

ATHLETE GUIDE 2026



RUNSBY EVENTS:

SALISBURY MARATHON | HALF MARATHON | 5K
APRIL 4, 2026



PRESENTED BY
POHANKA
AUTOMOTIVE GROUP
OF SALISBURY



WELCOME

Welcome everyone to the 2026 Salisbury Marathon, Half Marathon, and #RunSBY 5k, presented by Pohanka of Salisbury. We are excited to be your host on Saturday, April 4th, 2026, and hope that this helps you with any questions you may have. Should there be any information that you do not find in this guide, please be sure to check the [INFO/SCHEDULE](#) section of the website for updates.





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.



ON COURSE TRACKING

Follow your athlete by find the RunSBY Events on the RaceJoy Tracking app. This app will allow you to GPS track your runner (they must download the app on their phone) OR you will get alerts when they cross over our timing splits on course. See where they are and get ready to celebrate the finish line with them!

Download RaceJoy

Download RaceJoy to Add to Your Race Experience!



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GPS Based Progress Alerts!

Cheer Sending!

and so much more...

RACEJOY[®]
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Share your race
experience with
friends and family!



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Questions?

Email: support@racejoy.com

Website: www.racejoy.com

See RaceJoy Buzz Alerts or FAQ in App

Like us on Facebook to see what
races are offering RaceJoy!



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?

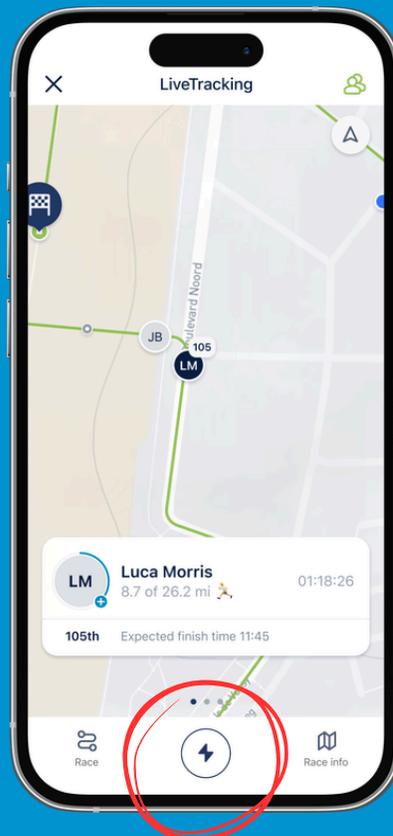
A. In order to make the checkin process more efficient, we have streamlined the process and are proud to use Dynamic Bib Assignment. Through this process, we are able to reduce the amount of time having to wait in line to get all your goodies.

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!

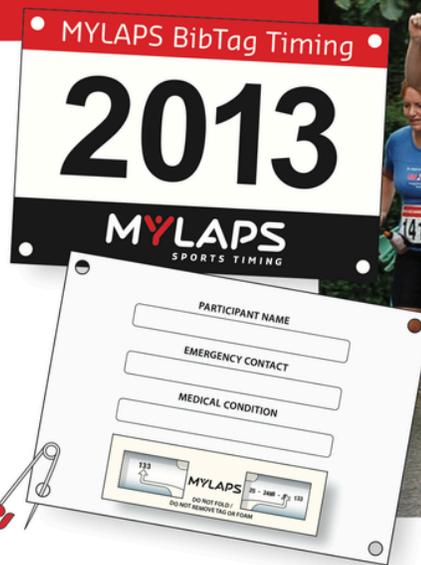


Q. Where does my bib number go?

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



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

mylaps.com



PACKET PICKUP - NEW

Unity Square Park (Downtown Salisbury)
110 Circle Avenue (Parking Garage)

