



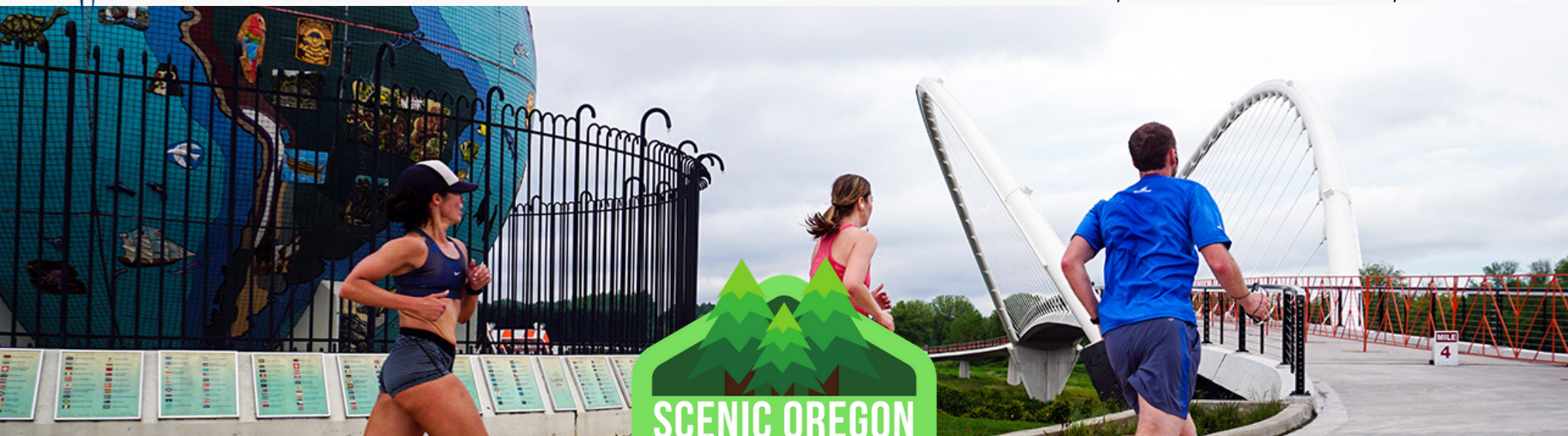
# Willamette Valley

MARATHON & 1/2 MARATHON

NO WINING UNTIL YOU'RE DONE

# Race Guide

SEPTEMBER 17, 2023 - SALEM, OR



SCENIC OREGON  
RUN SERIES

★ ONE STATE  
THREE RUNS ★





# Big City Run & Wild-Scenic Beauty



We welcome you to the Willamette Valley Marathon, Half Marathon, and 10K, thank you for joining us on one of the most beautiful courses in the Pacific Northwest.

If you have not already, go to our Facebook page, [www.facebook.com/willamettevalleymarathon/](http://www.facebook.com/willamettevalleymarathon/), and like us. We will keep the Facebook page updated with any last-minute information.

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Run in Salem, Oregon, the State Capitol, along the banks of the Willamette River, and finish at a local wine tasting. Big city-run and wild-scenic beauty all-in-one! The run starts in the beautiful Riverfront Park in downtown Salem, crosses the Peter Courtney Minto Island Bridge, and then settles into miles of pristine paved paths that meander through the Minto-Brown Island Park.

**WINE TASTING - FREE WITH REGISTRATION-** Runners receive a FREE Tasting Package so they can sample world-renowned Willamette Valley Wines! We will have more than a dozen wines on tap to choose from. Pair it with your post-event catered lunch and spread out in beautiful Salem Riverfront Park from 9:30 am till 4 pm to enjoy your day.



# Event Schedule



## Saturday:

- Packet Pickup, Gallagher Fitness, 3 pm – 7 pm
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## Sunday:

- Packet Pickup, Race Start Area, 6 am – 9:45 am  
\*depending on your race distance. See the packet pickup page for more details.
- Race Start Times
  - Marathon 8:30 am
  - Half Marathon 9:00 am
    - **Walkers welcomed & Celebrated! 7-hour cut-off time for half marathon course.**
  - 10K 10:00 am
- Wine Tasting & Catered Lunch, 10:30 am – 4 pm

**YOU WILL NEED TO KNOW YOUR BIB NUMBER  
FOR PACKET PICKUP. WE WILL UPDATE NUMBERS  
THURSDAY ON OUR WEBSITE HERE.**





# Packet Pickup



## SATURDAY & SUNDAY PICKUP OPTIONS

Saturday Packet Pick-Up is located at Gallagher Fitness one block away from Riverfront Park. Sunday's packet pickup is near the start-finish at Riverfront Park.

