

WELCOME TO MOUNTAINS TO MAIN STREET HALF MARATHON & 5K



Saturday May 20, 2023
OFFICIAL EVENT DETAILS

HALF MARATHON:

Starts at Chico Bolin Athletic Complex at Trailblazer Park in Travelers Rest, SC at **7:00AM** – 315 Trailblazer Drive – TR, SC 29690 – The Half Marathon will begin on the running track.

5K:

Starts at the Swamp Rabbit Café at **7:00AM**– 205 Cedar Lane Road – Greenville, SC 29611

FINISH LINE:

Finish is on the TD Stage at the Peace Center – 300 S. Main Street – Greenville, SC 29601

ARRIVAL TIME:

All Athletes should arrive to the appropriate start lines no later than 6:30AM.

PARKING:

Parking will take place in one of three locations:

- HALF MARATHON parking in Travelers Rest will take place in the Trinity Presbyterian Church parking lot (405 Trailblazer Drive). We suggest carpooling or having someone drop you at the start line. There will be portable toilets at Chico Bolin Athletic Complex (next to the track). Please park as close to the Track as possible and not toward Trailblazer Park as the Farmers Market opens at 8AM and we do not want to take all their parking.

- 5K parking will take place in the overflow parking lot adjacent to the Swamp Rabbit Café. This lot is adjacent to Mt Calvary Baptist Church. You may also park in the Mt. Calvary Baptist Church parking lot if there are not any No Parking signs. Please follow directions of any parking signs at the church. PLEASE DO NOT PARK AT THE SWAMP RABBIT CAFÉ. There will be portable toilets in the parking lot of the Swamp Rabbit Café.

- Parking in Downtown Greenville will take place in normal downtown parking areas. Please follow the direction of any signs / payment processes / time limits. We do not have dedicated parking in the downtown area for athletes. There are various parking garages and lots adjacent to the finish line area.

PACKET PICK UP:

- **Friday May 19, 2023 (12PM – 6PM)**
The Kroc Center – 424 Westfield Street – Greenville, SC 29601
 - **Saturday May 20, 2023 (5:45AM – 6:30AM) – HALF MARATHON**
Chico Bolin Athletic Complex – 315 Trailblazer Drive – Travelers Rest, SC 29690
 - **Saturday, May 20, 2023 (5:45AM – 6:30AM) – 5K**
Swamp Rabbit Café – 205 Cedar Lane Road – Greenville, SC 29611
 - NOTE: We will **NOT** be taking any on-site registrations. All registrations must be done on-line (www.MountainstoMain.com) prior to 6:00AM on race day.
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EVENT NUMBER:

You will be issued one number at packet pick up. This number will contain your timing bib chip. Please do not remove this bib chip or you will not get a time. Please wear the run number **on your front** at all times.

EVENT T-SHIRTS:

1,310 T-shirts have been ordered. Everyone who registered prior to the t-shirt order deadline will get their chosen t-shirt size at packet pick up. T-shirt inventories have been added into the registration platform. If you are not asked for a t-shirt size this is because we are out of t-shirts. If you are only offered specific sizes this is because we are out of the other sizes. A SECOND T-SHIRT ORDER WILL NOT BE PLACED. **If you pick up your event number on race morning you will get your race t-shirt at the finish line. If you do not pick up your t-shirt at the finish line following the event we will not be mailing t-shirts out.** We HIGHLY suggest coming to packet pick up on Friday.

EVENT SHUTTLES:

There will be both pre-event and post-event shuttles running from downtown Greenville to Chico Bolin Athletic Complex in Travelers Rest and post-event only shuttles running to the Swamp Rabbit Cafe. Pre-registration IS REQUIRED to use these shuttles. Only those pre-registered for the shuttles will be allowed to use the shuttles. We will NOT be selling shuttle spaces at the event expo. The pre-event shuttles for the HALF will leave from the finish line at 5:15AM and 6:00AM. The post event shuttles will leave from the finish line every 30 minutes starting at 8AM. Post-event buses will all travel from downtown to the Swamp Rabbit Café or to half marathon start (make sure you get on the proper bus). Buses will leave from the Main Street side of the Peace Center. NOTE: There is NOT an actual bus ticket. Pre-registered athletes will be checked in via a list.

GEAR CHECK:

Gear check in will be available at the start of the Half Marathon and the 5K. The process is simple. You will simply place your bag into a cargo van parked near the start line of the Half Marathon or the cargo van at the start line of the 5K. After the event these vehicles will be parked at the finish line for you to retrieve your gear. ALL GEAR MUST BE IN SOME SORT OF BAG. ONLY 1 BAG PER ATHLETE. Space will be limited as this service was not utilized in 2022 by many athletes. Bags will be dropped on the side of the Peace Center (Broad Street). This location is about 100 yards away from the actual finish line and is outside the amphitheater area.

WATER STOPS:

There will be 6 water stops on the Half Marathon course and 1 water stop on the 5K course. The Half Marathon water stops will be spaced approximately every 2 miles. All aid stations will serve water & Gatorade / Body Armor.. Each station will have a port-o-let. The approximate locations of these stops for the Half Marathon are Miles 2.0, 3.8, 5.6, 7.3, 9.9 and 12.1. The water stop for the 5K will be at Mile 2.1.

TRASH:

We are lucky enough to be granted use of the Swamp Rabbit Trail for this event. With that access comes great responsibility to keep it as clean as we found it. With that said, please do not throw any trash along the trail. If you are a runner who likes to run with cups of water please deposit the cup at the next aid station. If not please throw your cup down within easy walking distance from the water stop. The trash rule applies especially to Hammer Gel packets. Please throw these away at the water stops only!! WE WILL DISQUALIFY ANYONE FOUND THROWING TRASH ANYWHERE OTHER THAN THE WATER STOPS.

AWARDS: Awards will be given following the event at the finish line. The 5K awards will begin at 8:00AM while the Half marathon awards will begin at 10:00AM. All Half Marathon & 5K finishers will receive a finisher's medal. We will NOT mail out awards. If you can't collect your award please have someone collect it for you.

RESULTS: Overall and Age Group Results will be posted live on the RunSignUp.com registration page and to the event web site by Saturday, May 20, 2023 at 12PM . Website address: www.MountainstoMain.com

TEXTING RESULTS SERVICE: The 2023 Mountains to Main Street will feature a results texting service you or your friends may use to see your results as you finish. You will need to go to the following site to enable textable and / or emailed results: <https://runsignup.com/Race/FindARunner/?raceId=35846> Find your name and then click on RESULT NOTIFICATION to activate.

EVENT PHOTOS: FREE Finish Line Photos will be provided by Marathon Runs. You may download your photos from the Marathon Runs Facebook Page at www.facebook.com/marathonRuns or get the High Resolution Photos from the website at www.mruns.com . Photos will be posted within 48 hours of the race finish.

RACEJOY APP: We are offering free tracking and cheer sending in the RaceJoy mobile App. If you carry your phone during the race, you can receive audio Progress Alerts as you complete the course. These are typically sent out at every mile. Also, people can track your blue dot move on a map and send you fun cheers! [Download RaceJoy now to get set up!](#)

**On Behalf of Set Up Events, SaBaR Charities and all of our sponsors,
WE HOPE YOU HAVE A GREAT TIME!**

