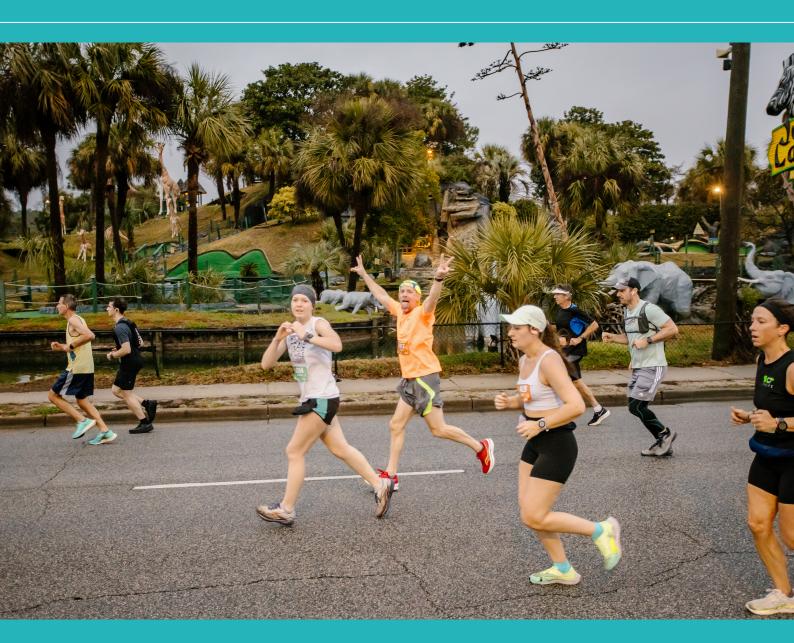
Myrtle Beach Marathon

ATHLETE GUIDE

March 1, 2025

Full & Half | 6:35 AM 5k | 7:30 AM

Myrtle Beach, SC



WWW.MBMARATHON.COM

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RACE MYRTLE BEACH IN 2026!



ENTER FOR A CHANCE TO WIN A WEEKEND STAY AT *The Beach* & FREE ENTRY INTO THE 2026 RACE!

CLICK HERE FOR MORE INFO!

G

Rules & Regulations

Can I wear headphones?

It is unsafe to wear headphones while running. Event organizers will not restrict headphone use and leave it up to the athlete on their ability to follow direction while wearing headphone devices. If you choose to wear headphones, please keep the volume down so you can hear and follow the direction of course volunteers.

Can someone else run in my place?

No, transfers of bib numbers from person to person is prohibited.

Anyone racing with another runner's bib will be disqualified.

Can I register on race day?

No, registration will close one hour before the close of PPU the day before the race.

Is there a gear check this year? No, there is not a gear check.

Where and when is packet pickup?

The Hangout at Broadway at Beach Friday, 2/28 | 10:00AM - 7:30PM

Where do I get my race bib?

If you did not pay for bib mailing, you will need to attend packet pick-up.

Can someone else pick up my race packet for me?

Yes, someone else can pick up your packet. They will need a copy of your ID (a photo is sufficient).

Are strollers allowed on the course?

Strollers are not allowed on the course.

Are pets allowed on the course?

Pets are not allowed on the course.

Is the race USATF certified?

Yes, both distances are certified. See the certification numbers below.

- Full: SC24003JK
- Half: SC24005JK

Is this race a Boston qualifier?

Yes, the full marathon is a Boston Qualifier.

What is the weather policy?

Races are held, rain or shine, unless we determine that conditions are too dangerous. This will be based on a prudent decision made on race weekend or race day by race officials and local law enforcement officials. If the race is cancelled due to inclement weather, there will be neither refunds nor transfers. This position is consistent with USA Track & Field recommendations and with the protocol of sharing the risks associated with the sport of running. In the event of inclement weather or unforeseen circumstances, Capstone Event Group reserves the right to alter, cancel or eliminate any/all portions of the race.

If there is inclement weather during the race, it is your responsibility as a race participant to follow instruction from race officials and law enforcement in regards to inclement weather. If you disregard instructions from race officials and/or law enforcement, you are doing so at your own risk.

What is the time limit?

The time limit for this event is 6 hours 30 minutes for the marathon and 3 hours 15 minutes for the half marathon. Participants must maintain a 15 minute mile pace.

Due to the layout of the 5K course in conjunction with the half-marathon, we are able to extend our general pace requirements for the 5K to 25 minute per mile pace for 5k only. The cutoff time is determined by our event permit, which permits us to use the roads, police support and other city resources for a specified period of time. After the permitted period ends, roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydrations stations and course markings.

