



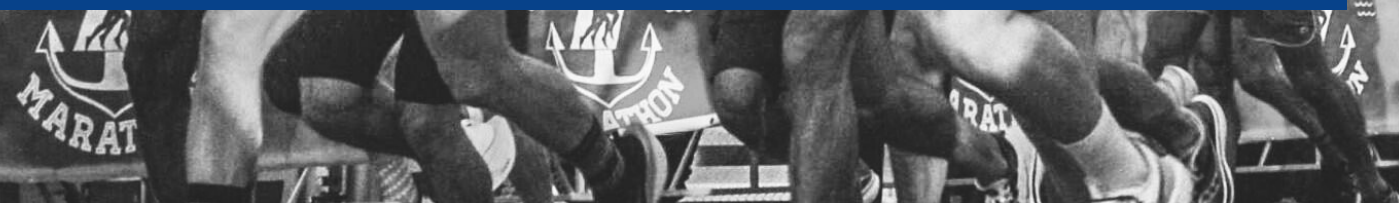
COAST GUARD M



UNITED STATES
COAST
GUARD
PROTECT / DEFEND / SAVE



THE COAST GUARD MARATHON, HALF MARATHON, 5K & 1K



RACE GUIDE

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WELCOME MESSAGE

U.S. Department of
Homeland Security

United States
Coast Guard



Commanding Officer
United States Coast Guard
Base Elizabeth City

1664 Weeksville Road
Elizabeth City, NC 27909

Dear Runners,

Welcome to the 2025 Coast Guard Marathon! I am glad you were able to travel to Elizabeth City, North Carolina and wish you all the best as you participate in the Coast Guard Marathon, Half Marathon, 5K or perhaps one of our Semper Paratus Challenges where you chose to run the 5K and either the Marathon or Half Marathon. Being a family fun event, I also hope you registered for our child friendly inaugural 1K run, we are excited to introduce this event into the Coast Guard Marathon series!

Regardless of whether you are a runner, family and friend supporter, or a spectator, I am sure that you will find plenty of activities to take advantage of over Marathon Weekend. Please make sure to explore the Marathon Expo and take time to walk through Coast Guard Village and meet and greet with men and women of the United States Coast Guard and get the opportunity to see some of the military capabilities that they have brought on location for you to enjoy.

I would also like to extend my deepest appreciation to everyone who has helped over this past year to make the 2025 Coast Guard Marathon a huge success. Thank you for the great partnership with the City of Elizabeth City and Pasquotank County for opening their community to help host the marathon. Of course, events like the Coast Guard Marathon could not take place without our supporters, thank you for everything that you do!

I wish you all the very best of luck and have a great and safe Coast Guard Marathon Weekend.
READY, SET, RUN!

Sincerely,

A handwritten signature in blue ink that reads "Heidi L. Koski".

Heidi L. Koski
Commanding Officer
U.S. Coast Guard

OVERALL SCHEDULE



FRIDAY, MARCH 7, 2025

Coast Guard Marathon Expo & Packet Pickup Day 1

Time: 3:00 PM – 7:00 PM

Location: Museum of the Albemarle

Address: 501 S Water St. Elizabeth City, NC 27909



SATURDAY, MARCH 8, 2025

Coast Guard Marathon Expo & Packet Pickup Day 2

Time: 10:00 AM – 5:00 PM

Location: Museum of the Albemarle

Address: 501 S Water St.

Jr Semper Paratus Challenge - 5K

Time: 8:00 AM

Location: Waterfront Park

Address: 508 S Water St.

Jr Semper Paratus Challenge - 1K

Time: 9:30 AM

Location: Waterfront Park

Address: 508 S Water St.

SUNDAY, MARCH 9, 2025

Coast Guard - Half Marathon

Time: 7:30 AM - 12:00 PM

Location: Waterfront Park

Address: 508 S Water St.

Coast Guard - Full Marathon

Time: 7:30 AM - 2:30 PM

Location: Waterfront Park

Address: 508 S Water St.

Post - Race Celebration

Time: 10:00 AM - 3:00 PM

Location: Waterfront Park

Address: 508 S Water St.

Awards Ceremony

Time: 9:00 AM | 5K

Time: 10:30 AM | HALF MARATHON

Time: 12:00 PM | FULL MARATHON

TIME CHANGE COMING UP...

MARCH 9, 2025 AT 2AM



Please remember there is **NO** Saturday or Sunday 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 FRIDAY, SATURDAY & SUNDAY

The Coast Guard Marathon, Half Marathon 5K, & 1K Start / Finish line are within walking distance to all parking lots highlighted on the map below.

For GPS directions to these and additional lots, please scan here:



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

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



Marathon Weekend Road Closures

March 7-9, 2025

THURSDAY 6 PM THROUGH SUNDAY 6 PM

FESTIVAL AND RACE START SETUP

Closed: Water St from Ehringhaus St to Shepard St (the one block in front of the Museum of the Albemarle)

SATURDAY, MARCH 8, 7:30 – 10:30 AM – 5K AND 1K RUNS

Closed: Water Street, Riverside, Raleigh, Park, Butler Lane, section of Bartlett, Agawam, E. Ehringhaus, S. McMorrine, Main Street

SUNDAY, MARCH 9, 7:30 AM – 3:30 PM

HALF MARATHON & FULL MARATHON

OPEN: Ehringhaus to Road St., Road Street, Elizabeth Street, Colonial Ave.

