



SUNRISE MARATHON

GUIDE

We're excited to have you be part of our first Sunrise Marathon run!

Sunrise Marathon was designed as a more private, personalized run that focuses on just the run itself.

We strip away a lot of the excess of check-in, after-parties, large crowds, music & DJ, and some of the conventional productions of a typical race.

This way it allows you to just focus on the run and not a lot of the other commotion.

Our theme this year is:

Keep Calm and Run On.

Please read through this guide carefully for everything you'll need to know for the event!

1. YOUR PACKET

Your packet will consist of:

- Race shirt
- Run Cap OR Water Carabiner (one or the other, not both)
- Foldable Drawstring Bag
- Tag (please pickup from coordinator at the run if you wish to be timed)
- Custom (Printable) Bib

If you have not received your packet, please email us at info@luminate5k.com



2. RACE-DAY INFORMATION

- Please check our website at www.sunrisemarathon.org for starting times, course maps, and any updated information.
- Start times have been designed so you finish before Sunrise and can stick around or finish right as the sun rise.
- If you wish to have your times recorded by hand-time, you'll receive a sticker tag from our coordinator. Please be sure to pick one up before your run.
- Your finishing times will be input into our system which will then allow us to post your pace and times online.

Morning Wave

1/2 Marathon - 9:00am
10K - 10:00am
5K - 10:30am

Afternoon Wave

1/2 Marathon - 11:00am
10K - 1:00pm
5K - 2:00pm

Evening Wave

1/2 Marathon - 4:00pm
10K - 5:00pm
5K - 6:00pm



3. IMPORTANT NOTES:

- There will not be an “after-party” per se but after the run and the beautiful sunrise, you can celebrate with a beer or go somewhere to get a bite!
 - If you arrive late, you can still run – however, your finishing time will need to be adjusted.
 - Half-Marathon distances are looped – please count the loops yourself. Or the handtimer will also have loop markers for you pickup after each loop.
 - Plan to arrive at least 15 minutes before the scheduled start time. There is no check-in, you simply walk to the starting area where the hand timer will be setup with cones.
 - The course is marked as best as possible. In the event you get lost or run off course, please finish the best you can and we can try and adjust times.
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FINAL REMARKS & IMPORTANT INFORMATION:

Please review the following:

- Running with kiddos? Be sure to keep them close throughout the run.
- No Alcohol or commercial food permitted in the Park.
- Runners start near the front. If you are planning to walk, please start towards to back to allow runners to clear through first.



FRIENDLY REMINDERS

- Respect each other.
- Have Fun!
- Dispose all trash in trash bins



**HAVE A GREAT RUN
AND WE HOPE YOU
ENJOY THE SUNRISE!**

- Sunrise Marathon



For more information, please visit us at www.sunrisemarathon.com