WELCOME TO FARGO!

We are VERY glad you’ve chosen to be with us this weekend! Thank you!

10K, HALF AND FULL MARATHON RUNNERS HIT THE STREETS ON SATURDAY, MAY 18TH!

SANFORD FARGO MARATHON, HALF MARATHON AND 10K

The culmination of your long training happens on Saturday, May 18th! 10K, Half, Full Marathons and Marathon Relay Runners – this is your day!

Once again – The only race of this size to start indoors! The 2019 Sanford Fargo Marathon, Half Marathon and 10K from INSIDE the Fargodome on Saturday, May 18st!

We’re very excited about being able to utilize the awesome Fargodome to create an experience that in ONLY done with the Fargo Marathon!

HERE’S THE PLAN FOR THE INDOOR START:
The Fargodome floor holds approximately 7,000 people comfortably. The largest race we have on Saturday is the Half Marathon, and we will be capping that event at 6,000 participants this year.

We will be starting the three races in waves:
1) Full Marathon (Including Relay Runners) Start at 7:00AM
2) Half Marathon Start at 7:15AM
3) 10K Start at 7:30AM

If you are running the FULL Fargo Marathon, you will be allowed down to the floor of the Fargodome after 6:00AM. Full Marathon participants will be allowed into the Starting Line Chute at 6:00AM.

The Half Marathoners should line up on the floor behind the full marathon starting line chute.

The Full Marathon will start at 7:00AM, and as that group exits the Fargodome, the Half Marathoners should fill into the Starting Chute.

As the Half Marathoners fill into the Starting Chute, the Sanford 10K Participants should begin to make their way to the floor and line up behind the Half Marathoners.

The Half Marathon will start at 7:15AM, and as that group exits the Fargodome, the 10K participant should fill into the Starting Chute.

The 10K will start at 7:30AM or as soon as the last Half Marathoner has cleared the Fargodome Exit.
DAWSON INSURANCE and UPS MARATHON RELAYS

Yes. Running is a team sport!! Gather your friends, family or co-workers to build a 4-person team, with each member running between 5.5 and 7 miles. 400 different teams will be competing for bragging rights at the Annual Dawson Insurance Fargo Marathon 4- Person Relay! Or, break up the full marathon by 2 with the UPS 2-Person Relay! There are four divisions in the Marathon Relay: All Male, All Female, 2 Male & 2 Female and Anything Mixed Division (limited to male or female). Team members will be stationed at exchange stations, and once your runner teammate comes in, it’s time for you to leave! Relay Exchange shuttle buses located on the west side of the Fargodome on race morning will provide transportation to and from these exchange stations…details will be available at the Sanford Health - Health Products & Fitness Expo on May 18th and 19th.

PARKING ON RACE DAY
While there is a lot of parking available at the Fargodome, Saturday morning tends to get pretty busy. For those people coming up to the Fargodome by car, below is a map of the suggested parking lots to use based on when you arrive. As lots fill up, we will close off access and open up other lots.

TAKE A SHUTTLE BUS ON RACE DAY!
For those of you who are from out of town or who wish to avoid driving to the Fargodome on Saturday morning, we’ve got you covered! There are 5 different pickup and dropoff points in Fargo/Moorhead where you can jump on a shuttle bus that will take you to the Fargodome. Once your race is over, those buses will be available to take you back to your original pickup point. See last page for schedule and maps of the shuttles.

RELAY RUNNERS EXCHANGE BUSES
The 2 and 4 Person Relay Runners can utilize our Relay Exchange Buses to get to and from the Relay Exchanges. These buses will be located on the west side of the Fargodome as detailed in the map below.

SPECTATORS AND FANS – WHERE TO HANG OUT ON RACE DAY!
Our Top 5 places for spectators and fans to hang out on race day are below:
1) Downtown Fargo – Broadway!
2) MSUM Campus in Moorhead!
3) Concordia College Campus in Moorhead!
4) Fargodome!
5) 17th Avenue North & Fargodome– The SANFORD FINAL MILE for the runners!