### SATURDAY

Gallagher Fitness  
135 Commercial St. NE  
Salem, OR



3pm to 7pm

**\*\*LAST CHANCE TO REGISTER\*\***

### SUNDAY

Riverfront Park,  
200 Water St NE  
Salem, OR

7 am to 8:15 am Marathon  
7 am to 8:45 am Half Marathon  
8 am to 9:45 am 10K



**YOU WILL NEED TO KNOW YOUR BIB NUMBER FOR PACKET PICKUP. FIND YOUR NUMBER HERE.**



## **Directions to Race Start and Race Day Packet Pickup at Riverfront City Park, Salem**

- From Portland: Take I-5 south to exit 260A. Take the off-ramp onto OR-99 Salem Parkway. Continue south for approximately 6 miles then a right onto Union Street followed by a quick left onto Water Street. The address is 200 Water Street NE, Salem, OR
- From Eugene head north on I-5 and take exit 253. Left onto Mission Street (99E) and head west to city center. Stay on 99E onto Front Street. Left onto Union and then a quick left onto Water Street NW.



### **P Parking**

Parking is available at the NORTH END of the park, as well as at the Liberty Square Parkade just east of the park.



There is no parking allowed at the Carousel entrance to the park.



# Course Information



## MARATHON

Miles: 26.2 miles

Total Elevation: 510 feet

Aid Stations: 15

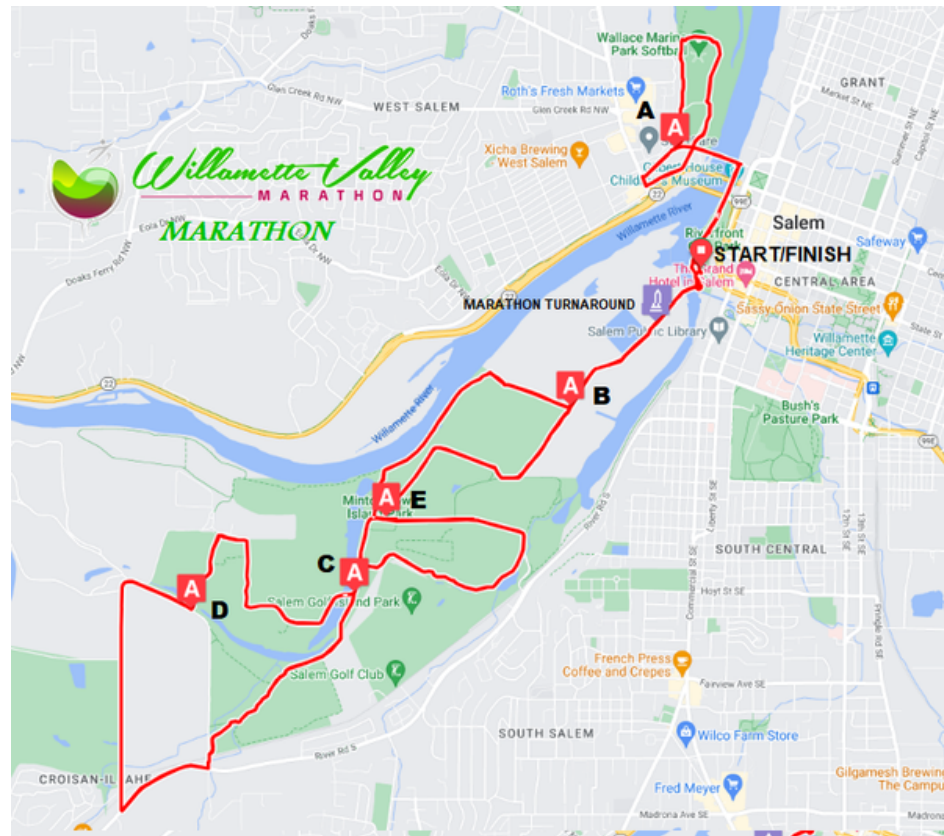
Surface: 96% paved

**START TIME: 8:30 am**

GPS MAP >

All runners start at Riverfront Park. After a quick loop around Riverfront Park, they will head south over the new Peter Courtney Bridge that will take runners over to the Minto-Brown Island Park. Miles of beautiful paved pathways wind through this amazing park showcasing the Willamette River and the habitat that lives along its banks. Runners will circumnavigate this amazing park as well as Eola Bend Park before heading back across the Peter Courtney Bridge to the finish and party at Riverfront Park.