Completely Closed from 7:15–8:30 am: Water, Riverside, Wareham, Park, N. Williams Circle, River Road, Rivershore, Parkview, Starboard, Fairlead, Binnacle, Asbury

Completely Closed from 7:15 am–3:30 pm: Main, Water, Eastern portion of Ehringhaus, E. Church, S. Poole, E. Fearing and MLK and all feeder streets. (**Pretty much the entire Downtown CBD Grid**)

Partial Closure from 7:15–8:45 am: River Road closed to Northbound traffic (No turn from Weeksville Rd onto River Rd)

Partial Closure from 7:30 am–3:30 pm: Herrington Rd closed to Northbound traffic (No turn from Weeksville Rd onto Herrington)

Run Route Rolling Closures (Restricted / temporary closures for groups of runners): Asbury Dr., Weeksville Rd, . portion of

Consolidated, Bayside, Davis Bay, Small Drive, Broomfield Trail, TCom Dr., Gaston, Beverly, Toxey Rd, William Dr., Chances Lane, Bayside, Herrington Rd, Riverside Ave, Raleigh, Park, Butler Lane, Bartlett, Agawam

FOR RACE ROUTE MAPS: [COASTGUARDMARATHON.COM/ROAD-CLOSURES/](https://coastguardmarathon.com/road-closures/)

HEALTH & FITNESS EXPO



FRIDAY, MARCH 7, 2025

Coast Guard Marathon Expo & Packet Pickup Day 1

Time: 3:00 PM – 7:00 PM

Location: Museum of the Albemarle

Address: 501 S Water St. Elizabeth City, NC 27909

PACKET & BIB PICK-UP INFORMATION

Participants must attend the Coast Guard Marathon Health & Fitness Expo prior to their first event to pick up their race bib and swag bag

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

There will be NO Race Day Packet Pickup. Please use the instructions below to ensure you have your bib on race day

EXPO PARKING

Public open lots by the venue
Limited parking at the museum

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

SATURDAY, MARCH 8, 2025

Coast Guard Marathon Expo & Packet Pickup Day 2

Time: 10:00 AM – 5:00 PM

Location: Museum of the Albemarle

Address: 501 S Water St.

EXPO ACTIVITIES

The Health & Fitness Expo features our amazing exhibitors, a chance to shop official race merchandise and talk with your other fellow runners about the weekends events

This two-day expo is free, open to the public, and is the home of packet pick-up for all participants and volunteer check-in

Come pick up your race shirt, bib number, and swag bag! Beer samples, photo wall with Coastie props, and running connections

Purchase official Coast Guard Marathon merchandise

MARATHON & HALF MARATHON PACE MOVEMENTS

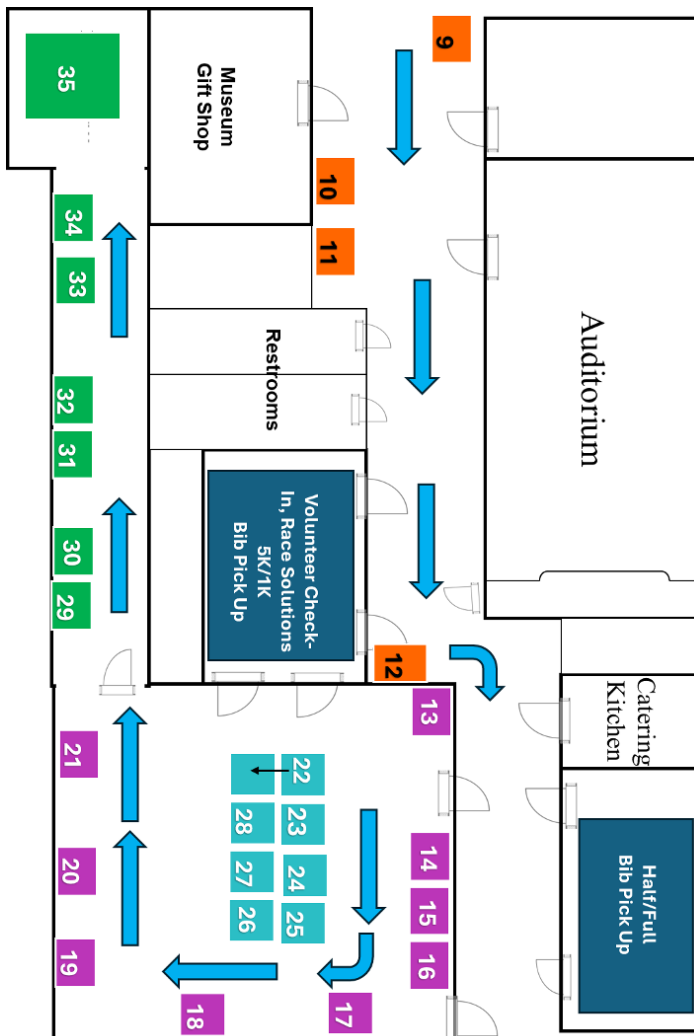
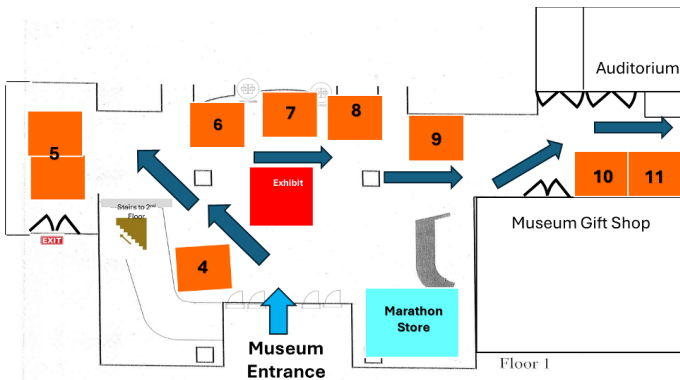
On Pace will also be at the expo and can provide information relating run pacing

