

Northeastern Pennsylvania's *Twenty-Fourth Annual*
STEAMTOWN MARATHONSM

SUNDAY, OCTOBER 13, 2019 – 8:00 a.m. SHARP!

Congratulations!

You have been accepted as a competitor in the 24th annual Steamtown Marathon to be held on a point-to-point, USATF certified course through 14 historic communities in Northeastern Pennsylvania.

This confirmation letter contains important information about the Marathon. Please read it very carefully.

GENERAL INFORMATION

The Steamtown Marathon is a 26 mile, 385 yard foot race. The course drops 955 feet in elevation from start to finish. The greatest drop in elevation occurs during the first eight miles. The course features more than four miles of mostly paved Rails to Trails along the Lackawanna River. Go to www.steamtownmarathon.com and click on "Course" for details. The finish line will be on N. Washington Avenue in Downtown Scranton adjacent to the Lackawanna County Courthouse.

The Marathon benefits St. Joseph's Center, Scranton. The Center assists families in need and children who are neurologically impaired and multiply handicapped. Since 1996, the Marathon has donated more than \$1.86 million to St. Joseph's. See www.stjosephscenter.org.

RULES & REGULATIONS

Runners must be able to maintain at least a 13-minute per mile pace. Unofficial wheeled vehicles (strollers, bikes, baby joggers, skates, skate boards, roller blades, etc...) are not permitted on the course. Traffic control and health and safety volunteers and officials will vacate the course six hours after the start (2:00 p.m.). Anyone who continues to run on the course after 2:00 p.m. will be doing so **at his/her own risk**.

Runners are respectfully asked not to wear I-Pods or any other devices over their ears though they will not be disqualified if they do. Pets are banned from the course. Unofficial pacers (persons not officially entered in the race) will not be allowed on the course at any time!

Only validly entered runners may participate. **No one under the age of 18 on October 13, 2019 will be allowed to compete in the Marathon.** By participating in this event and signing the waiver/release on the entry form you have agreed to hold harmless USATF and its local associations.

The race will be videotaped at several checkpoints to ensure competitors who cross the finish line have done so after completing the entire course. The Race Director reserves the right to disqualify any individual who does not comply with these rules.

EXPO/PACKET PICK-UP SATURDAY, OCTOBER 12 11:00 a.m. to 5:30 p.m.

A Race Expo will be held at Scranton High School, 63 Mike Munchak Way, Scranton, PA 18508 on Saturday, October 12, between 11:00 a.m. and 5:30 p.m. **Please pick up your race bib/timing chip and Steamtown Marathon shirt at the Expo!**

You will be asked to show your I.D. when you pick up your race packet.

A family member or friend is allowed to pick up your race number/chip and shirt at the expo, however, they will be asked to show their I.D. and sign a form.

Running merchandise, including Steamtown Marathon apparel, will be available for sale and professionals in the field of sports medicine will make information available. Free parking will be available in the school's parking lot.

Legendary American distance runners Jon Sinclair and Kim Jones and Race Director Bill King will participate in a panel discussion at the Race Expo. The panelists will speak about Steamtown's course, running hills, first time marathoners and racing strategy and will then take questions from the audience. The panel will begin at 2:00 p.m. in the school auditorium.

Per runner request, there will be a 5:30 p.m. Catholic mass held in the school auditorium. Schedules and locations for worship by various denominations will be available at the main info booth at the Expo.

For detailed directions to the Race Expo, please visit www.steamtownmarathon.com and click on Expo.

If you cannot attend the Expo you will be allowed to pick up your bib number, timing chip and shirt inside Forest City High School at the starting line on race morning. **(remember to bring your I.D.!)** However, expect long lines at the packet pickup table. **You are strongly encouraged to make every effort to attend the Expo on Saturday!**

RACE EVE DINING OPTIONS SATURDAY, OCTOBER 12

The marathon will not be hosting a pasta party this year. Runners and their families are encouraged to patronize the Scranton area's many excellent restaurants. Information about dining options can be obtained by visiting www.steamtownmarathon.com and clicking on Useful Links under the General Information tab.

WHEELCHAIR MARATHON SUNDAY, OCTOBER 13 7:59 a.m. SHARP!

Please send an e-mail to racecommittee@hotmail.com if you are a wheelchair athlete or hand cyclist who requires specialized transportation to the starting line.

KIDS' RACE SUNDAY, OCTOBER 13 9:00 a.m. (SHARP!)

