



# St. Luke's Half Marathon & 5K Race Guide

Everything you need to know for this year's race weekend activities.

Proceeds from the St. Luke's Half Marathon weekend benefit the Lehigh Valley Road Runners' youth fitness programs, which last year helped more than 2,200 Lehigh Valley children take part in a running activity. It's projected that the race will help raise more than \$30,000 in 2015. In fact, the proceeds will help support the St. Luke's Youth Run on Saturday, April 25, in downtown Allentown. Nearly 1,200 children aged 3-14 participated in the event in 2014, many taking their first steps toward a lifetime of fitness.

St. Luke's Half Marathon, PO Box 592, Allentown, PA  
[stlukeshalfmarathon.com](http://stlukeshalfmarathon.com)

Dear Runners,

The St. Luke's Half Marathon is now in its 31<sup>st</sup> year and we could not be more proud of this great Lehigh Valley tradition. Our event is mostly flat with 13 bands along the race route. You'll run through quiet Allentown neighborhoods, through beautiful Lehigh Parkway, across a covered bridge and end with a stadium finish. It's an event that sees a lot of return runners year after year.

The Race Committee of St. Luke's Half Marathon and 5K wish you all a PR in your race this year. The St. Luke's Race is one of the largest events to be put on by an entirely volunteer group. A total of 600 volunteers will guide you through your run and cheer you along the way. Please feel free to bring your families to enjoy the post race food and refreshments. Your entry fees provide for five scholarships and support the seventeen free events the Lehigh Valley Road Runners provides for Youth and Recreational Running in the Lehigh Valley.

Good Running,

Neal Novak and Bob Shively  
Race Directors

Everything you need to know for race day is contained in this race packet. Please take the time to review the information prior to race day.

- Schedule of Events
- Expo and Packet Pickup
- Event Information
- Race Day Logistics
- Spectator Information
- Post-Race Information
- Sponsor Information



## Table of Contents

<b>SCHEDULE OF EVENTS</b> .....	<b>4</b>
<b>RACE DAY CANCELLATION</b> .....	<b>6</b>
<b>EXPO AND BIB PICKUP</b> .....	<b>6</b>
Location .....	6
Parking for Expo .....	7
<b>EVENT INFORMATION</b> .....	<b>8</b>
St. Luke's Youth Run .....	8
St. Luke's 5K .....	8
St. Luke's Half Marathon .....	8
Family Fun Walk .....	8
<b>RACE DAY LOGISTICS</b> .....	<b>9</b>
Getting to the Starting Line: Shuttle Buses .....	9
<i>Parking</i> .....	9
Baggage Check .....	9
Pace Teams .....	10
Mile Markers .....	10
Course Closure .....	10
Medical and Safety .....	10
Aid Stations .....	10
Portable Toilets .....	11
Race Photography .....	11
Spectator Buses .....	11
Post Race Festivities .....	11
<b>TIMING &amp; RESULTS</b> .....	<b>12</b>
<b>AWARD CEREMONY</b> .....	<b>13</b>
<b>LEGACY RUNNERS</b> .....	<b>13</b>
<b>REFERRAL CONTEST WINNERS</b> .....	<b>14</b>
<b>FREQUENTLY ASKED QUESTIONS</b> .....	<b>14</b>
<b>SPONSORS</b> .....	<b>15</b>

**SCHEDULE OF EVENTS**

<b>SATURDAY, APRIL 25</b>	<b>TIME</b>	<b>LOCATION</b>
Race Expo & Bib Pickup	9:00 a.m. – 5:00 p.m.	Holiday Inn Center City 904 West Hamilton Street Allentown
St. Luke's Youth Run	1:00 – 2:30 p.m. Check-in 2:40 p.m. Races begin	PPL Plaza 9 <sup>th</sup> & Hamilton Streets Allentown

<b>SUNDAY, APRIL 26</b>	<b>TIME</b>	<b>LOCATION</b>
Pre-race warm-up	6:00-8:00 a.m.	Allen High School gymnasium
Race day bib pickup	6:15-7:15 a.m. Available only to those who paid the extra fee.	Allen High School gymnasium
5K	8:00 a.m.	17 <sup>th</sup> St. & Linden St., Allentown
Half Marathon	8:10 a.m.	17 <sup>th</sup> St. & Linden St., Allentown
Family Fun Walk	8:20 a.m.	17 <sup>th</sup> St. & Linden St., Allentown
5K Award Ceremony	8:45 a.m.	J. Birney Crum Stadium 2001 W Linden St. Allentown
Half Marathon Award Ceremony	10:45 a.m.	J. Birney Crum Stadium 2001 W Linden St. Allentown



# NEVER *Quit!* St. Luke's Half & 5K

Proceeds benefit youth running and fitness throughout the Lehigh Valley area in the form of free events, scholarships and grants. Races are produced by Lehigh Valley Road Runners, a 5013c non-profit, and presented by St. Luke's University Health Network.