Stop by the On Pace booth and tablebooth at the Expo to learn more!

Please remember there is NO Saturday or Sunday 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

HEALTH & FITNESS EXPO MAP



- 1 Elizabeth City Health and Rehab
- 2 Silent Battle
- 3 Harbor Counseling

- 4 Collins Aerospace
- 5 Coastal Run
- 6 MACU
- 7 Sneakers 4 Good - Shoe Drop
- 8 Navy Federal Credit Union
- 9 Coast Guard Foundation
- 10 USAA
- 11 ECSU
- 12 Hoist Sample Station

- 13 On Pace - Pace Team
- 14 Troy University
- 15 ECU Health
- 16 Parks Zeigler, PPLC
- 17 Team RWB
- 18 Coast Guard Voluntary Education Program
- 19 Coast Guard Recruiting
- 20 Ryan Homes
- 21 Army Recruiting

- 22 Coast Guard Exchange
- 23 First Command Financial
- 24 Fitness Machine Techs
- 25 Texas Roadhouse
- 26 Leaf Massage
- 27 Odd Squad Woodworking
- 28 Allegiant Pest Control

- 29 Outer Banks Marathon
- 30 Army Ten Miler
- 31 Marine Corps Marathon
- 32 Air Force Marathon
- 33 Space Force T-Minus Ten Miler
- 34 Star Wars Costumers
- 35 Visit Elizabeth City & CGM Photo Op

RACE INFORMATION



BAG CHECK

- Offered to all Full and Half Marathon runners near the Start/Finish line
- Runners are responsible for providing a bag and attaching the tear-off tag on the runner's race bib to the bag

PRE-RACE SUPPORT

- Finish line area near the bag check
- Port-o-lets are readily available in Waterfront Park near the Start/Finish line

MarathonFoto Links:

5K: <https://www.marathonfoto.com/Landing/36982025W2/coast-guard-5k-family-fun-run-2025>

Half Marathon: <https://www.marathonfoto.com/Landing/36982025W1/coast-guard-marathon-and-half-2025>

MEDICAL ASSISTANCE LOCATIONS

5K

(2) bike medics along the race route
Main Medical will be positioned at the Start/Finish lines in their base tent

HALF MARATHON

- (2) medical tents evenly dispersed along the race route
- Each location will have basic medical supplies
- (2) EMTs + an ambulance
- a full base tent setup at the start / finish
- all will have radio communication with all medical personnel and police.

FULL MARATHON

- (4) medical tents evenly dispersed along the race route
 - Each location will have basic medical supplies
 - (2) EMTs + an ambulance
 - a full base tent setup at the start / finish
 - all will have radio communication with all medical personnel and police.

COAST GUARD MARATHON, HALF MARATHON & 5K COURSE SUPPORT

5K

- (1) water station at approximately the halfway point

HALF MARATHON

- (6) water stations & HOIST replacement drink, approximately every 2 miles
- (1) food stop positioned around the halfway point on the course providing a Gel or Block item
 - GU Gel - **Salted Caramel/Tri-Berry Flavors**

FULL MARATHON

- (13) water stations & HOIST replacement drink, approximately every 2 miles
- (2) food stops positioned on the full course
 - (1) around the halfway point
 - (1) a few miles before the finish line
 - GU Gel - **Salted Caramel/Tri-Berry Flavors**

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!

RACE INFORMATION



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

- <https://coastguardmarathon.com/rules-safety/>

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

COURSE TIME LIMITS

5K: 1-hour time limit

HALF MARATHON: 3.5 hours time limit

FULL MARATHON: 7 hours time limit

- Cut-off pace of 16 minutes/mile for the full and half marathon
- For the safety of our participants, any runner who is unable to maintain that pace will be picked up and brought back to the start/ finish area
- Course limits are set based on permits obtained by agreements with the City of Elizabeth City, Pasquotank County, Base Elizabeth City, and Department of Transportation
- Once the course limit expires, the roads that the race route follows are no longer closed to traffic and race service cannot be guaranteed

STARTING LINE DETAILS

- There will be Minute pace signs located along the start line chute, please line up according to your respected pace sign
- Our AWD athletes, will start at least 1 min before the runners
- 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

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 & RACE RESULTS LINKS

RUNNER TRACKING LINK

- <https://track.rtrt.me/e/TLMR-US-COAST-GUARD-2024#/tracker/list>



GET READY TO TRAIN AND HYDRATE WITH HOIST!