When the course closes at the cutoff time, any remaining participants must move off of the roads and onto a sidewalk. Anyone who decides to utilize the course route before or after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time

What will happen to clothes left at the start line or on the course?

- Start Line: Clothes that are left at the start line will be donated or discarded. Clothes will not be returned to you after the race.
- **Course:** Please discard any unwanted clothes during the race at aid stations. Clothes left at aid stations will be donated. Clothes will not be returned to you after the race.

Accessibility Guide



Handicap Parking

- Packet Pickup: There is handicap parking available at the parking lot at Broadway at the Beach.
- Race Day: If you need handicap parking on race day, please contact us at info@mbmarathon.com.

Accessible Toilets

- Portable toilets, including a limited number of ADA toilets, will be available at the Start/Finish line.
- On the course, ADA Portable toilets will be available at the following hydration station:
 - Half & Full: Mile 8.5

Race Start Times

- Full & Half-Marathon Wheelchair & Handcycle Start: 6:30AM
- 5k Wheelchair & Handcycle Start: 7:25 AM

Post-Race Party

 To access the Post-Race Party, which will be held on the field at the Pelican Stadium, please use the accessible entrance located on the right side of the ballpark. Participants will be able to access this directly from the finisher chute.

Contact Us

 If you have a question about race weekend accessibility, please contact us at info@mbmarathon.com

A Guide to Race Day Terms

RACE BIB



- Your race bib has a timing chip on the back of it which records your time from crossing the start line to crossing the finish line.
- Wear your bib on race day with the number facing out.
- Please do not bend the bib or remove the timing chip.



START/FINISH LINE CHUTE

- The start line chute is where runners line up before the start of the race.
- The finish line chute is where runners receive their medal, water, and sometimes post-race snacks after crossing the finish line.



START LINE CORRALS

- The start line is divided into two corrals (groups) based on the pace per mile you designated when you registered.
 - More information about corrals can be found here.



HYDRATION STATION

- Hydration stations will be offered on the course.
- Runners can get water and/or a sports drink at the hydration station.
- Portable toilets are available at each hydration station.



COURSE MILE MARKERS

• Mile markers are posted for each mile on the course. Please note that your GPS device may not sync perfectly with the mile markers on the course.

Race Day Etiquette

It is our goal that every runner has an enjoyable, safe race experience! To support this goal, we ask that all participants follow the running etiquette below. Thank you for your cooperation! G



When lining up at the start line, please be mindful of where you are lining up. Participants who plan to walk or do a walkrun combination should line up toward the back of the corral.



For the safety of all participants, faster runners should stay on the left of the course and walkers stay on the right.



At a Hydration Station, try to keep moving while grabbing your hydration. If you need to stop, look behind you before stopping or move to the side.



To help keep the course clean, please dispose of your cup/trash in the dedicated waste cans near the hydration stations.



If you're running as a group, please only run 2 abreast to ensure there is enough space for other runners.



If possible, pass on your left and alert the runner by saying, "On Your Left."



For your safety and the safety of others, please keep moving through the finish line.

New for 2025!

We believe in getting better year after year, so we've used the feedback participants shared with us in 2024 to make this year the best year yet!

Longer Friday Packet Pickup Hours

For your convenience, we're staying a little later this year on Friday at Packet Pickup!

Packet Pickup Vendors

We're pumped to announce that Black Dog Running will be joining us at Packet Pickup, along with a lineup of other awesome vendors! It's going to be an epic time to gear up, shop, and get hyped for race day!

More Course Entertainment

Get ready for even more excitement on the marathon course! We've supercharged the race with extra entertainment to keep you energized. Keep an eye out for two amazing local high school groups who'll be there, pumping up the energy and bringing the hype to those final marathon miles!

Post-Race Food & Beverages on the Field

This year, to reduce congestion in the concourse, we've moved the post-race party food and beverage stations to the field (weather permitting).

New Finisher Gift

Finish strong and celebrate in style! Every finisher will score an exclusive, ultrasoft cotton t-shirt — the ultimate recovery shirt for post-race relaxation. You'll want to wear this one everywhere.

Finisher shirts will be available for pick-up after the race at the Post-Race Party inside Pelicans Stadium!

