



Syracuse
HALF MARATHON

9th Annual
SYRACUSE HALF MARATHON

3.20.22 – 7:45am

Oncenter Convention Center
800 S State St, SYRACUSE, NY

Proudly and professionally produced by Upstate Event Management LLC



Welcome to the 2022 Syracuse Half Marathon

Thank you for your participation in the 2022 Syracuse Half Marathon! This is the 9th edition of the Syracuse Half Marathon!

Byrne Dairy has been an amazing partner and sponsor. As a locally grown family run company, Byrne Dairy represents everything that's great about living in Central New York. Not to mention, their amazing post-race recovery Chocolate Milk! Without their support we could not provide a first-class event!

Our goal is to organize a world-class event in Syracuse in order to highlight some of the great things the city has to offer. The Syracuse Half Marathon has become one of the most well-regarded races of its kind and includes participants representing half of the US States and Washington, D.C., Canada and as far away as India and Peru! This is a tribute to Syracuse becoming a destination people want to see and experience and a race that people want to be a part of!

Visitors from near and far will run a course that provides an opportunity to see many of the greatest historical sites and neighborhoods! Make sure to look up and around as you run, you'll be amazed by what you see and the history you're surrounded by! The race starts at the Onondaga County War Memorial and passing by Firefighters Memorial Park on State St. Turning up tree lined James Street and the Mansions that line the streets. At the top of the hill, you'll turn right into Eastwood, which proudly and rightfully calls itself "the village within the City". After a couple miles through Eastwood, you'll turn right onto Grant Blvd along Woodlawn Cemetery, which was established in 1881 and is the final resting place of several Civil War heroes. Continuing on Grant Blvd you'll pass by an institution in Leigh & Steigerwald, a family-owned deli and butcher since 1936. Turning left off Grant Blvd into Washington Square you'll be surrounded by a neighborhood of historical homes, some of which you can find on the National Historic Register. Coming down the hill into the Inner Harbor and weaving your way over and by the Creekwalk and Franklin Square before re-entering downtown! Be careful at this point because you'll be running by a world-renowned restaurant in Dinosaur Bar-B-Que and may be tempted to stop for some ribs and cornbread! It smells oh so good! If you make it past Dino, you'll come by Clinton Square and down Jefferson Ave and by Armory Square! By mile 12 you'll be heading North along South Salina St, passing by the newly renovated Syracuse Marriott Downtown, the Landmark Theatre and finally getting ready for your last kick to the finish! After a couple turns downtown, you'll finish in the same place you started alongside the Onondaga County War Memorial! Congratulations!!!

We will work tirelessly to ensure you have a great experience in and around Syracuse. Whether this is your first half marathon or one of many we hope you enjoy it and all that Syracuse has to offer!

Thank you for your support! Run well!

Open, Virtual & Elite Race Packet Pick Up:

We highly encourage you to pick up your packet during the week! The last thing you want to worry about or think about is having to get your bib on race morning!



As in previous years, packet pick-up prior to race day will be at **Fleet Feet Sports Syracuse**, which is located at:

**5800 Bridge Street
East Syracuse, NY 13057**

Week of Race:

Friday, March 18	3:00 pm	to	7:00 pm
Saturday, March 19	10:00 am	to	5:00 pm

Race Day:

Sunday, March 20 - 6:00 am to 7:15 am

Race day pick up will be located on the LOWER LEVEL of the OnCenter in the RACE INFO room.

Due to the volume of people coming to Fleet Feet Syracuse, please be aware of the traffic control staff in the parking lot. The congestion should be eased with their help!

All virtual race packets that are not picked up will be shipped following the event.

USATF Masters Championship Pick-up Information:

EMBASSY SUITES DESTINY USA - *Official hotel for the USATF Master's Championship*

311 Hiawatha Blvd W, Syracuse, NY 13204

Saturday, March 19 10:00 am to 5:00 pm

Race Day:

Sunday, March 20 - 6:00 am to 7:15 am

Race day pick up will be located on the LOWER LEVEL of the OnCenter in the USATF room.





