



# Lake Effect Half Marathon & Quarter Marathon

## Live & In-Person Athlete Guide

### Saturday February 18<sup>th</sup> 2023



# PACKET PICKUP TIMES & LOCATIONS

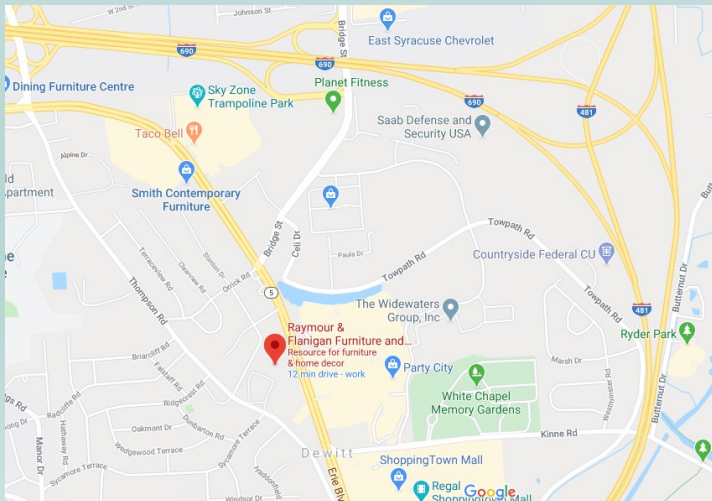
## PRE-RACE PACKET PICKUP

When:

- Fri 2/17 from 11AM-6PM

Where:

- Raymour & Flanigan Dewitt
- 3430 Erie Blvd E, Syracuse, NY 13214



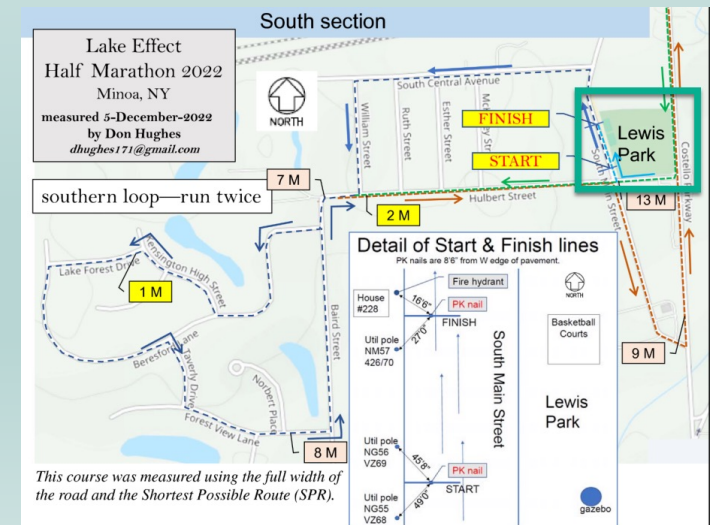
## RACE DAY PACKET PICKUP

When:

- Sat 2/18 from 7:30am – 9:15am

Where:

- Lewis Park in Minoa (Venue)
- 225 S Main St, Minoa, NY 13116







# **BIB & GIVEAWAY PICKUP PROCEDURE**

## **Our Check-in Process**

- Step 1 – Queue up to your Event (Half or Quarter) as well as by Last Name
- Step 2 – Present ID to Bib Handout Volunteer (and confirm info accuracy)
- Step 3 – Bib Handout Volunteer Digitally checks you in and pulls Bib
- Step 4 – Review printed Bib (for accuracy) and proceed to Giveaways queue
- Step 5 – Pick-up Giveaway Item (listed on Bib) from Giveaways Volunteer
- Step 6 – If you ordered an “Add-On” please ensure that you pick this item up too!!

## **FAQ & Answers**

Q1: Can I pick up someone else's bib?

A1: For 2023 you may pick up other's bibs.

Q2: Can I switch out my giveaway size?

