



2023 RUNSBY EVENTS:
SALISBURY MARATHON
SALISBURY HALF MARATHON
RUNSBY 5K

ATHLETE GUIDE
APRIL 1, 2023



RUNSBY EVENTS: SALISBURY MARATHON, HALF, 5K

SALISBURY, MARYLAND
APRIL 1, 2023



Welcome to the RunSBY Events!

Welcome everyone to the 2023 Salisbury Marathon, Half Marathon, and #RunSBY 5k, presented by Pohanka of Salisbury. We are excited to be your host on Saturday, April 1st, 2023, and hope that this helps you with any questions.

Should there be any information that you do not find in this guide, please be sure to check the [SCHEDULE](#) and [FAQ](#) section of the website for updates.





RUNSBY EVENTS: SALISBURY MARATHON, HALF, 5K

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START TIMES & LOCATIONS

Marathon & Half Marathon

Salisbury City Park Bandstand: 521 S Park Drive, Salisbury, MD

6:50 am: Opening Ceremony

7:00 am: Physically Challenged Start

7:05 am: Mass start for all Marathon & Half Marathon

#RunSBY 5K

Main Street & St Peters Street

7:20 am: Opening Ceremony

7:30 am: Physically Challenged Start

7:35 am: Mass start for all 5K

FINISH TIMES

The **Full Marathon** has a 7 hour time limit. Any runner that falls below a 16 minute mile pace average on course may be removed from the course so that we can re-open roadways. **ALL** athletes must be off the course by 2:00 pm. If a **Full Marathon** runner does not reach the left turn from Woodland Road onto Riverside Drive by **10:00 am**, they will be diverted onto the **Half Marathon** course and will receive a finish time for the **Half Marathon**.

The **Half Marathon** course has a 3.5 hour time limit, and all runners must maintain that 16 minute mile pace as well.

5K...well...technically you have 6.5 hours to finish, so no excuses there.



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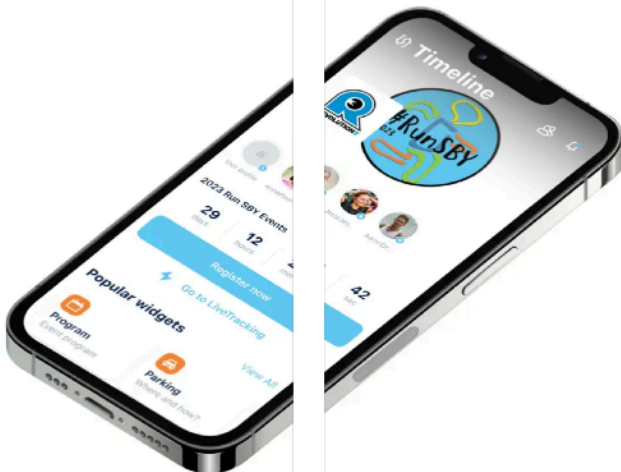
REVOLUTION₃ APP

SAME APP, NEW NAME!! We are happy to continue to present to you our app, available on the **App Store** and **Google Play**. This app is the same used at the Boston Marathon and endurance events throughout the world! With this app you can find out pertinent information such as the schedule for awards, look at the course, take a selfie, and, most importantly, **TRACK YOUR RUNNERS!!!** Be sure to download the app by clicking the links or searching **REV₃** in the **App Store** or on **Google Play**.



REV3

In the REV3 app you will find all the information about the events organised by REV3/TCR!

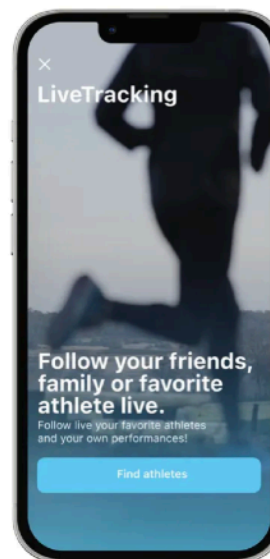


Timeline

Check out the latest news, updates and event information.

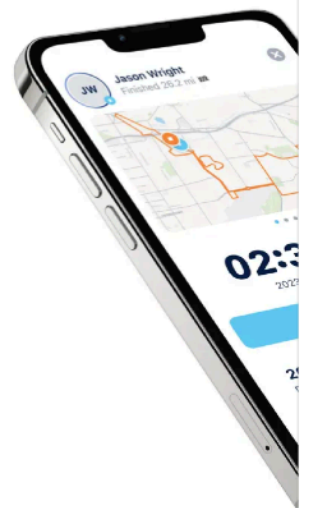
LiveTracking

Live track your friends, family, favourite athletes and your own performance.



Statistics

Analyse your own times and running performances.





