



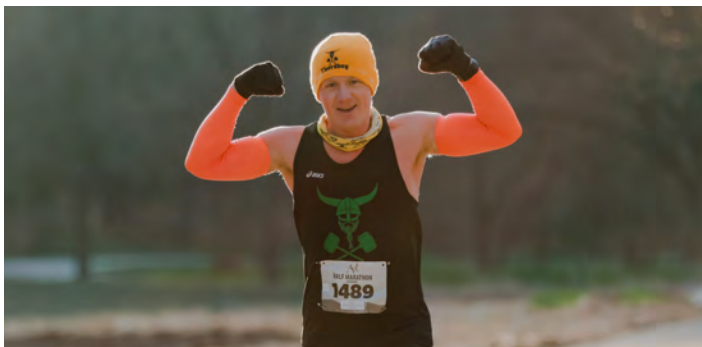
# PACKET PICK-UP

## FRIDAY, MARCH 18TH (11:00 AM - 7:00 PM):

- DoubleTree Hotel (Biltmore Village)
- Full race expo and packet pickup. ([Click here](#) to see vendors joining us at this year's race expo)
- Race registration closes for all events at 6:59pm on 3/18. There is NO race day registration.

## SATURDAY, MARCH 19TH (6:00 AM - 7:00 AM):

- Extremely limited, emergency-only packet pickup in Downtown Asheville near the start line.
- Race number and safety pins only available at this pick-up. You will need to pick-up your race shirt and swag after the race.
- Note: Since you won't have your race number yet, you will not be able to ride the pre-event shuttles on race day if you choose this option for bib pick-up.



# SHUTTLE INFORMATION

## RUNNERS

Shuttle tickets are complimentary and are included in the race fee for the runners. You will need to show your race number to get on the shuttle bus.

## FRIENDS AND FAMILY (SPECTATORS):

may also use the shuttle bus. A shuttle ticket is required to board the shuttle. Tickets can be purchased online (\$20), at the race expo or before boarding the bus on race morning.

## SHUTTLE TIMELINE:

**5:45AM** Shuttles begin from Doubletree Hotel (rear of the hotel) to Pack Square Park in Downtown Asheville (start line) 7:00am Last shuttles leave for the start line from Doubletree Hotel

**7:45-8:00AM** Spectators can board the shuttle at the start line (with ticket) to the finish area at Wedge at Foundation.

**9AM-2:30PM** Shuttles pick-up from Wedge at Foundation (near 12 Bones/Summit Coffee) and return runners and spectators to Doubletree Hotel and Downtown Asheville. Shuttles will leave every 15 minutes starting at 9am, 9:15am, 9:30am up until 2:30pm from the Wedge at Foundation.

**IMPORTANT: THERE IS NO SHUTTLE BUS PICKUP FROM THE FINISH AREA (WEDGE AT FOUNDATION) TO THE START LINE ON RACE MORNING BEFORE THE RACE.**

# RACE DAY TIMELINE

## 6:00 AM - 7:15 AM:

Drop off your runner bags at the Hearts with Hands box truck. The truck will leave at 7:30am and take your bags to the Finisher Bag tent for you to claim after the race.

## RACE START LOCATED:

Pack Square Park: 80 Court Plaza, Asheville, NC 28801

## 7:30 AM:

Asheville Marathon and Half Marathon start at the same time promptly in Pack Square, Downtown Asheville. (mass start, no early or late starts allowed)

## RACE FINISH LOCATED:

Wedge at Foundation: 5 Foundy Street, Suite 10, Asheville, NC 28801

## 9:00 AM - 2:30 PM:

Post Race Party at the Wedge at Foundation (FINISH area)  
Awards Ceremony at the Wedge at Foundation: Half: approx 10:30am, Marathon: approx 11:30am.

# SPECTATOR INFO

The races are spectator friendly, with live music and an opportunity for a personal best at both distances. The marathon features a double loop section along the newly added River Arts District Greenway and along the French Broad River.

Here are a few of places we suggest cheering from!