Race Deadlines

Category	Deadline	Form	A L Details F O	
Change Distance	Friday, 2/28/25 at 6:30 PM	<u>Click here to</u> <u>change your</u> <u>distance</u> .	 You must fill out the change distance form online. Bib Mailers, if you changed your distance after Friday, 1/31 at noon you will need to attend PPU to receive a new bib. 	
Bib Mailing	Friday, 1/31/25, at noon ET	Bib mailing is closed!	Only bibs and safety pins will be mailed to you. You will pick up your race swag at the post- race party.	
Deferral Deadline	Wednesday, 2/19/25 at 11:59 PM ET	<u>Click here to defer</u> <u>your entry</u>	You will be issued a race credit for the amount you paid at registration(excluding handling fees) that can be applied toward registration for next year's Myrtle Beach Marathon or another Capstone Race .	

Please Note:

- Anyone who runs a distance with the incorrect distance timing chip will be disqualified from the race.
- You are not allowed to transfer your bib to another runner.

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Bib Mailing

Runners who elected to have their bib mailed to them should receive their bib by 2/24. Bibs and safety pins were mailed the week of 2/10.

If you do not receive your bib by Thursday, February 27, please come to packet pick-up and head straight to customer service to be assigned a new bib.

Runners with bib mailing, if you changed your distance **after** Friday, 1/31/25, you will need to attend packet pick-up to receive the bib for the correct distance. Please head straight to customer service, so we can assist you!

Check out the chart below to see what you will receive in the mail and what you will pick up after the race!



Race Item	Will Receive in the Mail	Will Pick Up AFTER the Race	
Bib	Ø		
Safety Pins	Ø		
Participant Shirt		Ø	
Finisher Gift		Ø	

Packet Pickup

When:

Friday, February 28 | 10:00 - 7:30 PM

Where:

The Hangout at Broadway at the Beach <u>1181 Celebrity Cir, Myrtle Beach, SC 29577</u>

Please note packet pickup will be held **outside**, so please dress accordingly.

What You'll Receive:

Race Bib | Safety Pins | Participant Shirt

Parking:

• There is ample free parking at Broadway at the Beach. After you park, proceed to The Hangout. There are signs throughout Broadway at the Beach.

Reserve Your Spot

 We use a reservation system to allow us to serve you more efficiently. If you have not already reserved your spot, <u>click here</u> to do so now!



Packet Pickup FAQs

Can someone else pick up my bib for me?

Yes, someone else can pick up your bib for you. Please have them bring a copy of your ID to packet pick-up for verification purposes. A picture on their phone is sufficient.

If I am picking up bibs for multiple people, do I need to sign up for multiple reservation spots?

No, you only need to sign up for one slot if you are picking up bibs for multiple people.

Can I change my reservation time after I've already submitted the form to reserve my spot?

Please email our customer service team at info@mbmarathon.com, and we will change your time for you.

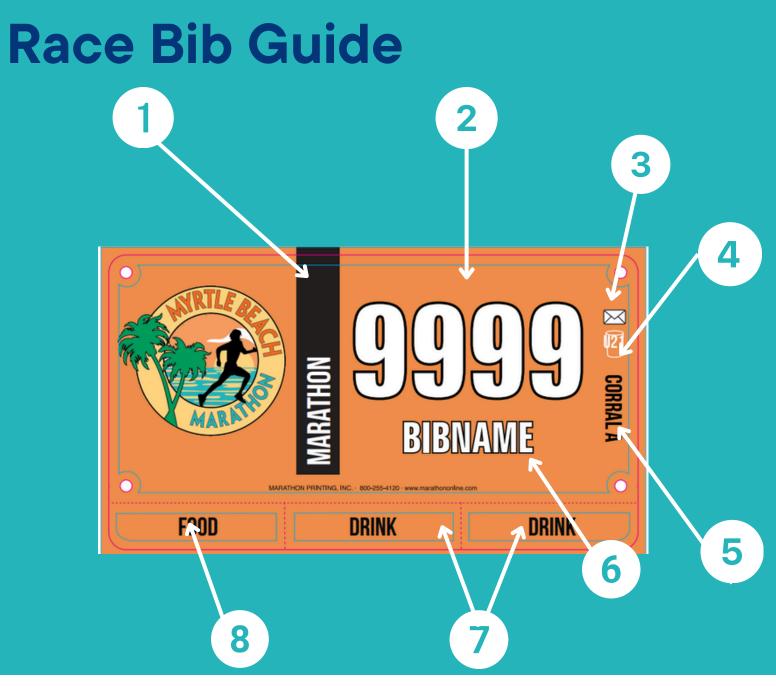
Will I be able to exchange my t-shirt size at packet pickup?

At packet pick-up, you will receive the size shirt you selected at registration which will be printed on the back of your bib.

If you would like to exchange your shirt size, you can do so AFTER the race based on the availability.

Will there be packet pickup on race morning?

There is not race morning packet pickup. Please make plans to attend on Friday!