LOCALS PACKET PICKUP

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

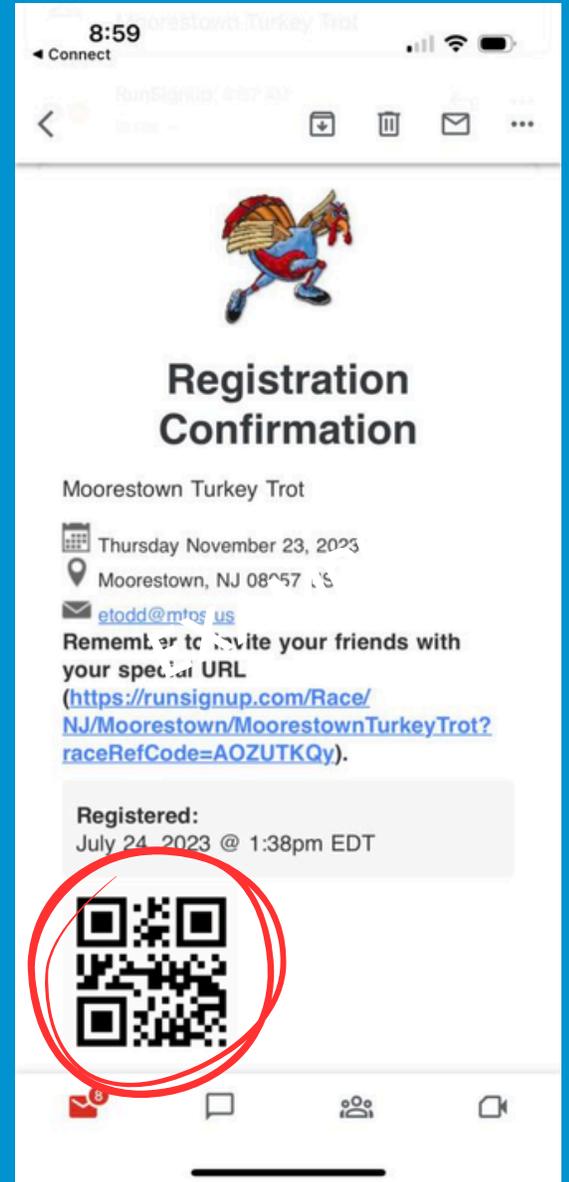
Thursday, April 2nd, 2026 5pm - 8pm

ALL ATHLETES PACKET PICKUP

Friday, April 3rd, 2026 2pm - 8pm

****PLEASE HAVE YOUR QR CODE & ID READY AT PACKET PICKUP****

Your QR code can be found at the bottom of your Registration Confirmation email. Please come to packet pickup with your QR code ready to be scanned, this ensures a smooth process.



Packet Pickup Frequently Asked Questions (FAQ)

Q. When and Where Is Packet Pickup?

A. Please see the location and times listed above.

Q. What do I need for Packet Pickup?

A. You will need a valid ID & QR Code to pick up your packet.



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.

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!!



RACE DAY

PARKING

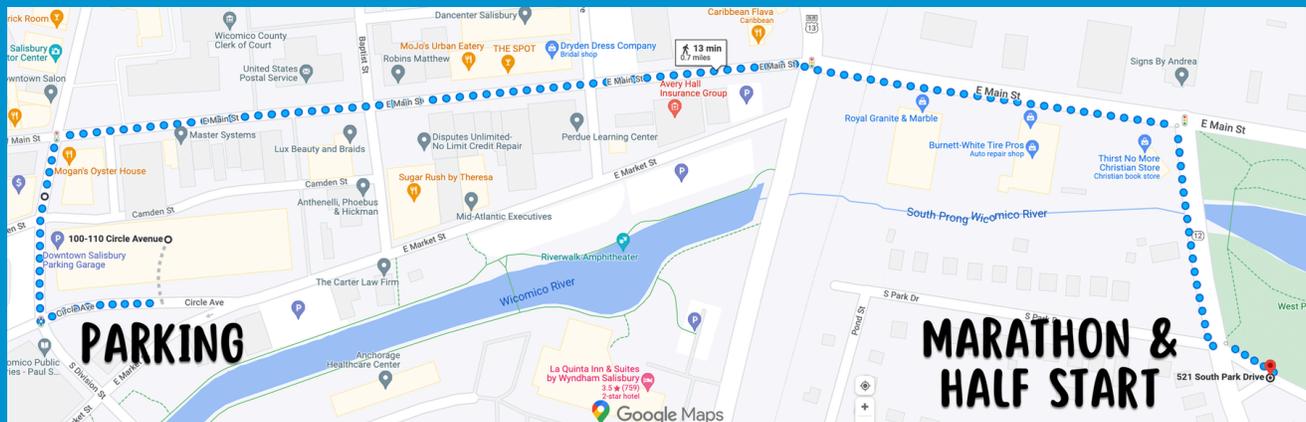
The City of Salisbury graciously allows for the use of the **City Parking Garage** for our event on **RACE DAY**, FREE of charge!!! The garage is located at **110 Circle Avenue, Salisbury, MD**.