A Kid's Race will be held on race morning at the finish line. Age categories are 5 & under, 6-7, 8-9, and 10-11. Distances range from 50 yards to ¼ mile depending upon age groups. Register at the Race Expo at the Steamtown National Historic Site booth. Entry fee is \$10.00. All runners receive a race number, T-shirt, and medal. This is a noncompetitive event. All runners are number "1". For more information call National Running Center at (570) 586-1620.

POST RACE PARTY SUNDAY, OCTOBER 13 5:30 p.m. to 8:30 p.m.

A Post Race Party featuring Take 3, the official rock band of the Steamtown Marathon, will be held from 5:30 p.m. to 8:30 p.m. in the Scranton Cultural Center, 420 North Washington Avenue, Scranton, PA 18503. The party is open to runners, their families and our great volunteers. Admission is free. All food and non-alcoholic beverages will be free for the entire evening. Tickets for two free alcoholic beverages will be available for each adult 21 or older in attendance.

The Cultural Center is located near the 26 mile mark on the Steamtown course. Parking will be free at all meters in Downtown Scranton on race day. In addition, parking is free in the lot at Lackawanna College, which is located one block from the Cultural Center (see Downtown Map).

TRAINING WARNING

Marathons are extremely strenuous events. The Steamtown Marathon will be a challenging race to runners of all skills, especially first-time marathoners. A conscientious training program would consist of no fewer than fifteen 20 to 40 mile weeks leading up to the race. Numerous long runs of 13 to 20 miles would have been included. **PLEASE DO NOT COMPETE IF YOU ARE NOT ADEQUATELY TRAINED!**

Every step will be taken to control traffic along the Marathon course. However, be advised that the course will be run along public streets and roadways including several that must be kept open during the race. **BE ALERT FOR TRAFFIC AT ALL TIMES!**

The weather in Northeastern Pennsylvania in mid-October is very unpredictable. The normal daily low is 42 degrees and the normal daily high is 61 degrees, however, temperatures on race day could range anywhere from 25 degrees to 85 degrees. Please monitor the weather and dress appropriately.

LODGING

If you need help finding a hotel room, please call the Lackawanna County Convention & Visitors Bureau at 1-800-229-3526 (Monday through Friday during standard business hours). Additional information can be obtained by going to www.steamtownmarathon.com and clicking on "General Information" and then on "Travel and Lodging."

BUS TRANSPORTATION/PARKING

Because the Steamtown Marathon will be run on a point-to-point course, and because automobile parking near the starting line area will be **limited**, competitors are **encouraged** to utilize the free bus transportation that will be provided on race day. Competitors may begin boarding buses on race

morning at 5:30 a.m. Buses will depart at approximately five-minute intervals. **The last bus will leave for the starting line at 6:45 a.m!** The trip will last approximately 45 minutes. Unfortunately, the Marathon cannot provide bus transportation to friends and families of competitors.

Bus boarding will take place in Downtown Scranton in the 400 block of Spruce St., at the intersection of Spruce St. and Wyoming Ave., just one block from the finish line. Port-a-lavs will be available at the finish line.

You can park for free on race day at any of the numerous meters in Downtown Scranton that do not say "no parking" (see Downtown map.) There are also three pay-to-park garages in close proximity to the finish line. Two are on Adams Avenue between Lackawanna Avenue and Spruce Street. The third is located on the corner of Linden Street and N. Washington Avenue (enter from Linden Street only). Please note that these garages use pay stations (no staff will be present) so be absolutely sure you have a credit card or cash on hand when you go to retrieve your vehicle.

The Marathon will not provide return transportation to the starting line after the race.

DIRECTIONS TO DOWNTOWN SCRANTON

- If traveling south on Interstate 81 from points north of Scranton, take Exit 191B and follow the Scranton Expressway (Rt. 11 South) almost 3 miles into Central City. You'll enter the downtown on Mulberry St.
- If traveling north on I-81 from points south of Scranton, take Exit 185 and follow the Central Scranton Expressway about 1 mile to Spruce Street.
- If traveling on I-380 North or I-84 West, take I-81 North to Exit 191B and follow the Scranton Expressway (Rt. 11 South) almost 3 miles into Central City. You'll enter the Downtown on Mulberry Street.
- If traveling north on I-476, pass through the toll booth at the Wyoming Valley Exit (Exit 115) then take I-81 North to Exit 185 and follow the Central Scranton Expressway about 1 mile to Spruce Street.

