

**Dear Salmon Marathon runners;**

Welcome to the Salmon full and half 2016 marathon. With these instructions, we have tried to cover everything you will need to know for the race. If you have other questions, please don't hesitate to contact me at 208-469-0617.

**Chip Timing:** The races are recorded with "chip timing" by Blue Circle Sports. The chips used for recording will be handed prior to getting on the shuttle buses or at the start of the races.

**Getting to the race:** There is no parking for runners at the start of the full and very limited drop off parking at the start of the half. The busses shuttling the full marathon runners will leave from the Stagecoach Inn at 5:30 a.m. If you are staying at an in town location other than the Stagecoach Inn transportation from that location to the Stagecoach can be arranged during registration on September 9. The ride is approximately 30 minutes to the Old Tendoy one room school. The school will be warm but a bit crowded with the number of runners registered this year. There should be plenty of portable toilets at the start. **THE FULL MARATHON WILL START PROMPTLY at 6:45.**

The Half Marathon busses will also leave from the Stagecoach Inn at 7:45. The start line of the ½ marathon is on the Baker Cutoff road off of Highway 28. The course follows the same route as the marathon course. There will be portable toilets at this location. **This race starts PROMPTLY at 7:45.**

**Support cars are not allowed on the course. The course maps indicate intersections which will provide the opportunity for photos and cheering. Be advised that the road is not closed to local traffic although we expect the homeowners to be courteous and cautious. We also ask that they keep dogs off the road and away from the runners. But, again be aware that this may not have 100 percent cooperation.**

*The Course: The course follows the Old Lemhi Road (parallel to Highway 28) into Salmon with an approximate 1-1/2 up and back on Bohannon Creek Road. The Half Marathon goes up and back approximately ½ mile. Please be aware of this difference. Signs will be posted at the ½ mile point and we should have a volunteer where the Half marathon runners turn back and reminding the Full Marathon runners to continue on.*

*The Bohannon Creek intersection and drainage road is the ONLY part of the course that leaves the main road although there will be other intersections on the route. Please, do NOT take any other intersection other than the Bohannon Creek intersection where an aid station and volunteers will be there to make sure you do not miss this part of the course. The other intersections may be marked with orange paint which is a reminder to NOT take that turn.*

*Each mile of the course is marked with an A-Frame mile marker. There are cattle guards on the road after the first 5 miles. Each is covered with a sheet of plywood on the right of the guard. Please be careful as you cross. There are two on the Bohannon Creek Road and plywood is laid on both sides for the runners going up and coming down. If there are recent rains there may be potholes on the Bohannon Creek Road.*

*Once again, as in 2015, yet another bridge on the route is under construction so you will find a unique but safe temporary crossing in place. No swimming allowed.*

Once you cross the bridge the course turns right from the Old Lemhi Road onto Shoup Street (just before mile 25) then left onto Daisy and right onto Main Street. Police and volunteers will stop traffic allowing you to cross Main Street. Runners will remain in the far left lane for the entire length of the Main Street portion of the course. The course takes a turn south (left) on Water Street to Lena and west (right) on Lena to the river Dike. This is a change for those of you who ran prior to 2015. The course was changed in 2015 because of (yes ... bridge construction and closure of the Island Park Bridge). When you turn off Main you can see the finish line BUT continue along Water until you are directed to Lena.

**Aid Stations:** Aid stations are located at miles 2,4,6,8,10,12,14/17 (mouth of Bohannon Creek Road) 18, 20, 22, 24, 25. Each aid station offers water, Gatorade, Power Gel, Band Aids and Vaseline. Fruit will be available at 14/17, 18,20,22 and 24. Each aid station will be staffed by two volunteers and a volunteer with a C.B radio. There are portable toilets at the beginning of each race and every 2 miles.

**Gear:** You may drop your gear at the start and it will be delivered to the finish line. Please mark your bags clearly with your name and race number. Clothing dropped along the course will also be brought to the finish line after the course is closed. Clothing not claimed by Sunday mid morning will be donated to the local thrift store which benefits the Humane Shelter.

**Finish Line:** The finish line is at the Veterans Park on the banks of the Salmon River and near the “Bear” sculpture you see featured on the City web site. Beer from Bertram’s Brewery will be available for runners at the finish line as well as chocolate milk, water, soft drinks, fruit, yogurt, etc. As last year the Farmers Market will also be at that same location with vegetable, fruit, tacos and a variety of other food items for family and friends. We encourage you to visit the booths. Race results will be posted by blue circle sports and will also be available at [bluecirclesports.com](http://bluecirclesports.com). Awards will be presented in each division beginning at 12:30. *It is uncertain if massages will be available.*

**Photographs:** Sue Eder will be based at the Bohannon Creek intersection to take photos. We will also have a photographer placed at the finish line.

**Registration and Bag pickup:** Registration and bag pickup is available between at 12 and 3:30 p.m. at the marathon headquarters in the basement of the old library on main street not far from the Bear sculpture and the museum. (signs will be posted) And again between 5-7:30 p.m. in the pavilion by the finish line. Look for the Salmon Marathon signs. We understand that some runners will be arriving late and it can be arranged to have the bags dropped at the motel but we prefer to reduce the need for registrations just before boarding the bus.

Thank you for supporting the Salmon Marathon and ultimately Whitewater Therapeutic and Recreational Riding.