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.

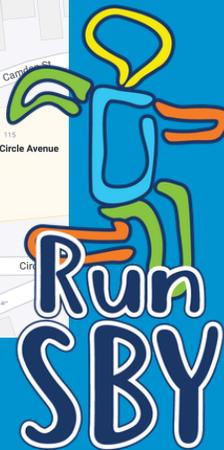
The start line for the Full and Half are less than ½ mile away and can be found at the **Bandstand** at the **City Park (521 S. Park Drive, Salisbury)**

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



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.



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.

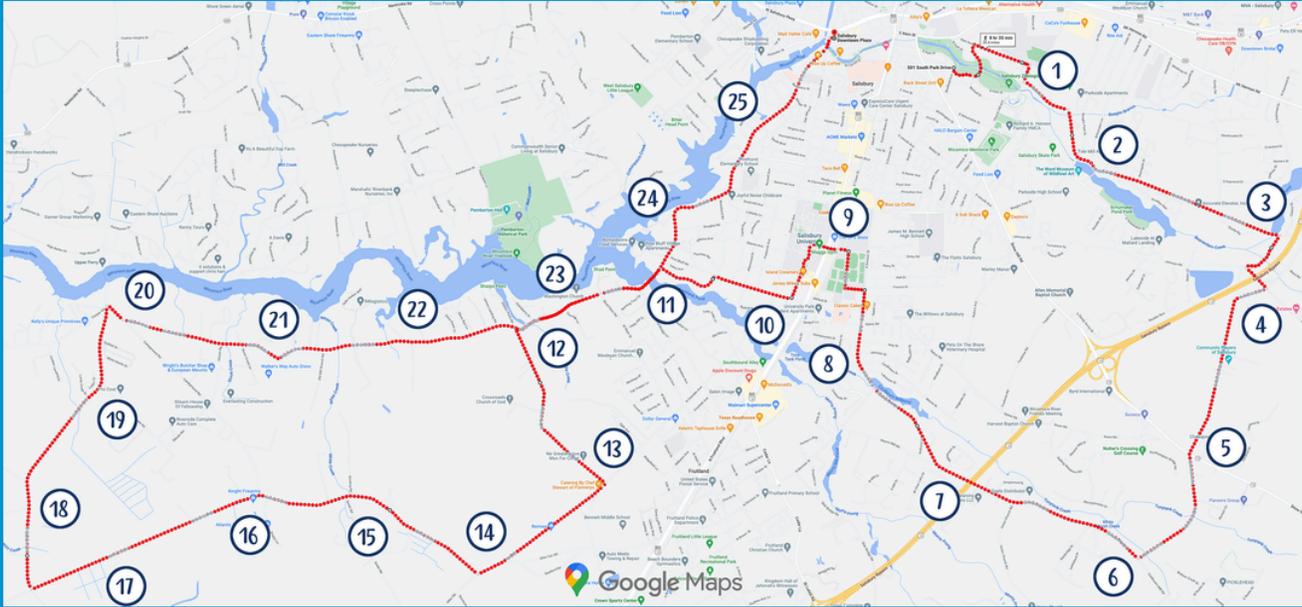
IF you should need any type of assistance and are able to move under your own power, you will be directed to make it either to the next, or previous, aide station, dependent on your proximity. IF you need assistance, please do not continue on course, with the hopes that we will find you. Go to the closest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