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BIB NUMBER

Q. What is my bib number for the event? Why haven't I seen any bib numbers? When will I know my bib number?

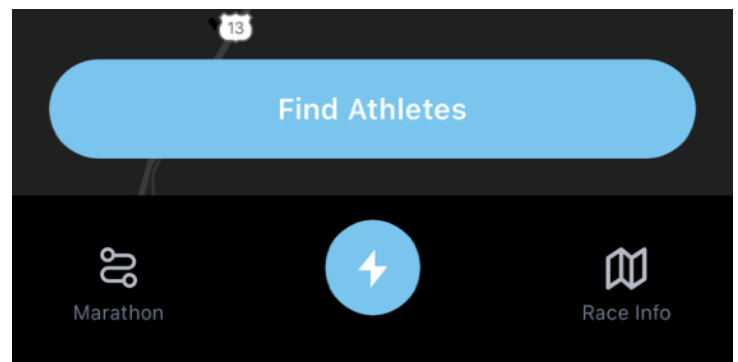
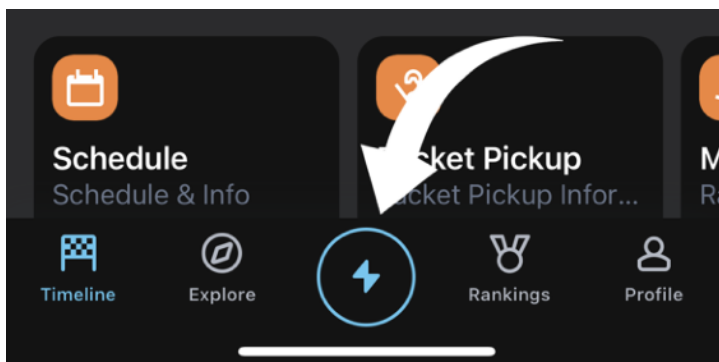
A. In order to make the checkin process more efficient, we have streamlined the process and are proud to use Dynamic Bib Assignment. Through this process, we are able to reduce the amount of time having to wait in line to get all your goodies.

Your bib number has NOT been assigned until you come and check in for the event. As you process, you will be given the next number for your event (Different numbers/bibs for the Marathon, Half Marathon, 5K).

If you opted for the bib mailing, your bib number HAS been assigned to you, and will be available to view, on the app, race week.

Q. But how will my friends be able to track me?

A. All runners are already loaded on our app. By going to the LIVE TRACKING section of our app you find athletes and have your family and friends track you!



Q. Where does my bib number go?

A. Your bib has a MyLaps BibTag timing chip on the backside. Your bib also has YOUR unique bib number to it. In order to accurately track your running AND to ensure that you are able to get all of those great (and FREE!!!) race photos, we ask that you wear your bib number visibly on your chest/waist area. Please do not plan to wear any garments over your bib, as this will make identification for photos more difficult. Please wear the bib horizontally, so that our photo recognition software can read it, and so that the timing chip can accurately be registered on the mats.

Tips for guaranteed timing

- Wear the bib number visibly on the chest
- Do not fold or crumple your bib number or tag
- Use a pin for each corner of the bib number, do not pierce the tag
- Do not remove the foam spacer. The foam increases the detection rate of your tag





MYLAPS BibTag Timing

2013

MYLAPS

Participant Name
Emergency Contact
Medical Information
MYLAPS

Timing points

Start - Finish

The tags do not have to be collected after the race, you can keep the bib with the tag as a souvenir.

mylaps.com



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PACKET PICKUP

Wicomico Youth & Civic Center

500 Glen Avenue, Salisbury, MD 21801

LOCALS PACKET PICKUP

Live in the area and want to beat the rush on Friday?

Thursday, March 30th, 2023 5pm - 8pm

ALL ATHLETES PACKET PICKUP

Friday, March 31st, 2023 2pm - 8pm

SWAG PICKUP FOR BIB MAILING

So, you beat the deadline and got your bib mailed to you and now you're wondering about your other SWAG? Everything will be waiting for you at the finish line, don't worry! Pick up your gear after your event, or stop by packet pickup (above) and you can get it all. THERE WILL BE CLEAR BAGS FOR MORNING CLOTHES DROP FOR YOU AT THE START LINE!!!

Packet Pickup Frequently Asked Questions (FAQ)

Q. When and Where Is Packet Pickup?

A. Please see the location and times listed above.



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Q. What do I need for Packet Pickup?

A. You will need a valid ID to pick up your packet at any of the locations.

Q. Can someone else pick up my packet, and what do they need?

A. We ask that you pick up your own packet but, if necessary, we allow others to pick it up for you. We request that they have a copy of your Identification to pick up your packet.

Q. Will there be any vendors at Packet Pickup?

A. We offer the ability to be at Packet Pickup to any of our vendors.

Q. Can I exchange my shirt at Packet Pickup?

A. The shirt order was created specifically for you. We have a limited amount of extras and request that all exchanges of shirts be made at the FINISH LINE area of the event, after the race.





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Q. Tell me about this GREEN BRACELET I get at Packet Pickup?!?

A. We know that we could never put on such a quality event without the support and KINDNESS shown by our volunteers. Volunteers make it happen and this is your way of giving back to them.

Each athlete will be given a green bracelet at check in. In conjunction with WICOMICO GROWS KINDNESS (#WGK) we would like for you to GIVE THAT BRACELET AWAY!! That's right! Give it to a volunteer or someone who helps you out. Be it at packet pickup, race morning, an aide station, the finish line.... Whatever. Give them the green bracelet to show your appreciation.

As a special THANK YOU to the volunteer who shows the most kindness and receives the most thanks, we will be given tickets to a local Shorebirds Baseball game!

THANK YOU TO ALL OUR VOLUNTEERS!!

Q. I got the bib mailing, where is the rest of my stuff?

A. Great question. If you opted for the bib mailing, you will receive your bib & shirt! You are ready to go for race day! Any additional swag will be waiting for you at the finish line. When you are done with the event, travel through the finish, and hang a right at the LIVE BAND to get your **Morning Clothes bag** and **SWAG bag**.

WE ARE GOING TO HAVE MORNING CLOTHES BAGS FOR YOU AT THE START LINE OF THE HALF AND FULL!!!