Note that participants must take jacket size that they indicated during registration. If you wish to change your size, you must do so after the race starts in the RACE INFO room or at the “post race packet pick up” – see below for post race pick up info.

FLEET  **FEET®**

Event Day Parking:

If you're from Central New York and have visited downtown before you know it can be tough to get around so we've created this map to help ease your mind about driving downtown. In an attempt to ease congestion around downtown and the OnCenter race morning we have developed a comprehensive parking plan with multiple ways to make it as easy as possible for you to get to the race.

Here are general parking tips:

1. Street parking in the city is free on Sunday.
2. There are several parking lots and garages near the OnCenter (see map below).
3. Lots will fill up quickly so get to the race early so you can get your mind focused on running 13.1 miles!
4. There are plenty of spaces available near the Oncenter to accommodate participants but as a backup option there will be a **free shuttle service** from the Destiny USA parking lots on Solar St. This is a free option and the shuttle will drop you off at the OnCenter on Montgomery St.
5. Do NOT use your GPS to navigate downtown. There will be street closures that navigation apps will not recognize! You're best off following our directions.
6. See the parking map for downtown options. Keep in mind, some of the lots are free, while others will charge for parking. On the driving directions and parking lot map we provide the following charges apply:

Lot 1 – OnCenter Surface lot - FREE – first come, first served
Lot 2 – OnCenter Parking Garage – FREE – first come, first served
Lot 4 – Townsend St / Harrison – FREE curtesy of LAZ Parking
Lot 5 – Harrison Garage/Marriott Hotel – \$5, cash or credit

There will be parking staff and Syracuse police officers and professional parking attendants assisting to direct traffic to available lots.

RACE START LINE – 800 South State St, Syracuse, NY

Event Morning Driving & Parking Directions

Please arrive NO LATER than 6:45am. After this point roads will begin to close and it will become very difficult to navigate the area around the OnCenter. **Warning:** use of your GPS device will bring you to roads that are impassable. We strongly encourage you to follow the written directions below to arrive on race morning.

On the map below, **lots 1, 2 & 4** will be available at no charge. **Lot 5** will be a fee of \$5 (Cash or Credit). Street parking is available at no charge, but please do not park on the course.



From the NORTH:

Take 81 South to Exit 18 onto Harrison St. Take first left onto Townsend St and follow instructions of parking attendants.

From the EAST & WEST:

From 690 take the West Street exit. Follow West Street to 5th light & turn left onto Shonnard Street (which turns into East Adams). Follow East Adams to South State Street and follow instructions of parking attendants.

From the SOUTH:

Take 81 North to Exit 18 (Adams/Harrison St). Continue past Adams St and turn left on Harrison St. Take first left onto Townsend St and follow instructions of parking attendants.



