

THE COAST GUARD MARATHON, HALF MARATHON & 5K 2023 RACE GUIDE



COAST GUARD MARA





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WELCOME!

It's hard to believe it's already time for the second annual Coast Guard Marathon weekend! After the overwhelming success of the inaugural weekend, we rolled up our sleeves, absorbed all your suggestions and feedback, and with a fabulous, expanded partnership with the U. S. Coast Guard, Base Elizabeth City, sponsors and the entire Elizabeth City community, we are all thrilled to welcome you to the improved and expanded weekend of events!

We're so grateful for your energy, enthusiasm and excitement as you travel from across the US and the world to experience our small community and join us in celebrating the United States Coast Guard. As an official Coast Guard City, it is an honor to host the one and only USCG sanctioned road race right here in Elizabeth City, NC – the Harbor of Hospitality®. Our businesses, locals, students, elected officials and especially our Coasties thank you for joining us!

The 2023 weekend will be full of accomplishments, celebrations and memory making. We hope you enjoy everything we have to offer from the Health & Fitness Expo, all our incredible sponsors and vendors, the U. S. Coast Guard Guardians Big Band, the Silent Drill Team, USCG static displays and demonstrations and so much more! Of course, our entire team is so looking forward to PRs, BQs, first-timers, 100-timers, Olympic Qualifiers, spectacular volunteers supporting runners through the 5K, half marathon and full marathon.

We remain inspired by you, your stories, your triumphs, running in honor of those fallen, in honor of lives saved and so much more. This race is just one way we can celebrate and pay homage to our Coast Guard Community. We hope you cherish your memories and accomplishments and wear your finishers medal with pride.

Welcome to the 2023 Coast Guard Marathon Weekend!

Happy Running,
Corrina Ruffieux, Race Director





SENATOR THOM TILLIS LETTER

Senator Thom Tillis
North Carolina



U.S. Senate
Washington D.C. 20510

March 2, 2023

Dear Friends,

I am thrilled to welcome you to Elizabeth City, North Carolina for the 2023 Coast Guard Marathon. This race is a wonderful way to celebrate the mission of the United States Coast Guard, and I am grateful to the event organizers and participants for making this event a success.

Whether you are a runner or spectator, I hope you are able to take advantage of the events planned this weekend, especially the USCG Guardians Big Band performance.

I wish all of the runners the best of luck, and hope you have a wonderful event!

Sincerely,

A handwritten signature in blue ink that reads "Thom Tillis".

Thom Tillis
U.S. Senator

CONGRESSMAN GREGORY F. MURPHY M.D. LETTER

GREGORY F. MURPHY, M.D.
3RD DISTRICT, NORTH CAROLINA

COMMITTEE ON EDUCATION
AND LABOR

COMMITTEE ON VETERANS' AFFAIRS



Congress of the United States
House of Representatives
Washington, DC 20515-3303

WASHINGTON OFFICE:
313 CANNON HOUSE OFFICE BUILDING
WASHINGTON, DC 20515
(202) 225-3415

DISTRICT OFFICE:
1105 CORPORATE DRIVE, SUITE C
GREENVILLE, NC 27858
(252) 931-1003

February 7, 2023

Dear Runners:

On behalf of North Carolina's Third Congressional District, please accept my best wishes for the 2023 Coast Guard Marathon, Half Marathon, and 5K runs. Last year, I joined in running the 5K along with some staff members and a USCG member. I had the great honor to hand out awards to the top finishers of the marathon and half marathon.

Unfortunately, due to my schedule I will not be in attendance this year. The U.S. Coast Guard and volunteers do a fantastic job organizing and supporting these events. Eastern North Carolina looks forward to hosting these fun racing events for years to come.

I would also like to extend my deepest appreciation to everyone who has helped make the 2023 Coast Guard Marathon events a resounding success. It is an honor and a privilege to represent the brave men and women in uniform of the United States Coast Guard. They courageously and selflessly risk their lives for our freedoms and rescue many mariners in distress. We are pleased to be part of such a special community in North Carolina and look forward to supporting the needs of the United States Coast Guard in the future.

The best of luck to all of you! Run strong!

Semper Paratus,

Gregory F. Murphy, M.D.
Member of Congress
North Carolina's Third District

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Insured by NCUA. *Value claim based on Navy Federal's 2021 Member Giveback Study. © 2023 Navy Federal NFCU 14207 (1-23)



OVERALL SCHEDULE

THURSDAY, MARCH 2, 2023

3 pm – 7 pm | Coast Guard Marathon Expo & Packet Pickup Day 1

Location: KE White Graduate Center,
1862 Edgewood Dr.

