



ARMED SERVICES MARATHON

★★ HALF MARATHON AND 5K ★★

PRESENTED BY



ADELAIDE
POINTE

GRAND HAVEN, MI
SUNDAY, MAY 19TH, 2024

2024 Athlete Guide





ADELAIDE POINTE

Proud presenting sponsor of this event.

ADELAIDEPINTE.COM

WELCOME RUNNERS

FROM THE RACE DIRECTOR

We are thrilled to welcome you to the 2024 Armed Services Marathon, Half Marathon & 5K presented by Adelaide Pointe!

The Armed Services Marathon, Half Marathon & 5K honors all branches of our military as well as our first responders. It is our distinct pleasure to have these fine service men and women and first responders as part of this event. Additionally, we are thrilled to once again support FOLD OF HONOR and their mission of providing scholarships to the spouses and children of America's fallen and disabled service members

Races simply are not possible without strong support of community sponsors listed on the next page. Please thank them and support their businesses

Ron Knoll
2024 Race Director, Tris4Health Lakeshore Events



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SPONSORS



ADELAIDE POINTE



MY SUBARU OF MUSKEGON



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RACE WEEKEND SCHEDULE

PACKET PICKUP / LATE REGISTRATION

We will hold TWO packet pick-ups, one on Saturday and one race morning, both at the race venue located at **Grand Haven High School** (17001 Ferris St, Grand Haven, MI 49417). Look for the big white tent.

**Changes can be made at either Packet Pick-up but not after.*

SATURDAY, MAY 18

Packet Pickup / Late Registration

4:00 PM – 8:00 PM

SUNDAY, MAY 19

Packet Pickup / Late Registration

5:45 AM – 7:15 AM

RACE DAY

**As noted above, we will hold packet pickup / late registration on race morning until 7:15 AM.*

OPENING CEREMONIES / RACE START / RACE END

7:00 AM – “Early Marathon / Half Marathon Start”

If you are doing the early Marathon start, you need to alert our timer on the stadium track.

*This is **ONLY** for people doing the Marathon and not able to finish in the 6 hour time limit.*

7:15 AM – Folds Of Honor

7:20 AM – Acknowledgment: Members Of Military, Folds Of Honor, Representatives Of Law Enforcement & First Responders

7:25 AM – Final Pre-Race Instructions

7:35 AM – Presentation of The Joint Services Honor Guard

7:37 AM – National Anthem performed by Margot Hamm

8:00 AM – Marathon / Half Marathon START

8:30 AM – 5k START

2:00 PM – Race End

AWARDS (Approximate Times)

9:40 AM – 5K Awards

11:40 AM – Marathon Round #1

10:30AM – Half Marathon

2:00 PM – Marathon Round #2

Overall Awards: Awards will be given to the overall top 3 finishers male and female for all events in the following categories: Overall, Masters, Grand Masters.

Age Group Awards: Awards will be given to the 1st, 2nd, and 3rd place male/female finishers of all distances in each of the following age group: <9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 75-79, 80+.

**Those participating in the ‘EARLY START’ are NOT eligible for awards .*

EVENT PARKING

Our venue is located at Grand Haven High School.

17001 Ferris St, Grand Haven, MI 49417

When approaching the high school, you'll enter the high school parking lot using the far West entrance to the property. The 2 entrances East of that entrance will be blocked off.