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HALF MARATHON

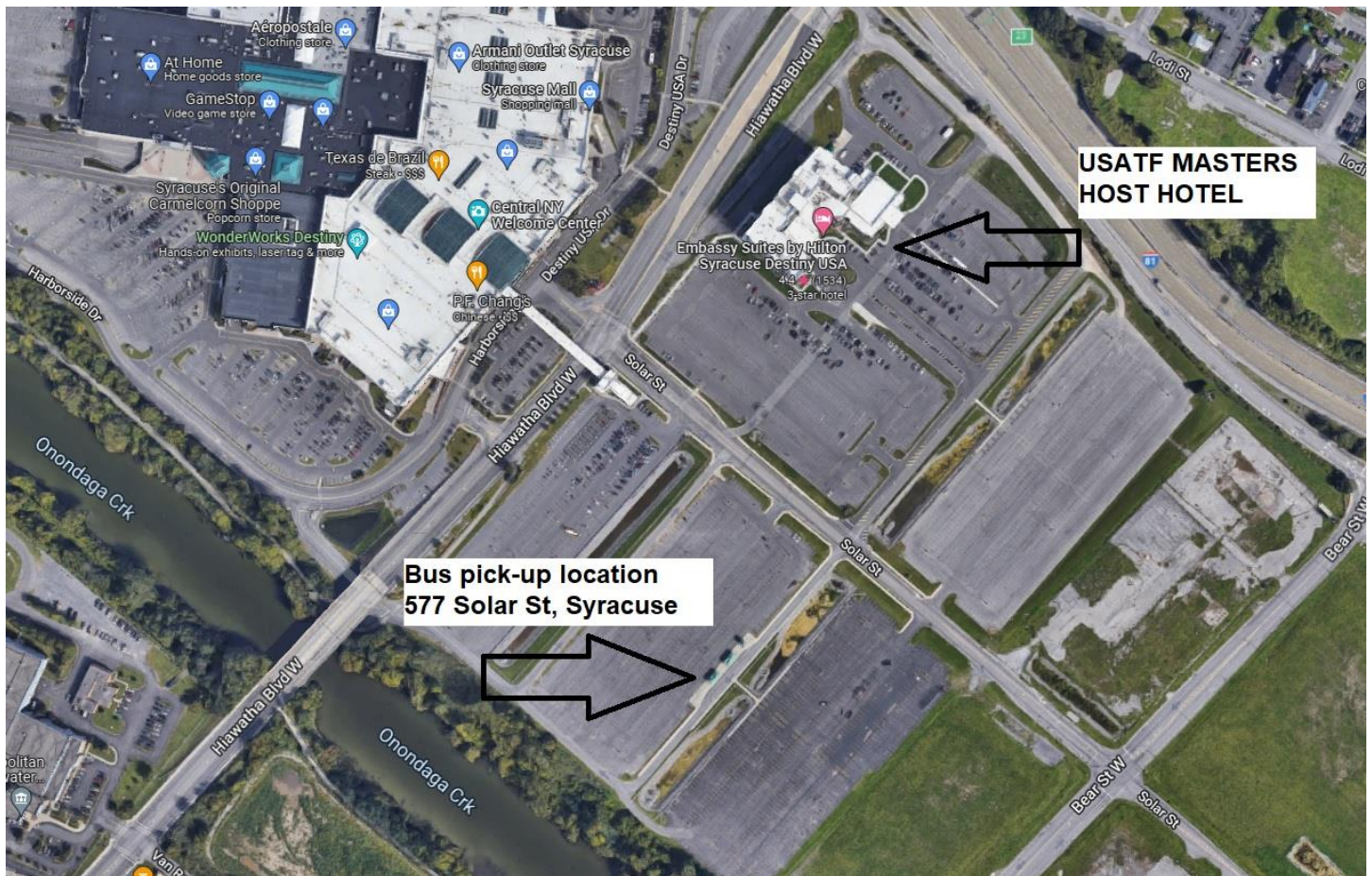
Shuttle Service - 577 Solar St, Syracuse, NY:

The **Destiny USA** parking lot shuttle will operate as follows:

Pre-race:

First shuttle – 5:30 am

Last shuttle – 7:00 am



574 Solar St, Syracuse, NY

Please note that if there is a line or congestion in the shuttle lots, feel free to drive the 2.4 miles to the Oncenter (800 South State St, Syracuse) – there is plenty of parking between the two locations.

Post race:

Available from Harrison and Montgomery beginning at 9:30 at the corner of Montgomery / Harrison. These buses will return you to the Destiny USA lots.

Join us at 7:30am at the main stage of the Oncenter for a unique warm-up experience that you won't forget!