**RACE DAY CANCELLATION**

Our events take place rain or shine. It is at the discretion of the race director to handle unforeseen conditions that could inhibit a safe event. The St. Luke’s Half Marathon is committed to the safety of all its participants and will not sacrifice the safety of anyone. Notifications about weather conditions, cancellations, and other race information will be communicated via the website, email and the onsite announcer. All registration fee and all associated costs are non-refundable.

**EXPO AND BIB PICKUP**

All participating athletes must visit the Expo to pick up their race bibs and shirts. Along with the bib and shirt pickup, exhibitors including retailers, personal trainers, nutritionists, and charity partners of the race will be at the Expo. There will also be great bargains on running and fitness gear, free sampling and information on equipment and nutrition. The Expo focuses on the health, fitness and wellness of runners and endurance athletes.



**Location**

Holiday Inn Allentown Center City, 904 Hamilton Blvd.  
 GPS coordinates: 40.60096901132449, -75.4756611585617

Admission to the expo is free and open to the public.

**In order to pick-up your race bib at the Expo you will need a PHOTO ID.**

If you need to have someone else pick-up your bib, you must complete the following steps:

Provide the person picking up your race bib with a copy of your photo ID. They will be unable to pick up your things without this.

At the Expo, the person picking up your race bib presents the copy of your photo ID at Bib Pick-up.

**Be sure to pick up your official:**

- Race Bib
- Race tech shirt

Please stop by the chip scan table to ensure that all of the information associated with your registration is correct and up-to-date.

## Parking for Expo

**Spiral Deck** at 820-836 Linden Street (former Hess's.) This is a **paid** parking on Saturday.

**Farr (flat) lot** at 20-32 N. 8th Street. This is a **paid** parking on Saturday.

**Fountain (flat) lot** at 923-933 Walnut Street. Free parking on Saturday.

**9th & Walnut deck** at 9th & Walnut. This is a **paid** lot which is adjacent to hotel.  
*Hotel will validate your ticket ONLY if you are a hotel guest.*

## 2015 Vendors

Aardvark Sports Shop  
Delaware & Lehigh National Historic Corridor  
Easton Outdoor Company  
Emmaus Run Inn  
Gatorade  
Girls on the Run  
GUNA  
ID Life  
Lehigh Valley Road Runners  
Lehigh Valley Zoo  
LVHN Marathon for VIA  
Marc David Books  
National Running Center  
Physical Therapy at St. Luke's  
Runner's World Half & Festival  
RUseN  
St. Luke's Center for Nursing Excellence  
St. Luke's Hospital & Health Network  
Strides for Hope  
Team in Training  
The Seltzer Group  
The Stick  
Words from the Wise

### EVENT INFORMATION

#### ST. LUKE'S YOUTH RUN

**Location:** PPL Plaza, 9<sup>th</sup> & Hamilton Streets, Allentown

**Please note:** All check-in and race day registration will occur across the street from Holiday Inn Allentown at PPL Plaza. \*\* Do not enter the expo to register or pick up your child's bib. \*\*

**Check-In:** 1:00-2:30 p.m.

**Race Start:** 2:40 p.m. sharp

**Finish Line:** Children will be escorted to a parent pickup spots at the conclusion of each race. Parents should meet at this location to pick up their children.

All children will receive a free t-shirt on a first come, first served basis. Each child must wear an official race bib. Parents may run with children in the age 3-4 Division.

#### ST. LUKE'S 5K

**Location:** Allen High School, 126 North 17<sup>th</sup> St., Allentown

**Race Start:** 8:00 a.m.

**Finish Line:** All runners will finish inside J. Birney Crum Stadium

#### ST. LUKE'S HALF MARATHON

**Location:** Allen High School, 126 N. 17<sup>th</sup> St., Allentown

**Race Start:** 8:10 a.m.

**Finish Line:** All runners will finish inside J. Birney Crum Stadium

All finishers for both the 5K and half marathon will receive a unique finisher's medal as they cross the finish line. Food and refreshments will be available at two different locations within the stadium. Free massages are available in the therapy tent located directly next to the baggage claim tent.

