



10K RACE INFORMATION

Date: Monday, August 11, 2014

Start Time: 7:00 p.m.

Bib pick up location: Northside Station Train Depot- 27 Ridge St, Akron, OH 44308

Start Line Location: Botzum Trailhead- 2928 Riverview Road, Akron 44067

*Please note there will be no parking at this location. All runners, and spectators wishing to view the start, must ride the train from Northside Station to the start line.

Finish Line Location: Mustill Store Trailhead- 57 W North St, Akron, OH 44304

TRANSPORTATION

All Gay Games 9 registered participants can use their credential to ride the public transit systems in Cuyahoga (Cleveland), Summit (Akron) and Lake counties. Most venues are along public transportation routes. For shuttle service between Cleveland and Akron as well as venues inaccessible through public transportation, participants also have access to private Gay Games 9 shuttle transportation during Games Week. Each one-way trip takes about 75 minutes. Pick-up and drop-off locations include Cleveland Convention Center, Public Square in downtown Cleveland, Independence, Fairlawn, Akron City Center Hotel, and Akron Transit Center. All runners participating in the 10k should get off the shuttle at the Akron City Center Hotel stop and walk down to the Northside Station Train Depot.

Shuttle service schedule between Cleveland and Akron the afternoon/evening of August 11th is below.

Departure times from Cleveland to Akron:

2:15 PM

3:15 PM

3:30 PM

4:15 PM

Departure times from Akron to Cleveland:

7:45 PM

8:45 PM

9:00 PM

9:45 PM



DIRECTIONS TO NORTHSIDE STATION

From the Turnpike I-80 East/Rt. 8

Follow Rt. 8 South to Perkins St. Turn right on Perkins St. Turn right onto North Howard. Turn right onto Ridge rd. Northside station will be on your left.

From the North I-77/I-76 (they run concurrently briefly) VIA I-76 Exit at

Main/Broadway/Downtown. You will merge with a one-way side street (South St.). Follow South St. to the 2nd light. At that point all traffic MUST turn left onto Broadway, which is a one-way street. Travel North following Broadway to East Market Street. Turn left on Market Street. Turn right onto South Main Street. Turn right on Ridge Rd. Northside station will be on your left.

From the North I-71 to I-76 East and South I-71

Exit at Main/Broadway/ Downtown (follow directions above)

From the South I-77/I-76

Exit at Main/Broadway/Downtown via I-76. The exit ramp Y's, bear right on exit ramp to Broadway (Broadway is a one-way street). Travel North following Broadway to East Market Street. Turn left on Market Street. Turn right onto South Main Street. Turn right on Ridge Rd. Northside station will be on your left.

PARKING

Please note there will be no parking at the start line of the 10K. All runners, and any spectator wishing to watch the start of the race, must park in downtown Akron and board the Cuyahoga Valley Scenic Railroad which will take you to the start of the race. Free parking will be available at the Akron Northside Station, 27 Ridge St, Akron. Additional free parking will be available after 5:00 p.m. at the Summa Health parking lot on the corner of Main and Market. Also, runners and spectators may park in any city parking lot or garage and walk to the Northside Station. Rates vary.

BIB PICK-UP

Location: Cuyahoga Valley Scenic Railroad/Akron Northside Station

Address: 27 Ridge St, Akron, OH 44308

All runners MUST pick up their race bibs at the Cuyahoga Valley Scenic Railroad/Akron Northside Station. Bib pick-up will be available on race day only. ***Bib pick-up will be available from 4:00 p.m. until the last train departure at 6:00 p.m.*** Each runner should pick up his or her own bib and confirm contact information is correct on the bib label placed on the back of the bib.

BIB INFORMATION

Your race bib serves as your identification for the race. Participants must pin the bib on the front of his or her shirt. Safety pins will be provided at the time of bib pick-up. It is imperative that the registration data associated with your race number belongs to you the participant. While it may seem harmless to run under an unauthorized number, it does convey serious consequences to the organizers and participant field alike. Correct information allows medical staff to correctly identify



participants in need of treatment and ensures accuracy of race results and awards. Runners should confirm emergency contact information is accurate and present on the back of the bib.