COURSES

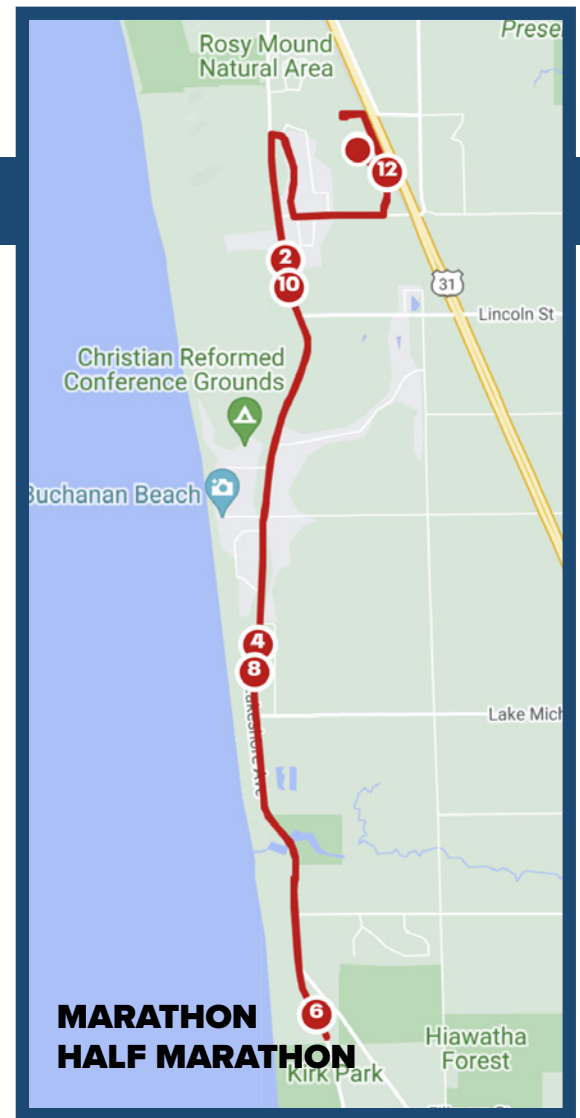
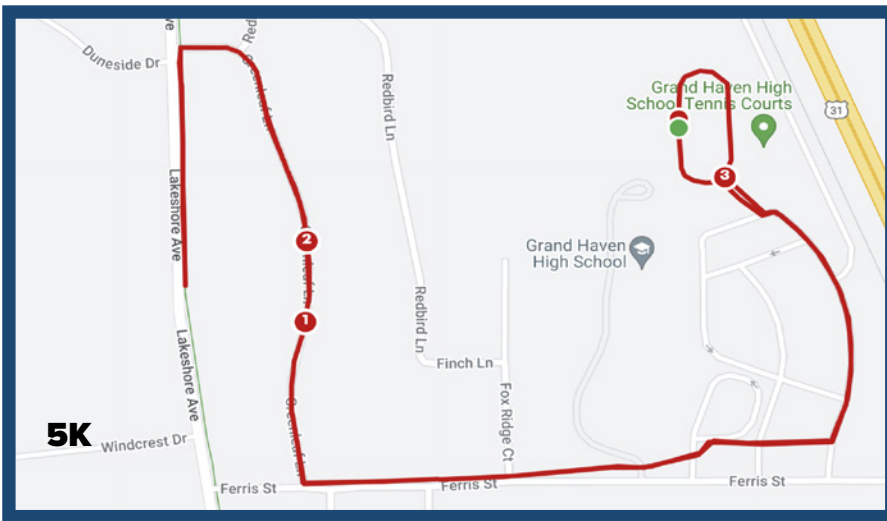
FAST & FLAT COURSES

MARATHON / HALF MARATHON

Enjoy our out-and-back course with lots of support by members of the military staffing our aid stations. The Half Marathoners will do the course ONCE, the Marathoners will do the course TWICE.

5K

Enjoy our out-and-back course with lots of support by members of the military staffing our aid stations.



AID STATIONS

EVERY MILE ON COURSE

ENJOY A SUPPORTED RACE

We will have bananas, pretzel bites, GU, Gatorade and Water on the course at every mile.

VOTE FOR YOUR FAVORITE AID STATION

In addition to providing a Joint Services Honor Guard and offering displays at the venue, our military branches will be staffing aid stations to assist you with your event. The branches are having a friendly contest where you can vote on your favorite aid station. You'll receive an email after the event so you can place your vote. The winning military branch will receive the annual traveling trophy for Favorite Aid Station.

TIMING, TRACKING & RESULTS

RESULTS.TRIS4HEALTH.COM

Spectators can track their athletes in real-time during the event by using the SportStats Tracker app available in the app store. This app will allow spectators to see approximately where on the course the athlete is.

Results will be available on results.tris4health.com after the race.

Please keep in mind results on the SportStats Tracker App (available in the app store) are not final or official. Visit sportstats.us to find your results online. For questions regarding your results, go to www.sportstats.us and submit an inquiry through their contact link at the bottom of the page.



