



2020 Road to the River





FROM THE Y

Welcome to the first annual Road to the River Half-Marathon! We are excited that you have chosen to participate in this beautiful run along the Missouri River. Our volunteers and sponsors cannot wait to provide you with a memorable experience here in central South Dakota. Part of the run will take place on the historic Lewis and Clark Trail which was part of the 1804 expedition.

During your time in Pierre and Ft. Pierre, take time to stop at the Chamber of Commerce, hike on the pathways, and even visit our state Capitol. On behalf of the Oahe Family YMCA board members, staff and the many youth, adults and families who benefit from the scholarship funds raised, THANK YOU for being part of our inaugural Road to the River Half-Marathon! Have a great race!



RACE WEEKEND SCHEDULE

(all times are CST)

Friday, July 31st

11am – 8pm Packet Pick-up at the Oahe Family YMCA, 900 E. Church St, Pierre, SD

Saturday, August 1st

8am – 3pm Packet Pick-up at the Oahe Family YMCA, 900 E. Church St, Pierre, SD

Sunday, August 2nd RACE DAY

5:30am - 6:45am Arrive at Steamboat Park near amphitheater (Free Parking)

6:45am - Participants begin to line up at starting line

7:00am - Half Marathon begins!

12:00 pm - Course closes

WHAT YOU NEED TO KNOW

START TIME

- 7am Half Marathon Start

PARKING AND DROPOFF

- Please park in designated parking areas only along W. Dakota Ave and other side streets along Steamboat park.
- Please do not park on any of the grass areas in the park or in private and/or residential parking spaces.
- Additional parking is available next to the Legion on the beach area and is only a short walk from the start.

CHEERING

- Whoohooooo! Let's go! We love spectators to cheer during the event! Feel free to dress up, make some noise (more cowbell), and encourage all of our participants.