STARTING LINE ACCOMMODATIONS

Approximately 90 port-a-lavs will be available at the start at Forest City High School. Stretch and stay warm inside the school's modern gymnasium!

CLOTHING DROP-OFF/PICK-UP AND BAG BAN

Knapsacks, gym bags, duffle bags, draw string bags and similar non transparent runner bags are banned from the marathon buses, the starting line, and the finish line. Runners will be allowed to wear hydration packs, vests and belts but they will be subject to inspection by law enforcement officials and marathon volunteers. Clear bags will be available for your use at the race expo, buses, and at the starting line.

Do not put bottles, glass, or any breakable items or anything of great value in your clear bag. There will be several bag check stations at the starting line. Your bib number will be written on your clear bag. Bags will be transported to the finish line in UPS trucks. You will be able to retrieve your belongings by showing your bib number at the baggage retrieval area near the finish line. The Steamtown Marathon will not be held responsible for lost, damaged, or stolen property.

AID

The course will feature 14 official aid stations. Water and orange Gatorade will be available at all of the stations along the course. Water will be available at the start and water and orange Gatorade will be available at the finish. Be prepared for the possibility of an unseasonably warm October day. Please hydrate properly before, during and after the race.

Portable lavatories will be stationed at points along the course and at the finish line.

Course officials will be stationed along the course as will medical personnel and officers of various public safety agencies. Seek them out if you need help. Members of several local bicycle clubs will also ride the course in search of runners in need of assistance.

Sag wagons (Lackawanna County Shuttles) will patrol the course and offer rides to the finish line to competitors who choose not to continue. Your race bib number will be recorded upon boarding. Any competitor who boards a sag wagon will not be allowed to rejoin the race.

Competitors are encouraged to notify an official if they see a fellow runner in distress. If you experience dizziness, cessation of perspiration, nausea, confusion, or severe muscle cramping, **STOP RUNNING** and seek the assistance of a volunteer or safety official.

Please write any medical conditions you have on the back of your bib number.

FINISH LINE

The finish is at Courthouse Square at 200 N. Washington Avenue in Downtown Scranton (see Downtown map). Please make sure your race number is pinned to the **FRONT** of your shorts or shirt/singlet. Please do not attempt to cross the finish line without a race number clearly visible to finish line personnel.

Finish in the chute. Follow the instructions of the race officials. **Do not attempt to re-enter the finish area after you have exited. Only race officials and runners are allowed inside the chute area. No exceptions!**

After the race you will be clothed in a mylar "space blanket" and directed to aid stations featuring water and food. Medical personnel and massage therapists will be available. The free massage area will be located in the Federal Courthouse Building to your immediate right when you cross the finish line. Please notify finish line personnel if you are experiencing medical problems.

Free shower facilities will be available to runners from 10:30 a.m. until 2:15 p.m. (doors will be locked at 2:15 p.m.) in the athletic annex of Lackawanna College. Follow N. Washington Ave. three blocks (back towards mile 26). Turn right onto Vine St. and walk two blocks to Jefferson Ave. The athletic annex (former CYC) is at the corner of Jefferson Ave. and Vine St. Enter through the front door. **Please bring your own soap and towel!**

The Greater Scranton YMCA (greaterScrantonymca.org) is also offering free use of its showers to runners. The Y is located at 706 N. Blakely St., Dunmore, PA 18512. From Downtown Scranton (about a 10 minute drive), follow I-81 North to Exit 188 (Route 347 South). At end of exit ramp, turn left onto Rt. 347 South/N. Blakely St. Drive .34 miles. At traffic light, turn left onto Jessup Street. Drive one block. Bear left to access the YMCA. Please bring your own soap and towel. **Please show your bib upon arrival at the Y.**

TIMING/SCORING

Timing and scoring will be provided by Scranton Running Company of Scranton (570) 955-0921. Official results will be

posted at www.scrantonrunning.com roughly 24 hours after the Marathon. A booklet with complete race results will also be mailed to all competitors.

At packet pick up, you will be issued a race bib. Your timing chips will already be affixed to your bib. Your time will automatically be recorded by mats at the starting line, at one point along the course, and at the finish line.

AWARDS & MEDALLIONS

All finishers will receive a Steamtown Marathon medallion. Awards and prize money will be presented at ceremonies to be held on Courthouse Square near the finish line at approximately 12:30 p.m.