HOIST's specially-formulated blend of carbohydrates, electrolytes, and fluids closely match your body's natural osmolality, which means HOIST can absorb rapidly without the need for digestion.

- 3x the electrolytes of traditional sports drinks
- 1/2 the sugar of traditional sports drinks
- No high-fructose corn syrup
- No artificial preservatives, sweeteners or dyes
- BPA free
- Available in 5 flavors

PERFECTLY ISOTONIC FORMULA



HYPERTONIC

Formula is too dense in carbs and electrolytes, so stored water must be pulled out of the body and into the gut. This causes a delay in hydration, and can contribute to muscle cramps and sluggishness.

EXAMPLE: SPORTS DRINKS & COCONUT WATER



HYPOTONIC

Formula does not contain enough carbs or electrolytes, so the body's stored electrolytes must be pulled out of the body and into the gut. This causes a delay in hydration and improper electrolyte balance. This can also cause cramping, sluggishness or the feeling of "water belly."

EXAMPLES: WATER & LOW-CAL SPORTS DRINKS



ISOTONIC

Formula contains the perfect balance of water, carbs and electrolytes the body needs. It is directly absorbed into the bloodstream, providing you with instant hydration.

EXAMPLE: HOIST

CLINICALLY PROVEN TO HYDRATE 110% BETTER THAN WATER.

In a research study conducted, HOIST was found to improve fluid retention capacity compared to water alone, over a 4hr period post-consumption.

Based off clinical research presented by: William M. Adams, PhD, ATC, Assistant Professor & Hydration, Environment, and Thermal Stress Lab Director Department of Kinesiology, University of North Carolina at Greensboro

HOIST's refreshing fruit punch-flavored electrolyte hydration will be available at every water stop along both the half and full marathon courses.

Remember to use your special discount code **CGM25** to make the most of your training experience!

HOIST provides a 10% discount every day to Military and First Responders when you use your GovX ID.

HOIST IS THE PERFECT BALANCE OF ELECTROLYTES, WATER, AND CARBOHYDRATES FOR OPTIMAL ABSORPTION

	HOIST	vitamin	Electrolyte	VITA CO CO	propel	core	ecosports	G	G2
*Per 8 fl oz serving									
Optimal absorption	Yes	Yes	Yes	No	No	No	No	No	No
Drink type	Isotonic	Isotonic	Isotonic	Hypertonic	Hypotonic	Hypotonic	Hypertonic	Hypotonic	Hypertonic
Calories	35	35	50	45	0	0	70	50	20
Sodium	220mg	252mg	170mg	30mg	107mg	0mg	20mg	109mg	109mg
Potassium	130mg	192mg	190mg	470mg	27mg	0mg	350mg	30mg	30mg
Calcium	4%	2%	2%	2%	-	-	-	-	-
Magnesium	2%	2%	2%	2%	-	-	8%	-	-
Phosphorus	-	-	-	2%	-	-	-	-	-
Total carbohydrate	7g	6g	12g	11g	-	-	18g	15g	5g
Total sugars	7g	6g	12g	11g	0g	0g	18g	15g	5g
No artificial sweeteners	✓	X	X	✓	X	✓	✓	X	X
No added colors or dyes	✓	X	X	✓	✓	✓	✓	X	X

