, and fully paved, making them perfect for PR attempts or first-timers.

Will there be pacers?

Yes. Beast Pacing will provide pacers for both the Marathon and Half Marathon, covering a wide range of finish times.

Are strollers allowed?

Yes.

FAQs *(cont.)*

Are hydration packs allowed?

Yes.

Registration & Pricing

How do I register?

[Register online!](#) You can register in person on race day at the start line, but participant shirt sizes will be limited.

When do prices increase?

2025 price increases have concluded.

Is there a referral program?

Yes! Share your unique referral link (found in your confirmation email). When 5 people register with your link, you'll earn a \$20 refund. (Valid for Marathon, Half, and 5K registrations.) More details can be read [here](#).

Can I switch distances?

Yes! You can transfer from the Half to the 5K or Marathon to Half, etc., through your RunSignup account. Any difference in registration fees will apply. [Instructions on how to transfer.](#) You might not be able to switch shuttles to the start line if the shuttle is full.

FAQs (cont.)

Packet Pickup

**When and where can I pick up my race bib?
You have several options!**

Saturday, November 1 from 12-7 pm at the Port Austin Welcome Center

Sunday, November 2 at your race start line

Marathon: 6:00-7:45 am

Half Marathon: 6:00-8:15 am

5K: 6:30-8:45 am

Race Day Logistics

What time does the race start?

Marathon: 8:00 am

Half Marathon: 8:30 am

5K: 9:00 am

How do I get to the start line?

[Pre-race shuttle information for Marathon and Half Marathon runners can be found here.](#) There are no post-race shuttles back to Caseville or Sleeper State Park.

FAQs (cont.)

Is there a time limit?

Marathon: 8:00 am - 2:00 pm (6 hours)

Half Marathon: 8:30 am - 2:00 pm (5.5 hours)

5K: 9:00 am - 2:00 pm (5 hours)

Swag & Awards

What swag do participants receive?

- **All runners with regular registration will receive:**
- **A cozy participant crewneck sweatshirt with the Rock CF Thumb Marathon logo**
- **A custom brass-plated finisher medal with antique finish (3.25" tall, 5mm thick)**
- **Race-day support, including fully stocked aid stations**
- **Marathon and Half Marathon pacers**
- **Chip timing by Trivium Racing**
- **Post-race food and drinks**
- **Race photography**

Is there Economy Registration?

Yes! You can skip the sweatshirt and medal and save some cash.

FAQs *(cont.)*

Is there additional merchandise I can purchase?

Yes! Additional swag is available for purchase, including a winter hat, buff, t-shirt, and coffee mug. These can be added during registration or through your RunSignup account.

Will there be awards?

Yes. Overall and Age Group awards will be presented in each distance. More details can be found [here](#).

Community & Cause

Who does the race benefit?

Proceeds benefit the Rock CF Foundation, a local Michigan organization dedicated to improving the lives of people living with cystic fibrosis.

Volunteering

Can I volunteer for the race?

Absolutely! We are looking for course marshals, aid station volunteers, set-up/tear-down crews, and medal distributors. Volunteer perks will be announced closer to race weekend. [You can learn more and register to volunteer here.](#)

THANK YOU

**The Rock CF Thumb Coast Marathon team
would like to give a HUGE thank you to
the Cities of Caseville & Port Austin for
their support!**



SPONSORS

PRESENTING SPONSOR



RACE CONTACT

**Race Director:
Richard Swor
Trivium Racing**

**Questions/Comments:
cathi@triviumracing.com**

**Social Media:
[Facebook](#)
[Instagram](#)
[Race Website](#)**