The awarding of all prize money and age group plaques will be determined by gun times (actual places of finish), not chip times.

PRIZE MONEY DISTRIBUTION

Prize monies will be distributed as follows:

<u>Male/Female, Overall</u>	<u>Male/Female Masters</u>
1 st \$1,500	1 st \$300
2 nd \$1,000	2 nd \$200
3 rd \$500	3 rd \$100
4 th \$300	
5 th \$100	

Wheelchair Race

Male/Female

1 st \$300
2 nd \$200
3 rd \$100

*Local Finisher

Male/Female

1 st \$300
2 nd \$200
3 rd \$100

*Must be a current resident of one of the following Pennsylvania counties: Carbon, Columbia, Lackawanna, Luzerne, Schuylkill, Susquehanna, Wyoming, Wayne, Pike or Monroe.

With the exception of the Top Local Finisher category, there will be no duplication of awards!

Any competitor who receives prize money will be required to provide a Social Security Number to Marathon officials.

WEIGHT CLASS COMPETITION

The Steamtown National Historic Site will again sponsor a weight class competition. The categories will be as follows:

Iron Horse (Men) - 200 lbs. to 225 lbs.
Big Boy (Men) - 225 lbs. +
Phoebe Snow (Women) - 150 lbs. to 175 lbs.
Anthracite (Women) - 175 lbs.+

Plaques will be presented to the top three finishers in each category.

In order to participate, you must attend the expo and be weighed at the Steamtown National Historic Site information booth. No exceptions.

PRIZE MONEY & DRUG TESTING

In accordance with USATF Rules and regulations, college eligible athletes are not eligible to receive athletic funds (prize money). The names and addresses of all athletes and the amount of athletic funds paid to any individual who competes in the Marathon will be submitted to the USATF.

Athletes who participate in this competition may be subject to formal drug testing in accordance with USATF Regulation 10 and/or IAAF Rule 55. Athletes found positive for a banned substance, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications may contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC hot line at 800-233-0393.

This year, the Electric City Trolley Museum, which is located across the parking lot from the Steamtown National Historic Site, will also offer one free museum entry per bib number. Admission (museum) is \$6 for adults, \$5 for seniors (+62), \$4 for children (4-17) and free for kids 3 and under. For more info, see www.ectma.org.

CANCELLATION POLICY

The Race Director reserves the right to cancel or modify the Marathon in consideration of extremely adverse weather conditions, or other health or safety factors, that pose an imminent threat to competitors or volunteers. In the unlikely event of cancellation, entrants who have picked up their race number will receive partial credit towards the entry fee for the Marathon.

STEAMTOWN NATIONAL HISTORIC SITE

Families are encouraged to visit the Steamtown National Historic Site. Located in Downtown Scranton behind the Marketplace at Steamtown, the historic site is one of the world's largest collections of steam locomotives and related memorabilia. The park features history and technology museums, a theater, a roundhouse and a book store. Steam locomotive excursions are offered.

The park is open between 9:00 a.m and 5:00 p.m., seven days a week. Admission is free. Enter the park from Lackawanna Avenue just past the Mall at Steamtown. See www.nps.gov/stea/.