- 1. Race Distance: The race distance you are registered for is listed here.
- 2. **Race Number:** The large number in the center of your bib is your unique race number and identifier. Use this number to look up your race results.
- 3. **Bib Mailing**: If you had your bib mailed, you will have an envelope icon on your bib. Please show the envelope when picking up your race swag.
- 4. **Over/Under 21 Icon:** The cup icon or U21 icon indicate whether the participant is 21 and over. Participants will still need to show their ID to receive an alcoholic beverage
- 5. **Corral Assignment**: This letter identifies your corral assignment (A or B). Corrals will be used for the full and half marathon.
- 6. **Personalization:** If you added bib personalization at registration, your personalized name/info will be listed here.
- 7. **Drink Ticket:** Participants who are 21 and over will receive two drink tickets to redeem at the post-race party. Must show your ID.
- 8. Food Ticket: Redeem your food ticket at the post-race party.
- 9. Bib Color: Full Orange | Half Purple | 5k Green

Please wear your race bib on the front of your shirt or the front of your shorts with the numbers facing out. Please do not bend or fold the timing chip on the back of your bib.

Family Fun Run - Friday, 28



Race Details

The Family Fun Run will take place Friday, February 28t at 6:00pm for an epic lap around the board walk at Broadway at the Beach finishing under The Hangout's rainbow arch. What a way for the whole family to celebrate their accomplishment!

The course will be open to spectators and tourists, but we will have plenty of volunteers directing participants. Parents, we encourage you to make this a family affair and join your child for the untimed half mile adventure!

Parking

There is ample free parking at Broadway at the Beach.

Packet Pickup

Please reserve a time to pick up your race bib and participant shirt before the Family Fun Run. Packet Pickup will be held at The Hangout (the same location as the Fun Run).

All participants will be **required to sign a waiver** before participating in the Family Fun Run. Please plan to arrive 30 minutes before the start of the Family Fun Run to complete the waiver.

Swag

All registered participants will receive a Family Fun Run shirt and medal!



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Race Day Timeline

5:45-6:00 AM | Recommended Arrival Time

Please leave yourself ample time to walk to the starting area from Broadway at the Beach and pass through the security checkpoint.

6:35 AM | Full & Half Start

🔏 6:30 AM | Wheelchair/Handcycle Start Time

7:30 AM | 5k Starts



🔏 7:25 AM | Wheelchair/Handcycle Start Time

8:30 AM | Overall 5k Awards Announced - Overall awards will be announced at the DJ booth | Age Group awards will be mailed

9:00 AM | Overall Half Awards Announced Overall awards will be announced at the DJ booth | Age Group awards will be mailed

10:00 AM | Overall Full Awards Announced

Overall awards will be announced at the DJ booth | Age Group awards will be mailed

10:55 AM | Half Course Closes

1:15 PM | Full Marathon Course Closes

2:00 PM | Post Race Party Concludes

Start & Finish Line Locations

- Start Line: Robert Grissom Pkwy, Myrtle Beach, SC | <u>Just South of</u> <u>the Intersection of Grissom Pkwy & Monticello Dr.</u>
- Finish Line: <u>Parking Lot of Pelicans Stadium</u> | Please note that there will not be race day parking at Pelicans for runners or spectators.

Start Times

Full & Half Marathon: 6:35 AM Wheelchair Division: 6:30 AM

5k: 7:30 AM Wheelchair Division: 7:25 AM

Customer Service Location

Pre-Race: In front of Pelicans Stadium | 5:45 AM - 7:30 AM

Post-Race: Inside Pelicans Stadium| 8:15 AM - 2:00 PM

Security Check Point

 All runners will need to pass through the security checkpoint prior to entering the start line chute. All bags will be searched prior to entering the start line chute.

• The checkpoint will open for full and half participants at 5:45 AM.

- To expedite the security process, please have your bib fastened to you and visible before you approach the checkpoint.
- For security reasons, spectators will **NOT** be allowed in the start line chute or at the start line.



5k participants will NOT be allowed in the start line chute until after the start of the full and half (after 6:55 am).

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There will be portable toilets available at the start line on race day and at each aid station.

Gear Check

Due to the close proximity and availability of parking at the start, gear check will not be available on race morning. Runners are encouraged to leave personal belongings in their vehicles or with family/friends.

Discarded Clothes

Start Line: Please place discarded clothes in the bins labeled "Clothes" at the start line to be donated. Please do NOT put trash in the clothes bins. There will be separate trash cans at the start.

Course: Please discard any unwanted clothes during the race at aid stations. Let's all work together to keep the streets of Myrtle Beach clean! Clothes left at aid stations will be donated. Clothes left at aid stations will not be returned to you after the race.