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RACE DAY

PARKING

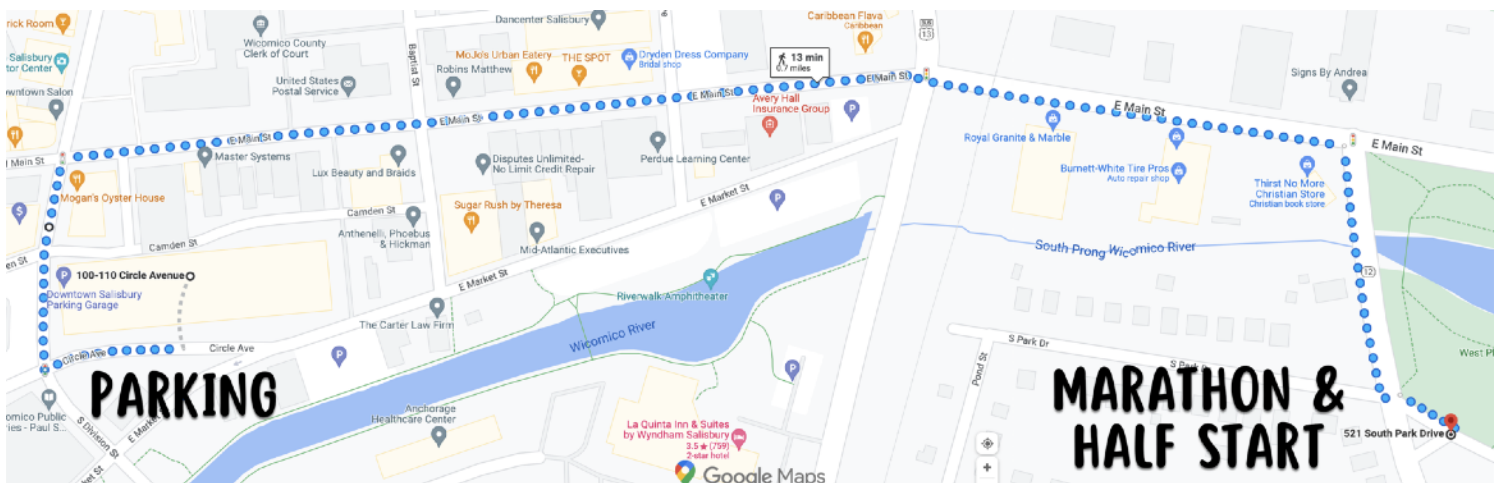
The City of Salisbury graciously allows for the use of the **City Parking Garage** for our event on **RACE DAY**, FREE of charge!!! The garage is located at **110 Circle Avenue, Salisbury, MD**.

Full and Half Marathon Participants

You will leave from the garage and walk to your **RIGHT**, towards **Division Street**. Another **RIGHT** takes you down **Main St**, and across **Business 13** (use the crosswalk!!). A quick right on **Snow Hill Road** and you'll see the staging area, complete with porto-johns.

The start line for the Full and Half are less than 1/2 mile away and can be found at the **Bandstand** at the **City Park (521 S. Park Drive, Salisbury)**

SPECTATORS should do this same walk. There is **NO** parking near the start line area.





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5K Participants

Your start area is approximately 2 blocks from the Parking Garage (**Right** on to **Division Street**, **left** on **Main** to your start area). You WILL be allowed back to your car at any time.





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ON COURSE SUPPORT

Aide Stations

Each aide station/water station is designed to be approximately 1.5 miles from the previous. Due to physical constraints some may be shorter, and some may be longer.

EACH aide station will have Water, Gatorade (Lemon Lime), and some Gu Gels (a mix of Lemon Lime and Tri-Berry) at them. Fluids will be in 5 ounce cups, handed to you by volunteers. If, for any reason, we need to add an aide station, you may find those cups on tables for you to grab and go!

Please do not depend on the aide stations for gels or solid foods, as these quantities may be limited. **The first aide station on the Marathon/Half-Marathon course will be WATER ONLY.**

Medical

We have medical support out on course at various aide stations and along the course, as well as EMS Cyclists from Salisbury Fire Department. We also have law enforcement at every major intersection, should you need help.

IF you should need any type of assistance and are able to move under your own power, you will be directed to make it either to the next, or previous, aide station, dependent on your proximity. IF you need assistance, please do not continue on course, with the hopes that we will find you. Go to the closest aide station and wait.