For More Information See
www.steamtownmarathon.com



Photo credit: runphotos.com

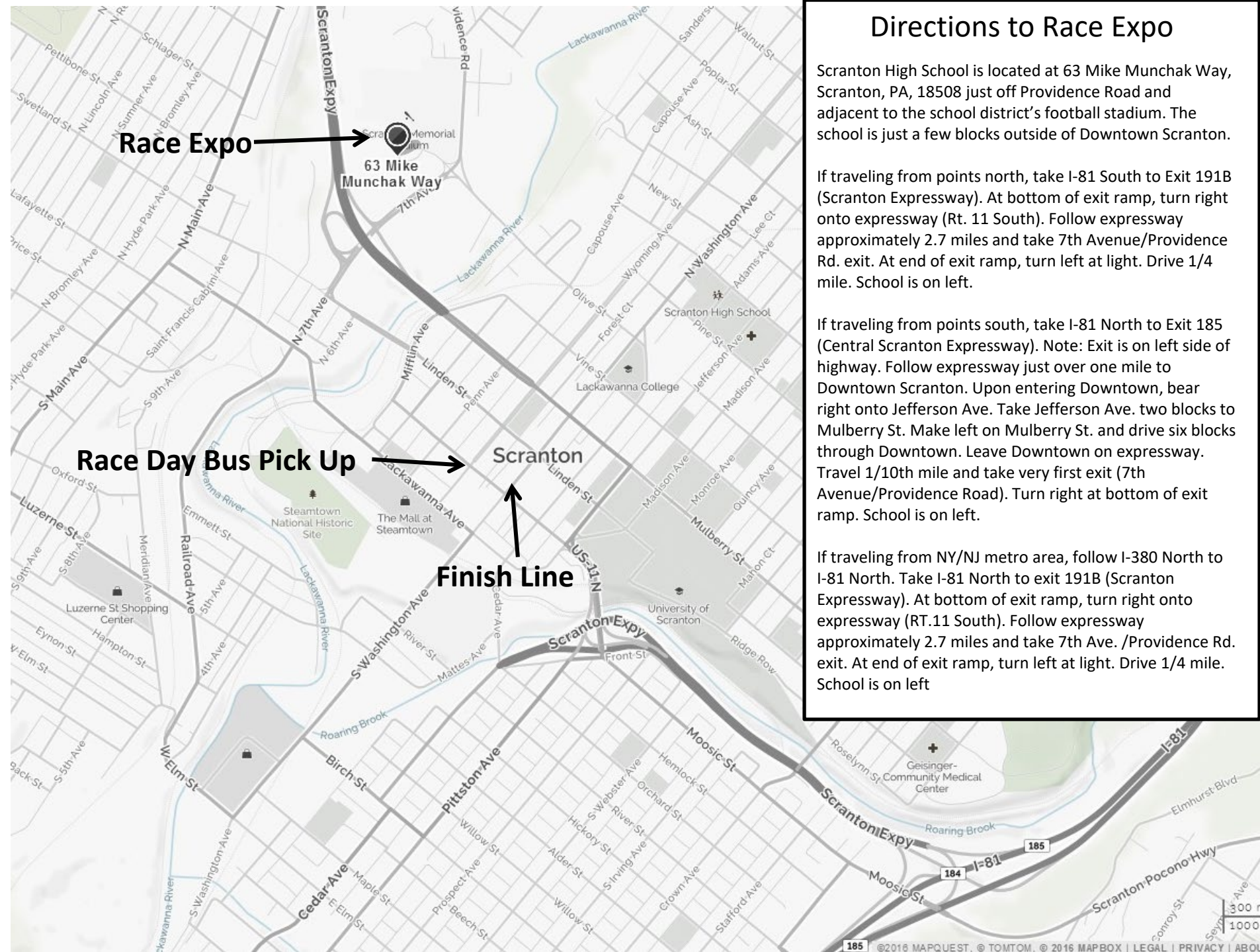
Directions to Race Expo

Scranton High School is located at 63 Mike Munchak Way, Scranton, PA, 18508 just off Providence Road and adjacent to the school district's football stadium. The school is just a few blocks outside of Downtown Scranton.