FRIDAY, MARCH 3, 2023

11 am – 7 pm | Coast Guard Marathon Expo & Packet Pickup Day 2

Location: KE White Graduate Center,
1862 Edgewood Dr.

4 pm – 5 pm | **COAST GUARD 5K**

Location: Waterfront Park | 508 S Water St

SATURDAY, MARCH 4, 2023

7:30 am – 11 am | **COAST GUARD
HALF MARATHON**

Location: Waterfront Park | 508 S Water St

7:30 am – 2:30 pm | **COAST GUARD
FULL MARATHON**

Location: Waterfront Park | 508 S Water St

9 am – 4 pm | **POST-RACE CELEBRATION**

Location: Waterfront Park | 508 S Water St

Awards Ceremony

11:00 am | **HALF MARATHON**

1:30 pm | **FULL MARATHON**



Please remember there is NO Saturday Race Day Packet Pickup; packets must be picked up BEFORE your first event.

If you cannot make it to the Expo, you can arrange to have someone pick up your packet on your behalf.

ID or photocopied ID required if picking up another runner's packet.



DOWNTOWN PARKING MAP FRIDAY & SATURDAY

The Coast Guard Marathon, Half Marathon & 5K Start / Finish line are within walking distance to all parking lots highlighted on the map below.

Street parking is available, unless otherwise marked, however there will be no parking on roads that are closed due to the race route.

For GPS directions to these and additional lots, please visit:
CoastGuardMarathon.com/Race-Weekend/Parking

Please be mindful of any privately-owned lots, lots for designated businesses only and lots reserved for race volunteers, sponsors and staff.





HEALTH & FITNESS EXPO

THURSDAY, MARCH 2, 2023

3 pm – 7 pm | Coast Guard Marathon Expo & Packet Pickup Day 1

Location: KE White Graduate Center

1862 Edgewood Dr.

FRIDAY, MARCH 3, 2023

11 am – 7 pm | Coast Guard Marathon Expo & Packet Pickup Day 2

Location: KE White Graduate Center

1862 Edgewood Dr.



PACKET PICK-UP AND 5K WALK-UP REGISTRATION

Packet pick-up including your shirt and bib, will take place at the Health & Fitness Expo.

Photo ID is required to pick up your race packet.

You may pick up a race packet for another pre-registered runner, provided you have a copy of their photo ID.

5K walk-ups can register during the Expo (as long as slots remain open) with registration closing Friday at 1 pm.

*5K packet pick-up closes at 1 pm, Friday. If you arrive after 1 pm, you can get your bib ONLY at the 5K start, then return to the Expo to get your shirt.

EXPO PARKING

There is plenty of free parking in front of and behind the KE White Center. The entrance to the Health & Fitness Expo is through the front.

SWITCHING RACES

If you are already signed up for one race* and want to switch to another, you may do so in-person at the Expo. There are no refunds of entry fees if you are switching to a less expensive event.

*If the race you are switching into requires a background check, you can ONLY transfer into it from a race that required a background check.

EXPO ACTIVITIES

Welcome to your first stop during the legendary Coast Guard Marathon, Half Marathon, and 5K weekend! We've planned many Expo activities for runners and guests to enjoy.

Purchase official Coast Guard Marathon merchandise.

Capture memorable moments with fun USCG props and Coast Guard Marathon backdrop.

Visit with numerous sponsors and vendors. Make sure to stop by the Seven Sounds Brewing Company booth for FREE beer samples and purchase options!