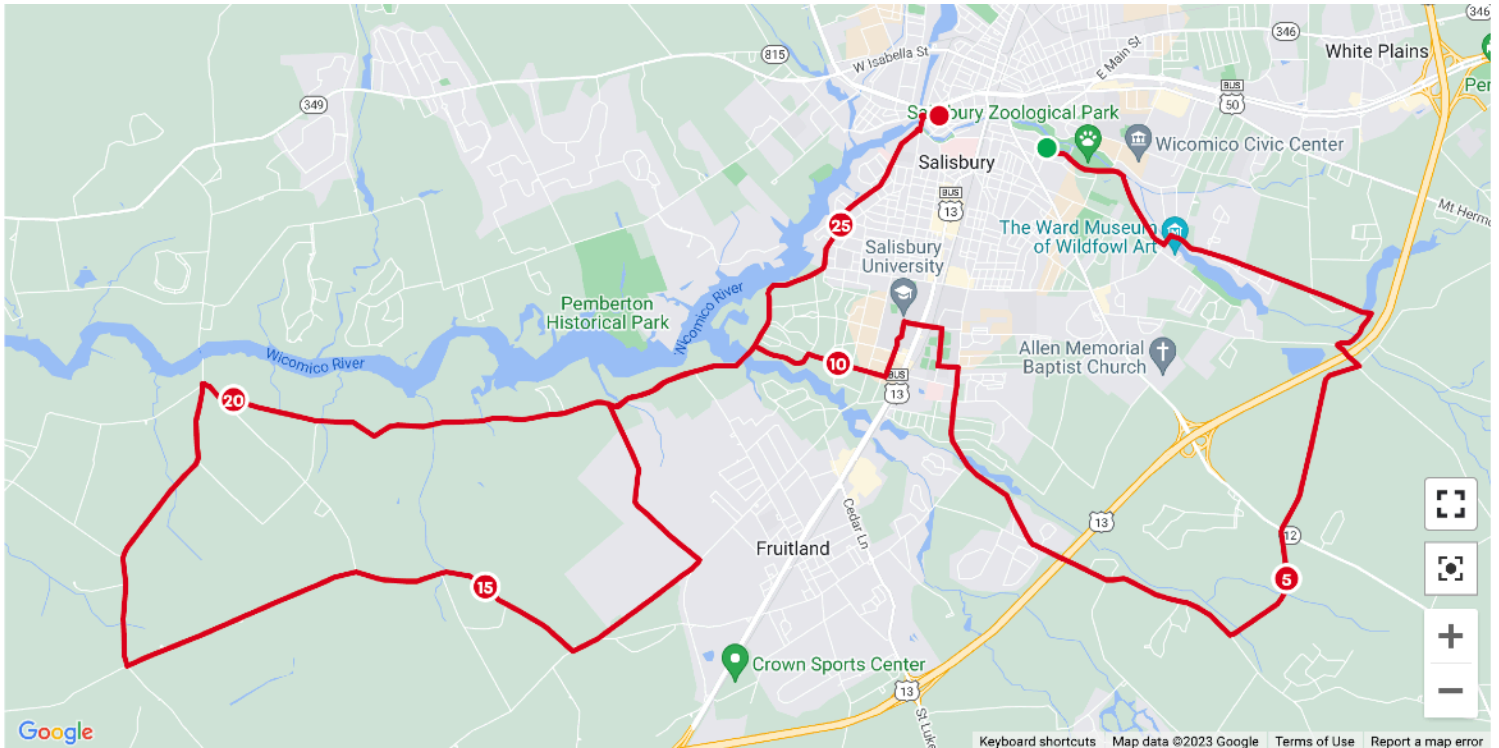
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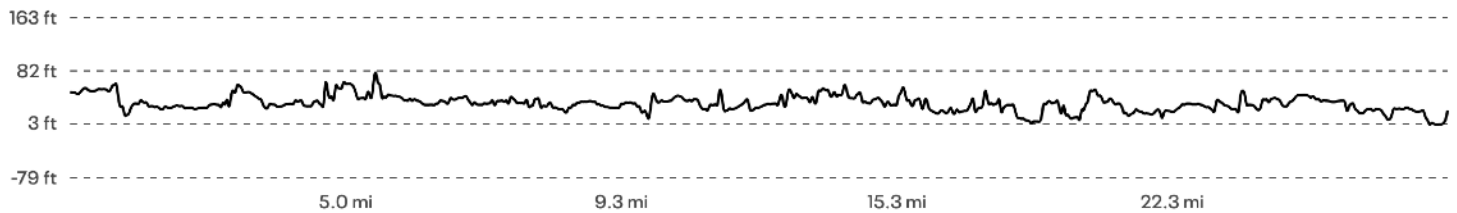
COURSES

MARATHON: <https://www.mapmyrun.com/routes/view/2864214703>



Elevation

Start Max Gain
53 ft 81 ft 468 ft





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MARATHON TURN BY TURN

DISTANCE (MI)	DIRECTION
0.00	Head south on S Park Dr toward Sheffield Ave
0.01	Head southeast on S Park Dr toward Beaver Dam Dr
0.21	Sharp left
0.21	Head south toward S Park Dr
0.22	Slight left onto S Park Dr
0.43	Head east on S Park Dr
0.56	Head southeast on S Park Dr
0.91	Head southeast on S Park Dr toward Beaglin Park Dr
1.16	Head southeast on S Park Dr toward Beaglin Park Dr
1.17	Turn left onto Beaglin Park Dr
1.24	Turn right onto N Park Dr
1.24	Head southeast on N Park Dr toward Schumaker Ln
1.33	Head southeast on N Park Dr toward Schumaker Ln
1.34	Continue onto N Schumaker Dr
2.74	Turn right onto Hinman Ln
2.80	Head southwest on Hinman Ln toward Johnson Rd
3.10	Turn left onto Johnson Rd
3.22	Head southeast on Johnson Rd toward Mt Hermon Church Rd
3.30	Turn right onto Nutters Cross Rd
3.36	Head west on Nutters Cross Rd toward Satterfield Ct
4.65	Head south on Nutters Cross Rd toward Waycroft Dr
5.57	Head northwest on Coulbourn Mill Rd toward Eastwicke Dr
6.14	Head west on Coulbourn Mill Rd toward Kingswood Dr
6.79	Head northwest on Coulbourn Mill Rd toward Millstream Dr
7.38	Head northwest on Coulbourn Mill Rd toward S Division St
7.78	Head northwest on Coulbourn Mill Rd toward S Division St
7.83	Continue straight onto S Division St



