



Racers' Guide

Everything you need to know to have a great race experience

**2023 St. Luke's D&L RaceFest
Race Day: November 12, 2023**



Dear Racers,

The St. Luke's D&L RaceFest welcomes you to the Lehigh Valley and the five-county Delaware & Lehigh National Heritage Corridor (DLNHC)!

RaceFest is a fundraiser for the DLNHC to support our heritage programming and our efforts to connect the D&L Trail north of Allentown and through the Lehigh Valley. When connected, the D&L Trail will stretch 165 miles from Wilkes-Barre to Bristol outside of Northeast Philadelphia. The corridor has great historic significance: it follows the transport of coal from mines in northeastern PA to the industrial centers in the Lehigh Valley and Philadelphia that fueled the American Industrial Revolution.

We are thankful to our sponsors, especially our presenting sponsor St. Luke's University Health Network, for their support of our trail and wellness initiatives. St. Luke's is also providing medical services during all RaceFest events.

Our USATF-certified courses provide an ideal opportunity for you to experience part of the corridor while tackling a race distance of your liking. We're also proud to be one of the only half marathon races in the East that welcomes walkers.

Everything you need to know for race day is available in this guide. Please review it carefully prior to race day. We will also have the most pertinent information available on the race website, race.delawareandlehigh.org.

Inside this guide you'll find:

- Race day transportation plan and parking maps (including relay parking)
- Important contact and medical info for your race bib
- Expo/packet pick up information
- Spectator tips
- Post-race details & finish festival information

Thank you to our team for their hands-on involvement with the race as well as our race contractors. And huge thanks to the hundreds of volunteers who are giving their time and energy to provide a top-notch, safe experience for all racers.

Finally, thank you to the officials and public safety teams at governmental institutions who have helped us coordinate the race, including the City of Allentown, City of Bethlehem, Borough of Freemansburg, Bethlehem Township, Palmer Township, Borough of Wilson, West Easton Borough, the City of Easton, Lehigh County, Northampton County, the PA Fish & Boat Commission and PennDOT.

We hope you have a great weekend in our National Heritage Corridor and realize your goals during RaceFest – whatever they may be!

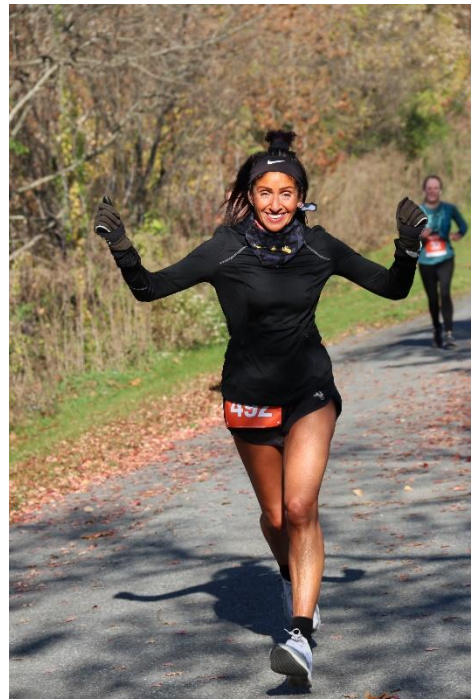
Best of luck,

Claire Sadler, Executive Director, DLNHC

Michael Drabenstott, Race Director

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About the St. Luke's D&L RaceFest and Delaware & Lehigh National Heritage Corridor

The Delaware & Lehigh National Heritage Corridor preserves, interprets, and leverages the nationally significant history of the over 165-mile transportation route that transported anthracite coal, iron, and other products between Wilkes-Barre and Bristol, Pennsylvania. By building and maintaining public and private partnerships, we create four vital connections.



We connect people to the enduring industrial heritage of the Corridor through education and preservation of historic sites and cultural resources.

We connect people to health and wellness through outdoor recreation by reclaiming the historic transportation route as the D&L Trail.

We connect towns and cities to opportunities for economic development along the D&L Trail and Corridor.

We connect people to nature and the environment through conservation and education.

By participating in St. Luke's D&L RaceFest you are directly supporting our mission as we continue the legacy of inspiring connections to the region's nationally significant heritage.