Courtesy of Orangetheory Fitness, Syracuse, NY

Warm Up
in the
ORANGE
ZONE

with
 **Orangetheory®**
FITNESS

YOU'RE INVITED TO AN



Syracuse 1/2 Marathon Warm Up

When: March 20th @ 7:30am

Where: Stage at the Oncenter

Led By: Coach Tone Palmer

About Coach Tone:

Coach Tone will be providing a series of dynamic drills to get runners energized to perform at their best prior to the Syracuse Half Marathon!

Tone began running competitively at the age of 12 and is a former Division 1 cross country/track & field middle and long distance runner. He holds a Bachelors Degree in Exercise Science from East Carolina University and a Masters Degree in Pubic Health from Rutgers University. Coach Tone is a NSCA Certified Strength and Conditioning Specialist and has been training members at Orangetheory Fitness for over 6 years.



Visit Orangetheoryfitness.com to learn more and redeem your first free class.



Race Start

Announcements and national anthem begin at 7:45am

First wave (elites and USATF) will start at 7:53am

The Course

120+ first responders (police, EMT's, medical staff)

2,000 cones

60 detour routes

7 aid stations

400+ volunteers

<https://runsignup.com/Race/SyracuseHalfMarathon/Page/Course>



Turn by Turn Directions

1. Start 800 S. State St
2. Turn Right (NE) onto James St
3. Turn Right (SE) onto Shotwell Park
4. Turn Left (E) onto Sunnycrest Rd
5. Turn Left (N) onto S. Edwards Ave
6. Turn Left (W) onto Coughlin Ave
7. Turn Left (S) onto Fobes Ave
8. Turn Right (W) onto Arnett St
9. Continue onto Eastwood Rd
10. Turn Right (NW) onto Grant Blvd
11. Turn Right (N) onto Darlington Rd
12. Turn Left (W) onto Berkshire Ave
13. Turn Left (S) onto Wadsworth St
14. Turn Right (W) onto Grant Blvd
15. Turn Left (SW) onto Danforth St
16. Turn Right (NW) onto Alvord St
17. Turn Left (SW) onto Court St
18. Continue onto W. Kirkpatrick St
19. Turn Left (E) onto Spencer St
20. Turn Right (SE) onto Maltbie St
21. Turn Left (E) onto Evans St
22. Turn Left (NE) onto Plum St
23. Turn Right (SE) onto N. Franklin St
24. Turn Left (W) onto West Genesee St
25. Turn Right (S) onto S. Clinton St
26. Turn Right (S) onto Adams St
27. Turn Left onto Oneida St
28. Turn Left (E) onto Tallman St
29. Turn Left (N) onto S. Salina St
30. Turn Right (E) onto E. Water St
31. Turn Right (S) onto S. State St

Aid Stations & Medical Support: There will be seven (7) aid stations on the course. These are located approximately every 2 miles. Each aid station will have Gatorade and water. Aid stations 3, 4, 5, & 6 will have GU energy gels (Lemon Lime Sublime, Espresso Love, and Roctane Chocolate Raspberry). We do ask that you help us keep this course clean and put your trash in the trash can and trash bags at the aid stations if possible.

Course Restrooms: Porta Potties will be located at all aid stations. Each set of porta potties will be placed slightly (100 – 200ft) PAST each aid station.

Post-Race Party Expo and OnCenter:

We are very fortunate to have such a great venue to host the expo and pre/post-race events. The OnCenter has been a great partner in providing their facilities for all participants and fans to get ready before the race and recover afterward.

Main Level Exhibit Hall:

- Awards Stage
- Merchandise
- Seating
- Vendors and Sponsor booths
- Beer (Post Race – 10am pouring time)
- Hot and Cold Food (Post Race)
- General Seating
- Charity Booths

Lower Level:

- Race Info Office
- Bag Check
- Women's Only Changing area
- USATF Championship Room for packet pick up and awards

Oncenter Restrooms: There will be plenty of restrooms available inside the Oncenter in Exhibit Hall B, Exhibit Hall A, and downstairs. There will also be plenty of porta potties near the start line. If you notice a line forming at a restroom, another one will probably be open! Oncenter staff will be monitoring each location and restocking toilet paper and cleaning throughout the morning.