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DISTANCE (MI)	DIRECTION
8.11	Head north on S Division St toward Honeysuckle DrPass by Royal Farms (on the right in 0.2 mi)
8.31	Slight right to stay on S Division St
8.54	Turn left onto Power St
8.54	Head west on Power St toward Wayne St
8.68	Head north on Wayne St
8.71	Head north on Wayne St toward Bateman St
8.94	Turn left onto Bateman St
8.94	Direct/offroad route segment
8.94	Head south on Wesley Dr
9.13	Head west on Pine Bluff Rd toward Court Plaza Ln
9.63	Head northwest on Pine Bluff Rd toward Woodland Rd
9.68	Turn left onto Woodland Rd
10.11	Head northwest on Woodland Rd toward Riverside Dr
10.12	Turn left onto Riverside Dr
10.17	Head southwest on Riverside Dr toward Timberlake Dr
10.60	Continue onto Riverside Dr Ext
11.08	Head southwest on Riverside Dr Ext toward Chinaberry Dr
11.25	Sharp left onto Sharps Point Rd
12.32	Head southeast on Sharps Point Rd toward S Camden Ave
12.57	Turn right onto S Camden Ave
12.59	Slight right onto Allen Rd
12.91	Head southwest on Allen Rd
13.48	Head southwest on Allen Rd toward Walnut Tree Rd
13.65	Turn right onto Walnut Tree Rd
14.12	Head northwest on Walnut Tree Rd
15.19	Head west on Walnut Tree Rd toward Kristin Ln
16.92	Head southwest on Walnut Tree Rd toward S Upper Ferry Rd
17.05	Turn right onto S Upper Ferry Rd



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DISTANCE (MI)	DIRECTION
17.23	Head north on S Upper Ferry Rd
17.62	Head north on S Upper Ferry Rd toward Ditch Bank Rd
18.37	Head northeast on S Upper Ferry Rd toward Lords Creek Dr
19.01	Head north on S Upper Ferry Rd toward Campground Rd
19.20	Turn right onto Campground Rd
19.25	Turn left
19.25	Head southwest toward Campground Rd
19.26	Turn left onto Campground Rd
19.36	Slight left onto Riverside Dr Ext
20.27	Head east on Riverside Dr Ext
20.55	Head northeast on Riverside Dr Ext toward Old Mill Branch Rd
22.22	Head northeast on Riverside Dr Ext toward Chinaberry Dr
22.80	Continue onto Riverside Dr
23.28	Head northeast on Riverside Dr toward Irene Ave
23.62	Head north on Riverside Dr toward Riverside Pines Ct
24.00	Head northeast on Riverside Dr toward Woodland Rd
24.66	Head northeast on Riverside Dr toward Georgia Ave
25.29	Slight left to stay on Riverside Dr
25.31	Enter the traffic circle
25.35	Head northeast on Mill St toward W Main St
25.43	Turn left onto W Main St
25.45	Cross the road
25.48	Head east on W Main St toward W Market St
25.57	Destination