Your race bib contains your timing chip which is a disposable timing system for accurate timing and scoring. Please take care not to bend or cut your race bib, in doing so you may damage your timing device. You will not need to remove the tag from the bib to put on your shoe. The timing device remains on your bib. Make sure your bib is placed securely on the **FRONT** of your shirt. Official time is based on gun time in accordance to USATF rules.

GEAR CHECK

Runners can place their extra clothing and items not needed on the race course in the provided gear bags at bib pickup at the Northside Station Train Depot. Upon checking your items you will be instructed to place your name and bib number on the provided bag tag. Do not place cell phone, wallets, or keys in your gear check bag. Items will be transported from bib pickup to the information booth located in the parking lot of the Mustill Store Trailhead at the finish line. Items must be picked up day of race by 9:30 p.m. All bags are subject to be searched.

TRAIN DETAILS (transportation from Northside Station to Start Line)

The course is a point to point race, all runners are provided a free train ride from the Northside Station to the start line of the 10K. There will be two departure times for runners to board the train to get to the start line. Departure times will be at 4:45 p.m. and 6:00 p.m. It is advised that all runners be at the Northside station prior to 5:45 p.m. in order to pick up your race bib and board the final train. There will be no other means of getting to the start line once the final train departs. Expect to be on the train for approximately 20-30 minutes.

Spectators are able to purchase train tickets to get from the train depot to the start line with return service back to the train depot. Tickets can be purchased for \$5 at <http://www.cvsr.com/calendar> from July 25th-August 10th. Tickets can also be purchased the day of the race at Northside station for \$7.

COURSE DETAILS

Course Information

The course is a certified USATF sanctioned course #OH14015MW. Other than the first 2 miles, which is paved asphalt and concrete streets, the race is run on the Towpath Trail, which is a crushed limestone surface. Runners are responsible for knowing the course. Please review the course map on page 6.

Course Limit

The course is officially open for 2 hours from 7:00 p.m. to 9:00 p.m.; equivalent to approximately 19:21 per mile pace. The finish line, medical aid stations and fluid stations will remain open for a two-hour pace and close on schedule.

Restrooms

Portable restrooms, each with Purell hand cleaner, will be available at 3 locations throughout the course, including the start line, finish line, and fluid station.



Fluid Stations

There will be one fluid station located at mile 3.1 supplying POWERADE and water to runners. As you approach a fluid station, water will be available first followed by POWERADE. Additionally, fluids will be distributed at the start and finish lines. We do not recommend taking food or fluids from non-official locations.

Medical Aid Stations

There will be an aid tent located at both the start and finish lines. Summa Health System will provide all medical assistance during this event. For your safety, it is important to print any specific medical needs on the reverse side of your race bib, markers will be available at bib pickup. Medical stations will be equipped to assist runners with any basic medical needs and will also have a supply of Band-Aids and Vaseline if needed. For medical emergencies, an ambulance will be called to transport the runner to a local hospital. HAM operators will be available approximately every mile if you need to alert someone that you need immediate medical assistance while on the course. NSAID's (Non-Steroidal Anti-inflammatory Drugs such as Advil, Aleve, Ibuprofen, etc.) will NOT be provided at the aid tents. NSAIDs, especially in a dehydrated runner, can adversely affect the kidneys and can increase the risk of hyponatremia (low blood sodium). Tylenol will be available.

Prohibited on the Race Course

For the safety of our runners, the Gay Games do not permit: pets, skateboards, strollers, bicycles, roller blades, or any other types of vehicles (other than official Marathon vehicles) on the course. Please do not bring or carry any of these items with you. The Gay Games reserve the right to disqualify and remove anyone from the course who has any of the above items or does not act in a safe manner. All participants agree to abide by and accept the rules of this race and abide by any decision of any race official concerning the runner's ability to safely complete the race.

