

## Fox Valley Marathon Races

26.2 | 20 | 13.1 | 5k



2 E. MAIN STREET  
ST. CHARLES, IL 60174  
630.377.4400  
STCHARLESIL.GOV

# Welcome!

Welcome to the beautiful City of St. Charles! We're glad you are running in the Fox Valley Marathon which begins and ends in St. Charles. I often hear from runners that it is one of their favorite courses because you are treated to the gorgeous views along the Fox River. I have run both the full- and half-marathons here and I have to agree!

St. Charles prides itself on its strong sense of community, and I am so proud of the volunteers, organizations, and City employees who assist with the Fox Valley Marathon. Community involvement makes it such a welcoming event.

You will find that St. Charles is full of history, culture, and fun things to do! I hope all the runners and spectators get a chance to explore our city while you're here. St. Charles has a wide variety of shops and restaurants, award-winning parks, exciting entertainment, and of course our new 1<sup>st</sup> Street Plaza along the beautiful Fox River.

Best of luck to all the runners!

Sincerely,

Lora A. Vitek  
Mayor

*Service, Tradition, Community: The St. Charles Strategic Plan*



# 2024 Runner's Guide

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## Schedule

**Friday, September 13, 11:59 p.m. CDT.....**Deadline to register for Endurance Awards.

**Saturday, September 14, 11:59 p.m. CDT .....** Deadline to [switch to virtual](#).

**Wednesday, September 18, 11:59 p.m. CDT .....** Online registration closes. **In Person registration available at the Expo, subject to bib availability.**

**Friday, September 20 .....**Packet Pickup/Expo, **Kane County Fairgrounds**. See Details on page 8.

**Saturday, September 21 .....**Packet Pickup/Expo, **Kane County Fairgrounds**. See details on page 8.

**Saturday, September 21 .....**Deadline [add race day packet pickup](#), 5 p.m. CST. Online only.

**Sunday, September 22 .....** Packet Pickup, **5K & pre-reserved ONLY**, Command Center, see page 9 for details.

**6:45 a.m. ....**National Anthem

**7:00 a.m....**Start for 13.1+ (NO LATE STARTS ARE PERMITTED)

**7:10 a.m. ....**Start for 5K

**7:30 a.m. ....** 5K First Place Finisher Awards

**8:30 a.m. ....** 13.1 First Place Finisher Awards

**9:30 a.m. ....** 20 mile First Place Finisher Awards

**10:30 a.m. ....** 26.2 First Place Finisher Awards

## Quick Links

Find quick access to the following information:

- [Packet Pickup](#)
- [Confirm Your Registration](#)
- [Find Your Bib Number](#)
- [Runner Tracking](#)
- [Pace Team](#)
- [NEW Course, Start/finish + Interactive Maps](#)
- [Add Race Day Packet Pickup](#)
- [Check Your Multi-Year Endurance Award Status](#)
- [Multi-Race Chicagoland Distance Challenge Award](#)
- [Results](#)



## FAQ

### Can I switch my race distance?

Any registered runner can drop down to a lower distance during the race and still be an official finisher, as well as keep their Endurance streak intact! Our timing company will see your distance run and adjust official results accordingly once you finish. You can increase your distance at the expo, subject to bib availability.

### How Can I pick up my packet?

See page 8 of this guide.

### Is there Race Day Packet Pickup?

Race Day Packet pickup is for **5k and Pre-Reserved ONLY**. Runners in distances 13.1+ **MUST** pre-reserve ONLINE by 5.p.m. on Saturday, 9/16. **There is a \$30 fee.** [RESERVE RACE DAY PACKET PICKUP](#). See page 9.

### Can a friend pick up my packet?

Yes! A friend can pick up your packet. Just send them with a copy of your photo ID (a picture on a phone works too).

### Do Virtual Runner Packets Get Mailed?

See page 10 of this guide for instructions.