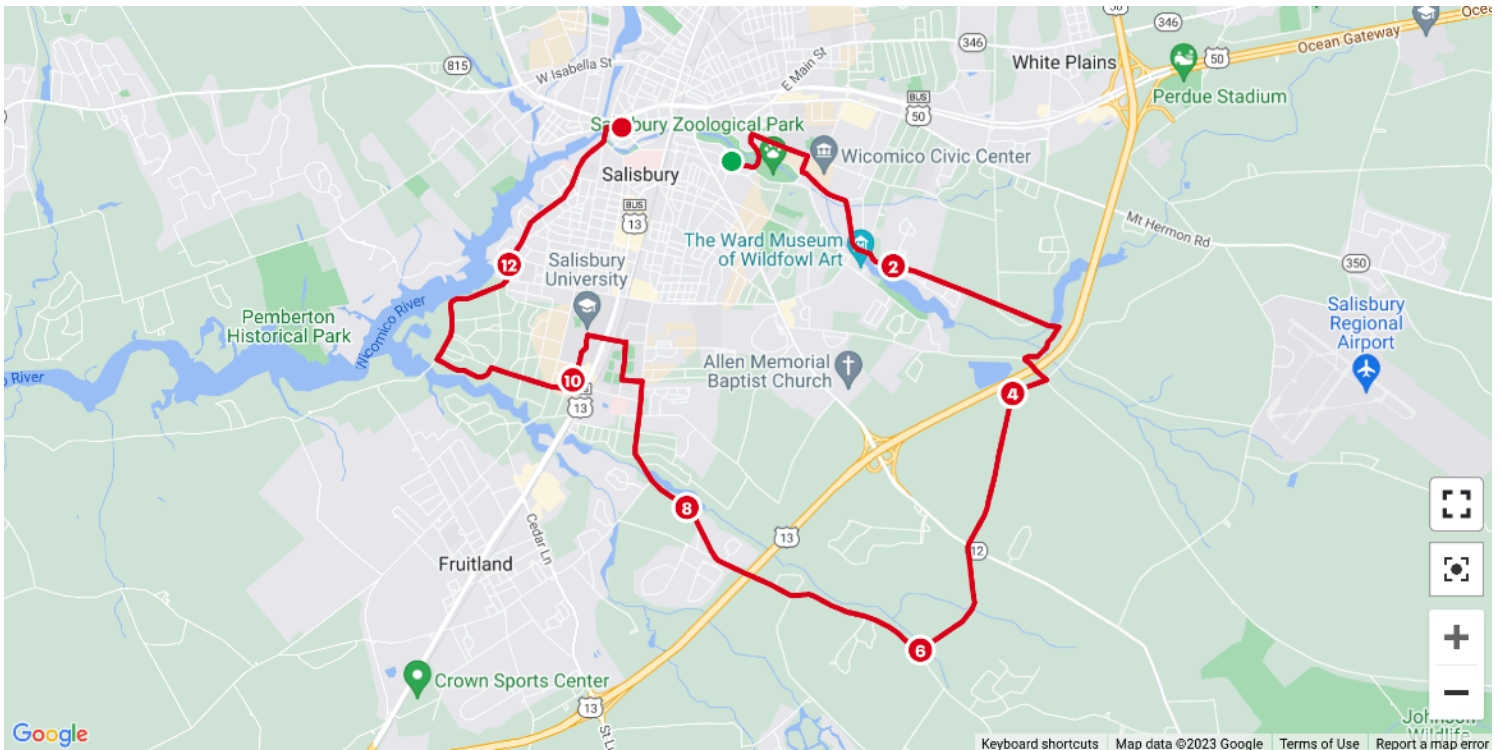


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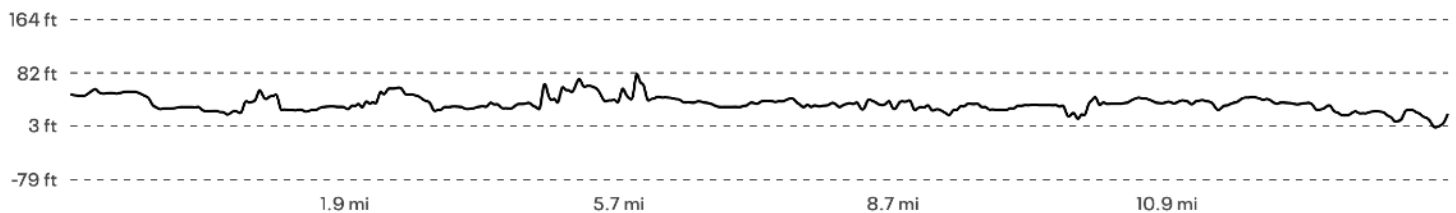


HALF MARATHON: <https://www.mapmyrun.com/routes/view/2902198471/>



Elevation

Start Max Gain
52 ft 82 ft 215 ft





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HALF MARATHON TURN BY TURN

DISTANCE (MI)	DIRECTION
0.00	Head south on S Park Dr toward Sheffield Ave
0.15	Turn left onto Beaver Dam Dr
0.21	Head northeast on Beaver Dam Dr toward N Park Dr
0.42	Turn right onto Glen Ave
0.45	Head east on Glen Ave toward Hillside Dr
0.83	Turn right onto Memorial Plaza
0.88	Head south on Memorial Plaza toward N Park Dr
0.96	Turn left onto Memorial Plaza/N Park Dr
1.12	Head southeast on Memorial Plaza/N Park Dr toward Hannibal St
	Continue to follow N Park Dr
1.32	Turn right to stay on N Park Dr
1.50	Head south on N Park Dr toward Beaglin Park Dr
1.76	Continue onto N Schumaker Dr
1.88	Head east on N Schumaker Dr toward Edgewater Dr
2.11	Head east on N Schumaker Dr toward Stonegate Dr
3.06	Head east on N Schumaker Dr toward Hinman Ln
3.17	Turn right onto Hinman Ln
3.47	Head west on Hinman Ln toward Johnson Rd
3.53	Turn left onto Johnson Rd
3.73	Turn right onto Nutters Cross Rd
3.87	Head west on Nutters Cross Rd toward Satterfield Ct
4.23	Head south on Nutters Cross Rd toward Satterfield Ct
6.00	Turn right onto Coulbourn Mill Rd
6.56	Head west on Coulbourn Mill Rd toward Kingswood Dr
8.25	Continue straight onto S Division St
8.35	Head northwest on S Division St toward Lakeview Dr
	Pass by Royal Farms (on the right in 0.4 mi)



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DISTANCE (MI)	DIRECTION
8.74	Slight right to stay on S Division St
8.97	Turn left onto Power St
9.01	Head west on Power St toward Wayne St
9.10	Turn right onto Wayne St
9.26	Head north on Wayne St toward Bateman St
9.36	Turn left onto Bateman St
9.49	Direct/offroad route segment
9.49	Head south on Wesley Dr
9.67	Turn right onto Pine Bluff Rd
9.72	Head west on Pine Bluff Rd toward Camden Ave
10.22	Turn left onto Woodland Rd
10.27	Head southwest on Woodland Rd toward Riverside Dr
10.66	Turn right onto Riverside Dr
10.67	Head northeast on Riverside Dr toward Irene Ave
10.97	Head north on Riverside Dr toward Riverside Pines Ct
11.68	Head northeast on Riverside Dr toward Manor Dr
12.19	Head northeast on Riverside Dr toward Alabama Ave
12.72	Continue onto Mill St
12.79	Head east on W Main St toward W Market St
12.88	Destination