Medical Support

We will have medical professionals on-site throughout the race, including at the start/finish area. There will be medical stations on course at miles 8.5, 11.5, 14.5, 18.5, and 22.5.



Parking Information

Broadway at the Beach | <u>1352 Celebrity Circle, Myrtle Beach</u> <u>29577</u>

Race day parking for runners and spectators is available at Broadway at the Beach. There is ample **free parking** at Broadway, and it is a short walk (approximately 15 minutes) to the start line. **Please be sure to read the road closures statement below on how to access Broadway on race day.**

After parking, runners and spectators will **walk south toward and then cross over 21st street** to get to the Pelicans Stadium/Security Checkpoint to enter the start zone.

Please plan to arrive **at least 45 minutes** prior to the start of the race to allow yourself time to go walk to the start line from the parking area and clear the security check point outside of the Pelicans Stadium.



Race day parking will NOT be available for runners and/or spectators at the Pelicans Stadium.

Road Closures

On race morning, if you're coming from Ocean Blvd, Kings Hwy, or Bypass 17, **please take 29th Ave North directly to Broadway at the Beach** for parking.

• Both 21st Ave North and Robert Grissom Parkway will close around 3:00 am and will not be open to traffic.

Roads utilized for the race course will be closed and reopened on a rolling basis as runners pass through the course. For more information, please take a look at the road closure list on our website.

R A C E D A Y

Suggested Drop-off Locations

If you are using a ride-share or being dropped off on race morning, we recommend you enter Broadway at the Beach at <u>Resort Drive off of 29th</u> <u>Street.</u>

Pre-Race Map



Start Line Corrals: Full & Half Only Runners will be divided into 2 corrals (A & B) based on the estimated pace

selected at registration.

Start Corral Guidelines:

- Corral assignments will be printed on your race bib.
- Please line up in the corral that you are assigned.
- Corral B will be the first corral after the security checkpoint. Runners will enter Corral B from the road.
- Corral A will closer to the start line. Runners will need to access Corral A from the sidewalk.
- There will be signage dividing the corrals in the start line chute.
- Please have your bib fastened to you and visible before you enter the corral.
- If you are assigned Corral A but are unable to access Corral A, please start with Corral B. Your chip time will not be impacted based on the corral in which you start.

To improve safety, crowding, and the overall race experience, we ask that you follow these instructions when lining up in the starting chute.

The 5k will not use corrals, but for the safety and overall race experience of all participants, we kindly ask that participants who plan to walk or do a walk/run combination, line-up toward the back of the start line chute. Thank you for your cooperation!

Pacers

We plan to offer the following pace groups. Please look for the pacers (holding a flag in the air with the pace on it) in the start line chute. Pacers will be wearing an **bright yellow shirt that** says "Pacer" on it! **Half marathon:** 1:30| 1:45 | 2:00 | 2:15 | 2:30 | 2:45 | 3:00

Marathon: 3:00 | 3:15 | 3:30 | 3:45 | 4:00 | 4:15 | 4:30 4:45 | 5:00 | 5:15 | 5:30

Predictive Tracking

Predictive tracking will be available on race day. To track a participant, please visit the <u>results page</u>. Details about how to track a participant will be available on the **results page on race day**.

Time Limits

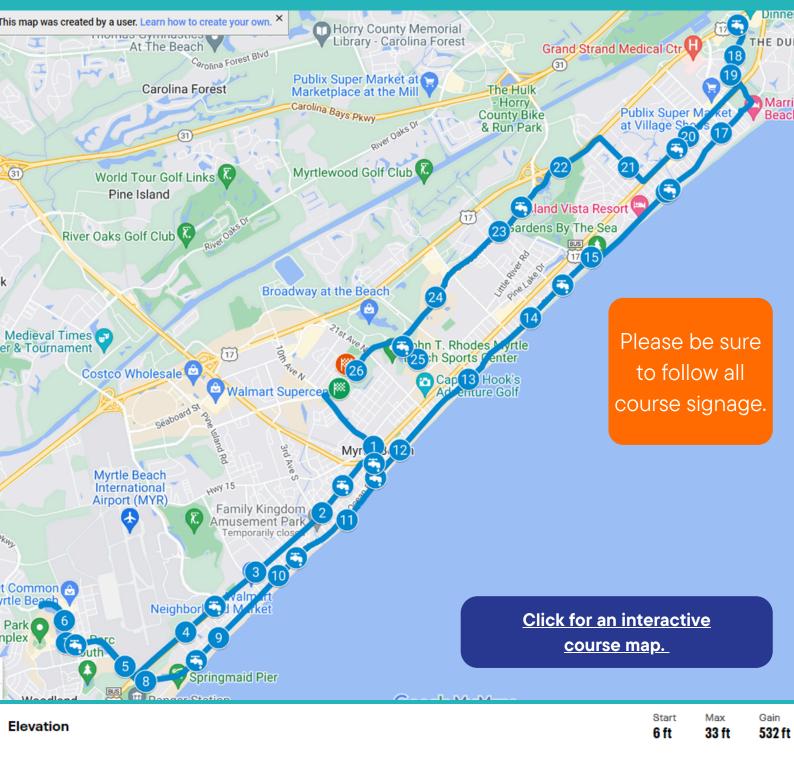
The time limit for this event is **6 hours and 30** minutes for the marathon and three hours and **15 minutes for the half-marathon which is a 15**minute mile pace.