### Do Switch to Virtual Packets Get Mailed?

See page 10 of this guide for instructions.

### When Does My Race Start?

Race distances 13.1+ start at 7 a.m. sharp. **DO NOT MISS THE START** or you will be part of the 5k. **The 5K starts at 7:10.**

## FAQ (continued)

### What time should I arrive?

If you need to pick up a packet, arrive early to avoid lines. See page 9 for details. All other runners should leave enough time to park, prepare for your race, and be lined up by 6:45 a.m. for distances 13.1+ and 7 a.m. for the 5K.

### Where do I park?

See pages 12-13 of this guide for parking information.

### Do You Have Gear Check?

Yes! See the Race Village Map on page 14 for the location.

### Where are the Port-a-Potties?

See the Race Village Map on page 14 for the location.

### How can I find my results?

Visit the results booth in the village, scan the QR code on your bib, or visit the [results page of our website](#).

### Are there awards?

The top 3 in each distance receive an award. NEW for 2023, the oldest 75+ finisher in each race receives an “ageless” award. Please stop by the awards booth in the Race Village to receive your award. Awards must be picked up race day.

### Where do I pickup my awards?

See the Packet Pickup section of this guide for Endurance Award pickup information. See page 28 for all other awards.

## FAQ (continued)

### Where do I redeem my drink ticket?

See the Post-Race Celebration section on page 27 of this guide.

### Can I defer?

Our deadline to defer was 7/31.

### Can I get a refund or transfer my bib?

No transfers or refunds are permitted for any reason.

### Can I switch from in-person to virtual or virtual to in-person?

The deadline to switch to virtual is 9/14. Runners may switch from virtual to in person at the expo, subject to bib availability.

### Where are the start corrals? **NEW LOCATION FOR 2024!**

Runners distances 13.1+ line up at the start/finish line located in **Mt. St. Mary Park, just south of Prairie St.** The 5K will begin at this same location after the longer distances cross the start line, at approximately 7:10 a.m.



## Packet Pickup

Kane County Fairgrounds  
525 S. Randall Rd., St Charles, IL [See the packet pickup location](#). Enter off of Oak Street and follow the signs.

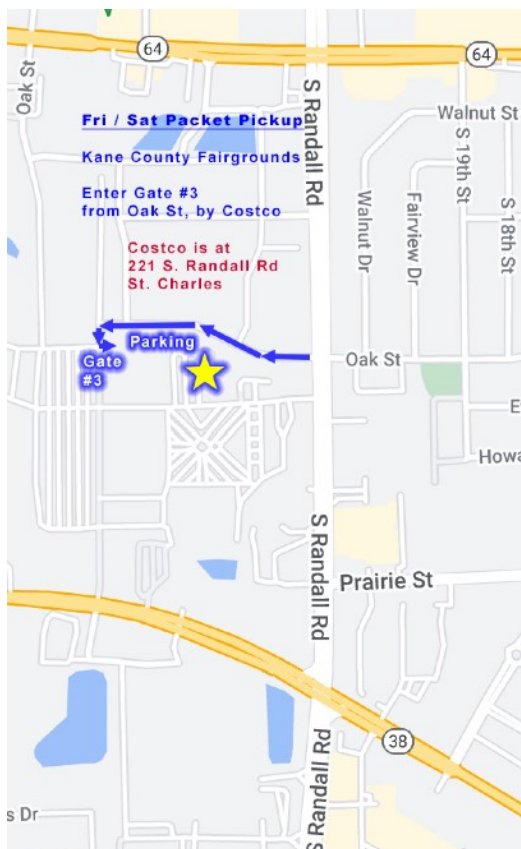
**Friday, September 20, 2024**

11 a.m. - 6 p.m.

**Saturday, September 21, 2024**

10 a.m. - 5 p.m.

Make your packet pickup easier by knowing your bib number! Look up your bib number by [confirming your registration](#).