Marathon runners will complete this loop twice.





# Course Information



## HALF-MARATHON

Miles: 13.1miles

Total Elevation: 251 feet

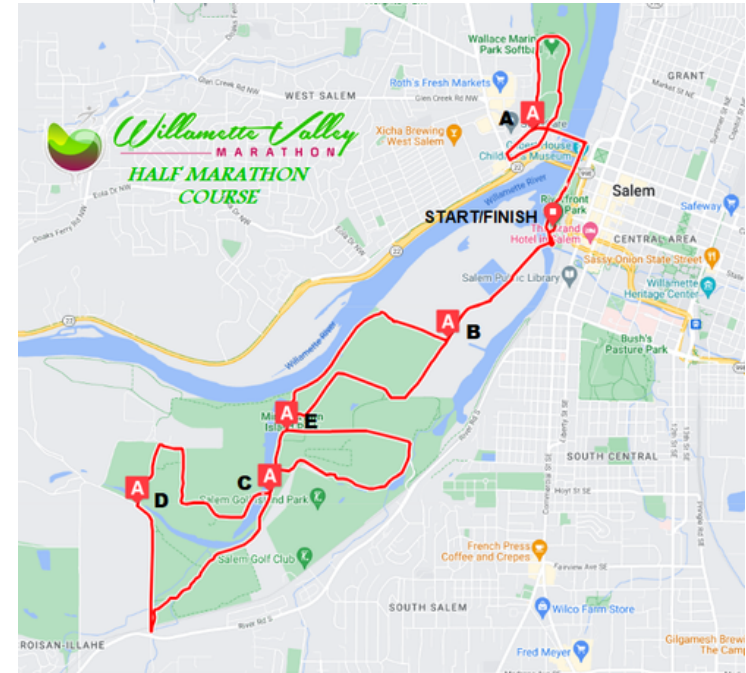
Aid Stations: 8

Surface: 97% paved

**START TIME: 9:00 am**

[GPS MAP >](#)

All runners start at Riverfront Park. After a quick loop around Riverfront Park, they will head south over the new Peter Courtney Bridge that will take runners over to the Minto-Brown Island Park. Miles of beautiful paved pathways wind through this amazing park showcasing the Willamette River and the habitat that lives along its banks. Runners will circumnavigate this amazing park as well as Eola Bend Park before heading back across the Peter Courtney Bridge to the finish and party at Riverfront Park.



## 10K

Miles: 6.2 miles

Total Elevation: 110 feet

Aid Stations: 3

Surface: 98% paved

**START TIME: 10:00 am**

[GPS MAP >](#)

All runners start at Riverfront Park. After a quick loop around Riverfront Park, they will head south over the new Peter Courtney Bridge that will take runners over to the Minto-Brown Island Park. Miles of beautiful paved pathways wind through this amazing park showcasing the Willamette River and the habitat that lives along its banks. Runners will circumnavigate this amazing park before heading back across the Peter Courtney Bridge to the finish and party at Riverfront Park.



## **Marathon, Half-Marathon, & 10K Aid Stations**

5 Aid stations will be setup throughout the courses, including the finish line aid station. These stations will be well-stocked along the route– placed roughly every 1.5 miles on the course.

- Full Marathon Runners will pass through aid stations 15 times.
- Half-Marathon Runners will pass through aid stations 8 times.
- 10K runners will pass through aid stations 3 times.

See the next page for more details on aid station locations and items. Aid stations will remain open to support a 7-hour marathon pace.

- All aid stations have water, Gatorade, bananas, and GU. Aid Stations B, C, D, and E will have bananas, goldfish, fruit snacks, and apple sauce.
- Aid Station A will utilize the park restrooms while Aid Stations B, C, D, and E will have Port-a-Potties.
- There are dozens of Port-a-Potties at the race start at the Riverfront Park and near the Start/Race Finish Area.