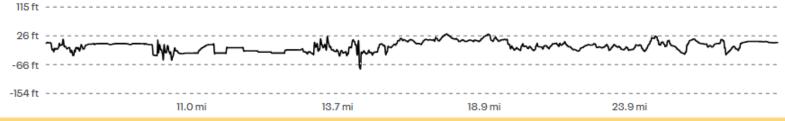
Due to the layout of the 5K course in conjunction with the half-marathon, we do have the flexibility to extend our general pace requirements for the 5k to 25min/mile pace for this event.

The cutoff time is determined by our event permit, which permits us to use the roads, police support and other city resources for a specified period of time. After the permitted period ends, roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage hydrations stations and course markings. When the course closes at the cutoff time, any remaining participants must move off of the roads and onto a sidewalk. Anyone who decides to utilize the course route before or after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.

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Full Marathon Map

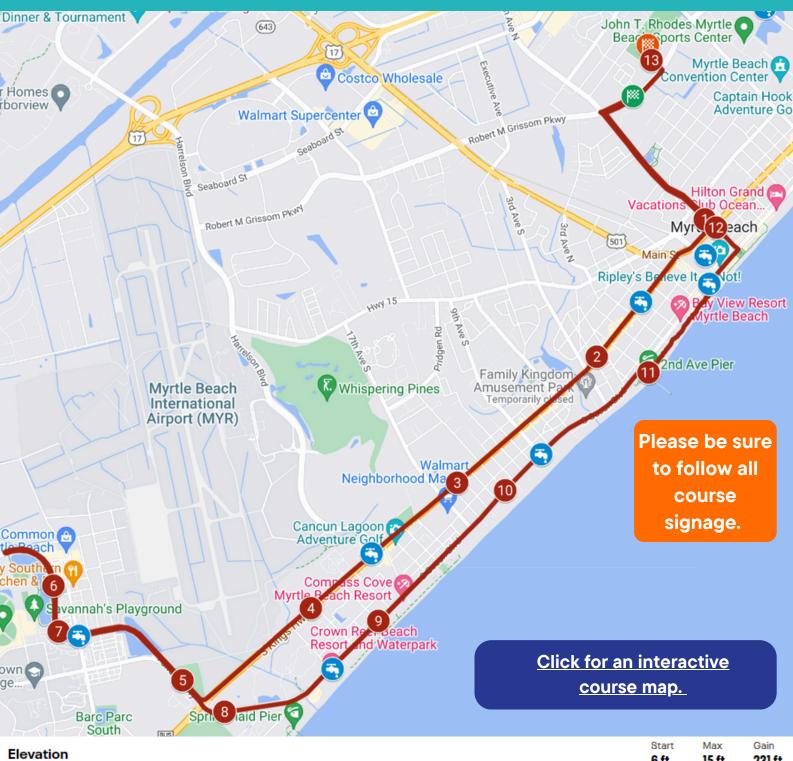




Hydration Stations: 1.5, 3.5, 6, 7, 8.5, 10.5, 11.5, 14.5, 16, 18.5, 20.5, 25

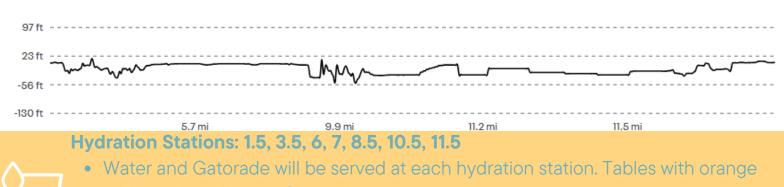
- Water and Gatorade will be served at each hydration station. Tables with orange table cloths will serve Gatorade.
- Gu will be available at the following stations: 8.5, 14.5, 20.5
- There will be portable toilets available at each hydration station.