A2: Giveaway shirts may be swapped immediately AFTER the event is completed if they are available.



# EVENT PARKING LOCATIONS



- Closest [will fill early]
  - Lewis Park (A)
  - Minoa Town Hall / Library (B)
- Further Lots [up to 0.75mi away]
  - Minoa United Methodist Church (C)
  - St. Mary's Church (D)
  - Galuski Field Parking Lots (E) & (G)
  - Minoa Elementary School (F)

**When lot is FULL  
please proceed to  
an alternate lot**

**Allow time to walk  
to Start!**



# RACE DAY TIMELINE – PLEASE ARRIVE EARLY!!!

Activity	Start	Finish	Comments
Packet Pickup	07:30am	09:15am	Please plan time to walk from Parking to Lewis Park (up to 0.75mi away)
Line Up in “Start Corral”	09:15am	09:25am	
Pre-Race Briefing & Remarks	09:25am	09:30am	
Start Line Open	09:30am	09:40am	Please plan pre-race routine accordingly!
Post Race Refreshments	10:15am	1:00pm	
Half Marathon Cutoff – 2 <sup>nd</sup> Lap Start	10:50am	10:55am	Athletes must divert to finish if their time is 1h40m or more at this point
Post Race Awards	11:00am	12:30pm	If you got an award, check-in & pick-up
Race Closes	1:00pm		Let's cheer on our FINAL finisher!
Clean-Up	1:00pm	2:00pm	





- 
- northern loop—run twice**
- USATF Certificate**  
NY22003DNB  
Effective: 01/09/2022  
Through: 12/31/2022
- North section**
- South section**
- Half = 2 loops**  
**Quarter = 1 loops**
- Lake Effect Half Marathon 2022**  
Minoa, NY  
measured 5-December-2022  
by Don Hughes  
dhughes171@gmail.com
- southern loop—run twice**
- Detail of Start & Finish lines**  
PK nails are 8' from W edge of pavement.
- South Main Street**
- START**
- FINISH**
- Lewis Park**
- House #228**
- Fire hydrant**
- PK nail**
- Util pole NM57 426/70**
- Util pole NG56 VZ69**
- Util pole NG55 VZ68**
- 16'6"**
- 22'**
- 45'6"**
- 40'0"**
- 13 M**
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*This course was measured using the full width of the road and the Shortest Possible Route (SPR).*



# POST RACE REFRESHMENTS OPTIONS

## **Post Race Food Area**

- Raymour & Flanigan Water Bottles
- Byrne Dairy Chocolate Milk
- Dunkin' Donuts
  - Coffee, Hot Chocolate, Tea
  - Donuts!
- Wegmans Subs / Wraps
  - Limited Gluten Free & Vegan Available
- Tops Friendly Market Gourmet Cookies
- Terrell's Chips
- Granola Bars
- Apples
- Bananas

## **Knifehand Nutrition**

- ☐ Pre-Paid Meal Kit
- ☐ Credit Card or Cash Meal Kits

## **Trappers 2 (Race Sponsor)**

- ☐ Use Race Bib Food Coupon for one FREE item
  - FREE Slice of Pizza or
  - FREE Draft Beer [must purchase food] or
  - FREE Soft Drink
- ☐ PURCHASE more food off the menu
- ☐ PURCHASE additional beverages

## **Spill the Tea (Race Sponsor)**

- ☐ Use Race Bib Food Coupon for Discounts!
- ☐ AMAZING Coffee and Tea's
- ☐ Other Food Items also for sale



# THANK YOU SPONSORS

## Title Sponsors

Half Marathon

Quarter Marathon

**Raymour  
& Flanigan**  
FURNITURE  
MATTRESSES®

**ROERDEN**  
LAW

## Gold Level Sponsors



## Silver Level Sponsors

*Wegmans*



**UR** UnitedRadio

## Bronze Level Sponsors



KNIFEHAND