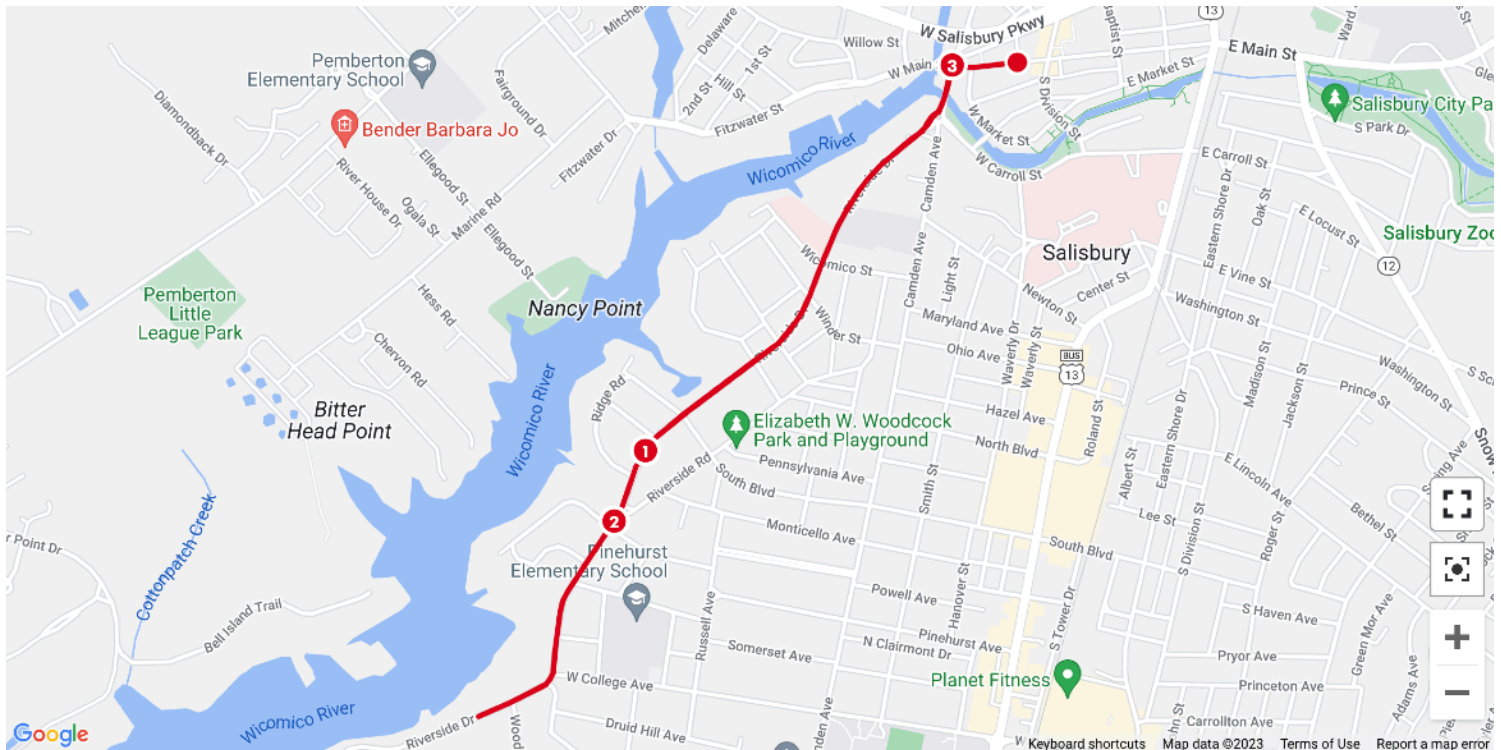


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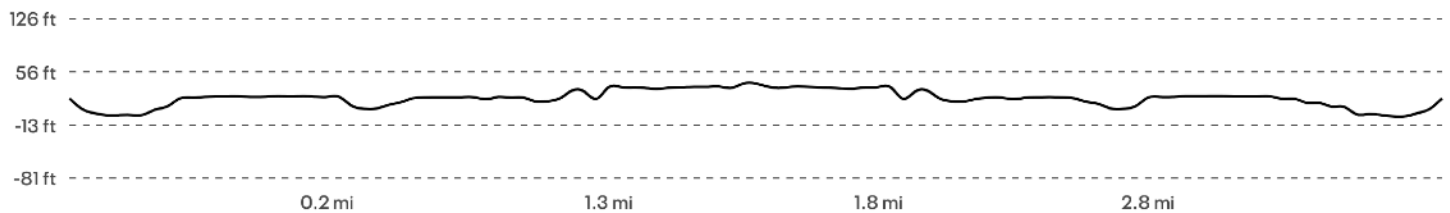


RUNSBY 5K: <https://www.mapmyrun.com/routes/view/5424740146/>



Elevation

Start Max Gain
24 ft 44 ft 32 ft





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RUNSBY 5K TURN BY TURN

DISTANCE (MI)	DIRECTION
0.00	Head west on W Main St toward W Market St
0.11	Head west on W Main St toward Mill St
0.11	Turn left onto Mill St
0.17	Slight right to stay on Mill St
0.20	Enter the traffic circle
0.21	Head south toward Riverside Dr
0.21	Exit the traffic circle onto Riverside Dr
0.25	Head southwest on Riverside Dr toward Wicomico St
0.62	Head southwest on Riverside Dr toward Alabama Ave
0.88	Head southwest on Riverside Dr toward South Blvd
1.42	Head southwest on Riverside Dr toward Woodland Rd
1.55	Head east on Riverside Dr toward Woodland Rd
2.86	Direct/offroad route segment
2.86	Head north on Mill St toward W Main St
2.90	Head north on Mill St toward W Main St
2.91	Turn right onto W Main St
2.92	Head east on W Main St toward W Market St
3.02	Destination



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Pacers

Pacers are provided, as our friends from Beast Pacing will be out there to help you reach your goal. As you line up for the Full and Half Marathon, please look for the pacer for your estimated time.