- Aston Park
- Asheville Riverfront Parks - multiple large parking lots
- NC Wildlife Resources Commission (this is the start of the Greenway)
- Wedge at Foundation, 12 Bones and Summit Coffee
- RiverLink Karen Cragnolian Park
- Carrier Park
- Amboy Road/Mellowdrome parking area
- French Broad River Park

# PARKING

*Please reference the map on page 1*

## AT THE START:

Public parking is available in Downtown Asheville in the parking garages and along the street.  
Parking garages nearby: Rankin and College Street

## AT THE FINISH:

River Arts District has street parking along Lyman Street and parking at the Wedge at Foundation.

NO PARKING ALLOWED AT THE ART GARDEN, JONAS GERARD FINE ART STUDIO AND ANTIQUES AT RIVERVIEW STATION parking lots.

# RACE RULES

- Wear your race number on your front layer. It must be visible at all times.
- All participants are expected to display courteous, professional behavior at all times.
- No rollerblades allowed.
- Runners must run facing traffic on roads that do not have sidewalks. If there are sidewalks available, runners need to utilize the sidewalks.
- Please be courteous to other foot traffic along the route and in downtown Asheville.
- Runners that do not run the distance they signed up for will be disqualified.



## POST RACE PARTY 9 AM - 2:30 PM | FOUNDY STREET

- FREE Beer from the Wedge at the Foundation (MUST BE 21+)
- Photo Ops with backdrops! So wear your medal.
- Awards Ceremony
- Massages by Yoga and Massage
- Race Merchandise for Sale
- Goody Bags available for runners who had Bib mailed!
- Donate and Drop off your hygiene items for Hearts with Hands
- PT screenings from Vitalee PT
- Finisher Bag Tent
- Medical Tent
- Food Truck
- 12 Bones BBQ (open 11am-4pm) just for you! 10% discount with race number!
- Summit Coffee - 25% Off w/race number
- Friday Health Plans
- Hearts with Hands
- Complimentary snacks
- Live Music!
- AND MORE!



## RESULTS & AWARDS

### AWARD CEREMONIES - The Wedge at the Foundation

HALF MARATHON - APPROX 10:30AM  
MARATHON - APPROX 11:30AM

### AWARD & PRIZE CATEGORIES

Top three finishers, Overall (male and female)  
Top overall finishers, Masters (male and female)  
Age group awards, 5 year age increments (top 3 male and female for each)

Awards that are not picked up will be taken to Fleet Feet Asheville on Monday, March 21st afternoon. If you are out of town and miss the awards ceremony, you can have yours shipped for \$10.

## RACE PHOTOS

We strive to take as many runner photos throughout the race as possible. We cannot guarantee that we will get a photo of every runner. If you would like to have photos taken of yourself throughout the race, please ask a friend or family member to take some of you on the course. Photos will be posted the week after the race (typically mid-to-end of the week), they will not be available on race day.

## APPALACHIAN TRILOGY



### RUN 13.1 x 3

Complete 3 out of 4 of our half marathons\* in 2022 and get a sweet, Appalachian Trilogy medal.

Asheville Marathon and Half Marathon, Jump off Rock Half Marathon, RAD (River Arts District) HALF Marathon, Black Bear Half Marathon, Hendersonville, NC. When you finish 3 of the 4 races, you will receive a commemorative Appalachian Trilogy medal. You can do these events either in-person or virtually to be part of the series! The deadline to be registered for at least 3 of the races is July 10th at midnight so we have time to order the medals.

[LEARN MORE HERE](#)