WHEN YOU NEED HOIST THE MOST



TRAVEL



SUN & HEAT RELIEF



EXERCISE



WELLNESS & RECOVERY



HEADACHES & MUSCLE CRAMPS



OVER-INDULGENCE



SCAN OUR QR CODE TO LEARN MORE ABOUT HOIST



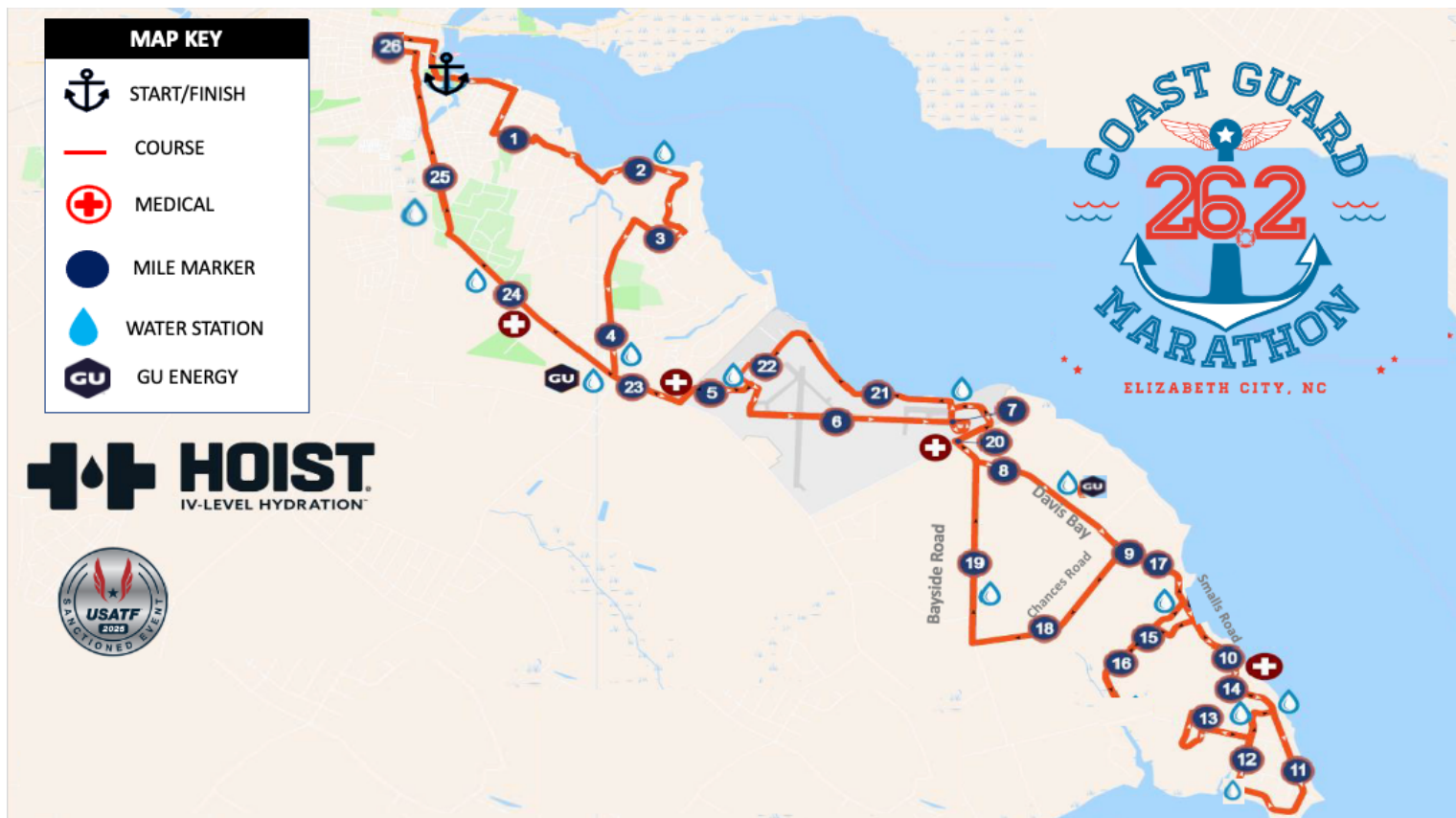
DETAILS OF THE DISCOUNT CODE

- For Online Store 25% off all products
- Applies to one-time purchases