Here's a quote from our Executive Director, Claire Sadler on why it was so important for our organization to bring this race back after Via retired as the non-profit host in 2020.

"The Delaware & Lehigh National Heritage Corridor has hosted the D&L Heritage Half Marathon since 2011. When community members approached us about taking over for Via to host a marathon through the three Lehigh Valley cities, it made perfect sense. Our headquarters are in the Lehigh Valley, much of the race route was along the D&L Trail, and we could continue our tradition of hosting the D&L Heritage Half Marathon run and walk as a part of RaceFest.

One of the best things about the D&L Trail is that it is a multi-use trail that is welcoming to all. With that in mind, our goal for the race is to ensure all feel welcome to join us on the D&L Trail as we celebrate this incredible community resource."

Thank you to everyone helping to make the St. Luke's D&L RaceFest a reality! And to our racers: thank you for choosing to make our event one of your fall races!

History lives in the Delaware & Lehigh National Heritage Corridor

The five-county region of the Delaware & Lehigh National Heritage Corridor (DLNHC) has occupied a special place in American history for centuries. Its unique combination of industry, culture and natural resources made it a birthplace of America's Industrial Revolution, which catapulted this region to an internationally recognized hub of production. The Delaware and Lehigh Canals and the Lehigh Valley Railroad were essential links in this process, and it's their history that the DLNHC works to preserve and celebrate.

The history of the region we now know as the D&L Corridor begins with the Lenape people, who hunted and gathered in the valleys, forests, and rivers throughout the area. During colonization, William Penn promoted religious tolerance and land settlement, attracting thousands of immigrants who left their homeland in search of a better life. They farmed the corridor's rich, fertile soil and established diverse communities.

Patriots bravely read the Declaration of Independence here in Easton, and just a few miles south in the corridor, George Washington crossed the Delaware River in the dead of winter during the Revolutionary War.

Innovative entrepreneurs produced iron, coal, slate, cement, zinc, and textiles throughout the 18th and 19th centuries, transforming the region into a center of the American Industrial Revolution. The Delaware and Lehigh Canals transported hundreds of tons worth of goods to New York and Philadelphia, fueling industry and creating jobs—a legacy the DLNHC works to preserve and celebrate.

Bethlehem Steel grew from a modest iron producer to one of the most lucrative businesses in the US, providing steel for the George Washington, Brooklyn and Golden Gate Bridges, submarines, Madison Square Garden, aircraft carriers and the St. Louis Arch, which brought international acclaim to the Corridor.

In the 20th century, the coal and steel industries dimmed and the mills closed. Populations shifted as residents moved out of the cities and farms in search of suburban dream houses.

Today, the Corridor is a lively, vibrant place to live. Towns and cities are revitalized, and their historic districts have been preserved. Technology, culture, and innovation have replaced the industrial past, while agrarian roots are still visible in the surrounding countryside.

The DLNHC organization is committed to connecting residents and visitors to our amazing landscape by inspiring connections. Via the D&L Trail we will be able to experience the region's nature and environment, industrial heritage, economic development, and health and wellness opportunities for future generations to come.

Sponsors

Thank you to our fabulous sponsors who make the St. Luke's D&L RaceFest possible. We are especially grateful for St. Luke's University Health Network for both financial support and the involvement of more than two dozen medical professionals dedicated to keeping our racers safe and healthy.



Michael Baker International, Inc.
 UPS
 Lehigh Valley Amateur Radio Club
 Wilson Consulting Group
 Greater Easton Development Partnership
 Norfolk Southern
 PPL Center
 Scholl Orchards
 WM
 Aardvark Sports Shop
 The Inn at Jim Thorpe
 Shop Rite
 Just Born

Lehigh County
 City of Allentown
 City of Bethlehem
 Freemansburg Borough
 Bethlehem Township
 Palmer Township
 Wilson Borough
 West Easton Borough
 City of Easton
 PA Fish & Boat Commission