MARATHON & HALF MARATHON PACE TEAMS

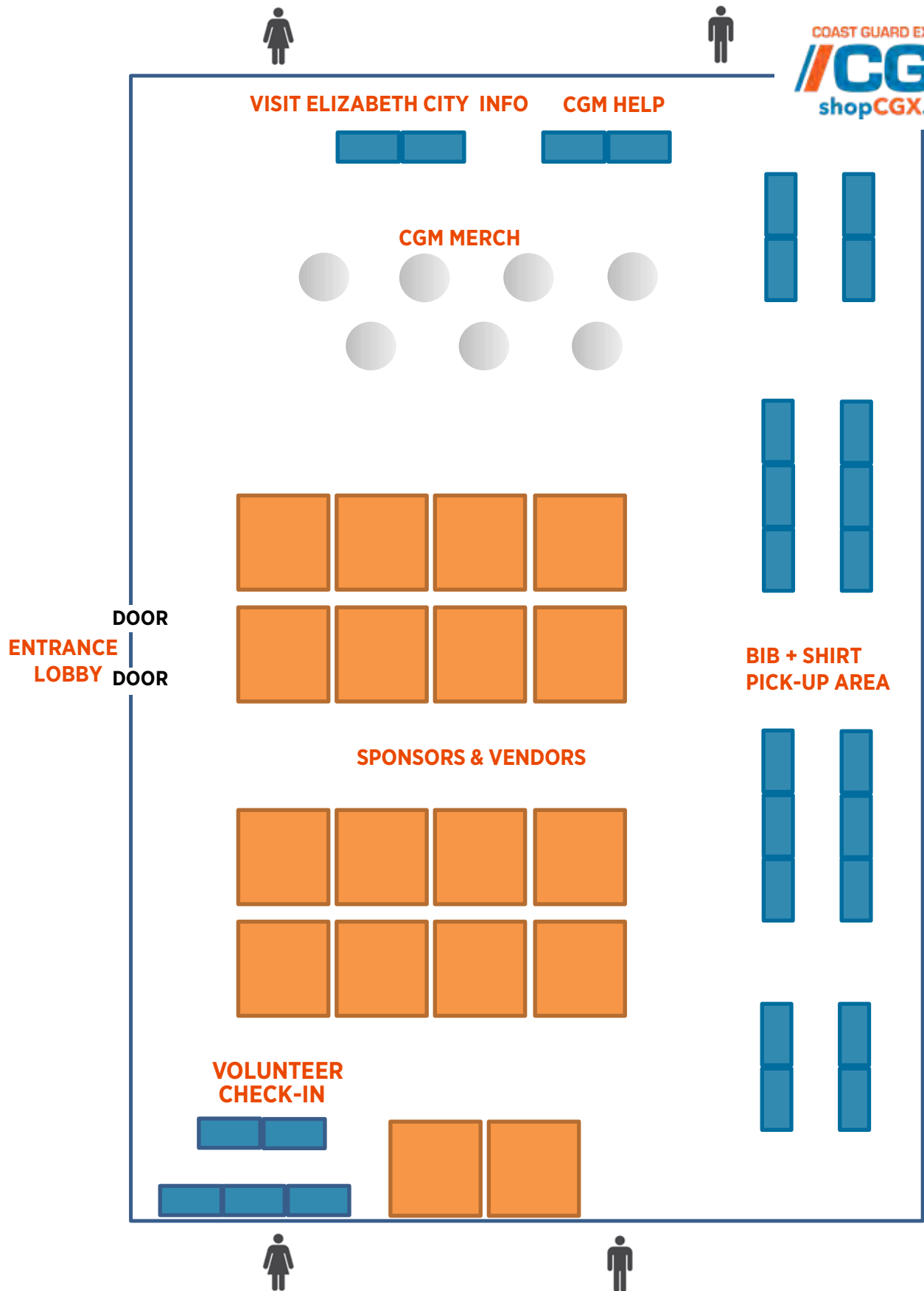
Elevated Running & Pacing has lined up experienced pacers to help runners achieve their finish time goal. Stop by the Elevated Running & Pacing booth at the Expo to learn more!

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If you cannot make it to the Expo, you can arrange to have someone pick up your packet on your behalf.

ID or photocopied ID required if picking up another runner's packet.

HEALTH & FITNESS EXPO MAP



RACE INFORMATION

BAG CHECK AVAILABLE TO ALL RUNNERS

Bag check will be offered to all Full and Half Marathon runners near the Start/Finish line. If you choose to use bag check, you are responsible for providing your bag and attaching the tear-off tag on your race bib to the bag.

PRE-RACE SUPPORT

- Pre-race water will be available at the Start/Finish line area near the bag check.
- Port-o-lets are readily available in Waterfront Park near the Start/Finish line.

COAST GUARD MARATHON, HALF MARATHON AND 5K COURSE SUPPORT

- One water stop will be available during the 5K approximately through the course.
- Waterstops will be available approximately every 2 miles on the Marathon and Half Marathon courses.
- Waterstops will offer water on 5K race day and Hydration drinks provided by our presenting sponsor, AdeNation for the Half and Full.
- There will be one gel location for the Half Marathon and two gel locations for the Full Marathon as indicated on the race maps.
- Port-o-lets will be available at water stops and medical stations on the Marathon and Half Marathon courses.



MEDICAL ASSISTANCE LOCATIONS

- 5K—Start/Finish line
- Half Marathon—Start/Finish line, two additional locations (see course map)
- Full Marathon—Start/Finish line, four additional locations (see course map)

MARKED STARTING CORRALS

We will start all our adaptive athletes 30 seconds to 1 minute prior to the runner start at 7:30 am. Our elite field will have their own designated area in the front behind our adaptive athlete field. All runners and will start the race at the same time. For safety, both races will have signage in the starting area, guiding runners to the best location for race start based on their projected pace per mile.

