



PARTICIPANT INSTRUCTION SHEET

Saturday, March 30 – Sunday, March 31

SCHEDULE OF EVENTS

Saturday, March 30	9:00 am	Health & Fitness Expo opens
	3:00 pm	Rob Jones Speaks at the Expo on stage
	5:30 pm	Covenant Kids Run
	7:00 pm	Covenant Health 5K
	8:00 pm	Health & Fitness Expo closes
	10:00 pm	Pilot Flying J Post-Race Party at World's Fair Park Ends
Sunday, March 31	6:00 am	Information booth opens
	6:30 am	Start area officially opens
	6:30 am	Bag check opens at start line
	6:45 am	Prayer service, KCC upstairs concourse
	7:25 am	Handcycle/Wheelchair Start
	7:25 am	Bag Check closes at Start Line
	7:30 am	Marathon, Half Marathon, Relay Start
	2:30 pm	Finish line officially closes
	2:45 pm	Bag check closes at World's Fair Exhibition Hall
3:00 pm	Pilot Flying J Post-Race Party at World's Fair Park Ends	

PARKING

The race start line is within walking distance of our four host hotels. For those driving, there is plenty of free parking available. Here are a few options for parking on race weekend:

- Park in a City-owned lot or garage. There are several within walking distance to the start line. We recommend Market Garage and Locust Garage for both Saturday and Sunday.
- 11th Street Parking Garage. This University of Tennessee owned garage is at the corner of Clinch Avenue and 11th street and is one block from the start line and two blocks from the finish line.

BAG CHECK SPONSORED BY CNS Y-12 - SUNDAY, MARCH 31

The Covenant Health Knoxville Marathon provides a bag-check service on Sunday for the marathon, half marathon, and relays. **The Goody Bag you receive at Expo/Package Pickup is the only acceptable bag to use for this purpose. Please note:** You will NOT be allowed to use any bag other than the bag you received at the Expo. If you bring a bag other than the one received at the Expo, Bag Check will not accept your bag. Tear off the top portion of your race bib (labeled Bag Check) and attach it to your bag with the zip tie you received at packet pickup. Please ensure that your bag is securely closed so that your belongings cannot fall out.

On the morning of the race, a U-Haul truck will be parked on Clinch Avenue in the circle in front of the Knoxville Convention Center. This is very near the start line on the Clinch Avenue Bridge. Bag check opens at 6:30 a.m. and will close at 7:25 a.m. The truck will depart when the marathon starts at 7:30 a.m. The bags will be monitored at all times, and care will be taken in transporting them from the start line to the finish line, but it is recommended that you not place valuable or breakable items in your bag. If you chose to do so, it is at your own risk.

After completing your race at World's Fair Park, all checked bags will be available for pickup in the World's Fair Exhibition Hall. This is the same hall that our Expo was held in on Saturday. Bag pickup closes at 2:45 pm. If you neglect to claim your bag, contact the marathon office to arrange a pickup. Any unclaimed bags will be held for one week and then donated to charity.

NOTE: The Bag Check service is only available on Sunday, March 31.

RACE TIMING

This course is USATF Certified and is a Boston Qualifier! The race will be timed by the Knoxville Track Club using the IPICO chip timing system. The timing chip is attached to the back of your bib number. Please pin your bib number to your chest, just like you would any other bib number. Do not tamper with or damage your chip in any way. If your chip is damaged it may not record your start, split or finish times.

Do not trade numbers with anyone else (the system won't know you made the trade and results will be incorrect). Do not fold or crush the BibTag (that may break the BibTag and cause you to not get a time). You do not need to return the bib after the race.

Result Notifications: Race results will be updated throughout each race and will be available at this link: <https://knoxvillemarathon.com/results/> After completing your race, you will receive an email with your personal results. Split times will be recorded at the 10K, Half and 19 mile splits for the Marathon and 10K for the Half Marathon.

START LINE CORRALS

In order to ease congestion at the start of the race, we will use a five corral start. When you registered, you entered a projected finish time for your race. You have been assigned to one of our five corrals based on this projected finish time. On your bib, you will find a letter—A, B, C, D, or E. Look for the signs at the start line, and please line up in the corral that matches your bib. You will be permitted to move back a corral (e.g., you are assigned C but want to start in D), but you cannot move up a corral. We will also utilize the corrals on Saturday night for the Covenant Health 5K.

REFRESHMENT STATIONS

There will be 18 refreshment stations along the marathon course, serving Mountain Valley Spring Water and Powerade. There will be four gel stations serving GU—these will be located on Cherokee Boulevard (approximately mile 6.5), Caswell Park (approximately mile 16), and on Island Home Avenue (approximately mile 21 and again at mile 23). On the half marathon course, there will be 8 refreshment stations serving Mountain Valley Spring Water and Powerade, and you will pass the gel station at approximately mile 6.5. There will be one refreshment station on the 5K course.

MEDICAL AID & OTHER EMERGENCIES

Medical needs of participants will be taken care of by employees of Covenant Health and the Knoxville Fire Department. The Medical team consists of nurses, paramedics, EMTs, physical therapists, and athletic trainers.

There will be medical aid stations on the course as well as at the Finish Line and Post Race Party. Any runner needing medical attention is asked to stop by a Medical Tent or notify any Police Officer, Course Monitor, Bike Monitor, Middle East Tennessee Emergency Radio Services (METERS) operator or other Race Volunteer. Transportation will be provided back to parking areas only for participants unable to complete the race. Participants needing emergency care will be transported to a local hospital.

PLEASE COMPLETE THE EMERGENCY INFORMATION ON THE BACK OF YOUR BIB PRIOR TO STARTING THE RACE!