SCHEDULE OF EVENTS

MONDAY, MAY 13TH
12:00Noon
Packet Pickup for the Buffalo Wild Wings Cyclothon Begins – Buffalo Wild Wings on 19th Avenue North – Across from the Fargodome

6:30PM
Buffalo Wild Wings Cyclothon Starts at Buffalo Wild Wings on 19th Avenue North in Fargo

…SCHEDULE CONTINUED ON NEXT PAGE
2019 SCHEDULE

THURSDAY, MAY 16TH
12:00 Noon
Sanford Youth Run Packet Pickup Opens
– Lower Level of the Fargodome

4:00PM
Sanford Health Fitness Expo Begins - Packet Pick-Up Opens @ Fargodome

6:00 PM
Sanford Youth Run Lineup Begins on FLOOR OF FARGODOME!

8:00PM
Sanford Health - Health & Fitness Expo Closes

FRIDAY, MAY 17Th
10:00AM
Sanford Health & Fitness Expo Begins – Packet Pickup Opens

12:PM
Press Conference – Fargodome Lower Level Bison Room

2:00PM
Speaker Series Begins – Fargodome Upper Level

3:00PM
Carter Evenson – Self Defense for Runners

4:00PM
Original Marathon Winners Scott Jansky & Cindy Lewandowski
All Speaker Series are Open to the Public

5:30PM
Sanford Friday Night 5K Lineup Begins INSIDE Fargodome

6:00PM
5K Announcements Begin

6:10PM
Lululemon YOGA STRETCH!

6:25PM
5K National Anthem and Invocation

6:30PM
5K Begins

8:00PM
Sanford Health & Fitness Expo Closes

9:00PM
Packet Pickup / Registration Closed

SATURDAY MAY 18th
5:00 AM
Shuttle Buses begin from designated shuttle bus pickup points (see article in this guide)

5:30 AM
Fargodome Athlete Villages Open to Runners

6:00 AM
Fargodome Indoor Start Line on Floor Opens to Marathon & Half Marathon Runners Only

6:30 AM
THE WEDDING OF ED BROADNAX AND BONNIE LEE

6:40AM
Start Line Announcements Begin

6:50AM
National Anthem & Invocation

7:00 AM
Sanford Fargo Marathon Start:
UPS & Dawson Insurance Marathon Relays Start

7:15AM
Forum Communications / WDAY Half Marathon Start

7:30AM
Sanford Health 10K Start

2:00PM
All Courses Closed

11:00AM
Downtown Fargo Post-Race Pub Crawl on Broadway Begins
SANFORD HEALTH & FITNESS EXPO
The Fargo Marathon is proud to be a partner with Sanford Health, the official sponsor of the Fargo Marathon Expo. This year’s Expo will be held two days inside the Fargodome! The expo runs Thursday, May 16th from 4:00PM until 8:00PM, then again on Friday, May 17th from 10:00AM to 8:00PM.

FARGO MARATHON SPEAKER SEMINARS
Join us in the upper level of the Fargodome on Friday afternoon for the Fargo Marathon Speaker Series! This year’s guest speaker lineup is great!

At 3:00PM, Carter Evenson – Self Defense For Runners!
At 4:00PM, Scott Jansky & Cindy Lewandowski – The MARATHON WINNERS OF THE INAUGURAL FARGO MARATHON IN 2005

UPS BAG CHECK
Thanks to our friends at UPS, ALL Saturday Race Day Participants will be able to check their belongings before you take off for your run at the Fargodome. At Packet Pickup, you will receive your official Fargo Marathon Sackpack as well as a luggage tag which has a number that corresponds to your bib number. Attach the luggage tag to the Under Armour bag, and on race morning, you can place your warm-up clothes into the bag.

Gear must be left in the Fargo Marathon Sackpack…Other bags will not be checked in. The UPS Team will keep your bag secure and you’ll be able to retrieve it at the same location after you’ve finished your race. PLEASE DO NOT place valuables in the Sackpack as we do not accept responsibility for loss or theft.

MARATHON AND HALF MARATHON BAGS WILL BE CHECKED IN ON THE FLOOR OF THE FARGODOME.

10K BAGS WILL BE CHECKED IN ON THE SOUTH CONCOURSE OF THE FARGODOME

PLEASE NOTE: FOR EVERYONE’S SAFETY, ALL BAGS ARE SUBJECT TO SECURITY CHECK

THANK YOU TO OUR FRIENDS AT UPS… RELIABILITY…… GUARANTEED!

COURSE MARKINGS
Each mile will be marked with a large square sign with the mile markers located inside the square. The roads will be marked with WHITE painted arrows and the boulevards will have yellow and black arrow signs posted along the course to indicate the proper directions to be running.