## INSTRUCTIONS

### In-Person Runners

#### Packet Pickup at the Expo

- **ALL RACE PACKETS WILL BE AVAILABLE AT THE EXPO.**
- Bring an ID with your date of birth.
- A friend may pickup your packet with a copy of your ID.
- Your expo packet will include, bib, shirt, and Endurance Awards (**be sure to stop by the awards booth at the expo**). Finisher medals will be handed out at the Finish Line.

### RACE DAY Packet Pickup

#### 5k and Pre-Reserved ONLY

**Sunday, September 22, 2024**

**Command Center, Race Village**

5:30 a.m. - 6:30 a.m.

- Runners in distances 13.1+ **MUST** pre-reserve ONLINE by 5.p.m. on Saturday, 9/21. **There is a \$30 fee.** [RESERVE RACE DAY PACKET PICKUP.](#)
- 5K runners can pickup on race day at no additional charge and without reserving, however **we encourage all runners to pick up at the expo to avoid lines and make your race morning easier.**
- On race day you may not pick up a packet for another runner.
- You will need to show a valid photo ID with a birth date.

## Packet Pickup (continued)

### Virtual Runners

- Packets will be available at the Expo for pickup. Look for the Virtual Runner Line at pickup.
- Packets will be mailed to runners who do not pick up at the Expo.
- Packet includes bib, shirt, finisher medal and Endurance Medal.
- **PREMIUM MULTI-YEAR/ENDURANCE AWARDS MUST BE PICKED UP IN PERSON AT THE EXPO. THEY WILL NOT BE AVAILABLE BY MAIL.** These awards include the medal rack, quarter zip, glassware or stoneware that are available to 5, 8, 11, 12 and 15 year runners. Verify your streak [here](#).
- Make your packet pickup easier by knowing your bib number! Look up your bib number by [confirming your registration](#).
- If you do not pick up your packet in person, it will be mailed by the end of September.