DISTANCE COLORS

ALL BIBS & COURSE SIGNAGE IS COLOR CODED



MARATHON = RED



HALF MARATHON = BLUE



5K = WHITE

IMPORTANT NOTES

BE IN-THE-KNOW

RACE BIBS

Your assigned race bib **MUST** be worn on the front of your person at **ALL TIMES** during your entire event. Your race bib must **NOT** be altered in **ANY** way. You may not fold it or trim down in any way. Altering your bib will result in a DQ.

EAR BUDS / PERSONAL MUSIC DEVICES

iPhones or any other music playing devices are allowed. We do suggest that you maintain a lower volume so you remain aware of your surroundings, vehicular and other pedestrian traffic.

PACERS

Outside assistance such as pacers is NOT acceptable and you will be DQ'd and your results will not be posted. Outside assistance pacing includes someone biking with you and/or a non-registered participant running with you.

EAR BUDS / PERSONAL MUSIC DEVICES

iPhones or any other music playing devices are allowed. We do suggest that you maintain a lower volume so you remain aware of your surroundings, vehicular and other pedestrian traffic.

REST ROOMS

The high school football stadium has a very large quantity of bathrooms for your use. We will also have porto-johns on course. **DO NOT** use anywhere other than these approved bathrooms.

PETS

While we enjoy dogs and pets, they are **NOT** permitted to participate nor allowed at the venue, whatsoever. While we love our pets like family, we respectfully need you to leave your pets home.

JOGGING STROLLERS

Jogging strollers are allowed but we need you start at the rear of the pack.

VOLUNTEERS

If you have family or friends that are not running, we can always use additional volunteers. Please respond to this email or contact us on the event website.

BE AWARE / WATCH CROSSINGS

While we have volunteers on the course, we still want you to use caution while participating. **NEVER** assume that vehicular traffic will stop or yield to you because you are in a "race". Enter any intersection with caution and as our mothers said "look both ways before you cross a street".

BE GREEN

There is **NO** littering on the course.



DON'T FORGET TO SMILE WHEN YOU SEE STELLAFLY PHOTOGRAPHERS ON COURSE!

Free photos will be available after the event courtesy of Tris4Health!

THE FINISH

MEDALS, FOOD & MORE.

YOU DID IT!

Cross the finish line, grab your medal and enjoy the post-race food! We will have the following for you:

- SUBWAY SANDWICHES
- BANANAS
- BOTTLED WATER
- CHOCOLATE MILK
- PEPSI PRODUCTS
- GRANOLA BARS
- MIXED POTATO CHIPS

WEATHER

BEAUTIFUL DAY FOR A RUN

(As of Tuesday, May 15th) Expect mostly sunny skies with a high of 73 degrees. If you will be running the marathon at a slower pace, please plan to wear a running hat to put ice in and plan for the weather accordingly.

FOLDS OF HONOR

A PORTION OF THE PROCEEDS TO BENEFIT FOLDS OF HONOR

Since its inception in 2007, Folds of Honor has awarded nearly 44,000 scholarships totaling nearly \$200 million to the spouses and children of America's fallen and disabled service members. We are honored to be able to support this wonderful charity and our service members and their families.

LEARN MORE: michigan.foldsofhonor.org



**DON'T FORGET TO SMILE WHEN YOU SEE
STELLAFLY PHOTOGRAPHERS ON COURSE!**

Free photos will be available after the event courtesy of Tris4Health!



**JOIN US
ON JUNE 22ND
FOR THE BIG RIDE
THEN STAY FOR THE
BIGGEST FINISH LINE
FESTIVAL PARTY AROUND!**

GRAND *JUNE 22, 2024* **RAPIDS FONDO**

PRESENTED BY

KeyBank 



100% OF THE FUNDRAISING EFFORTS TO BENEFIT:

Mary Free Bed[®]
Rehabilitation



TRIS4HEALTH™

MICHIGAN'S PREMIER ENDURANCE EVENTS

**Athlete-focused events:
we do everything for you but race.**

TRIATHLON GRAVEL CYCLING
GRAVEL TRIATHLON RUNNING
TRAIL RUNNING ROAD CYCLING

GET STARTED AT [TRIS4HEALTH.COM](https://www.tris4health.com)

