

INFORMATION PACKET

Mt. Si 20-Mile and Half Marathon Runs – April 29, 2018

Additional details: MtSiRelay.com

Start/Finish

Snoqualmie Elementary School, 39801 SE Park St., Snoqualmie, WA

20 Mile Run - 9:30 a.m. Half Marathon Run - 10:30 a.m.

Best parking: Centennial Field - City of Snoqualmie Park east side of school

Overview map (Printable PDF) of both courses showing aid stations at mtsirelay.com/20milehalfmarathon.html

Aid Stations

Salt tabs or pain relievers not provided.

If you want a special drink, food or soup, put some in your drop bag.

20 Mile - Full aid stations at 1.5, 3.3, 5.5, 10, 14.6, 16.8 and 18.6 miles

Drop bag #1 at 10 miles. Drop bags leave exchange at **12:30pm.**

Half marathon - Full aid stations at 1.5, 3.3, 5.5, 7.5, 9.7 and 11.5 miles

Rules (20 Mile) Web map see <http://www.mapmyrun.com/routes/view/1560031432>

- 7.5 hour time limit
- Finish line closes at 5:00 p.m.
- Once aid stations close a pacer is **strongly** recommended for any runners who want to continue.

Rules (Half Marathon) Web map see <http://www.mapmyrun.com/routes/view/1815123728>

- 6.5 hour time limit
- Finish line closes at 5:00 p.m.
- Once aid stations close a pacer is **strongly** recommended for any runners who want to continue.

Rules (all)

- No littering on the course
- You must yield to vehicle traffic; volunteers do not have authority to stop traffic.
- If you drop out, please notify the race director by text or call at 206-999-3060.

Additional Information

- Packet pickup at Everyday Athlete, 264 Central Way Kirkland, on Saturday, April 28th 12-4pm.
- Packet picket at start line on day of race prior to start. Arrive early. No race day registration.

Mark drop bags with
your race number