# MARATHON + HALF COURSE INFORMATION

**MARATHON + HALF START: 7:30AM MASS START, PROMPTLY, NO LATE STARTS ALLOWED**

**MARATHON + HALF COURSE CUT OFF: 2PM**

**Course Type:** Point to Point

**Stroller friendly?** No

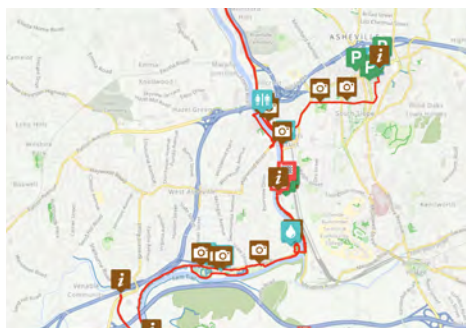
**Disability friendly?** No

**Dogs allowed?** No

**Weather:** Spring in the mountains means anything can happen. Wear layers!

## BAG CHECK AVAILABLE

Drop off a bag for you to have at the finish! Finisher Bags can be dropped off at the start area at the Hearts with Hands box truck before the race starts. After the race starts, bags will be taken to the finisher bag tent. Please affix the number that is affixed to the tear off tag on your race number to your bag. Runners **MUST** show their race number at the Finisher Bag tent at the vendor area at the finish line to claim your bag.



**ELEVATION GAIN: 440 FT,  
ELEVATION LOSS: -649 FT.**

**PACERS: 3:30, 3:45, 4:00, 4:15,  
4:30, 4:45, 5:00, 5:15, 5:30**

**ELEVATION GAIN: 204 FEET  
LOSS -414 FEET**

**PACERS: 2:00, 2:15, 2:30, 2:45**

## WATER STATIONS

Our water stations will provide a variety of options and choices to support your race experience and personal preference. We offer water, gels, bars and an electrolyte drink. Each water station will have porta johns or restrooms nearby. Vote for your favorite water station after the race and they will get \$500 for their non-profit or charity of their choice!

**WATER STATION #1** (Boy Scouts of America) Craven Street Bridge - Marathon: Mile 3.5, 16, & 16.8, Half: 3.5

**WATER STATION #2** (Hearts with Hands) - French Broad River Park - Marathon: Mile 5.2, 14.1, 18.5, & 25, Half: 5

**WATER STATION #3** (Green Moose Fuel) - near Carrier Park Pavilion/Short Michigan Ave - Marathon: Mile 6.6 and 20, Half: 6.5

**WATER STATION #4** (Asheville Humane Society) - Hominy Creek River Greenway Park - Marathon: Mile 8, 11, 21, 22, Half: 8

**WATER STATION #5** (Fleet Feet) - Carrier Park near picnic shelter - Marathon: Mile 12.5 and 23, Half: 10

## RESTROOMS

Portajons are located along the course at each water station, start and finish area. In addition there are public restrooms on the Greenway. These are noted on the race map.

## PACERS

Looking for a Boston Marathon qualifying time? Trying to achieve a PR (personal best)? Just want to make sure you beat the course time-limit? The Asheville Marathon Pace Team leaders can help you achieve your finish time goal!

### MARATHON

10 pace group divisions for the Asheville Marathon: 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:15, and 5:30

### HALF MARATHON

5 pace group divisions for the Asheville Half Marathon: 2:00, 2:15, 2:30, 2:45

Meet the pacers at the expo! Find them at the start line.

## TIMING MAT LOCATIONS

Timing Mats will be on the course to ensure runners have completed the entire course.

# NON-PROFIT PARTNERS

Participants will have the chance to donate to charity partners at registration.



We're about hope, not heartache. As Buncombe County's critical safety net since 1984, we are always here to save and protect every animal. We have mastered the art of saving lives within our walls and now we are going even further, helping our community's pets and their people thrive together. We are going beyond a no-kill community to ensure that each animal has the quality of life they deserve - a life worth living.



Hearts With Hands™ is a Christian, nondenominational, humanitarian, non-profit 501 (c) 3, charitable organization operated by Greg Lentz Ministries.

We provide "Box of Hope" non-perishable food boxes, water, hygiene kits, cleaning supplies, baby supplies, cat and dog food, and more to those facing a natural disaster.



It is the mission, duty and purpose of iDream Athletes Foundation to provide opportunities for Western North Carolina youth and adults who are unable to pay for sporting event fees, coaching, travel expenses and/or equipment to train for and/or participate in our WNC sporting events. We assist in fueling the growth for local running, cycling and multi-sport champions, teams, clubs, locally owned stores and communities in Western North Carolina by providing resource and financial support when conducting our key activities.

# RACE SPONSORS



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