



**YMCA Famous Idaho Potato
Marathon and Fun Runs**
Presented by the Idaho Potato Commission



Race Instructions

To ensure a wonderful event and a good time for everyone, we ask that you read and adhere to the following race instructions. Have a great race and good luck achieving your fitness goals!

1. Please be sure to wear your race number bib on the front of your shirt, your bib must be uncovered when crossing the start and finish line. If you choose to not run the distance you have registered for you will not be included in awards or results.

2. The **race start times** are: **Lucky Peak State Park/ Sandy Point:**
Marathon & Half Marathon Starts at 7am
Albertson's HQ 250 Parkcenter Blvd:
5K & 10K start at 10am

3. Parking and "Potato" Shuttle:

Park near the finish line and we'll take you to the start of the race! Buses will pick-up at the Finish line, Albertsons HQ on Parkcenter Blvd. Parking is limited at the starting lines. Be aware the road into the Marathon & Full Marathon Start will close at 6:45am

Shuttle Pick Up Times

Marathon and Half Marathon Busses: **5:00-6:30am** (Buses do fill up so so don't wait for the last bus)

No Transportation will be available back to the start area

4. **Timing Chips:** a disposable bib chip is located on the back of your race number. **DO NOT BEND OR REMOVE YOUR BIB CHIP.** Your number must be pinned on the front of your body and must be exposed when crossing a timing mat in order to receive a official time.

5. When running and walking on the course, please remain alert and **KEEP RIGHT EXCEPT FOR PASSING!** No more than two abreast on the Greenbelt portion of the race.

6. Cross roadways **only** where indicated by chalk-marks, cones, or race official's instructions. All major intersections will be monitored.

7. **Water Stations** will be approximately every 2 miles up until mile 20, then the stations will be approximately 1.5 apart. Water stations will be supplied with Clif Shots, Clif Bars and water. Some stations will have electrolyte drinks (Powerade, Mt Blast Flavor). Restrooms are located at the start and finish areas, near mile 2.5, 6, 8 10 14, 17, 19.5 21 & 23.

8. Warm-up clothes will be transported from the Full & Half starting line to the finish line. Please have your belongings inside a duffel or bag well marked with your **race number**. Please do not leave valuables inside your bag. Belongings can be picked-up at the finish line area. All warm-up clothes will be for the marathon & Half will be available by approximately 8:30am

9. You must have your race number to pick-up your potato after the race. Baked potato from the Idaho Potato Commission, bagels from Big Sky Bagels, fruit and yogurt from Chobani. Post race food is for runners only.

10. All awards will be presented at the finish line as soon as the results are available. Raffle prizes will be handed out at the awards ceremony, we encourage everyone to stay for the music and more at the finish line celebration.