Marathon Pacers (hours:minutes)

3:35, 3:50, 4:05, 4:20, 4:35, 5:00, 5:30

Half Marathon Pacers (hours:minutes)

1:40, 1:50, 2:00, 2:15, 2:30, 2:45, 3:00



Cyclists

We provide cyclists on course to help to guide runners and to be mobile eyes and ears, should any runner need emergency assistance. ONLY OUR CYCLISTS are authorized to be on course and they are on course for your safety. Don't risk the DQ by having a "friend" ride with you.



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SPECTATORS ON COURSE

Spectators on course are encouraged to come to the Guerrieri University Center to see the Marathon and Half-Marathon participants on course.

Other than this location, Spectators are DISCOURAGED FROM BEING ON COURSE. Please understand that we take over a full lane of traffic for most of the race, and disrupt most residents typical day. If we have spectators parking on the side of the road and on people's yards, then we disrespect our friends and the trust that they have given us in still allowing them to move around the County.

Bicyclists are NOT ALLOWED on course unless they are a part of our cycling team, out there to ensure that all of the runners are safe and not in need of assistance. If a spectator is riding with an athlete, that athlete MAY be disqualified from the course. The rider will be asked, by law enforcement, to leave the course.

IF you would like to be a part of the event and help **ALL** runners, feel free to check out the **VOLUNTEER** section of the main website at www.runsby.com.



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AFTER THE EVENT

Finish Line

As you cross the finish line you will receive your medal! ALL participants receive a medal for completion!

We will have Water, Gatorade, Fruit and Granola for you at the finish as well. We encourage you, should you want more solid foods, to check out our local restaurants right at the finish line! From Pizza to Sushi to Sandwiches, they've got you covered!

We are working with some of our local restaurants to get you some more solids at the finish line.





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Results

Next...you want your results! As soon as you cross we will have digital kiosks where you can go back and look up your results...OR you can look on the app and check out your results...OR you can go to www.runsignup.com/SBYMarathon...OR look for a QR Code that says RESULTS and scan that with your phone.

Beer

Maybe a beer next...or two? All racers (21 years and older) have TWO (2) beers as part of their registration package. You'll be ID'd and given your vouchers at packet pickup, they will be attached to your bib. If our pourers do not believe you to be 21, you may need to produce ID.

Though this identification process sounds troublesome, please remember that you can put your Identification in your Gear Drop Bag at the start OR that you are parked about 2 blocks from the finish line. Please understand that our pourers will need to see ID if you do not have a wrist band. And someone else cannot pick up your wrist band if they pick up your packet.

BEER WILL BE AVAILABLE FOR CONSUMPTION AND SALE AT 10AM, PER MARYLAND LAW.

Spectators will be able to purchase beer (Evolution Craft Brewing, Other Domestics) for \$5 per beer on site. You **MUST** have your ID.



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AWARDS

Our awards ceremonies are scheduled for:

8:30 am	5k Awards
10:00 am	Half Marathon Awards
11:30 am	Marathon Awards

Please note that these times may change, based on the number of age group categories that are completed. Age group categories are in 5 year increments and are **19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.**

Music

There will be live music at the finish line by some of the most talented kids that you will ever meet. Kids? How good can they be? The kids at AMP STUDIOS will rock your socks off! We had nothing but rave reviews last year about these kids and we can't wait to have them back!



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Restaurants and other Things To Do

Want to know what else there is to do and where you can grab a quick bite to eat close to the finish line? Be sure to check out the EXPLORE DOWNTOWN SALISBURY portion of the Race Day Events app, or plan ahead and check out www.downtownsbymd.com before you come out!

Getting Around Town

Want to travel around town but afraid of getting caught up on the course? Want to go check out our FREE ZOO or the Centre at Salisbury? Go see your favorite runner at the Guerreri University Center but don't know the roads? Check out the Waze driving app (keyword WAZE on the **App Store** or **Google Play**). Our course is loaded to help you get around. Just type in your destination and let Waze help you get around.





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SALISBURY, MARYLAND
APRIL 1, 2023



Thank you to our sponsors, Pohanka of Salisbury, 47 abc WMDT, Mountaire, Avery Hall Insurance, Vernon Powell, Strive Sports Medicine Physical Therapy, & Peninsula Imaging!!



POHANKA
PAYS IT FORWARD





RUNSBY EVENTS: SALISBURY MARATHON, HALF, 5K

SALISBURY, MARYLAND
APRIL 1, 2023



Thank you for choosing the RunSBY Events, to include the Salisbury Marathon, Half-Marathon, and #RunSBY 5K events! We hope that this has answered any questions that you may have. If you have addition questions, please feel free to reach out to us at info@runsby.com and we will do our best to answer you in a timely manner.

Looking forward to seeing you all out on course and being a part of this experience with you!

A handwritten signature in blue ink, appearing to read 'Jason Chance'.

Jason Chance – Race Director

OUR PROMISE TO YOU

- ✦ Support the healthy lifestyle choices of runners!
- ✦ To help provide smooth events for organizers and athletes alike. By taking care of the details, events are enjoyable and athletes continue to come back to support the organizations that host them.

QUESTIONS?

Contact Jason with Revolution3 at info@rev3tri.com for more information.