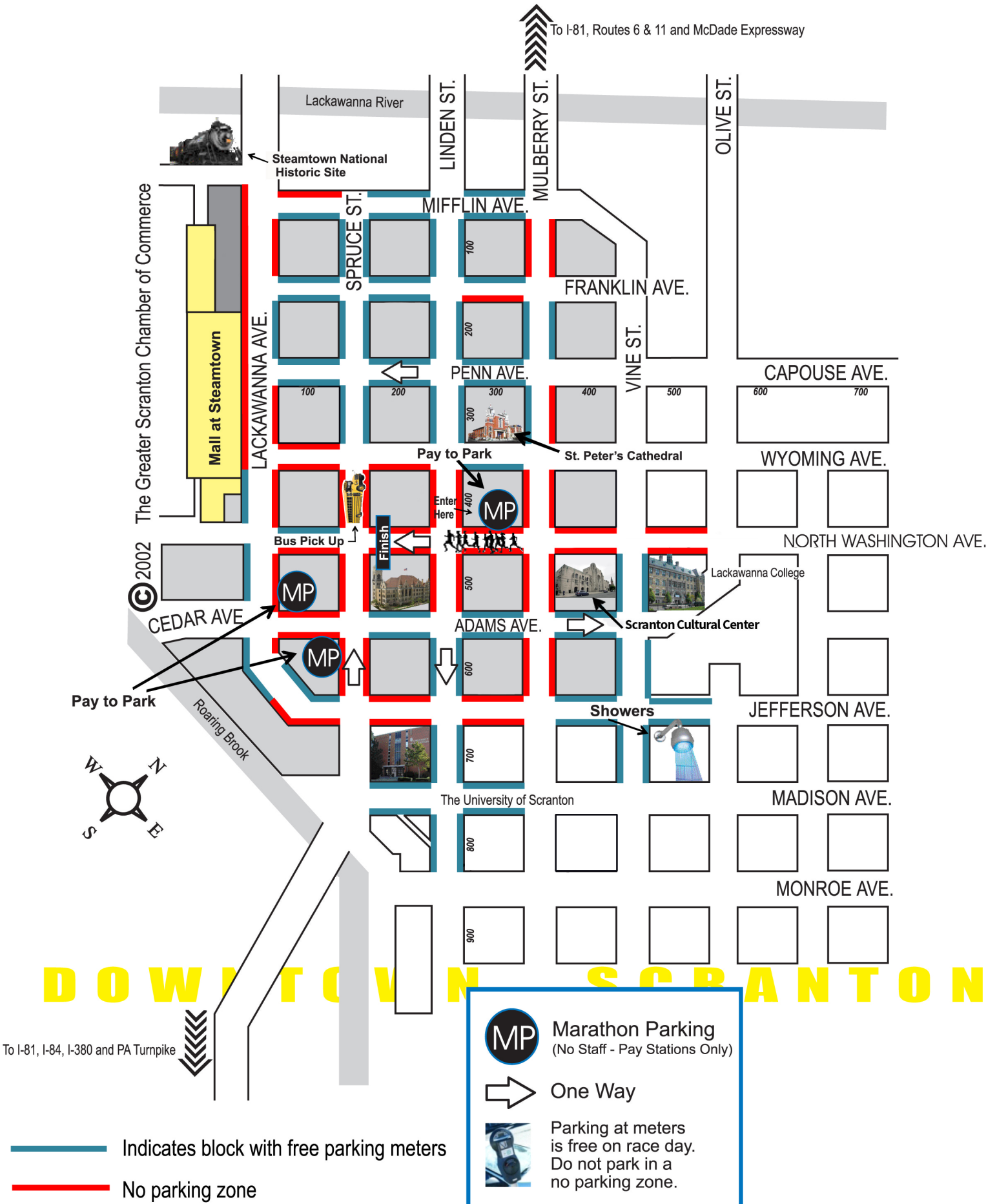
If traveling from points north, take I-81 South to Exit 191B (Scranton Expressway). At bottom of exit ramp, turn right onto expressway (Rt. 11 South). Follow expressway approximately 2.7 miles and take 7th Avenue/Providence Rd. exit. At end of exit ramp, turn left at light. Drive 1/4 mile. School is on left.

If traveling from points south, take I-81 North to Exit 185 (Central Scranton Expressway). Note: Exit is on left side of highway. Follow expressway just over one mile to Downtown Scranton. Upon entering Downtown, bear right onto Jefferson Ave. Take Jefferson Ave. two blocks to Mulberry St. Make left on Mulberry St. and drive six blocks through Downtown. Leave Downtown on expressway. Travel 1/10th mile and take very first exit (7th Avenue/Providence Road). Turn right at bottom of exit ramp. School is on left.

If traveling from NY/NJ metro area, follow I-380 North to I-81 North. Take I-81 North to exit 191B (Scranton Expressway). At bottom of exit ramp, turn right onto expressway (RT.11 South). Follow expressway approximately 2.7 miles and take 7th Ave. /Providence Rd. exit. At end of exit ramp, turn left at light. Drive 1/4 mile. School is on left



To I-81, Routes 6 & 11 and McDade Expressway



Directions to Forest City High School (START)
100 Susquehanna Street, Forest City, PA 18421

From Downtown Scranton (an approximately 45-minute drive)

- From bus pick-up at Wyoming Avenue and Spruce Street, follow Wyoming Avenue (head away from Mall at Steamtown) two blocks to Mulberry St. Turn left onto Mulberry Street.
- Follow Mulberry St. three blocks. Stay straight to enter Scranton Expressway. Follow Expressway 3.1 miles to Y in road then bear right towards “**Business Route 6 East/Dickson City**”.

NOTE: If you are traveling on I-81 North from Scranton and points south, take 191A (Business Route 6 East/Dickson City) and follow the below directions.