**SAMMY'S**  
**bikes**

## Virtual Goody Bag and Shirt Exchanges

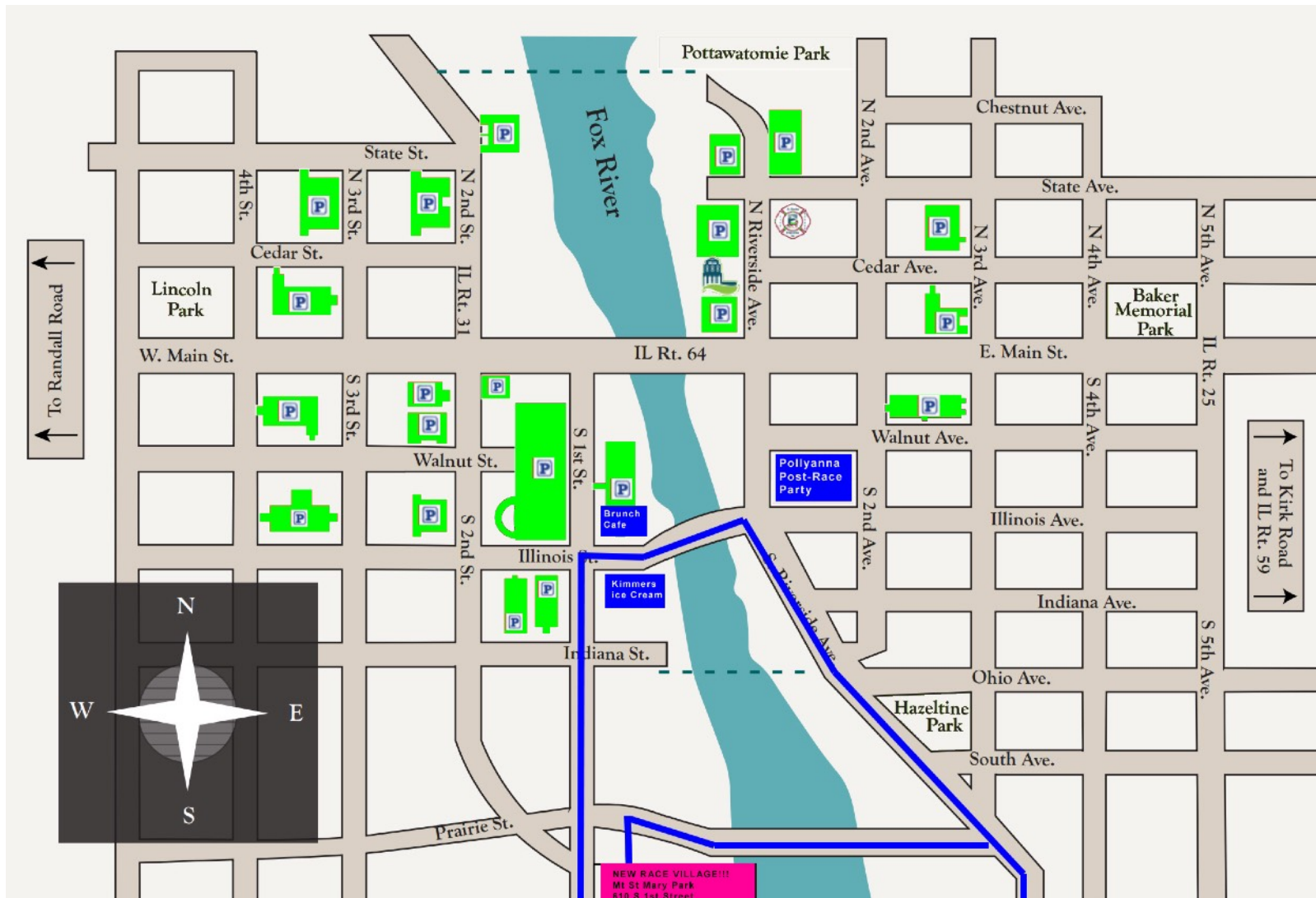
Look for our Virtual Goody Bag in your inbox the week of the race! the Goody Bag will contain coupons that you can print, forward, and share with friends.

When you pick up your packet, you will get the shirt size you ordered during registration. Exchanges can be made at the Command Center tent AFTER the race has begun, based on availability.