Race committee and staff

Claire Sadler Executive Director, Delaware & Lehigh National Heritage Corridor
Michael Drabenstott, Race Director
Michele Stanten Walking Coach and Expo Coordinator
Amy Wolff, RaceFest Liaison
Jeff Kelly, Service Electric Cable TV, Course Communications Organizer and Consultant
Caroline Barr, Community Notification Lead
Jocelyn Engle, Volunteer Coordinator
DMSE Sports, Race Management Services

DLNHC Staff

Claire Sadler, Executive Director
Loretta Susen, Executive Assistant
Penman Neel, Finance & Personnel Manager
Tim Cramer, Facilities & Infrastructure Manager
Aurelia Rapp, Development Assistant
Gianna Caruso, Communications Coordinator
Elizabeth Rosencrans, Director of Trails & Conservation
Brit Kondravy, Conservation Coordinator
Alice Wanamaker, Economic Development Manager
Charles Stonewall, Trails & Conservation Associate
Martha Capwell Fox, Historian
Whitney Davison, Education Manager
Wendi Blewett, Museum Collections Manager
Cyan Fink, Inventory Coordinator
Kasmira Zechman, Museum Operations Manager

Special thanks to the marketing teams at St. Luke's University Health Network and Discover Lehigh Valley for their assistance promoting St. Luke's D&L RaceFest.

The race committee would like to thank the over 300 volunteers who make this event possible. Without their enthusiastic support the D&L Half Marathon would not happen. Please be sure to thank the volunteers during your journey from start to finish!



Event schedule

Saturday, November 11

Expo and Packet Pickup

10 a.m. – 4 p.m. St. Luke's West Medical Center, 501 Cetronia Road, Allentown, PA
See page 10

The City of Allentown is also hosting a free Pasta Party as part of Mayor Matt Tuerk's Mayorthon23 event. Registration required. The event runs from noon – 4 p.m. (rain or shine) at the Allentown Arts Park and features pasta, games, live music, vendors and giveaways. Partners and family members are invited as long as they are registered.

Map: <https://maps.app.goo.gl/Crhy5ezCfej8QigA9>

Register here: <https://bit.ly/3ri1c8A>

Sunday, November 12

Heritage Half Marathon Run and Walk, Presented by St. Luke's

Start time: 7:30 a.m.

Location: Downtown Bethlehem, Main Street just north of Broad Street close to the North Street Garage

Map: <https://maps.app.goo.gl/V1napXjt52ngY1HS7>

St. Luke's D&L Marathon and Marathon Relay, "The Lehigh Valley's Marathon"

Start time: 8 a.m.

Location: Downtown Allentown, just west of 7th and Hamilton streets, close to the PPL Center arena, WFMZ entrance

Map: <https://maps.app.goo.gl/e8nm8sPUaVVFuqyQ7>

Post-race food and celebration

Times: 9 a.m. – 2:30 p.m.

Location: Scott Park, downtown Easton

Map: <https://maps.app.goo.gl/CtLKCAjQzmZSLwPQ6>

Shuttles back to Bethlehem and Allentown

Times: 9:15 – 3 p.m.

Riverside Park, Larry Holmes Drive, Easton, Pa.

Map: <https://maps.app.goo.gl/f1TBTii7cgFzH59B9>

Race day cancellation/alteration policy

Safety is our main objective and the DLNHC wants to provide a safe event for all involved. When weather or other physical conditions present a danger to participants as a whole, DLNHC will maintain the right to cancel the race.

Less threatening conditions could result in an alteration of the course or race length to promote a safer result for the participants. High heat, the threat of storms with lightning, high wind gusts or frozen precipitation that may threaten the course and if forecasted to continue throughout the day of the event may also result in cancellation of the event for some or even all participants.

We will confer with our public safety officials and medical team at St. Luke's in the days leading up to the event, race morning and throughout the race to assess conditions.