It is essential to line up in the correct place to ensure a safe and orderly race start.

COURSE TIME LIMITS

If you cannot maintain a pace that enables you to finish within the course time limit, you will be picked up and returned to the start for your safety. There will no longer be traffic protection, medical aid, or water stops offered at that time and course clean-up including removal of directional arrows and signage will begin. For the Half and Full Marathons, shuttles will be available for return to the starting area since it will no longer be safe to be on the road. The course time limits are:

- 5K—1 hour (finish by 5:00 pm)
- Half Marathon—3.5 hours (finish by 11:00 am)
- Full Marathon—7 hours (finish by 2:30 pm)



IMPORTANT NOTE ABOUT RACE START TIMES

Each race will begin promptly at its designated start time and you will not receive an accurate time if you are late to your respective event. Participants are responsible for being on time for their race. To keep the event running smoothly, starting mats must be turned off immediately after the start of each race.

RUNNER TRACKING

Your friends and family can sign up for a results notification as you finish your race! Depending on the race, these results may be live during the event or after the race is completed.

Scan the code or visit:

<http://bitly.ws/ACJo>



RULES & SAFETY

If you have not already, please check out <https://coastguardmarathon.com/rules-safety/> for rules and safety information to ensure race day runs smoothly for all participants. This page covers information regarding bicycles, joggers/strollers, animals and more.

RUNNING ON-BASE

Please remember that while on USCG Base Elizabeth City is an active military base. Access is limited only to those areas authorized for race participants who are visibly wearing the official Coast Guard Marathon or Half Marathon In-Person Race Bib. Participants are not authorized to enter any area not specifically designated for race participants and/or the public.

***ATTENTION:** Please use caution and refrain from discarding trash or other items while on the Coast Guard Air Station runway. Debris could cause potential damage to aircraft. Thank you!



**START
STRONG
FINISH
STRONGER**



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This training season improve your performance from the inside out, with AdeNation®, the hydration drink that delivers quick and effective hydration. AdeNation® has been scientifically formulated to help you stay hydrated and our formula exceeds the guidelines set by the World Health Organization and UNICEF. When you provide your body with 6 key electrolytes and 20% of your daily value in vitamins and minerals in our solution, you feel the difference. A study conducted in 2017 found that as many as 50% of athletes show up to workouts insufficiently hydrated. This was prevalent in athletes of all levels, including collegiate and professional. With proper use, AdeNation® can help maintain peak levels of hydration in your body all day long, no matter what level of athlete you are. AdeNation® is proudly made in America and we promise to provide you with clean all-natural ingredients that are dairy, gluten and nut free. We deliver rapid hydration when you need it the most.

Our secret is Science

The O Factor, the O stands for osmolarity. Osmolarity is the term used to describe the concentration of solute particles in a liquid. As the concentration of particles in a liquid increases, so does the amount of time it takes the body to absorb it. The World Health Organization sets guidelines for ORS (oral Rehydration Solutions). They recommend that all oral hydration solutions should have a maximum osmolarity of 245 mOsmol/l or less to combat dehydration quickly and effectively. The leading brands of sports drinks have high osmolality numbers ranging from 330 to well above the 400. Most popular sports drinks have higher osmolarity levels because of the amount of carbohydrates, and sodium their drinks contain. This results in a longer absorption process slowing the rate at which the athlete recovers from dehydration. AdeNation has an osmolality number that is under 215. This allows AdeNation® to be absorbed quickly and provide super hydration. Proper and complete hydration is extremely important and needed to help people perform at their highest and healthiest level. But don't just take our word for it, try it for yourself and feel the difference.

It's Not JUST Water

What Do You Really Lose in a Single Drop of Sweat?

Everyone is different and so is their sweat. Some people sweat more than others, some people less but regardless of how much you sweat, everyone loses water and nutrients throughout the day by just living. While sweat is mostly composed of water it also contains sodium, chloride, phosphate, potassium, calcium and magnesium. These are the six key electrolytes your body needs to function properly. By correctly balancing the amount of electrolytes, vitamins and glucose, AdeNation enhances water's natural absorption process. This happens in your body's small intestine, when we consume a liquid, glucose is the first molecule absorbed by a cell, then sodium molecules are quickly absorbed into the blood vessels by the glucose molecule as water always follows sodium, it gets absorbed by osmotic forces. With the right types of sugars and electrolytes this process will actually absorb water faster than just drinking water alone.