- WOMEN ONLY changing rooms will be located downstairs in a secure area by race info and bag check. Please do not change in the restrooms

**RACE INFO – PACKET PICK UP – BAG CHECK – CHANGING
ROOMS ARE LOCATED DOWNSTAIRS**

Pre-and Post-Race Food: Before or after the race, make sure you stop by to see some of our sponsors and other local races. Once you finish, head back inside the Oncenter for the TOPS Post-Race Party and a hot pancake breakfast. Here you can also enjoy the music of **Prime Time Horns!** Menu for runners includes:

- Pancakes (3 each)
- Bacon and Sausage (2 total)
- Chocolate Milk (Byrne Dairy)
- Pizza from Gino & Joe's Pizzeria
- Cookies (Keebler)
- Fresh Fruit
- Kool Aid Juice Boxes
- Granola Bars (Gluten Free options)
- Gatorade
- Water (Aquafina)
- Monster Energy Drinks
- Soda (Pepsi Products)

Spectator Food: Non-runners may purchase a hot food and beer tickets in the main hallway for \$15.00 (cash only).





got beer?

**** ID Check for beer begins at 6am in the GLASS REGISTRATION BOOTH inside the Oncenter if you want to avoid any lines getting post-race brews** You MUST bring an ID if you wish to consume alcohol.**

Pouring starts at 10am per NYS law.

Not running and want beer/food? You can purchase a bib number at 8am for \$15.

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ATHLETIC BREWING CO
NON-ALCOHOLIC BREWS®

SOS Syracuse Orthopedic Specialists: In 2022, SOS comes returns as the official medical provider of the Syracuse Half Marathon. SOS brings their extensive knowledge of athlete/runner care to our course and finish line. SOS will work in conjunction with AMR to provide the best care possible for each of our runners. For more than 30 years, Syracuse Orthopedic Specialists (SOS) has provided total orthopedic care near Syracuse, NY and the surrounding regions. With a team of some of the [best orthopedic doctors](#) and the latest advancements in medical technology, our patients get the care they need for a healthier, happier life.



AMR (EMT) will have ambulances in several locations throughout the course. If you find yourself injured, please tell one of our volunteers. They will have a member of our medical team assist you. There is also an area inside the Oncenter that will be staffed by EMT's from AMR.



Sag Vehicle: We will have a First Student school bus following the last runner if anyone needs to drop out.

Results: Live results will be posted at www.leonetiming.com. Following the race, please check their website for your official time and place.



Awards Ceremony: At 10:15am, we will be presenting awards for the top 3 overall in each gender. AGE GROUP AWARD winners can pick up their award beginning at 10:00 at the tables near the main stage.

Age group awards will be based on chip/net time.