COURSES

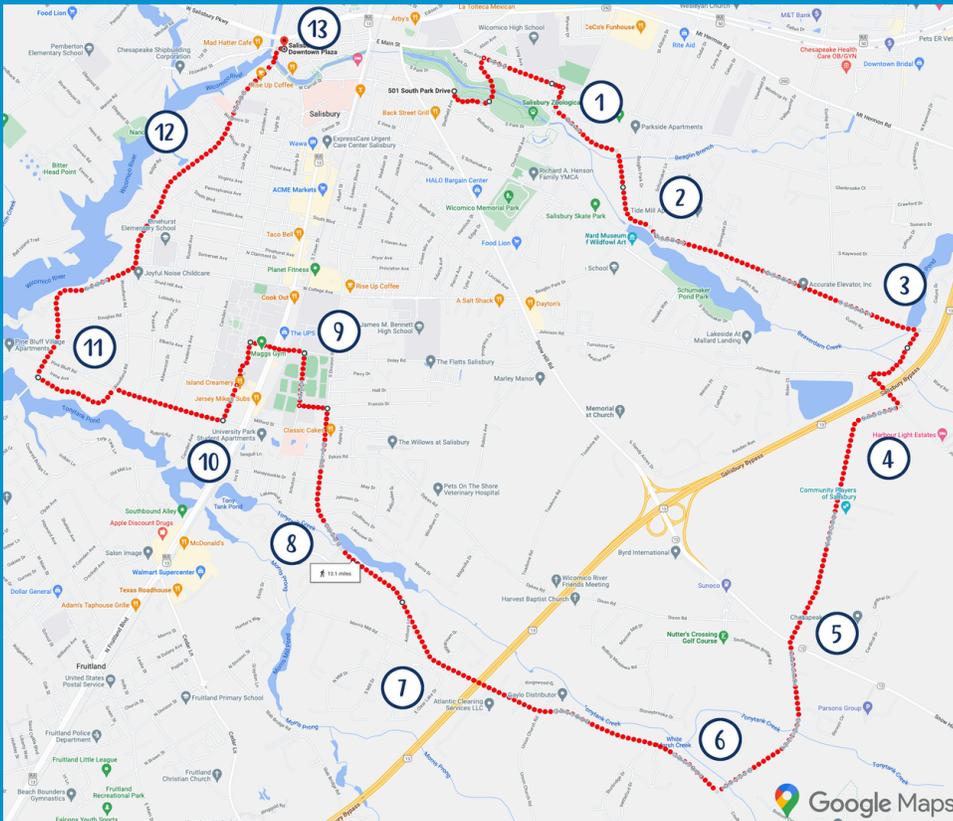
MARATHON

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



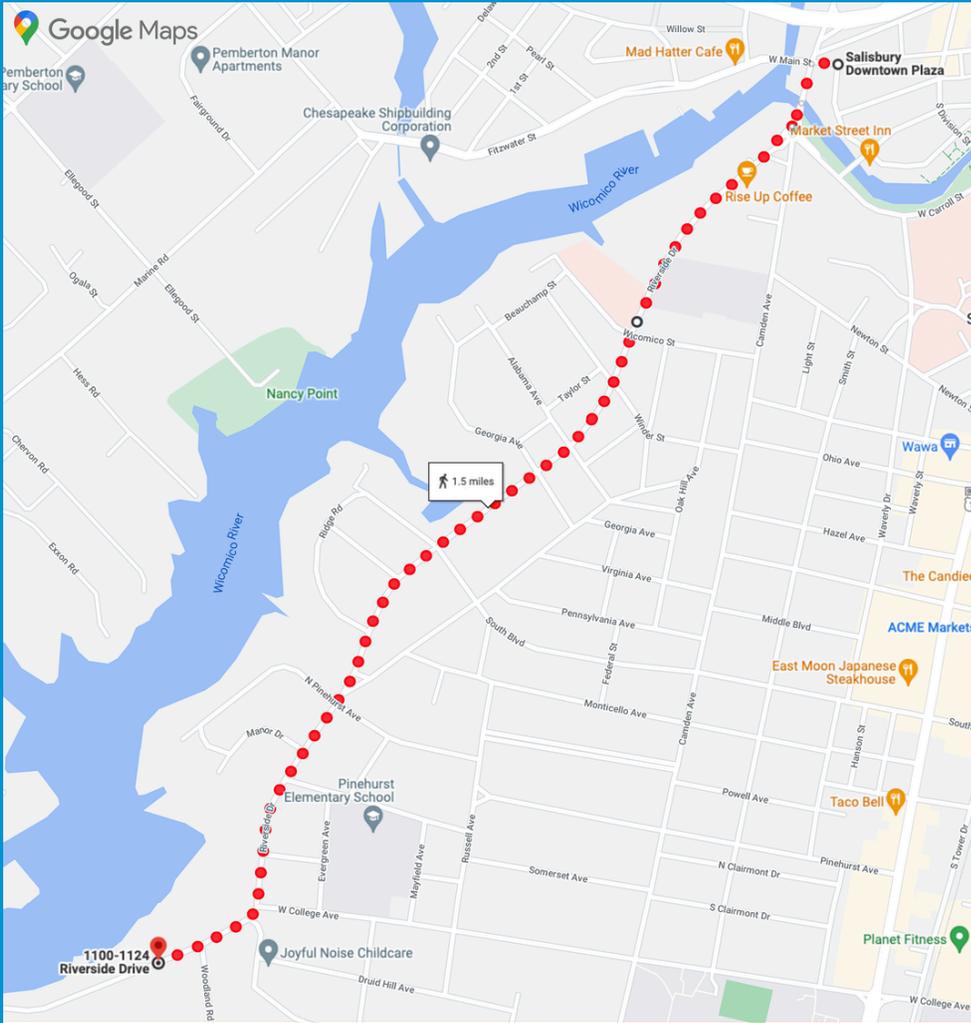
HALF MARATHON

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



5K

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



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.

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.



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!

You'll also have HOT PIZZA at the finish to get some calories back in your body!

To Celebrate Salisbury University's 100th Anniversary, this year's medal shows off one of the most recognized buildings on campus, Holloway Hall.



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 ON YOUR BIB 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. 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 IOAM, PER MARYLAND LAW.