PACE GROUPS SPONSORED BY MERCEDES-BENZ OF KNOXVILLE

Look for the pacer booth at the Expo or look for the pace group leaders in the corrals at the start line. There will be pacers for about a dozen different finish times for the full marathon. Stop by the pacer booth at the Expo and meet some of the pacers. They can help answer any questions you may have about pace groups.

If you're running the half marathon, please feel free to use the pace groups, too! For example, if you want to finish the half marathon in two hours, find the four-hour pacer. When the half marathon splits from the full marathon, you're on your own, but it's only a short distance and the worst is behind you! Full marathoners, the pacers can escort you all the way to the finish line as you achieve your personal victory!

On race day, be looking for the pacers carrying Mercedes-Benz of Knoxville Pace Flags. Let the pacers help you stay on track to meet your finish goal in Knoxville!

COURSE CLOSING

The finish line officially closes at 2:30pm. The course will follow a rolling close time of a 16 min/mile pace. This allows for 7 hours to finish the marathon or 3.5 hours to finish the half marathon. If you are still on the course after this time and wish to proceed, please do so using sidewalks for your safety.

PHOTOGRAPHS

FinisherPix will have photographers stationed at various points along the route as well as at World's Fair Park when you cross the finish line. Please make sure your race number is visible to our photographers at all times. NEW THIS YEAR! All participants will receive free, downloadable pictures from the event! All photos will be available at the FinisherPix website (www.finisherpix.com) and you will receive an email from FinisherPix when your photos are ready to be downloaded.

SPECTATOR INFORMATION

There are many great spectator spots along the course. Some popular spots are Western Plaza shopping center, Tyson Park, the Knoxville Museum of Art, Market Square, and the Old City. Spectators will also be able to enter the Festival Lawn at World's Fair Park to watch participants cross the finish line. IMPORTANT: While our new finish line is spectator friendly, it is important that friends, family members, and spectators DO NOT cross the finish chute when runners and walkers are approaching the finish line. Race officials will be present near the finish chute to assist in the process of crossing World's Fair Park Drive.

PILOT FLYING J POST-RACE PARTY

On Saturday, 5K participants can celebrate on the Festival Lawn at World's Fair Park. We'll have refreshments available under the large tent on the lawn. Calhoun's Restaurant will serve beer to participants age 21 and over. Each participant 21 and up will receive an ID bracelet upon check-in at the Expo. After completing the 5K, they can present their bib to the Information Tent on the lawn to receive one beer ticket. This ticket can be presented to the Calhoun's beer truck for one complimentary beer. Friends, family members, spectators, or participants wanting a second beer can purchase beer tickets from the Calhoun's tent located just to the left of their beer truck. Beer will be served from 7 pm – 9:30 pm. Dave Landeo and Tod Sheley will provide live music on the Festival Lawn stage from 7:30 pm – 10 pm. Food trucks will also be on site for family members and spectators to purchase food.

On Sunday, all Relay, Half Marathon, and Marathon participants are welcome to join us at the Pilot Flying J Post-Race Party. When you finish your race, follow the directions of volunteers out of the finish chute. As you exit the chute, continue to the Post-Race Party located inside World's Fair Exhibition Hall. Complimentary food and drinks will be available to participants inside the World's Fair Exhibition Hall.

On the Festival Lawn, Calhoun's Restaurant will serve beer to participants age 21 and over. Each participant 21 and up will receive an ID bracelet upon check-in at the Expo. After completing their race, they can present their bib to the Information Tent on the lawn to receive one beer ticket. This ticket can be presented to the Calhoun's beer truck for one complimentary beer. Friends, family members, spectators, or participants wanting a second beer can purchase beer tickets from the Calhoun's tent located just to the left of their beer truck. Beer will be served from 10 am – 3 pm. Dave Landeo and the Sol beats will provide live music on the stage from 9 am – 1 pm on Sunday. Food trucks will also be on site for family members and spectators to purchase food.

AWARDS CEREMONY

All finishers of the marathon, half marathon, 2-person relay, 4-person relay, and 5K will receive a very unique finisher's medal at the finish line. Please accept a medal for the race that you finished. Award ceremonies will be held as part of the Pilot Flying J Post-Race Party on the stage on the Festival Lawn. Unique awards will be presented for overall and age group (5-year increments) winners in all races. Cash awards will be mailed to top finishers in the full marathon, the marathon handcycle division, the marathon push rim wheelchair division, and the half marathon.

Awards ceremony schedule:

5K (Saturday, March 30)	8:00 pm	Stage at World's Fair Park Festival Lawn
Half Marathon (March 31)	10:30 am	Stage at World's Fair Park Festival Lawn
Marathon, Relays (March 31)	12:30 pm	Stage at World's Fair Park Festival Lawn

Award winners are responsible for picking up their award at the awards ceremony on race day or at Eddie's Health Shoppe after race day. Awards will be available for pick-up at Eddie's Health Shoppe (8025 Kingston Pike) on Monday, April 1 from 9 am until Friday, April 5 at 8 pm. If you cannot get to Eddie's Health Shoppe during these hours, please email the marathon office to make pick-up arrangements. We can also mail the award for an additional fee.

AFTER-RACE ACCOMMODATIONS

Beginning at noon, the Lindsay Young Downtown YMCA will allow runners to shower after their race on Sunday. The Downtown YMCA is just one block from the start line at 605 West Clinch Avenue (heading back toward downtown). There is no charge to use the facility but you must present a photo ID (driver's license) at the front desk for admission. Tell them that you are with the Covenant Health Knoxville Marathon. The front desk staff may hold onto your ID until you are ready to leave (per insurance policy).

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Endurance Sports Management - City of Knoxville - Visit Knoxville - University of Tennessee
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