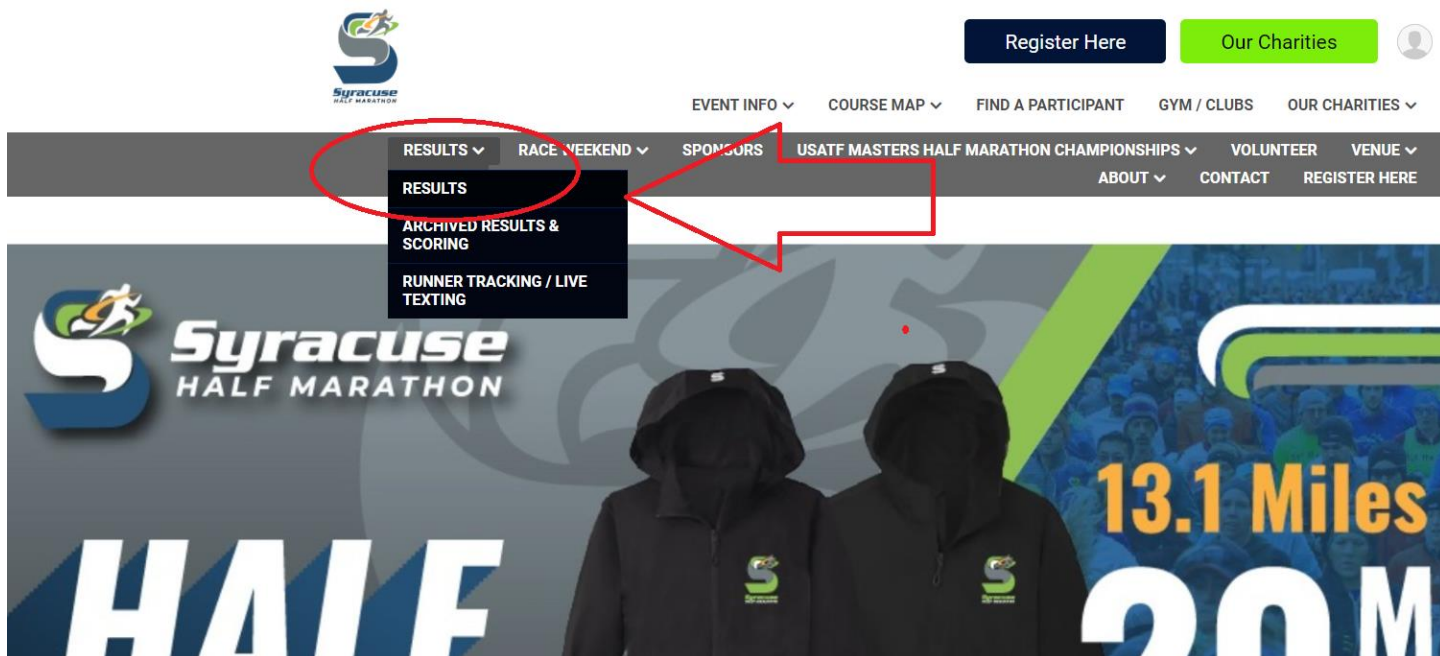
There will be awards for the top 3 males and females overall and in the following age groups:
20 and under, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65, 70-75, 75-79, 80+

SUBMIT AND MANAGE VIRTUAL RESULTS

This virtual half marathon that you are participating in has results enabled, meaning you can submit and manage your own results. You can do this directly from the RunSignup Race Page or from your RunSignup profile.

Submit from RunSignup Race Page: Navigate to the race's RunSignup race page > and select the Result tab > then select Submit Virtual Results.

Submit Virtual Results From Your RunSignup Profile: Navigate to your RunSignup profile by selecting the Profile Icon at the top right hand corner. Under your Upcoming Events > Select Submit Virtual Results > Enter in your Time > select Submit Time.



^^^ Submitting your virtual results ^^^

Video Boards: Immediately following your amazing 13.1 mile tour of Syracuse, come inside and get your picture taken with your name and time in front of our large video boards.



Runner Tracking: Have your friends or family track you at the 5k, 10k, 15k, and finish via Facebook, text message, twitter, or email here:

<http://results.xacte.com/track?id=2428>



Eight Thousand Dollar Masters Prize Purse

- Championship medals will be awarded to the top 3 places in each 5-year individual division for both Master Men and Women (40-44, 45-49, 50-54, 55-59, etc.), the top 3 Age Graded Master Men and Women and the top 3 Overall Master Men and Women.
- All Master athletes must be citizens of the United States and eligible to represent the United States in international competition to be eligible for team scoring and for USATF medals and prize money. Prize money will be awarded to member USATF Masters runners who have appropriately entered the Championship competition.
- Non-citizens who are USATF members are welcome to compete but may not score for a team nor win USATF medals and prize money. Non-citizens can qualify for Elite Performance Medals.
- All prize money will be mailed to clubs or individuals following the race.