#### FAMILY FUN WALK

**Location:** Linden Street between 17<sup>th</sup> & 18<sup>th</sup> Streets, Allentown

**Start Time:** 8:20 a.m.

**Finish:** J. Birney Crum Stadium

This 1.5-mile walk begins at the official starting line and heads west to Cedar Beach, through the park and finishes inside the stadium.



## RACE DAY LOGISTICS

### Getting to the Starting Line: Shuttle Buses

#### **Holiday Inn Downtown Allentown**

Three buses will start shuttle service from the Crowne Plaza to the Allen High School Gym (at the starting line) which will be open for staying warm if chilly, stretching, and for indoor rest rooms starting about 6:15 a.m. and will run continually until the start of the race.

#### **Wingate Inn, Comfort Suites, Holiday Inn Express, and Howard Johnsons**

Three buses will provide shuttle service from the Wingate Inn, Comfort Suites, Holiday Inn Express and Howard on Hamilton Boulevard to the Allen High School Gym (at the starting line) which will be open for staying warm if chilly, stretching, and for indoor rest rooms starting about 6:15 a.m. and will run continually until the start of the race.

For other hotels you must speak to the hotel to see if they would be willing to provide shuttle to the race.

### Getting Back to Hotel or Parking Lot

At the end of the race, buses will be available at J. Birney Crum Stadium (race finish) to shuttle runners and spectators back to the Crowne Plaza, Wingate, Comfort Suites, Holiday Inn, and Howard Johnsons with a first stop at the Fairgrounds parking lot for those who drove.

### Parking

There is parking at the Allentown Fairgrounds that is a two-block walk to the Allen High School gymnasium. The Fairgrounds parking area will be patrolled by security. Please arrive early to park in the Allentown Fairgrounds lot to avoid the crowds.

### Baggage Check

All baggage will be collected at the curbside drop off area located on Turner Street just outside of the main entrance to Allen High School's gymnasium. This is just one block up from the starting line. Bags will be delivered by truck from this point to the Baggage Claim tent near the finish line in J. Birney Crum Stadium. Please ensure that your tear off bib tag is attached to your gear bag. This will enable us to return your bag to you quickly and efficiently. It is also advisable to place a card showing your name and bib number inside of your bag. In the event the bag tag comes off, this will permit the volunteer staff to assist you to claim your bag.



**Items left along the route at any spot will be considered a donation to a local charity and will not be returned.**

While we take the utmost care with all items left at the gear drop areas, we DO NOT recommend putting valuable or expensive items like cameras, car or house keys, cell phones, money, watches/jewelry, expensive clothing, or otherwise in the gear drop bags.

### Pace Teams

Our pace leaders will be pacing the half marathon race. Please stop by the Pace Team table at the Race Expo to meet the pace leaders, ask them any specific questions you may have about the course or their pacing style.

The Pace Teams will be assembling in the gymnasium on race morning and will move to the start corrals approximately 15-20 minutes prior to the race start. They will be carrying signs with the time in which they will finish the race (hours and minutes).

Pace groups for the following half marathon times: 1:30, 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:10, 2:20, and 2:30.

### Mile Markers

Each mile for the half marathon course will be accurately marked as certified by the USATF. There will be a clock at the start and finish.

All of the turns will be clearly marked by a sign and staffed by a uniformed volunteer or law enforcement officer. Please obey their instructions; they are there for your protection and safety.

### Course Closure

You must complete our event in 3 hours. The half marathon course will be closed at 11:15 AM. All runners must maintain a pace of 13:44/mile that enables them to cross the finish line no later than 11:15 AM. Runners falling behind this time will be required to move to the side of the road or sidewalk and obey standard traffic laws such as stopping at stoplights and intersections. Aid stations will not be available after 11:15 AM.

### Medical and Safety

There is a medical aid station in Lehigh Parkway at mile 8 and at the finish line. There will be a Medical Tent located at the finish line.

### Aid Stations

The half marathon aid stations will be located every 2 miles throughout the half marathon course. Each aid station will be equipped with water and Gatorade. Energy gels will be available at mile 9.

There will be an aid station for the 5K race which runners will pass by twice. The station will be equipped with water and Gatorade and is located at mile 1½.



### Portable Toilets

Portable bathrooms will be located at the Allen High School gymnasium, finish line, and at miles 2.5, 3.5, 5.5, and 11.

### Race Photography

Remember to wear your bib on the front of your shirt and smile when you run past photographers! Official race photography is by **myevents.com**. Photos are posted within 72 hours after the race and participants will be notified by email when they are available.