- Follow **Business Route 6 East** approximately 11.8 miles all the way to Main Street in Carbondale.
- While traveling on Business Route 6 East you will pass the Viewmont Mall and numerous shopping malls, restaurants, car dealerships, etc... As you get close to Main Street in Carbondale you will pass Carbondale High School and then a Shopping Center and Burger King on your left. **Stay on Business Route 6 East!**
- Upon arriving in Downtown Carbondale, make a left turn at the traffic light onto Main Street (**watch for detours by local police**).
- Travel approximately ½ mile through Carbondale on Main Street.
- Just past the YMCA, turn left at the light onto N. Church Street.
- Drive less than 1/10th of a mile (around curve) and make a left onto **Route 171 North**.
- Follow Route 171 North approximately six miles (through Simpson and Vandling) to Main Street in Forest City.
- Once on Main Street in Forest City look for signs for “Bus Route” and for 247 South (Dundaff Street).
- Make a left onto Dundaff Street (247S) and go uphill (**or follow directions by local police**).
- Travel two blocks uphill and make a left onto Hudson Street then follow signs to Forest City High School.
- Upon arriving at the school, drivers will be directed to a runners’ drop off point and then redirected off of school grounds. If you plan to bring a runner to the start, drop them off, and then leave immediately, you will be able to use the roads you took to get to Forest City. However, if you stay to watch the start of the race (not recommended), those same roads will be inaccessible and you will need to use an “escape route” to leave the area. Visit www.steamtownmarathon.com and click on Directions to see escape route. **Spectator parking at the start is very limited.**

Escape Route Out of Forest City To Viewpoint # 1

If you drive an athlete to the starting line, you will be able to drop them off and leave right away using the roads you took to get there. However, shortly after the race starts, Route 171 (very likely the road you took to get to the Forest City High School), will be filled with runners. Therefore, if you stay to watch the start, you will need to follow an “escape route” to leave the area and get to Viewpoint #1.

The following route is recommended:

Leave your parking area and head back to Dundaff Street/Rt. 247 (the steep hill you drove up to get up to the high school). Turn left onto Dundaff Street/247 South (go up the hill, not down).

Follow 247 South/Dundaff Street (winding country road) about 2.9 miles. Then, at intersection, make a left turn to stay on 247 South. **Keep following signs for 247 South!**

Follow 247 South about 1.1 miles and make a right at the stop sign by the lake. Stay on 247 South.

Drive about 1.3 miles and make a left at the stop sign to stay on 247 South.

Drive about 3 miles. At intersection with the stop sign/blinking traffic signal, turn **LEFT** onto Route 106 **EAST**.

Stay on Route 106 EAST all the way to the City of Carbondale. At about 4.8 miles on Route 106 EAST you will enter Downtown Carbondale and will begin to see the runners on Main Street one block to your left. **DO NOT TURN LEFT TOWARDS THE RUNNERS!** Continue straight a few more blocks until you come to the T-intersection (2nd stop sign in Carbondale). Viewpoint #1 is just one block to your left, **BUT**, turn **RIGHT** at the stop sign. Drive about ¼ mile and you will see a shopping center on your right. Find a place to park and walk back to Viewpoint #1.

- If you'd rather go to Downtown Scranton (finish), turn right at the T-intersection (that's 8th street). Pass Carbondale High School on right. A short distance later, 8th St. becomes Business Rt. 6 West. From the T-intersection, follow 8th St/Business Rt. 6 West about 12 miles. When you reach the Viewmont Mall, proceed straight onto the Scranton Expressway/RT, 11 South. Follow the Scranton Expressway/Rt. 11 South about 2.8 miles to entrance to Downtown Scranton at Mulberry St. (Expressway becomes Mulberry Street).

Steamtown Marathon Viewpoints

Viewpoint # 1 – Main Street, City of Carbondale

Distance from Downtown Scranton – approximately 15 miles

Point in the Race – **8.2** mile mark. Expected Arrival Time by First Runners at this Viewpoint – 8:45 a.m.

Directions:

- Leave Downtown Scranton going north on Mulberry St and merge straight onto Expressway.
- Take the Scranton Expressway approximately 3.1 miles.
- At Y in road bear right onto **Business Route 6 East** towards Dickson City.
- Pass the Viewmont Mall on Bus. Rt. 6 East.
- Drive through many traffic lights and pass numerous shopping areas on Bus. Rt. 6.
- As you near Carbondale (about 13 miles from Downtown Scranton) **stay on Bus. Route 6 East.**
- Pass Carbondale High School on your left (14.4 miles from Downtown Scranton)
- When you see the shopping center with the Burger King on your left (14.7 miles from Downtown) you are just a two-block walk from Viewpoint # 1 on Main Street in Carbondale.