Half Marathon Map



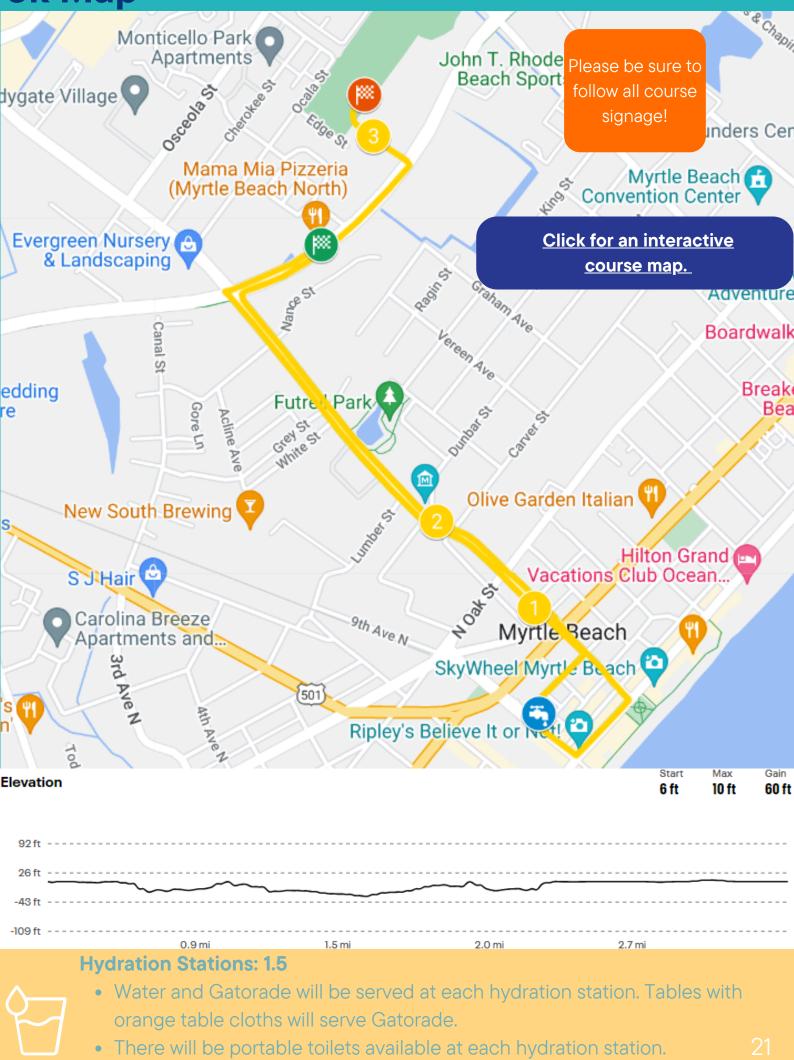


6 ft 15 ft 231 ft



- table cloths will serve Gatorade.
- GU will be available at Mile 8.5.
- There will be portable toilets available at each hydration station.

5k Map



Spectator Locations

We have highlighted many great spectator locations below. We encourage all spectators to create a spectating plan using the course map, locations listed below, and road closures document before race day.

Due to security reasons, spectators will NOT be allowed in the start zone or at the start line.

Location	5k	Half	Full
Myrtle's Market (Corner of Mr. Joe White and Kings Hwy)	\bigotimes	\bigotimes	\bigotimes
Warbird Park on Farrow Pkwy		${\color{black} \bigotimes}$	\bigotimes
1220 Moser Dr in The Market Common		\bigotimes	\bigotimes
Pavilion Park (9th Ave & N. Ocean Blvd)	\bigotimes	\bigotimes	\bigotimes
Plyler Park (N. Ocean Blvd/Mr. Joe White Ave)		${\color{black} \bigotimes}$	\bigcirc
29th Av. N. & Ocean Blvd.			\bigotimes
76th Ave. N. & Kings Hwy.			\bigotimes
Finish Line at Pelican's Stadium	\bigotimes	\bigotimes	\bigotimes



POST RACE

Post-Race Details

Post-Race Party

Celebrate your accomplishment at the Post-Race Party at the Pelicans Ballpark! Kick back and relax on the field while you relive the excitement of the race. The DJ will keep the vibes high with fun tunes, and you won't want to miss the awards announcements! It's the perfect way to wrap up the day with fun, friends, and a whole lot of energy.

Runners (21+) will receive two beer tickets attached to their race bib. Participants must be 21+ to redeem the beer tickets and must have a valid ID with them to redeem the tickets. Participants will also receive a food ticket attached to their bib which can be redeemed for pizza after the race.