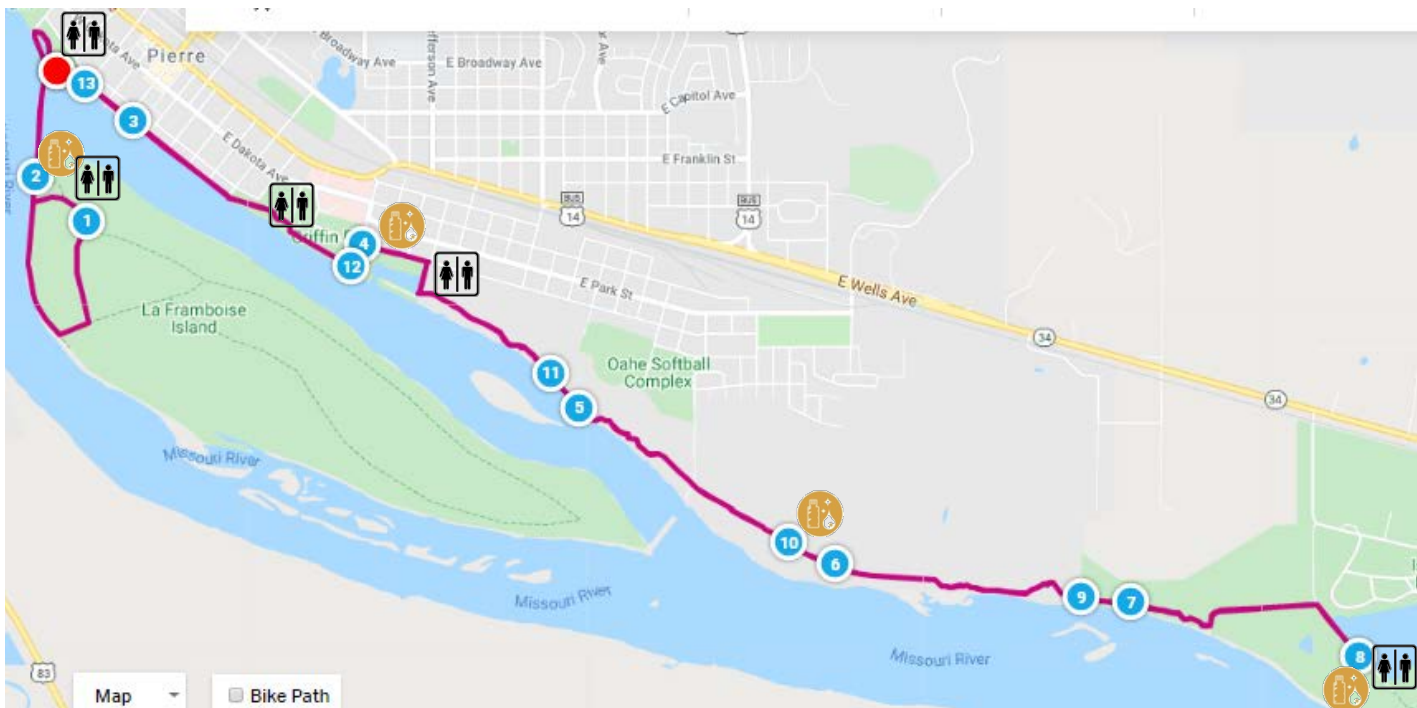
SAFETY REMINDERS

- Please for your safety and the safety of others: no pets, or accompanying bicycles, strollers or joggers. Please be aware of others and your surroundings. Try to stay to the right side of the path/road and pass on the left .
- We discourage headphones on the course since part of the course is open to traffic and it is possible to encounter wildlife along the way. You'll want to be able to hear what's going on around you.
- Spectators, please pay attention to marked areas and heed warnings.



COURSE MAP

- Racers need to be at the starting chute area by 6:45 a.m. Race will start promptly at 7:00am.
- We will have pre-race fuel of water and fruit available at the starting line along with doughnuts from the one and only Doughnut Shop in Pierre – who doesn't like a yummy doughnut before a run?!
- Help us avoid runner congestion during the first part of the race: line up in the starting area by your approximate pace group. Faster runners at the front, slower runners in the middle, and walkers to the back.
- The course is a mostly flat and out-and-back style, starting with a short loop at LaFramboise Island and turning around at Farm Island. The course paved and hard-packed trails.



Start/Finish/Aid Station



Water/Fuel Stations



Restrooms





FINAL THOUGHTS



Here we go! Be sure to line up with runners of your own pace. Walkers and slower runners should take a place near the back of the pack and those who have a chance at finishing near the top should position themselves near the front. The course will be marked with chalk and cones along with volunteers to help direct you where to go!

How much further? We want you to have fun with your race buddies! To help others that may want to pass, try to stay no more than two abreast. This is especially important on the narrow portions of the course. The outside “lane” is usually reserved for passing.

A little HELP please! If you see someone in distress on the course, report their bib number to the nearest water station and try to recall the approximate mile marker where you saw them. Our incredible bike marshals and EMT personnel will be on their way to help!

Refueling: Replenishing lost fluids during a race is crucial. Be aware of people around you when stopping at a water station. Please step out of the way to get a drink or move in line with those that have slowed down to a walk. And yes, dumping your water on your head is allowed and encouraged!

Good job! When you enter the chute, keep heading toward our wonderful volunteers who will get you water and sport drinks or to the med tent! Then head to our food area to get refueled.

Need a shower? We’ve got you covered! You can head to the Oahe Family YMCA at 900 East Church St. in Pierre if you are in need of shower facilities. Let them know you’re a Road to the River finisher!

The Cause: This event helps support our Annual Y Partners Campaign. The Y is the leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, we focus on empowering young people, improving health and well-being and inspiring action in and across communities. Funds generated through this event help support our cause and ensure that nobody is turned away from Y programs or services.

Other questions? Check out oaheymca.org/halfmarathon/faq/
Contact us at 605-224-1683 or beth@oaheymca.org