Unauthorized Runners

Non-registered runners are not permitted to run or walk within the boundaries of the official marathon course. It is important that family and friends NEVER cross the finish line or enter the finish zone which begins approximately 2/10 mile before the finish. Course monitors and police will be stationed throughout the course, assuring only registered runners are on the course. Please be sure your race number is visible from the FRONT at all times during the race.

Lost & Found

All items left at the event will be taken to the Information Booth located at the finish line. Unclaimed items will be donated to a local charity. The Gay Games are not responsible for lost items.

Information Booths

For our runners' convenience, Information Booths will be located throughout the event. Booths will be clearly identified. Information Booths can be found at the Start Line and Finish Line.



Finish Area

Location: Mustill Store Trailhead

Address: 57 W North St, Akron, OH 44304

As you cross the timing mat at the Finish Line, your timing device will automatically record your time. Once you finish the race you will continue to follow the trail where you will receive your water, POWERADE, and banana. Portable restrooms will be located in the parking lot of the Mustill store at the finish.

AWARDS PRESENTATION

Award presentations will take place on the Awards Stage located at the Mustill Store parking lot at the finish line. The awards will be presented at approximately 8:00 p.m. The top three men and top three women will receive awards at the presentation. Age group awards will also be given to top three men and women in each age group and can be picked up at the results table upon completion of the race.

Age Group Awards

Top three male and female finishers in all age categories will receive awards: 18-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+.

SPECTATOR INFORMATION

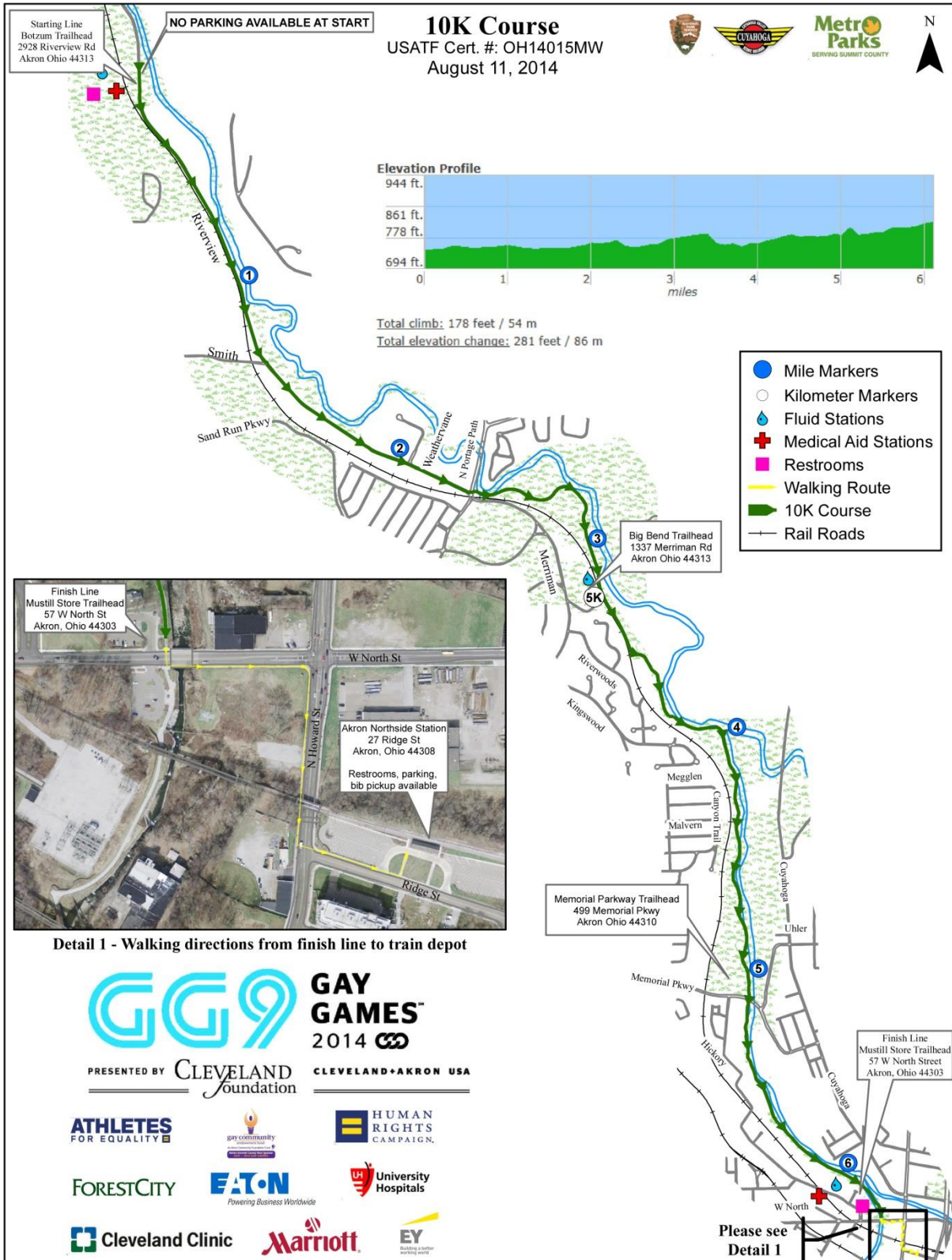
Spectators are encouraged to watch their friends and family at either the start or finish of the race course.