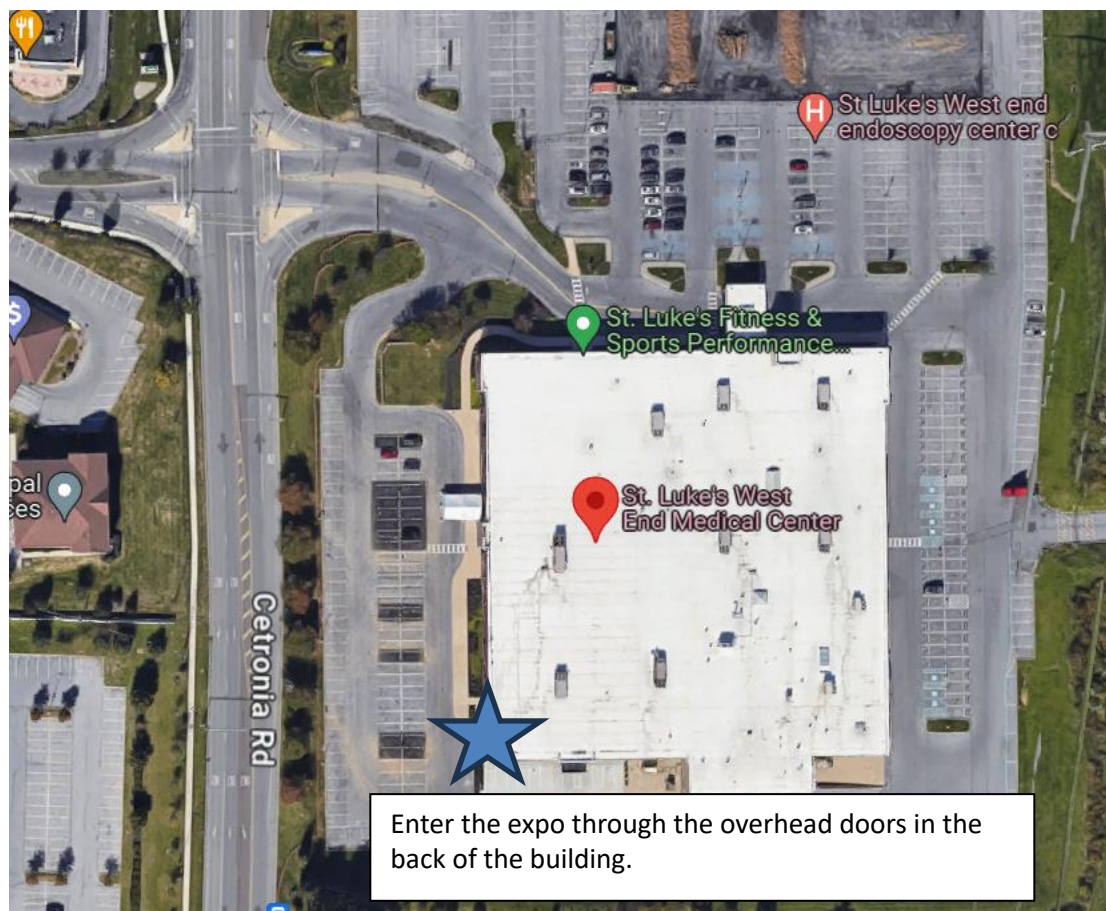
We are wholly committed to the safety of all participants and will not sacrifice the safety of anyone. Notifications about weather conditions, cancellations and other race information will be communicated via this website, email and onsite announcers. All registration fees and all associated costs are non-refundable.



Race packet pickup / expo

Thank you to St. Luke's for hosting us at your West End Medical Center! Access to the expo will be in the back of the medical center. (If you're familiar with the St. Luke's Half Marathon and 5k in the spring, it's the same location): 501 Cetronia Road, Allentown, PA.

Map: <https://maps.app.goo.gl/xwCiJVb1kdu2J8eV9>



In addition to picking up your bib with timing chip and shirt, you can peruse a selection of organizations providing health and wellness information.

You may pick up someone else's bib or have your bib picked up by someone if you cannot make it to the expo. Make sure the person has the correct spelling of the name you registered with.

We are also honored to have the nationally celebrated mid-distance runner, Chanelle Price, a native of Easton, available from 1-3 p.m. to sign autographs (or your bib for good luck!) and be available for pictures. Chanelle is one of many St. Luke's athlete ambassadors.

For relay teams, only one team member needs to pick up bibs and shirts for all relay team members. (While it's usually the team captain, it can be anyone affiliated with the team.) The person picking up the bibs and shirts for the team is responsible for distributing them to team members.