NOTE: Viewpoint # 1 may also be accessed by taking Interstate 81 to Exit 191 A and then following Business Route 6 East as described above.

Viewpoint # 2 – Main Avenue & Bridge Street, Jessup Borough

Distance from Viewpoint # 1 – approximately 9.3 miles

Point in the Race – **17.15**-mile mark. Expected Arrival Time by First Runners at this Viewpoint – **9:30 a.m.**

Directions from Viewpoint # 1 to Viewpoint # 2:

- Reverse direction and travel on **Business Route 6 West.**
- Travel 5.9 miles.
- Pass the former **Sugerman's** Shopping Plaza on left
- At traffic light **just past** Sugerman's, make a left onto Betty Street (**by Monroe Muffler**)
- Travel ½ mile (you'll pass gas station/convenient mart on left).
- At T-Intersection by cemetery (6.7 miles from Viewpoint #1) make a left toward Jermyn.
- Drive 3/10ths of one mile and bear right onto Kennedy Dr. (by small grassy island).
- Travel 1.1 miles to bottom of hill.
- At bottom of hill, make a right turn onto Main Avenue (expect some traffic congestion here).
- Follow Main Ave. 1.1 miles to stop sign at corner of Main Ave. & Bridge St (**see runners on left!**)
- Either turn right on Bridge St. and look for place to park **OR...**
- ...**OR** continue driving 1/10th of a mile on Main Avenue to Walnut St (restaurant on your right at the corner of Main and Walnut). Turn right onto Walnut St. to find additional parking.
- **DO NOT PARK ON MAIN ST. AT ANYTIME!!! DO NOT TURN LEFT ONTO COURSE!**

Notice: Please use caution and courtesy at all times. Watch for volunteers and spectators. Proceed at a safe speed at all times. DO NOT CROSS THE PATH OF THE RUNNERS!

To travel to the finish, continue in the same direction on Main Ave. Pass through the light at Keystone Avenue and continue driving on Main Ave. until you come to the light by Mid Valley Hospital/Commonwealth Health. Bear left at the light and continue on Main Ave. (you'll pass Fiorelli's on your left a short time later). Continue on Main Ave. until you see the big anchor (yes, anchor) near the light on W. Lackawanna Ave. (you'll see runners again here on your left – near 20 mile mark).

Turn right at light (W. Lackawanna Ave.) and travel uphill 6/10th's of one mile. At very top of steep hill, make a right and drive ½ mile. Immediately after driving underneath highway overpass bear left and follow signs for Bus. Route 6 West. Follow Bus. Route 6 West approximately 2.9 miles (pass numerous shopping areas) and you'll see signs for "Scranton Expressway/Route 11 South". Follow expressway into Downtown Scranton. You'll enter downtown on Mulberry St.

IMPORTANT NOTICE!



With the safety of our runners, volunteers, and spectators in mind, The Steamtown Marathon race committee has banned runner knapsacks, gym bags, duffel bags, drawstring bags and similar non-transparent bags on our buses, at the start and at the finish.

Runners interested in having their belongings transported from the start to the finish can obtain a free, clear plastic bag at the packet pick-up table at the race expo. These clear plastic bags will also be available at several baggage stations at the start area. and at the buses on race morning.

The bag ban **does not apply** to hydration packs, hydration vests, hydration belts and fanny packs. Please be advised however, that law enforcement officials and/or marathon race officials may ask to examine such items, especially upon boarding a bus on race morning or entering Forest City High School at the starting line. Such an examination should take just a moment or two. The marathon asks that you be cooperative should you be asked to submit to such an examination.

At the starting line, runners are allowed to go inside Forest City High School to stay warm and dry. Runners are strongly advised to pack lightly and limit the belongings they wish to have transported to the finish. **Under no circumstances should runners attempt to board a bus on race morning carrying a non-transparent bag.** Runners who have their own transportation to the starting line should also not bring their belongings in a non-transparent bag. UPS will transport runner belongings to the finish.

Runners who refuse to comply with these security measures risk having their bags confiscated by law enforcement officials. The Steamtown Marathon thanks you in advance for adhering to this important safety regulation.

Spectators who bring bags of any type to the start, along the course, or the finish should not leave them unattended at any time. Spectator bags will be subject to search by law enforcement officials.