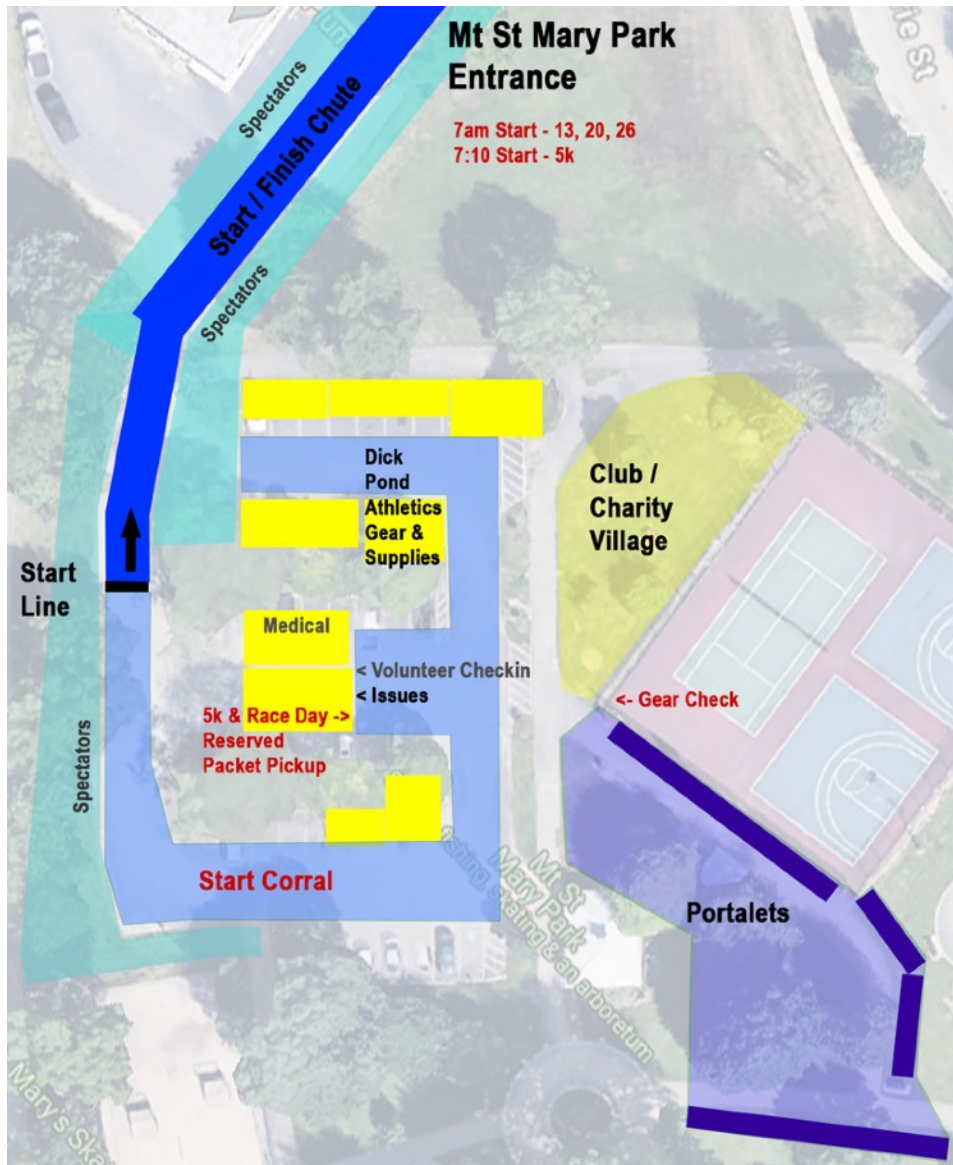


## Parking

The map is a general figure intended to direct you to the city parking lots. Please follow all signs in the actual lots. **WE DO NOT HAVE ANY SPECIAL EXEMPTIONS FOR RACE DAY.** If you park in a lot that says non-customers will be towed, **YOU WILL BE TOWED.** Also, note that many of the free city parking lots are located right next to private lots, so please read signs carefully!



## Pre-Race Village



## Bibs

Your bib is required for access to aid stations along the course and in the race village for access to gear-check, massage, medical, food, finisher medals, and Endurance Awards. **Do not remove it.**

The timing tag is attached to your bib. To record your time, your bib must be worn facing forward and on the outermost layer of clothing. Do not crease, crimp, or hole-punch the tag – that will make it non-functional. **Remember, no bib, no time, so don't forget to bring it race morning!**

You may not transfer your bib to another runner in any way. **Only the registered runner may wear the bib assigned to them.**

Anyone running with a bib for which they are not registered will be disqualified from this race as well as future races. The original bib registrant will also be disqualified from future races.



Windows  
& Doors



## Pace Team

Pace leaders from [Dick Pond Athletics](#) will help you reach your time goal.

### Marathon Pace Groups

3:15 GOAL FINISH TIME (7:26 min/mile)

3:30 GOAL FINISH TIME (8:01 min/mile)

3:45 GOAL FINISH TIME (8:34 min/mile)

4:00 GOAL FINISH TIME (9:09 min/mile)

4:30 GOAL FINISH TIME (10:18 min/mile)

5:00 GOAL FINISH TIME (11:27 min/mile)

5:30 GOAL FINISH TIME (12:35 min/mile)

## Pace Team (continued)

### Half Marathon Pace Groups

1:30 GOAL FINISH TIME (6:52 min/mile)

1:45 GOAL FINISH TIME (8:01 min/mile)

2:00 GOAL FINISH TIME (9:09 min/mile)

2:15 GOAL FINISH TIME (10:18 min/mile)

2:30 GOAL FINISH TIME (11:27 min/mile)

Fall Final 20 runners can join with the marathon pace groups until the races split at about mile 14.