Course

The St. Luke's D&L RaceFest is closely based on a successful marathon and half marathon organized for years by Via, a Lehigh Valley non-profit agency that provides services for children and adults with disabilities.

While we have made some slight adjustments to Via's course, it's important to know that the course was second fastest marathon in the United States. Scenic, shady, and a very gradual net descent – with only a few short and easy uphill areas – our marathon course is an attractive qualifying run for the Boston Marathon. The half marathon starts at the marathon's midpoint and is run from Bethlehem to Easton along the Lehigh River and has the same very gradual downhill grade for a fast time.

Both courses have been certified by Doug Thurston, a grade 1 USATF course certifier. You can see a detailed Google map at race.delawareandlehigh.org.



Bibs

We will have different colored bibs for each of the races



Marathon



Half Marathon Run



Half Marathon Walk



Relay

Additionally, walkers will be provided with a bib for their backs to identify them as walkers.



Timing

Chip timing will be provided by The Last Mile Racing. You will receive your results electronically shortly after your finish. Unofficial times will be available on the results page of our website. We will notify you when the results are official. Both courses are USATF certified. Marathon times can be used to qualify for the Boston Marathon.

In addition to timing mats at the starting lines and finish, we will also have timing mats on the course to be able to monitor the progress of racers and ensure that all participants complete the entirety of the course. We will also have course marshals and stewards observing racers.

Relay Team Timing and Chips

For the convenience of relay team members, all relay team bibs will be chipped. Any of a team's bibs can be used for any leg of the race, including the first and last legs when you cross the start and finish lines.

Split times are not recorded for relay teams. Teams that want to record their splits will need to do so manually with your watches.

Bib Tag Instructions

Complete the emergency contact and medical information on the back of your bib prior to the race. Do not list someone as a contact who is also participating in the race.

Pin your bib with the tag to the front of your shirt, vest or jacket. Keep your bib visible at all times. Do not hide or cover your race bib with a jacket, vest or second shirt. (This might require some planning on a cold day.)

Do not fold, crumple or otherwise alter your bib in any way. Doing so may destroy your timing device and prevent your time from being recorded.

The tag provides racers with accurate race timing. Through a computerized system, your tag transmitter will be read at the start and finish lines. You must cross both locations to get an official time. Half marathoners and marathoners must also cross all timing mats along the course.

Tags are not transferrable. They are matched to your bib number. Do not remove them.

Bib sharing and banditing

Bibs are assigned to specific racers who are entered in specific gender classes and age groups.

Giving your bib to another racer can cause significant problems in scoring, depriving deserving racers from winning awards or meeting place goals.

Do not give your bib to another racer if you cannot take part. Racers participating with another person's bib will be viewed as bandits. Their results will be removed and they will be banned from future St. Luke's D&L RaceFest races for two years as will the registrant who provided the bib.

Also, you must wear and display your 2023 St. Luke's D&L RaceFest bib to participate in any of the races. Anyone found without a bib is subject to removal from the course.

Registration fees help us cover the cost of amenities like hydration, shirts, post-race food, signage, timing and many other things. Participating in any part of the event – including as a non-bibbed runner or pacer -- without having paid a registration fee is akin to stealing from the other paid participants. It will not be tolerated.



Course logistics & closures

Mile & Course Markers

Mile markers are placed at each mile for both marathon and half marathon courses.

There are no mile markers for relay legs.

We will have spray-painted arrows that say SLDL on the ground at key locations along the course as well as yard signs with the RaceFest logo at key turns or junctions.



Passing Racers

Whenever possible – and especially on the D&L Trail, all racers should stay to the right side of the course and avoid being more than two abreast. Some areas of the D&L Trail are narrower than others; slower runners and walkers are asked to move in single file as faster racers pass on the left.

This is especially important for half marathoners who are running or walking slower than a 12-minute mile pace. The faster marathoners will be overlapping half marathoners close to mile 20. Many of these faster marathoners are aiming for a cutoff time for the Boston Marathon. A delay of even a second or two because of the inability to pass slower racers could cause them to miss their cutoff.