In the ballpark, additional alcoholic and non-alcoholic drinks will be available for purchase.

Just outside of the ballpark entrance at the end of the finisher chute, Girl Scout Cookies and Tropical Smoothie will be available for purchase.

Participant Photos

Professional photographers will be along the course as well as the start/finish area to take pictures throughout the race. When they become available, a link to the race photos will be posted on our <u>website</u>. FinisherPix, the race photographer, will email a link to runners.



Post-Race Details

Participant Swag

All full, half, and 5k participants will receive a race shirt, finisher gift, and medal. **Bib mailers, be sure to pick up your race shirt after the race.**

Please make sure to get all of your swag before your leave the event. We will not be able to mail any swag after the race.

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CHARLESTON HAL

Bless Your Heart Bling

Did you register for both the 2025 PNC Bank Charleston Half Marathon AND the 2025 Myrtle Beach Marathon before Monday, January 31? Even though the Charleston Half was canceled, if you were registered for both by the deadline, you still qualify for the "Bless Your Heart Bling!"

If you qualify, you'll see "Bless Your Heart Bling - Yes" listed on the back of your bib.

Make sure to pick up your Bless Your Heart Bling before leaving the Post-Race Party, as we won't be able to mail any bonus medal

Myrtle Beach Double

Did you add the Virtual 10k to your registration? If so, you participated in the Myrtle Beach Marathon Double and will receive the exclusive Virtual 10k medal!

If you qualified for the Myrtle Beach Marathon Double, your bib will have a 10k icon on it. Please pick up your medal before leaving the event. Swag will not be mailed. **(RTLE BEACH VIRTUAL**

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Post-Race Details

Overall Awards

Overall Award Medals will be presented to the **top three male and female finishers** in the half-marathon and the 5k based based on **gun time.**

If you are unable to pick up your overall award at the ceremony, we will mail it to you approximately two weeks after the race. Award medals will only be shipped to addresses within the contiguous United States.

Please note the time may change based on when results are finalized.

Age Group Awards

Age Group Awards are based on **chip time** and will be awarded to the the **top three male and females in each age group** for the **half marathon and 5k**.

Age Group Awards medals will be given to the **top male and female finisher** in each age group for the **5K**.

Age Group Awards will be **MAILED** approximately two weeks after the race. They will NOT be given out after the race.

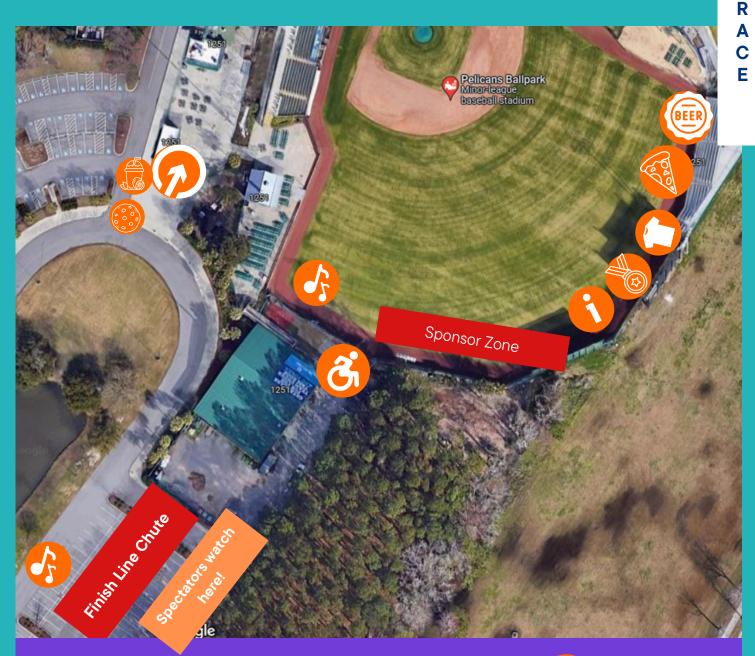
Results Correction

If your race results are inaccurate or missing, please complete the race corrections form that will be emailed to you after the race.

Categories:
45-49
50-54
55-59
60-64
65-69
70-74
75+

Ρ

Post-Race Party Map





Ballpark Entrance



Girl Scout Cookies (Available for Purchase)



Tropical Smoothie (Available for Purchase)



Customer Service

Accessible Ballpark

Entrance



Shirts: Bib Mailer Shirts & Finisher Shirts



Beer Station



Pizza (Redeem with bib tag)



Bonus Medals

- Bless Your Heart Bling
- Virtual 10k

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