Those wishing to view the start: There is no parking available at the start line of the 10k and all spectators wishing to view the start must purchase round trip train tickets from the Northside Station to the Botzom trailhead and back (see page 3 for ticket purchase information). There will be two train departure times from Northside Station traveling to the Botzom Trailhead at 4:45 p.m. and at 6:00 p.m. There will be one return trip departing from Botzom Trailhead to Northside station at 7:20 p.m. All spectators must be on the train by 7:15 p.m. as this is the only way to return back to Northside station and meet your runner at this finish line. Please note the train will take approximately 20-30 minutes to travel from Botzom to Northside station. Depending on the pace of your runner, there is no guarantee you will see your runner finish if you choose to watch the start.

Those wishing to view the finish: Spectators wishing to view the finish should take the short walk from the Northside Station, where your runner will board the train to the start of the race, to the Mustill Store Trailhead, where the finish is located. To reach the finish line, exit Northside Station and head to Howard St. Turn right on Howard and then take a left on North Street. Mustill Store parking lot will be on your right.

ROAD CLOSURE INFORMATION

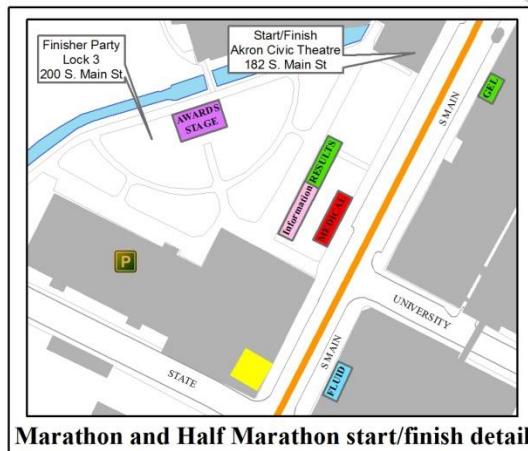
Riverview Rd. will be closed from Smith Rd. to Bath Rd. on Monday, August 11th starting at 4:00 p.m. and will reopen starting at 8:00 p.m. The northbound lanes will be closed on Riverview and Merriman from Smith Rd. to Portage Path from 7:00 p.m. to 7:45 p.m. All other streets will remain open to traffic. Police will be present for traffic control along Riverview Rd, Merriman Rd, and Portage Path.