- Minimum purchase of 2 items
- One use per customer
- Can't combine with other discounts
- Active from today until Mar 16 (a week after the race)

DON'T MISS OUT ON AN EXCLUSIVE DISCOUNT JUST FOR COAST GUARD MARATHON RUNNERS!

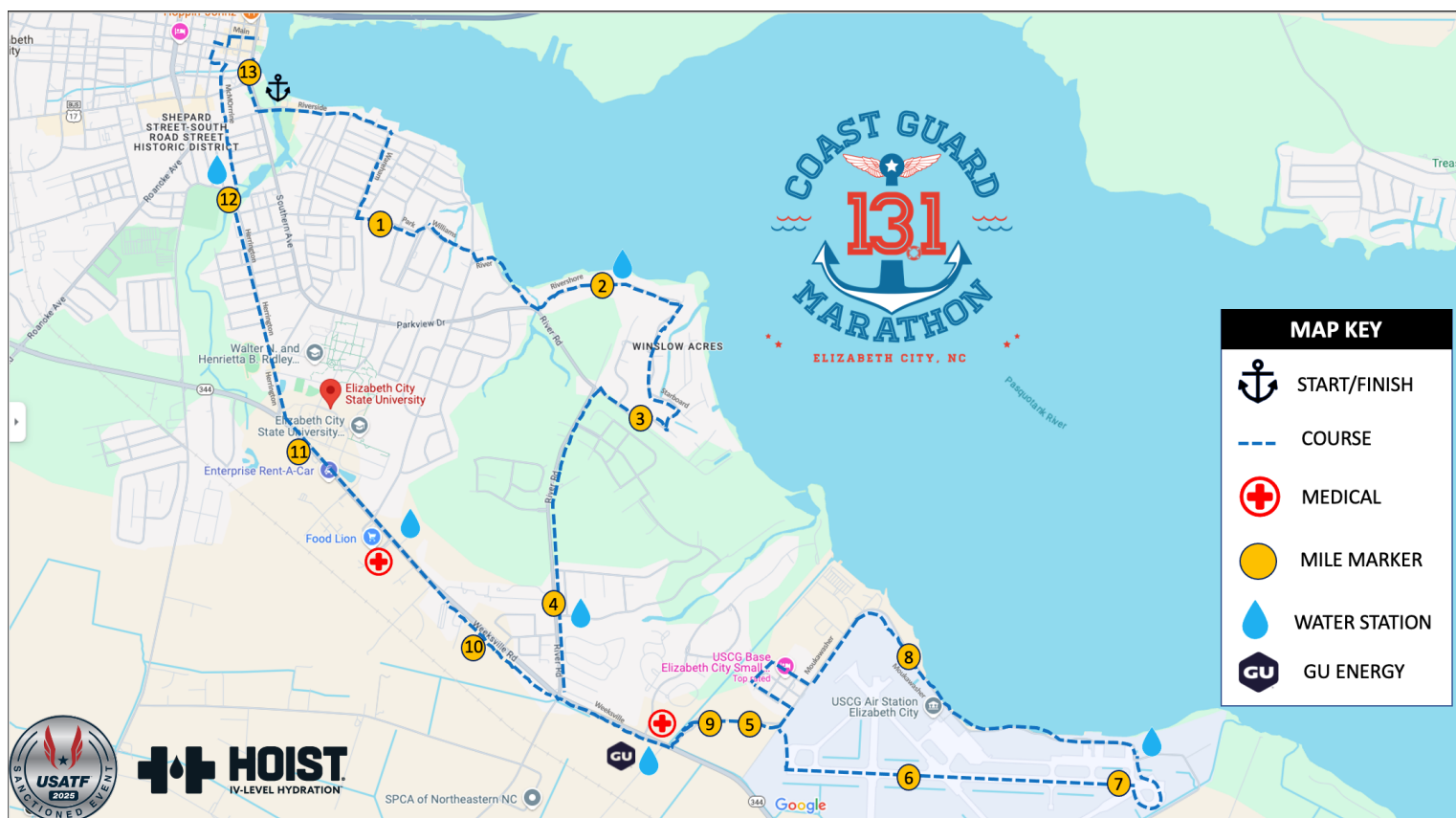
Discount code: **CGM25**
Try it now: **DRINK HOIST**

