



WHAT TO EXPECT ON THE MARATHON COURSE

5 ½ Hour Time Limit

To ensure that roads reopen at the scheduled times, the **5 ½ hour course time limit** will be STRICTLY ENFORCED. Please note – this is timing tag time, not gun time. [Course time limits](#) begin when the last participant and Tail Vehicle cross the start line. Runners must keep a 12:34 per mile pace to stay within the time limit. Various cut-off locations will be enforced on the course (details below). Runners or walkers who do not reach the cut-off locations by the times noted will be diverted and will not run portions of the course.

Cutoff Points/Times:

- Mile 8.5 - Hillsborough St & Gardner St
COURSE CUT-OFF TIME – 9:17 AM (4.1 Miles Cut)
- Mile 9.3 - Hillsborough St & Faircloth St
COURSE CUT-OFF TIME – 9:27 AM (2 Miles Cut)
- Mile 13.2 - Pullen Rd & Western Blvd
COURSE CUT-OFF TIME – 10:16 AM (10.6 Miles Cut)
- Mile 14 - NC State, Initiative Way & Oval Dr
COURSE CUT-OFF TIME – 10:33 AM (0.9 Miles Cut)
- Mile 16.4 - Avent Ferry & Gorman St
COURSE CUT-OFF TIME – 10:56 AM (3.4 Miles Cut)

If a participant's pace falls below the [course time limit](#), they have a few additional options:

- Increase their pace to stay within the event minimum pace;
- Board a "sag wagon" shuttle to move forward on the course, where they may continue to participate in the event, maintaining the minimum pace required; or
- If the participant cannot continue, they may board a sag wagon to be dropped off at the next shuttle location, at a nearby medical station. The participant will be seen by a Medical Team captain to be cleared for the medical shuttle to transport the participant to the finish line.

Mile By Mile Course Description

- **Mile 1:** Expect a steady and slight incline as soon as you start going up McDowell St. This incline continues on North Wilmington St.
- **Mile 2:** After about the first mile and a half, you've earned some downhill. Blount street is a steady downhill grade. At Moore Square, look to your left, can you spot the giant acorn as you pass the park? Before you hit Martin Luther King Jr Blvd, you'll pass by [Shaw University](#), founded in 1865.
- **Mile 3:** Chavis Way, expect a steep, quick downhill.
- **Mile 4:** Bloodworth Street, you're climbing again, but don't worry, the historic Oakwood residential area will keep your mind off it!
- **Mile 5:** Watauga St./Brookside Dr: You'll pass the expansive Oakwood Cemetery on your right. Get ready for a steep hill ahead.
- **Mile 6:** Glascock St.: You'll hit a steep hill and some speed bumps (literally) in the road. You've got this.
- **Mile 7:** Peace St.: You've earned it, time for some downhill. There will be rolling hills along this long stretch of road and you will pass by Peace College, St Mary's High School and Cameron Village.
- **Mile 8:** Breaking up is hard to do, but it's time for the Marathon and 1/2 Marathon to split once you hit NC State Campus.
- **Mile 8:** Marathoner's break to the right- And it's downhill on Hillsborough Street- so soak it up!
- **Mile 9:** Downhill won't last for too long, as it's time to start climbing back up. But once you hit Faircloth St, you'll have some downhill.
- **Mile 10:** You've reached Meredith College (which is celebrating its 125th year in 2016!). Watch out for the speed bumps!
- **Mile 11:** You're back on Faircloth street and headed back the way you came (and remember how you had those downhills?). What goes up must come down, prepare for rolling hills as you make your way back to NC State.
- **Mile 12:** You're joining up with Half Marathoners on your other side once you hit North Carolina State. Wave 'hello' because your time together won't be long. Pass by the NC State Memorial Bell Tower.
- **Mile 13:** You'll pass by the WRAL studio and break from the half marathon as you turn right on Western Blvd.
- **Mile 14:** You're still on NC State and will run out on Oval Dr where you'll catch a glimpse of Lake Raleigh. Pass by the brand new James B Hunt state of the art Library.
- **Mile 15-16:** Avent Ferry Road: Prepare for a steep downhill.
- **Mile 17:** And, it's time to go up again. Prepare for a STEEP uphill.
- **Mile 18-19:** You've hit the beautiful Lake Johnson- it's time go off the beaten path as you'll run on a dirt trail until almost mile 19.
- **Mile 20:** Gorman Street: It's been too long since you've seen a hill (we're kidding) time to get those legs cranking up Gorman St. This is a BIG hill. Thistledown Dr. is new this year- and you guessed it, hilly.
- **Mile 21:** Turn onto Main Campus Drive and pass by the Chancellor's house.
- **Mile 22:** You're almost at the home stretch keep pushing!
- **Mile 23-24:** Take in the Raleigh Skyline and take your mind off the rolling hills! You'll be cruising through Dorothea Dix Park!
- **Mile 25:** Boylan Street: The LAST hill of the course! Run your fastest and you could be crowned [King of the Hill](#) in this (almost) 1 mile race to the top (We'll have a starting line so you'll know when to start pushing and an end to the hill so you know when it's over!)
- **Mile 26:** You Made It!! Congrats Marathoner! You have definitely earned your post race beer!