## 2024 Courses

THE START/FINISH and COURSES are NEW IN 2024!  
[Please visit our website to download the course maps and link to an interactive course map.](#)

**NOTE TO ALL RUNNERS:** Don't just follow the runner in front of you. Know where your distance will split on the course (see below). There will be signs and volunteers directing runners at each split.

### START TIMES:

**Distances 13.1+ start at 7 a.m.** The start corral is located in [Mt. St. Mary Park, just south of Prairie St.](#) (CLICK FOR MAP). Please be lined up and ready to start on time **NO LATE STARTS PERMITTED.**

**The 5K starts at 7:10 a.m.** The start corral is located in [Mt. St. Mary Park, just south of Prairie St.](#) (CLICK FOR MAP).

### 13.1

Please pay attention to signs and Course Marshals.

Mile 6.8 – Half marathoners turn left, while other distances go straight.

Mile 7.4 – Half marathoners turn left, while other distances turn right.

Mile 8.9 - Half marathoners turn left, while 20 and 26.2's go straight.

## Courses (continued)

**Mile 12.3** – Half marathoners u-turn while fast marathoners go straight.

### Fall Final 20

Please pay attention to signs and Course Marshals.

**Mile 6.8** – 20 milers and marathoners go straight while half marathoners turn left.

**Mile 7** - 20 milers and marathoners turn right, while half marathoners turn left.

**Mile 14.3** – 20 milers continue straight, while marathoners turn left.

**Mile 19.2** – 20 milers u-turn, while fast marathoners go straight.



The Preserve  
of Geneva

*Geneva's largest  
office location*

## Courses (continued)

### 26.2

Please pay attention to signs and Course Marshals.

**Mile 6.8** - marathoners and 20 milers go straight, while half marathoners turn left.

**Mile 7** – Marathoners and 20 milers turn right, while half marathoners turn left.

**Mile 14.3** – Marathoners turn left, while 20 milers continue straight.

**Mile 21.15** – Marathoners go straight, while slower marathoners at mile 14.3 turn left.

**Mile 26.1**– Marathoners go straight, while other distances u-turn.s

[View and download the Course Maps.](#)



Post-race stretching and massage is provided by Smith PT + Running Academy. See them in the race village when you cross the finish line.

## About the Course

The race Start / Finish is in Mt. St. Mary Park, just south of Prairie St. Much of the courses are on the Fox River Trail, which is a public trail system. The trail is open to the public, so there will be bikes and others on the path that morning. Please stay to the right side of the path and always leave space to the left for passing runners and runners coming from the other direction. At most, please run two abreast, and always be respectful of other path users.

On roads, you **MUST** stay within the traffic cones. For some parts, one side of the road will be closed for runners but the other side will be used by cars.

No baby joggers, skateboards, skates, or other wheeled devices or animals will be allowed for participating runners on the race course for distances 13.1+. Strollers are allowed in the 5K. We ask that you line up towards the back of the corral.

Runners **CANNOT** be accompanied or assisted by bicyclists and will be disqualified if this occurs. This practice is unfair and dangerous to other runners.

Remember that the 1,000 volunteers who are present on race day are giving their time to you to help you have a great race experience.

Bicyclists from [Sammy's Bikes](#) will lead runners through the courses.

## Aid Stations

Aid stations are located along all 13.1+ courses. Water, Gatorade, Port-a-potties, and helpful, smiling volunteers will be at each one. **Medical staff will be at select aid station. See the stations in red below.**

### Aid Station Locations

#### Half Marathon:

6 stations (miles 3, **6**, 8, 9, **10**, 11).