### Spectator Buses

All buses taking spectators to viewing points: 15th St. & Martin Luther King, and the Covered Bridge in Lehigh Parkway. Buses will load spectators in front of Allen High on 17th Street. All buses will run continually throughout the race.



Buses are free for spectators. Please understand that as per the bus company's regulations, we cannot allow dogs onto the buses.

### Post Race Festivities

Enjoy post-race food located at one of the two food stands located at each end of the stadium. The Vegetarian Vegetable & Pierogi Soup has been a crowd pleaser year after year. Food is provided by Chef Jamie McKeon. Race participants and their family members are invited to enjoy our post-race spread.

Grab a massage in the Therapy tent located next to the Baggage Claim tent.

Swap your race shirt (unworn, please) for a different size at our Shirt Swap table located next to the Baggage Claim tent.



## TIMING & RESULTS

We will be using single-use **ChronoTrack B-Tag** as a timing device to time you throughout the race. Please ensure the following in order to receive an accurate time.

- Race bib is clearly visible on the front of the torso
- Race bib is unaltered and unmodified (Do not fold or wrinkle)
- Race bib is pinned in all four corners
- Race bib is not covered (jackets, runner belts, water bottles, etc.)

You will receive your bib at the Race Expo, or on race morning if you selected Race Day Pickup. Remember to wear your bib on the front of your shirt or shorts - not on the back.

If you do not pick up your race bib at the expo and did not sign up for Race Day Pickup, your bib will not be available on the morning of the race. Please make the proper arrangements to pick up your race materials, or have someone pick them up for you.

### Half Marathon Bibs



CORRAL 1

Green bibs

Predicted finish under 1:49:59

CORRAL 2

Yellow bibs

Predicted finish 1:50 to 1:59:50

CORRAL 3

Blue bibs

Predicted finish 2:00 & above

### 5K Bibs



### Race Results

Timing for the St. Luke's Half Marathon & 5k is done by Queen City Timing. Results will be posted inside the stadium at the upper concession stand on race day and on the website within 2 days.

Receive instant results via the [Queen City Timing Results app](#) on your Android or iPhone.

**AWARD CEREMONY**

Our award ceremony takes place inside J. Birney Crum Stadium. You must be present to collect your award. We will not mail awards. If you think you might be eligible for an award, please check the unofficial results that will be posted at the post-race refreshment stand at the top of the stadium.

- 8:45 a.m. – St. Luke’s 5K Award Ceremony
- 10:45 a.m. – St. Luke’s Half Marathon Award Ceremony

**SNEAK PEAK OF THIS YEAR’S MEDALS**



**LEGACY RUNNERS**

A legacy runner is a participant who has completed every half marathon since 2001 when we became the Runner’s World Half Marathon and marked the evolution of the event into today’s St. Luke’s Half Marathon. These runners have made the decision to run each year regardless of bad weather, injuries and any other unexpected circumstances. Thank you for your extreme commitment. We hope that you will join us in many more races to come.

- Chris Braun
- Thomas Brennan
- Tom Churylo
- Frank Healey
- Bill Kaiser
- Scott Lowry
- Jim McCullough
- Sarah Monte
- John Moylan

- Andre Nortje
- James Paulus
- Constantino Ramirez
- Philip Salen
- Andy Scappaticci
- Elizabeth Sharkazy
- Thomas Thielen
- Mary Young

## **REFERRAL CONTEST WINNERS**

For our 2015 event we hosted a referral contest that ran from October 1, 2014 to March 15, 2015. Contestants received credit for each runner who registered to run our 5K or half marathon via a unique referral code. An internal system tallied the results.

### **Congratulations to our top winners.**

- 1<sup>st</sup> place – Nahla Hanna
- 2<sup>nd</sup> place – Angela Stanski
- 3<sup>rd</sup> place – Greg Duff

## **FREQUENTLY ASKED QUESTIONS**

Our runners tend to ask a lot of questions, which is good! We have compiled the most frequently asked questions on our website and encourage you to check them out. Please visit: [stlukeshalfmarathon.com/participant-information/faq/](http://stlukeshalfmarathon.com/participant-information/faq/)



SPONSORS

St. Luke's Half Marathon Sponsors

Presenting Sponsor



Gold Sponsors



Silver Sponsors



Bronze Sponsors



St. Luke's 5K Sponsors

Presenting Sponsor



Platinum Sponsor



Gold Sponsor



Silver Sponsor