- Elite Performance Medals will be given to all competitors achieving at least 80% age graded in accordance with the USATF tables. You can find a link to a calculator consistent with the 2020 tables at: <http://www.usatf.org/statistics/Calculators.aspx>
- Gold medals will be given to 90% or better; Silver for 85-89.99%; Bronze for 80-84.99%

USATF awards will be presented DOWNSTAIRS in the USATF room at 10:30am

*****USATF runners are also eligible for open awards (must pick up near main stage upstairs)*****

OVERALL AWARDS		
 	 	 
AGE GROUP AWARDS		
 DINOSAUR BAR-B-QUE GIFT CARD 	 DINOSAUR BAR-B-QUE GIFT CARD 	 DINOSAUR BAR-B-QUE GIFT CARD 

Winning Team Award



Rules: – Not the fun stuff but here to ensure everyone has the safest and most enjoyable experience!

1. Cut off time of 3:15min (15 min miles). If runners fall below 15 minute pace, they may be asked to use the sidewalk and obey all traffic regulations. The finish line will remain open for 4 hours and you will receive a medal when you cross.
 - A. The downtown Syracuse area (10 miles) will begin opening at 10:30am. This area begins on Franklin St by Dinosaur BBQ. If you're arriving to this area later than 10:30am, you'll be kindly asked to use the sidewalk for your own safety.
2. We discourage the use of headphones.
3. Unfortunately, we cannot allow dogs or other pets to run with their humans!
4. Strollers are not allowed. With so many people on the course, it would not be safe for anyone.
5. Be courteous of fellow runners and encourage them. Even though you're running next to someone, you don't know how bumpy the road was that they took to get there!

Finish Line:

Congratulations! You've crossed the finish line and you'll be met first by the best race volunteers in Central New York! The first rule of crossing the finish line is DON'T STOP! There are likely some people running behind you and we don't want anyone to get run over by a sprint to the finish. We know you're exhausted but keep moving, it's really the best thing for you! Besides, you have a party to get to! Volunteers will be among the first to congratulate you and put a medal around your neck. Next you'll be able to immediately begin your recovery, we'll be handing out water as you make your way towards the OnCenter for the post-race party. Once inside, you'll be able to chow down and rehydrate, as well as meet up with the fans that supported you along the course.



Medal:

We have become quite well known for our medals and this one is certainly a treat! The 2022 designed with style and class in mind. Along with a quote which epitomizes your accomplishment, also inscribed on the medal is the Syracuse skyline. Wear it proudly because you've earned every bit of it!

Photos!

During your tour of Syracuse you may notice some photographers taking your picture! FREE high-res photos will be provided by Trent Wellott Photography. You'll be sent an e-mail after the race.

Make sure that your bib is clearly visible during the race so we can get all your pictures to you!

There will be a photo-booth provided by SOS Bones inside the Oncenter.

There will be large videoboards to pose next to with your name and official time.

So many free photo opportunities!

Apparel & Merchandise Purchases:

Fleet Feet Syracuse will be inside the Oncenter selling official Syracuse Half Marathon gear! They accept credit card, cash, or check.





SHOP OFFICIAL SYRACUSE HALF MERCHANDISE

FLEET FEET DEWITT

FRIDAY: 3-7 PM

SATURDAY 10-5 PM

RACE DAY

A special thanks to World Wide Sport Supply – a fantastic supplier of race shirts and other high quality merchandise!



Clearance race jackets and shirts:

We will be selling clearance items from past races in the RACE INFO room at deeply discounted rates.