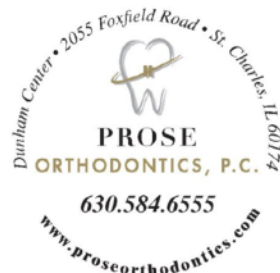
#### 20

12 stations (miles 3, **6**, 8, 9, 10, **11**, 13, **14**, 15, **16**, **17**, 18).

#### Marathon:

15 stations (miles 3, **6**, **8**, 10, **11**, 13, **14**, 16, **18**, 19, **21**, 22, **23**, **24**, 25).

**Runners off pace may ask an Aid Station Volunteer to call someone on their behalf to alert a friend as to their location in the race.** Runners wishing to end their day can ask an aid station volunteer to call someone to arrange for a ride back to race village. Be sure to know the phone number of your contact.



## Medical

In addition to the medical at select Aid Stations on the course, the Main Medical tent is in the Race Village. There will be a staffed ambulance at the start/finish at all times.

To help the medical staff in case of an emergency, on the back of your bib please write the following information:

- Allergies
- Medical conditions
- Medications and supplements

If you see someone on the course in need of assistance, please stop to help them and ask another runner to alert the next aid station.



## Medical (continued)

**Race Guards** will be on the course. They are comprised of volunteers trained in CPR, AED and First Aid who are committed to assisting race participants with any medical or physical support needs in the race.

If you need assistance, get to the nearest aid station and someone will help you. If you cannot get to an aid station, alert a passing runner who will notify the nearest aid station or a Race Guard.

Medical personnel will be wearing a lime neon green medical vest as well as their race credentials and Race Guards will be in special uniforms.



## Runner Safety

### Weather

The event will take place regardless of rain or cold weather. Runner or volunteer safety issues may cause delays or cancellation, including forecasts or occurrences of lightning, a tornado watch, dangerously hot weather, other safety hazards

### Pre-Race Notification System

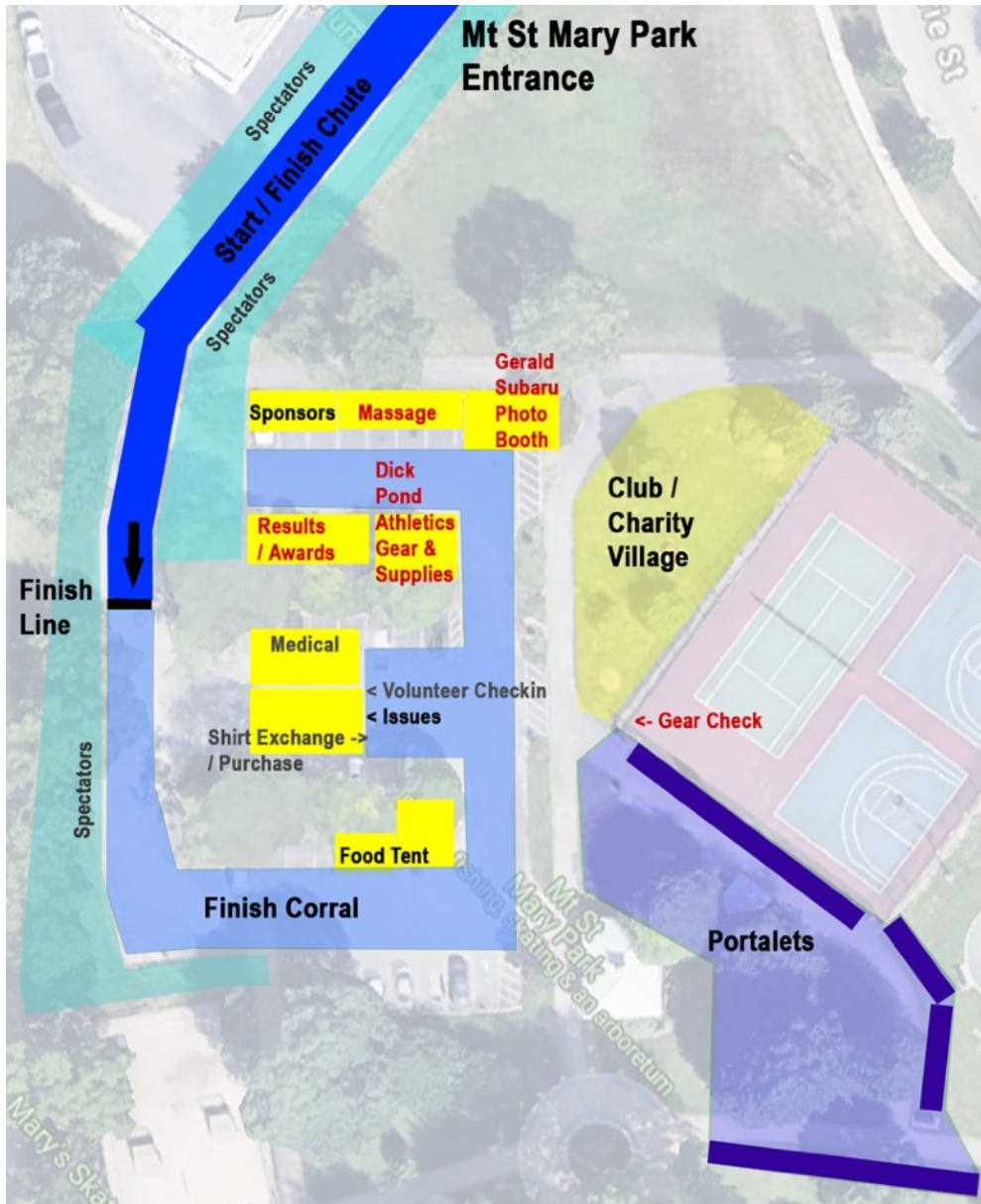
Delays or cancellations will be announced via the race village public address (PA) system and through our social media channels, including our website, Facebook and Instagram.