MEDICAL TEAMS & EMERGENCY PREPARATIONS
Our Top Medical Team, Fargo Fire Department and Moorhead Fire Department, Fargo Police Department and Moorhead Police Department and FM Ambulance will be working diligently throughout race day to ensure your safety as much as possible. Look for Medical Dropout Locations at miles 6, 13, 20 and 25. At these spots, there will be designated “Medical Stations” for those in need of medical assistance or dropout options.

AID STATIONS
Aid Stations will be located along the course at miles 2, 4, 6, 8, 10, 12, 14, 16, 18, 20, 21, 22, 23, 24, and 25 where water and Powerade will be available. GU Gels will be available at miles 8 for the Half Marathon and at miles 11 & 21 for the Full Marathon.
SHOWERS
Changing and showering facilities will be provided at the Fargodome at no cost for runners. The showers are located in the hallway directly off of the finish line…find the cut-out under the dome seating. Please bring your own toiletries and towels.

THE 27TH MILE – OPEN TO ALL!
Celebrate your Fargo Marathon Finish in style with the 27th Mile Post Race Party & Concert sponsored by Michelob Ultra and participating establishments. Take in Fargo’s famed downtown on Saturday afternoon and evening for some fun, food, music and more! The first 500 attendees will receive a 27th Mile Finisher’s Medal all the bragging rights you will need! Everything starts at 6:00PM at the Old Broadway in downtown Fargo!

FIND YOUR HAPPY PACE
The Lululemon Pace Team is HERE! Sponsored by Lululemon and brought in as a benefit to the marathon. We will be offering pace groups led by experienced pacers for a wide variety of finish times in both the half and full marathons. Signing up for the pace teams can be done at packet pick-up/registration!

The Lululemon Pace Team is a group of runners led by an experienced leader who run together in the marathon. The pace leader runs a steady pace and keeps track of that pace so that the group can achieve their goal of finishing the marathon at a particular time. There are wonderful benefits of running with a pace group. You’ll be supported by a cheerful leader and will be side by side with other runners sharing the same goal as you.

One of the biggest mistakes that marathoners make is starting out too fast and then hitting the wall in the later portions of the race. The pace team will run at an even pace per mile. If the pace feels too slow in the beginning of the race, that’s normal. Just stay with the group and ask the pace leader about an appropriate strategy for the second half. If you find the pace too fast in the early miles, then slow down and drop back from the team so you’ll be able to finish the race.

There is no cost to join the Pace Teams. About 30 minutes before the start, the Pace Teams will be assembling in the starting area. About 15 minutes before the start, the Pacer will give you some last minute instructions about running with the group. They will talk about the course, what to do if you need a break, and how to make it through the water stops. The Pace Teams will be wearing a signature Pace Team uniform and carrying sticks which show their anticipated Pace/Finish Time.

RACE RESULTS
Race results will be posted on www.fargomarathon.com as they become available. Results will also be provided at the finish line via internet and paper postings. Official results e-certificates will be sent out within 5 days of the race.

RACE PHOTOGRAPHY
At Marathon-Photos the goal is to capture an athlete’s greatest moments on film. They specialize in photographing marathons, half marathons, and triathlon. Marathon-Photos is the official race photographer of the Sanford Fargo Marathon. Check out all marathon weekend photos following the event at www.marathon-photos.com
2019 SHUTTLES

FARGO LOCATIONS
1 - West Acres Shopping Center
   3902 13th Ave. South, Fargo
2 - Radisson
   201 5th St. N., Fargo
3 - Cash Wise Foods
   1401 33rd St. South, Fargo
4 - Sanford Southpointe Clinic
   2400 32nd Ave. South, Fargo
5 - Scheels Arena ~ 5225 31st Ave. South, Fargo

MOORHEAD LOCATION
1 - Moorhead Courtyard by Marriott ~ 1080 28th Ave. S., Moorhead

PARK HERE BEFORE 6:40AM
PARK HERE AFTER 6:40AM

SHUTTLE BUS DROP OFF & PICK UP
RELAY-EXCHANGE BUS STOPS
FOOTBALL STADIUM & CONVENTION CENTER
SANFORD MARATHON 2019
SANFORD
FARGO
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Shuttle Buses going back to original Pickup Points: Wait in West Lot of Fargodome

Buses 11 - 22 can start taking people back to their original pickup locations at 10:00AM