Post-Race FAQ:

Once the endorphins have worn off, the race is over, and you're hobbling around the office answering questions from your co-workers about why you're walking funny, you may start thinking about your next race or have general questions. Here are answers to some of them:

1. Where can I receive an extra or buddy medal? After 11:30am, you're welcome to grab an extra medal in the RACE INFO room. These will also be available at the post race packet pick up on Tuesday, March 22, 2022 at Fleet Feet Sports Syracuse from 4pm – 6:30pm.
2. Where can I find results or age group awards?

www.leonetiming.com

3. Can I have an award, jacket or medal shipped to me? Unfortunately, **we do not ship any items**. We offer four (4) days of pick up and can arrange local pick up after the race.

4. Can I pay to have items shipped? Unfortunately, **we do not ship any live event items**. We offer four (4) days of pick up and can arrange local pick up after the race.
5. I live out of town, can you ship my items? Unfortunately, **we do not ship any live event items**. We offer four (4) days of pick up and can arrange local pick up after the race.
6. I was sick on race weekend, can I have my ite..... Unfortunately, **we do not ship any items**. We offer four (4) days of pick up and can arrange local pick up after the race 😊

Post-Race Packet Pick Up

If you need to pick up your packet, swap a jacket size, grab an extra medal or just come say hi in person, we'll be at **Fleet Feet Sports Syracuse on Tuesday, March 22, 2022 from 4pm – 7pm**.

A very special thanks to all of our partners and sponsors for making this event possible!





USATF[™]

MASTERS

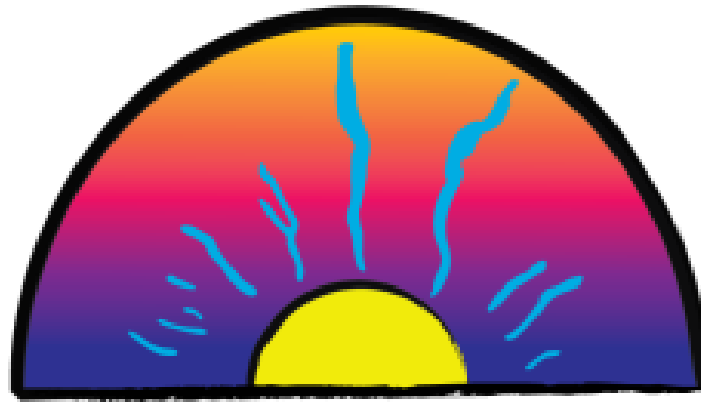
LONG DISTANCE RUNNING



Paige's Butterfly Run

Fighting Pediatric Cancer. Funding Hope.





MIDDLE FINGER 5K

TO CONQUER CANCER

May 14th, 2022

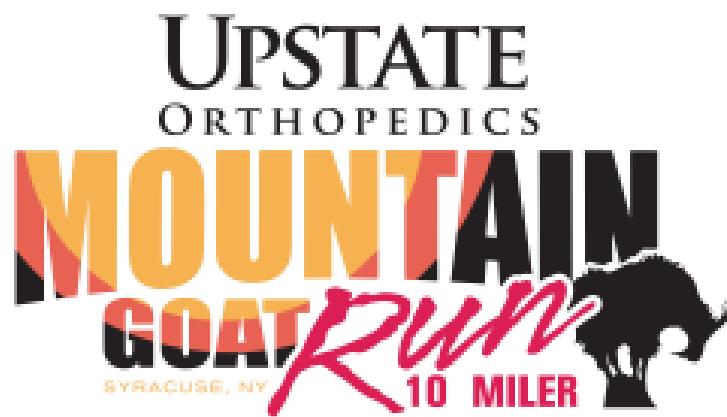
'CUSE CAMP
COMMIT TO FIT



**8 BENEFITS OF STRENGTH
TRAINING FOR RUNNERS**

- * REDUCE INJURY
- * INCREASE LEAN MUSCLE
- * REDUCES BODY FAT
- * INCREASE POWER
- * FIXES MUSCULAR IMBALANCES
- * HORMONE BALANCE
- * STRONGER BONES
- * POSTURE AND EFFICIENCY

COME TRY US OUT - 30 DAYS FOR \$30







BROOKS