26.2 RACE ROUTE



13.1

RACE ROUTE

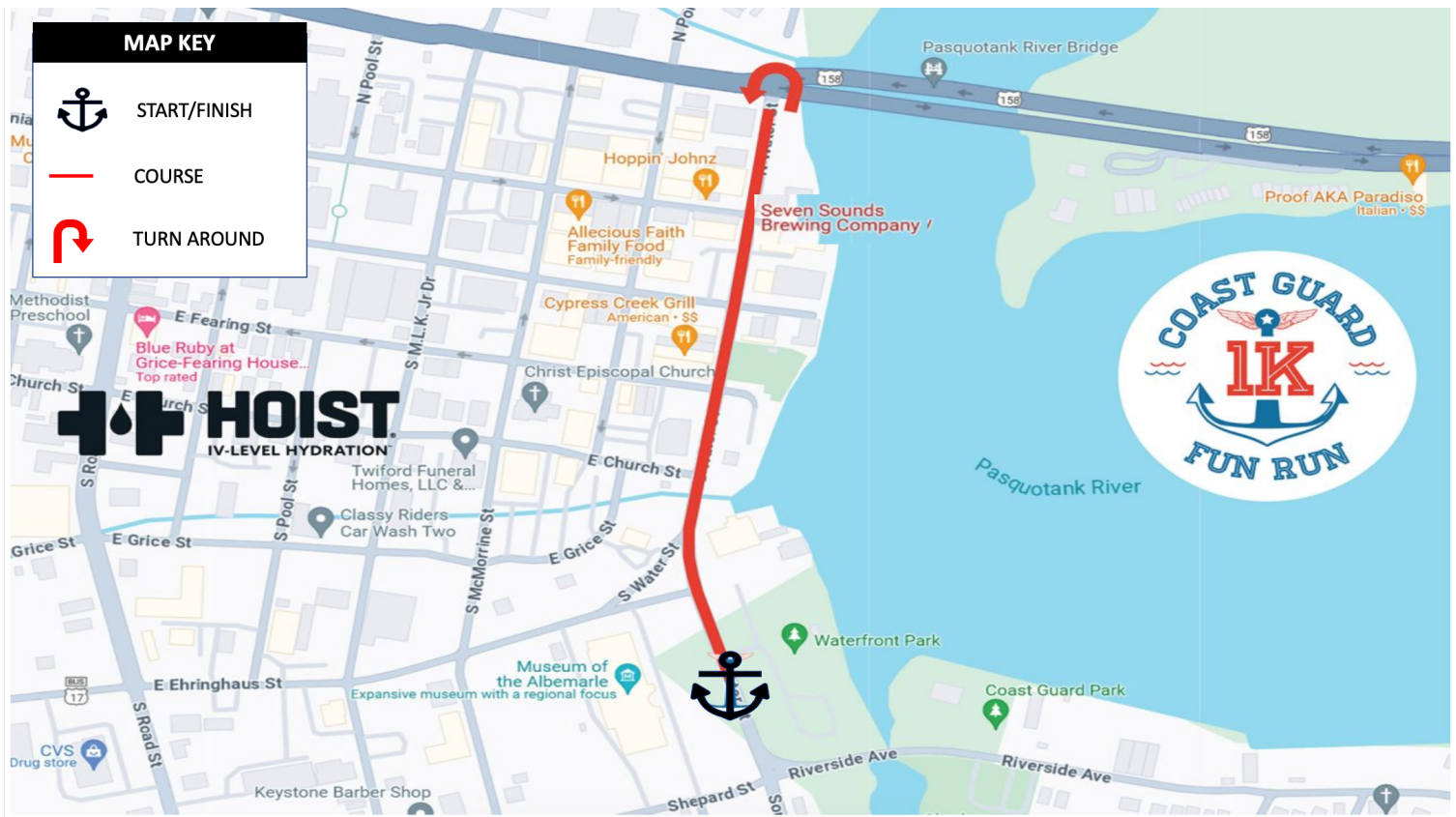


5K RACE ROUTE



1K

RACE ROUTE



HYDRATION & NUTRITION



HOIST STATIONS

HOIST Fruit Punch Flavor electrolyte hydration will be available at every water stop along the half and full marathon courses



WATER STATIONS

5K

- (1) water station at approximately the halfway point

HALF MARATHON

- (6) water stations & HOIST replacement drink, approximately every 2 miles

FULL MARATHON

- (13) water stations & HOIST replacement drink, approximately every 2 miles

NUTRITION STATIONS

HALF MARATHON

- (1) food stop & GU Gel
 - approximately 9.5 miles

FULL MARATHON

- (2) food stops & GU Gel
 - (1) approximately 8.5 miles
 - (1) approximately 22.1 miles



Downtown Elizabeth City

Restaurants, Coffee Shops,
Breweries & Bars

RESTAURANTS

Big Boss Burritos, 110 N Poindexter St

The Bistro Burger Bar, 200 N Poindexter

Colonial Cafe, 418 E Colonial Ave

The Coop, 102B N Water St

Cypress Creek Grill, 113 S Water St

Electric Garden, 608 E Fearing St

Elizabeth City Pizza Co, 507 E Main St

Hoppin' Johnz, 606 E Colonial Ave

Main Street Tea House, 104 W Main St

(reservations only)