## Marathon Aid Stations

Mile	Aid Station	Supplies	Restrooms	Type
1.0	A	Water, Gatorade, GU	Yes	Park Restrooms
2.6	A	Water, Gatorade, GU	Yes	Park Restrooms
4.3	A	Water, Gatorade, GU	Yes	Park Restrooms
6.2	B	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
7.9	C	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
9.2	D	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
12.2	C	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
14.0	E	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Park Restrooms
15.3	B	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
16.3	B	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
18.0	C	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
19.4	D	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
22.2	C	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
24.0	E	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Park Restrooms
25.0	B	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom

## Half Marathon Aid Stations

Mile	Aid Station	Supplies	Restrooms	Type
1.0	A	Water, Gatorade, GU	Yes	Park Restrooms
2.6	A	Water, Gatorade, GU	Yes	Park Restrooms
4.4	B	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
6.0	C	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
7.4	D	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
9.2	C	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
11.0	E	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Park Restrooms
12.3	B	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom

## 10K Aid Stations

Mile	Aid Station	Supplies	Restrooms	Type
1.0	B	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom
4.0	E	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Park Restrooms
5.2	B	Water, Gatorade, GU, Bananas, Goldfish, Fruit Snacks, Apple Sauce	Yes	Portable Restroom

## Open Roads on Course

Marathon and Half Marathon courses will depart from the park at 7.4 miles (half) and 9 miles (full). Once you leave the park you will be running on roads that are open to traffic.

- You must always run on the shoulder or sidewalk against traffic.
- Absolutely *no electronic devices or earbuds on the open road portion* of the course for your safety.
- Please remain heads up at all times.

## Course Etiquette

This course runs through a beautiful wildlife reserve.... and we would like to keep it that way. We will have buckets placed beside every mile marker that you can place any wrappers and trash in while on the course. We will also have trash cans just past every aid station. Please do not throw trash on the ground.

## Timing

Timing for the event will be done by E8 Timing. Chips are attached to the back of your bib number and are disposable. Live time results will be posted throughout the event at the results tent as well as splits for the Marathon turnaround. Click on [www.willamettevalleymarathon.com](http://www.willamettevalleymarathon.com) for live results and splits throughout the race.



## Post-Race Food

We will provide you with a delicious post-race meal! Catering will be set up to deliver delicious and fast service at the finish line for you. Foodservice will begin at 10:30 AM and continue to 3 PM. Your bib number will have a tear tab on the bottom of it that will be your meal ticket. Catered lunch is only for registered runners and is included with your registration. We will have a number of food trucks on site as well for friends and family that are joining to cheer you on or enjoy the wine festival.

### Menu

Pulled pork Sliders, Cole Slaw, Potato Salad, Baked Beans, Slider Buns  
Vegan Vegetarian: Vegan Mac N Cheese, Vegan Broccoli Salad,  
Smoked Tofu Quinoa Salad

If you would like to purchase wine festival packages in advance for friends and family you may do so by [clicking here](#).



If you decide to change after your race, please make sure to bring your bib number with you when you come back for food and wine. **BE SURE AND BRING YOUR ID.**

## Awards

Every finisher will receive a commemorative finisher's medal. The top three men and women for both the Marathon and Half Marathon will receive a super cool 50/50 custom bottle. The top three men and women in each age category will also be recognized with an engraved wine glass. We encourage everyone to hang out on the lawn and recognize our winners. Categories are as follows for both men and women, 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80+. Awards for the half marathon will start at 12:30 PM and the marathoners at 2:00 PM. 10K will start at 12 PM. Winners must be present to receive an award or have a friend receive it on their behalf. Awards will not be mailed after the event. Please note that participants registered in walking categories will be timed but this is not intended to be race walking competition. No awards will be presented for walking categories.

## A few other race day facts and reminders:

Watch the weather and be prepared for a chilly start with warming later in the morning. You will be able to drop layers at the aid stations they will be returned to the finish after the event is finished. We cannot be responsible for items left behind if you decide to leave prior to retrieving your items.



When on the course, please be aware that all streets are open to traffic. If you are not on the trail or in a designated event lane, you must run on the shoulder of the road and must be facing oncoming traffic. Marathon and Half Marathon runners should be aware of road crossings on the open portions of the roads.

Thank you to all of our sponsors!





## Willamette Valley Wine Tasting

Included in your entry into the Willamette Valley Marathon, Half Marathon, and 10K is a wine tasting package. After fueling up with lunch stop by the wine tent and pick up your commemorative glass and tasting tickets. The wine tasting area is for participants of all ages but you must be 21 years of age or older, and PROVIDE an ID in order to participate in the tastings.

*An important reminder- You must present your bib number in order to get your wine package.*

Each participant will get a commemorative wine glass and tickets for tastings. We will also have beer and ciders available for any non-wine drinkers.

Purchase Wine Tasting packages for your race support, family, and fans! **Save \$\$ by purchasing packages in advance here.**