Spectators will be able to purchase beer for \$5 per beer on site. You **MUST** have your ID.

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

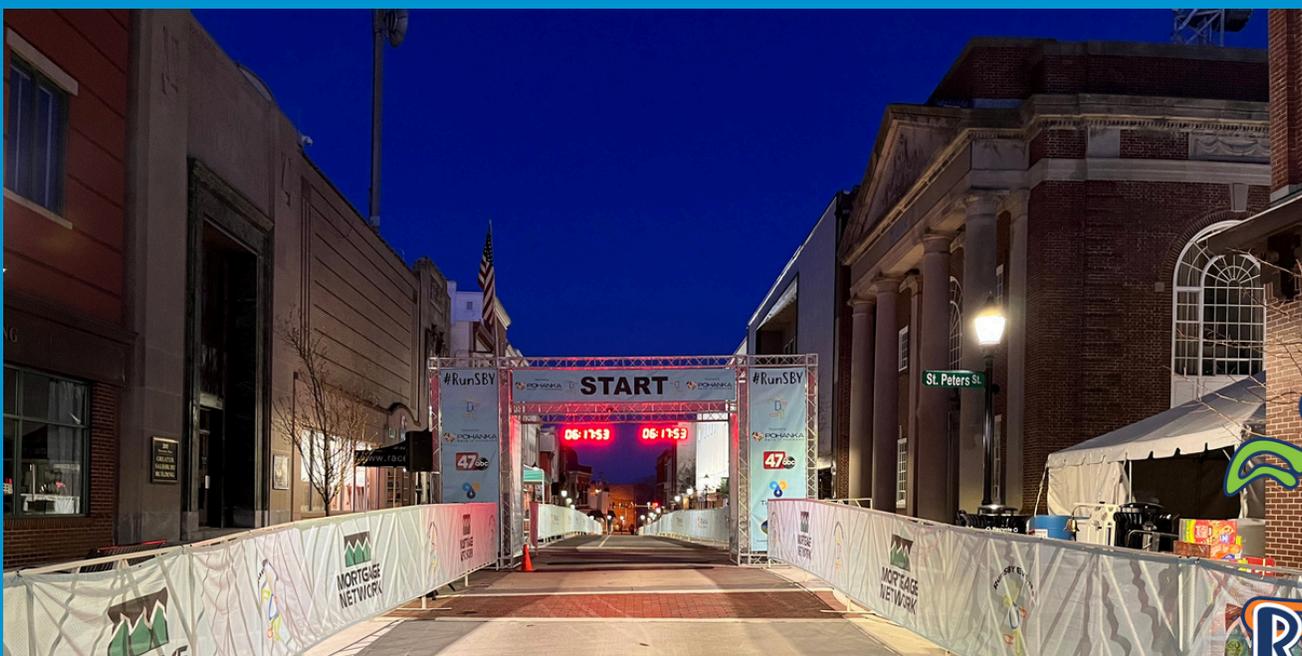
With our proximity to the Easter Holiday our awesome youth from AMP STUDIOS are unable to join us today but we will still have music across from Unity Square to keep you energized while you wait for your friends!

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 www.downtownsbj.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.



SPONSORS

Thank you to our sponsors, Pohanka of Salisbury, WBOC, Vernon Powell and of course, Revolution3



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**VERNON
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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@runsby.com for more information.



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