### In-Race Condition Flags

Safety notifications will prominently display at each aid station and at race village showing the current race status via a multi-color flag system. They should be heeded to avoid serious problems.



## Post-Race Village



## Post-Race Celebration

You trained, you ran, you finished the race. Now, it's time to CELEBRATE! Redeem the drink ticket attached to your race bib for one drink at:

**Pollyanna Brewing Company**  
**106 S. Riverside Ave.,**  
**St. Charles**



**MUST BE 21+, PRESENT A VALID PHOTO ID, BIB, AND MATCHING TICKET TO REDEEM.**

## Results & Awards

You can access your **unofficial** finishing time by scanning the QR code on your bib with your smart phone or visit the results booth in race village for help. Unofficial results will be online that evening and can be accessed through the Results & Photos tab at [fv26.com](http://fv26.com)

All timing results are subject to review before they become official, and you will be notified when they are.

Since we are a certified Boston qualifier, we will submit race results directly to Boston once they are official.

The top 10% in each age group of the 5K, 13.1, and the 26.2 receive an award. Please stop by the awards booth in the Race Village to receive your award. Awards must be picked up race day.

Runners with Race Day packet pickup (5K and pre-reserved) can pick up their multi-year Endurance Streak Awards and premiums in the race village.



A vertical promotional graphic for the St. Charles Business Alliance. The left side is a green background with three sections: "Listen Live Music Listing" with a QR code, "Dine Happy Hour Hub" with a QR code, and "Explore Travel St. Charles App" with a QR code. The website "www.stcalliance.org" is at the bottom. The right side shows a man and a woman walking on a paved path by a river, with the text "Live like a local!" in a white script font.

Visit the Gerald Subaru of North Aurora Photo Booth  
next to Gear Check in the Race Village!

**GERALD**

SUBARU  
OF NORTH AURORA

**PROUDLY SUPPORTS**

**Fox Valley  
Marathon**  
Half Marathon | Fall Final 20





# Thank You, Sponsors!

