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# SUNSET MARATHON

## GUIDE

### SEATTLE, WASHINGTON

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## We're excited to have you be part of our Run!

Sunset Marathon was designed as a more private, personalized run that focuses on just the run itself.

We strip away a lot of the excess of check-in, after-parties, large crowds, music & DJ, and some of the conventional productions of a typical race.

This way it allows you to just focus on the run and not a lot of the other commotion.

Our theme this year is:

### **Keep Calm and Run On.**

Please read through this guide carefully for everything you'll need to know for the event!

# 1. YOUR PACKET

Your packet will consist of:

- Race shirt
- Race cap
- Foldable Drawstring Bag
- Tag (please pickup from coordinator at the run if you wish to be timed)
- Custom (Printable) Bib

If you have not received your packet, please email us at [contact@sunsetmarathon.com](mailto:contact@sunsetmarathon.com)



# 2. RACE-DAY INFORMATION

- Please check our website at [www.sunsetmarathon.com](http://www.sunsetmarathon.com) for starting times, course maps, and any updated information.
- Start times have been designed so you finish before Sunset and can stick around or finish right as the sun sets.
- If you wish to have your times recorded by hand-time, you'll receive a sticker tag from our coordinator. Please be sure to pick one up before your run.
- Your finishing times will be input into our system which will then allow us to post your pace and times online.

## Morning Wave

July 14 Schedule:

1/2 Marathon – 9:00am

10K – 10:00am

5K – 10:30am

Late Wave (all distances) – 11:00am

## Afternoon Wave

1/2 Marathon - 11:00am

10K - 1:00pm

5K - 2:00pm

## Evening Wave

1/2 Marathon - 4:00pm

10K - 5:00pm

5K - 6:00pm



*\*If you're unable to make any of the wave start times, please let us know so we can do our best to accommodate.*

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## 3. IMPORTANT NOTES:

- There will not be an “after-party” per se but after the run and the beautiful sunset, you can celebrate with a beer or go somewhere to get a bite!
  - If you arrive late, you can still run – however, your finishing time will need to be adjusted.
  - Half-Marathon distances are looped – please count the loops yourself. Or the handtimer will also have loop markers for you pickup after each loop.
  - Plan to arrive at least 15 minutes before the scheduled start time. There is no check-in, you simply walk to the starting area where the hand timer will be setup with cones.
  - The course is marked as best as possible. In the event you get lost or run off course, please finish the best you can and we can try and adjust times.
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## FINAL REMARKS & IMPORTANT INFORMATION:

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Please review the following:

- Running with kiddos? Be sure to keep them close throughout the run.
- No Alcohol or commercial food permitted in the Park.
- Runners start near the front. If you are planning to walk, please start towards to back to allow runners to clear through first.

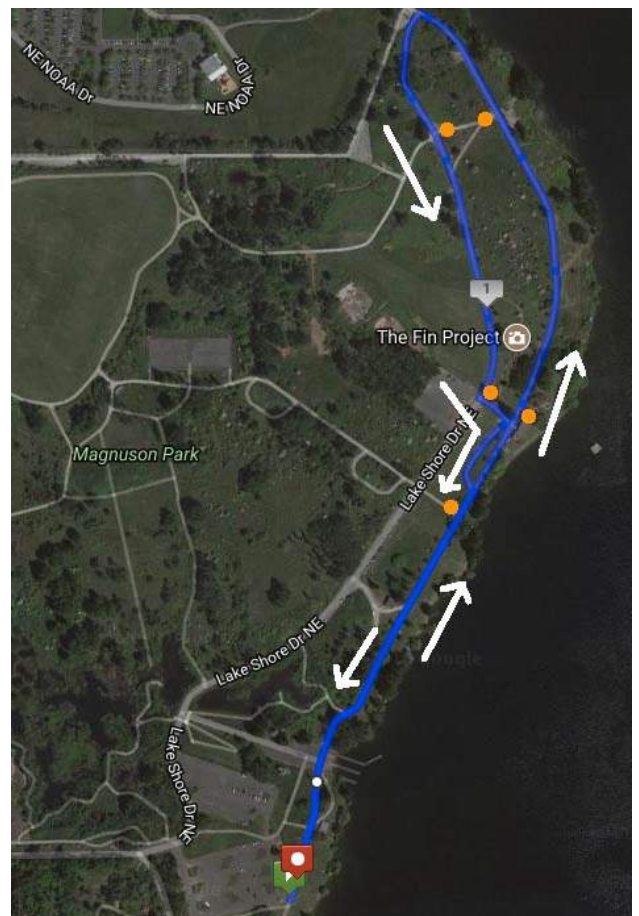


# COURSE MAP



## Seattle Course

- Start line at the old building.
- Route goes straight up until you follow a natural curve back down.
- Note\*\* do not turn at the small, dirt path. Follow only the large main pathway.
- After the curve, the main pathway will bring you back down to where you started.
- 5K- 2 loops, 10K- 4 loops, Half- 8 loops + a final mini .35 loop to complete the 13.1 distance



# FRIENDLY REMINDERS

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- Respect each other.
  - Have Fun!
  - Dispose all trash in trash bins
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**HAVE A GREAT RUN  
AND WE HOPE YOU  
ENJOY THE SUNSET!**

*- Sunset Marathon*



For more information, please visit us at [www.sunsetmarathon.com](http://www.sunsetmarathon.com)