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COAST GUARD



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MARATHON

ELIZABETH CITY, NC

RACE ROUTE



MAP KEY

- Start/Finish
- Marathon Course
- Mile Marker
- Medical Station
- Adenation Station
- Water Station
- GU Energy Station

Presenting Sponsor
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Visit
ELIZABETH CITY
 NORTH CAROLINA



RACE ROUTE



HYDRATION & NUTRITION



ADENATION STATIONS

AdeNation Orange Flavor electrolyte hydration will be available at every water stop along the half and full marathon courses. Want to learn more about AdeNation, the Coast Guard Marathon presenting sponsor? Stop by their booth at the H&F Expo!



NUTRITION STATIONS

Salted Caramel and Tri-Berry GU Energy Gel is available at miles 8.5 and 22.5 on the marathon course and at mile 9 on the half marathon course.



WATER STATIONS

Food Lion Spring Water will be available at the start/ finish and approximately every two miles on the half and full marathon courses. There will be one water stop mid-way through the 5K.



supporting our military & veterans

Food Lion is a proud sponsor of the Coast Guard Marathon.



FIRST FRIDAY ART WALK

FRIDAY, MARCH 3, 2023

4 pm – 7 pm | Downtown Elizabeth City

Enjoy artwork, artist demos, live music and more at our monthly ArtWalk full of fun and festivities! Come to see all of our local creativity then stay for dinner or drinks at one of our great downtown restaurants, breweries, wine or cocktail bars.



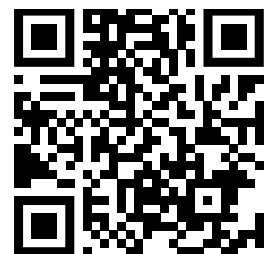
CPOA SPAGHETTI DINNER & FUNDRAISER

FRIDAY, MARCH 3, 2023

5 pm – 8 pm | Chief Petty Officers Association Club

Location: 1514 Cardwell St, Elizabeth City, NC 27909

Carb up before The Coast Guard Marathon with a \$12 spaghetti dinner including salad, garlic bread & tea or water while supporting our local CPOA! Pick up or dine in. Scan the above QR code with your phone camera or [click here](#).





WHOLE HOG BBQ & FISH FRY



SATURDAY, MARCH 4, 2023
4:30 pm – 7:30 pm | Seven Sounds
Brewing Company
Location: 112 N Water Street
Elizabeth City, NC 27909

Come enjoy some NC style whole hog BBQ, fried catfish bites, steamed shrimp, baked beans, coleslaw and mac & cheese (includes one non alcoholic beverage with purchase of ticket). Beer and wine will be available for purchase. Scan the above QR code with your phone camera or [click here.](#)



POST-RACE CELEBRATION



SEVEN SOUNDS BREWING COMPANY

Feeling thirsty after the big race? Head on over to the

Seven Sounds Brewing Company tent to redeem your FREE BEER! To get your complimentary RBM Pale Ale, visit the Seven Sounds tent and turn in the Seven Sounds labeled tear tag, located at the bottom of your bibs! One brewski per runner. Additional beers will be available for purchase.



CURRITUCK BBQ

After you BQ enjoy some BBQ! All 26.2, 13.1 and

Semper Paratus Challenge runners get a free Barbeque Sandwich, courtesy of Currituck BBQ! Redeem at the Currituck Barbeque Foodtruck / tent and turn your tear tag located at the bottom of your bib! One complimentary barbeque sandwich per runner. Additional sandwiches available for purchase.

USCG DISPLAYS AND DEMONSTRATIONS

All day 9 am – 4 pm there will be U. S. Coast Guard Static Displays, Search and Rescue Demonstrations, Silent Drill Team Performance, Guardians Big Band and MORE!

RECOVERY ZONE

Visit the FREE Recovery Zone open to all 26.2, 13.1 and Semper Paratus Challenge runners. Enjoy post-race recovery options including complimentary massages by An Athlete's Edge and recovery chairs and compression offered by the USO. Next to the Recovery Zone, replenish your body with Elizabeth City Medspa's IV Treatment! Available for purchase on a first come first served basis.



An Athlete's Edge

Sports Massage & Therapeutic Body Work



ADDITIONAL REFRESHMENTS

AVDET BREWING COMPANY

Avdet is a Coast Guard Veteran owned brewery here in Elizabeth City! Visit their tent to purchase a post-race brew!

NEON LEMON

Neon Lemon has lemonade, shaved ice, kombucha and more! Visit their food truck to purchase a post-race treat!

SHIPWRECKED

Visit Shipwrecked Food Truck for your post-marathon munchies! Serving up farm-to-table cuisine and working with local farmers, Shipwrecked food truck will leave you feeling replenished!



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Marathonfoto

Blue Cross Blue Shield

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