Downtown Akron Points of Interest

10K - August 11th, 2014

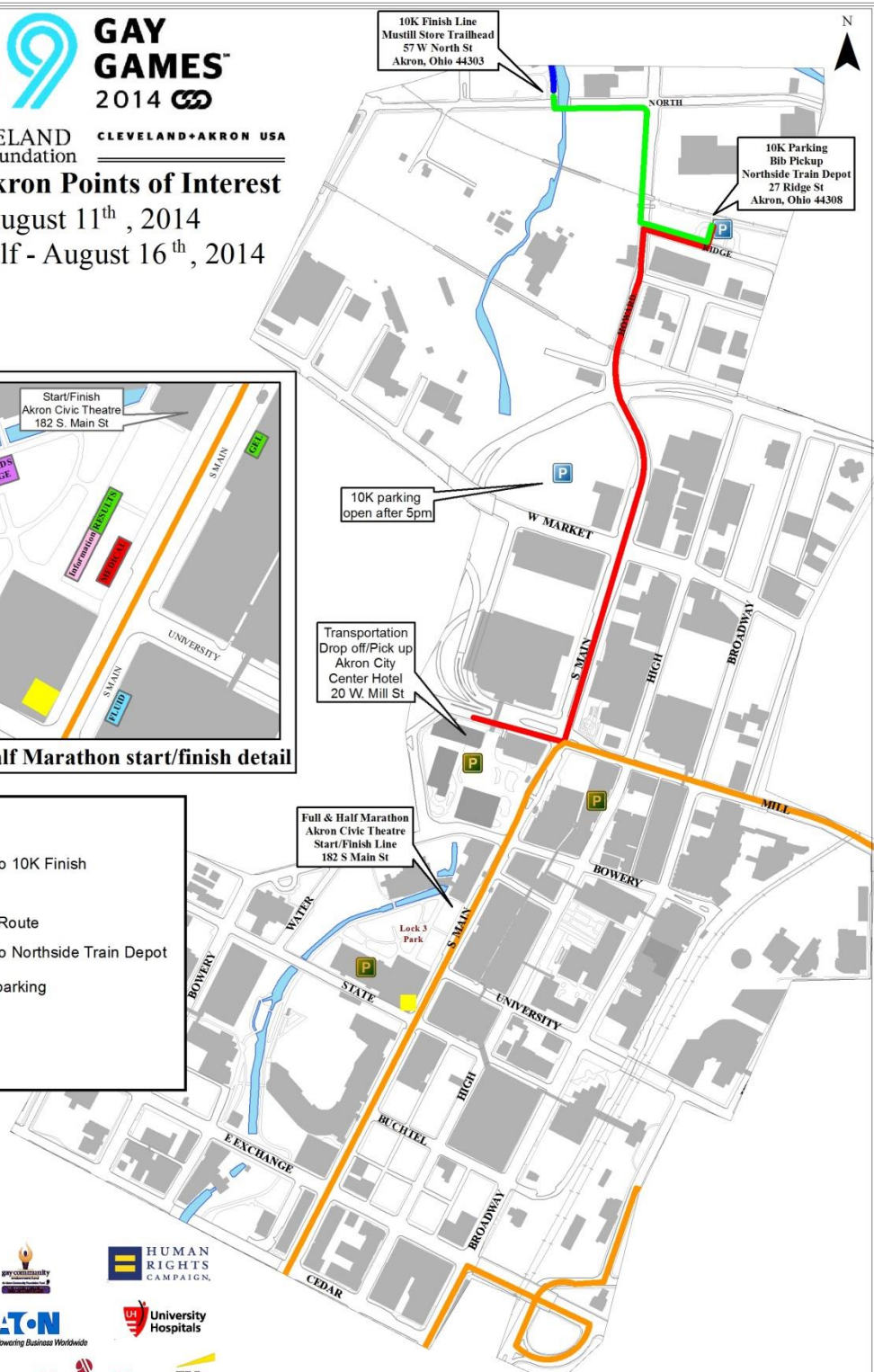
Marathon/Half - August 16th, 2014



Marathon and Half Marathon start/finish detail

Legend

- Walking route to 10K Finish
- 10K Route
- Marathon/Half Route
- Walking route to Northside Train Depot
- P Marathon/half parking
- P 10K parking
- GearCheck



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