The Market, 207 S Poindexter St

Proof - Paradiso Ristorante,

35 Camden Causeway

Quality Seafood Restaurant & Market,

309 E Ehringhaus St

SAGOS on the River, 400 South Water

The SweetEasy Bakery, 507 E Main St

Tooley's Tavern at the Boathouse,

400 MLK Jr St

Toyama Japanese, 218 N Poindexter

COFFEE SHOPS

The Kraken Coffee House, 615 E Main St

Muddy Waters Coffeehouse, 100 W Main

The SweetEasy Bakery, 507 E Main St

BREWERIES & BARS

2 Souls Wine Bar, 512 E Main St

Coasters Downtown, 216 N Poindexter

Ghost Harbor Brewing Company,
602 E Colonial Ave

Juniper Cocktail Bar, 606 E Colonial

Kin'Folk Axe Throwing, 206 N Poindexter

Pine & Porch, 105 E Colonial Ave

River City Biergarten, 106 E Fearing St

Seven Sounds Brewing Company,
112 N Water St



**HOURS OF OPERATION VARY
RETAIL, EXPERIENCES, & FITNESS
LISTED ON OTHER SIDE**

Downtown Elizabeth City

Retail, Shopping,
Experience and Fitness

RETAIL & SHOPPING

All The Things, 111 N McMorrine St

Arts of the Albemarle Gift Shop, 516 E Main

Bijoux Vibes, 104 S Poindexter St

Chateau Blessings, 606 E Main St, Ste B3

Coastal Office Equipment & Supplies,
501 E Church St

Copper Canyon Soap Co, 507 E Main

Cozy Carolina Boutique, 105A S Water

Cranks Shoe Repair, 509 E. Colonial

Eclectic Jewelry & Design, 513 E Fearing

Ehringhaus Smoke Shop, 300 E Ehringhaus

Elizabeth City Sewing Center, 117 S Water

Elizabeth City Trophy, 501 E Elizabeth St

Harbor Pharmacy, 400 E Main St, Ste A

In Stitches Embroidery & Gift Shop,
607 E Main St

Jade Whale Co, 605 E Main St

Kitchen Kuriosities, 613B E Main

Latitude 36, 400 S Water

Lavoro Leather, 205 N Water St

Lazzy Frog Boutique, 603 E Fearing St

Modest Style Bar, 113 N Water St

Museum of the Albemarle Gift Shop,
501 S Water St

My Corner Butcher, 508 N Poindexter

Pine & Porch, 105 E Colonial

Quality Seafood Market, 309 E Ehringhaus St

The Recycled Reader, 606 E Main St, Ste A

Roots Plant Company, 114 N McMorrine

Sail Away Frame Shop, 112 N Poindexter St

Sanctuary Design, 202 N Poindexter St

Shut Up & Listen Record Store, 610 E Fearing

Water's Edge Boutique, 507 E Main

EXPERIENCE

Albemarle Accupuncture, 111 S Road St

Arts of the Albemarle, 516 E Main

Divine Illumination Holistic, 606 E Main

ECPC Senior Center, 215 S Water St

Elizabeth City Med Spa, 203 W Main St

Haven Mental Wellness Salt Spa, 111 S Road

Kin'Folk Axe Throwing, 206 N Poindexter

Lily Pad Pottery, 201 N. Water

Main Street Tea House, 104 W Main St

The Mews Cat Cafe, 106 N Poindexter St

Museum of the Albemarle, 501 S Water

Pasquotank Library, 101 E Colonial

Port Discover Science, 611 E Main

Sacred Healing Space, 111 S Road St

Studio 511 Art Studio, 116 N Poindexter

World Events Game, 403 S Road St

FITNESS/EXERCISE

D1 Elite, 214 N McMorrine St

The Fitness Warehouse & Wing Chun

Kung Fu Academy, 216 N McMorrine

Madhouse Dance Fit, 212 N MLK

Rick Anderson Fitness, 510 & 515 E Main



**HOURS OF OPERATION VARY
RESTAURANTS, COFFEE SHOPS, BREWERIES
LISTED ON OTHER SIDE**

POST-RACE CELEBRATION

Let's party! The Post-Race Celebration at the finish line will be a celebration of all participants – and our U.S. Coast Guard men and women. Cheer on runners as they return to the finish line at Elizabeth City's downtown waterfront. The post-race celebration is open to the public so bring the whole family to celebrate with food, music, and more!



OPEN TO THE PUBLIC!

Family FUN DAY IN THE PARK

**MARCH 8-9, 2025
SATURDAY & SUNDAY
10AM - 3PM**

JOIN US AT THE WATERFRONT DURING AND AFTER THE RACES!

-  5K & Kids 1K Fun Run (Saturday only) - Race Expo
-  Live Broadcast by 102.5 The Shark (Saturday only)
-  Food Truck Rally
-  Explore Coast Guard Jobs & Equipment
-  Dog Tag Memorial Wall
-  Face Painting
-  Inflatables



Disclaimer: No Federal nor Coast Guard endorsement of sponsors is implied

THANK YOU



SPONSORS



COAST GUARD
FOUNDATION



PASQUOTANK
COUNTY



Elizabeth City
GMC



THANK YOU



PARTNERS

- Ainsley's Angels of Hampton Roads
- Air Force Marathon
- Albemarle Distributing
- Allegiant Pest Control
- Army Recruiting
- Army Ten Miler
- BlackPuck Coffee
- Chesapeake Regional Healthcare
- Coastal Run
- Coast Guard Mutual Assistance
- Coast Guard Recruiting
- Coast Guard Voluntary Education Programs
- Coast Guard Exchange
- College of the Albemarle
- Collins Aerospace
- Colony Tire & Service
- ECU Health
- East Carolina Media
- Electric Garden
- Electricities
- Elizabeth City Chamber of Commerce
- Elizabeth City Downtown, Inc.
- Elizabeth City Health & Rehabilitation
- Elizabeth City State University
- Eyes of Freedom/Silent Battle
- Fairfield by Marriott
- First Command
- Fitness Machine Technicians
- Fun Run Box
- Hiner Law, PLLC
- Howard Hana
- Humangear
- Leaf Massage
- Marine Corps Marathon
- Montero's Restaurant
- Museum of the Albemarle
- My Corner Butcher
- Nucor
- OBX Marathon
- On Pace
- Panera Bread
- Parks Zeigler, PLLC
- Pepsi Bottling Ventures
- Ryan Homes
- Sanctuary Vineyards
- Sentara
- Sneakers 4 Good
- Southern Bank
- Southern Maid Donuts of Elizabeth City
- Space Force T-Minus Ten Miler
- Sparrow Massage and Body Works
- Sysco
- Taz-2 Productions
- Team Hoyt VB
- Team RWB
- The Sweet Easy
- Troy University
- USAA
- USO
- Veterans and Athletes United
- Water Street Real Estate Group
- Whiting-Turner Contracting

ARMED FORCES SERIES CHALLENGE



Aim high, show your grit, and earn this prestigious series medal.

#RUNWITHTHETROOPS



Complete the following tasks in person to demonstrate your strength and determination.



MARCH 9, 2025



SEPTEMBER 20, 2025



OCTOBER 12, 2025



OCTOBER 26, 2025



DECEMBER 13, 2025

FOOD  LION

Proud sponsor of the Coast Guard Marathon

Hi, Neighbor! At Food lion, we make it easy to **nourish your family** with fresh food at the **best prices possible**. Shop when and how you like at a convenient location near you today!



Learn more at [foodlion.com](https://www.foodlion.com)

No Federal nor Coast Guard endorsement of sponsors is implied.

COAST GUARD MARATHON

PASTA LUNCH

PRESENTED BY:



MID-ATLANTIC
CHRISTIAN UNIVERSITY

When: Saturday, March 8
from 12:00pm to 2:00pm

Where: MACU Mustang Cafe

Tickets: \$15 per person

A delicious carb-loading meal
complete with pasta, salad,
rolls and dessert

Over 20 plus door prizes up for
grabs! Don't miss your chance
to win.



WWW.COASTGUARDMARATHON.COM



VOTE FOR COAST GUARD MARATHON

Vote!



USA TODAY
10BEST

READERS'
CHOICE
2025

VOTING ENDS
MONDAY, MARCH 24TH
AT 11:59AM EDT.



THANK YOU!

TIME CHANGE COMING UP...

MARCH 9, 2025 AT 2AM