Course Closure

All racers must complete the course by 2:30 p.m., meaning marathoners must finish in less than 6 hours and 30 minutes or a 14:30-per-mile pace. This enables us to minimize the impact of our race on the residents who are welcoming us into their cities, boroughs and townships.

Based on the 14:30 marathon pace, portions of the course that are on or cross public roads may be reopened to vehicle traffic. If you fall behind this pace, please move to sides or safe areas for pedestrian travel. Additionally, we cannot guarantee that you will find water or food after the course is closed. (Our vendors and volunteers have committed to a set time.)

Half marathon walkers, you will have until 2:30 p.m. to complete your race.

If you do not think you can complete the course by 2:30 p.m. because of injury or fatigue, please ask a water station volunteer to arrange for an assistance vehicle to the finish area in Easton.



Medical and safety

The health and safety of all racers is our primary objective. Please exercise caution at all times. Be smart.

The St. Luke's medical team will have a representative at each hydration station. If you are even slightly unsure of your medical condition, please ask a volunteer to fetch the representative for an evaluation. The medical team members will have first aid kits and AEDs at all hydration stations. We will also have volunteers at each hydration station who can radio our command center to obtain an ambulance if necessary.

Bicycle EMS teams will be riding along the course to watch for medical issues and attend to racers who need assistance.

St. Luke's will also staff a medical tent at the finish line for more advanced medical support.

In the event of an emergency, call 911.

Hydration stations

Hydration stations are located throughout the course. We will be using Gatorade as an electrolyte replacement. **We will not be offering gels on the course.** Racers are encouraged to carry their own gels based on personal preferences so they are not trying new nutrition on race day.

Marathon

Mile 2.3 - Water and Gatorade
Mile 3.1 - Water and Gatorade (same stop as above)
Mile 6.1 - Water and Gatorade (same stop as above)
Mile 7.1 – Water (relay exchange #1)
Mile 9.4 – Water and Gatorade
Mile 11.3 – Water
Mile 13.5 – Water and Gatorade (relay exchange #2)
Mile 14.9 – Water
Mile 17.1 – Water and Gatorade (relay exchange #3)
Mile 18.5 – Water
Mile 20.6 – Water and Gatorade
Mile 22.7 – Water and Gatorade (relay exchange #4)
Mile 23.4 – Water
Mile 25.7 – Water and Gatorade



Half marathon

Mile 1.6 – Water
Mile 3.8 – Water and Gatorade (relay exchange #3)
Mile 5.4 – Water
Mile 7.5 – Water and Gatorade
Mile 9.6 – Water and Gatorade (relay exchange #4)
Mile 10.3 – Water
Mile 12.6 – Water and Gatorade

Toilets

Toilets at the marathon start area will be inside the PPL Center. Use the WFMZ entrance at the corner of 7th and Hamilton to access the restroom area.

Portable toilets will be available at the half marathon start and at the finish. Multiple portable toilets will be available at relay exchange points. Single portable toilets will be available at the other hydration stations for use by volunteers as well as runners.

No toilets will be available at hydration station 4 (mile 11.3 of the marathon) or hydration station 6 (marathon mile 14.9, half marathon mile 1.6)

Bag Check

Thank you to the good people at UPS for volunteering to supply their package-handling skills to manage our bag check.

Look for the UPS trucks at the back of the starting areas. Work with our volunteers to rip off the bag check tag at the bottom of your bib and affix it to your bag with a zip tie.

After the races start, the UPS drivers will head to the finish area. They will park their brown UPS trucks behind the main finish area and medical tents. Simply show your bib at the finish and the UPS volunteers will fetch your bag from their truck.

Volunteers

The St. Luke's D&L RaceFest has hundreds of great volunteers! Please remember to thank them for their help and support! Give them a shout out or a high-five. Volunteers will be wearing green shirts; DLNHC staff will be in orange shirts.

Race photography

Professional race photography is provided by John Kelly Photos. Access to official race photography is free with your entry. You will be provided with a link several days after the race to view and download your race photographs.

It is essential that your bib be visible. You will find your photos based on bib number. If the photographers cannot see your bib, you may not be able to find your photos.

Photographers will make every effort to capture every racer. However, given the number of participants in RaceFest, we cannot guarantee that you will have a race photo available.

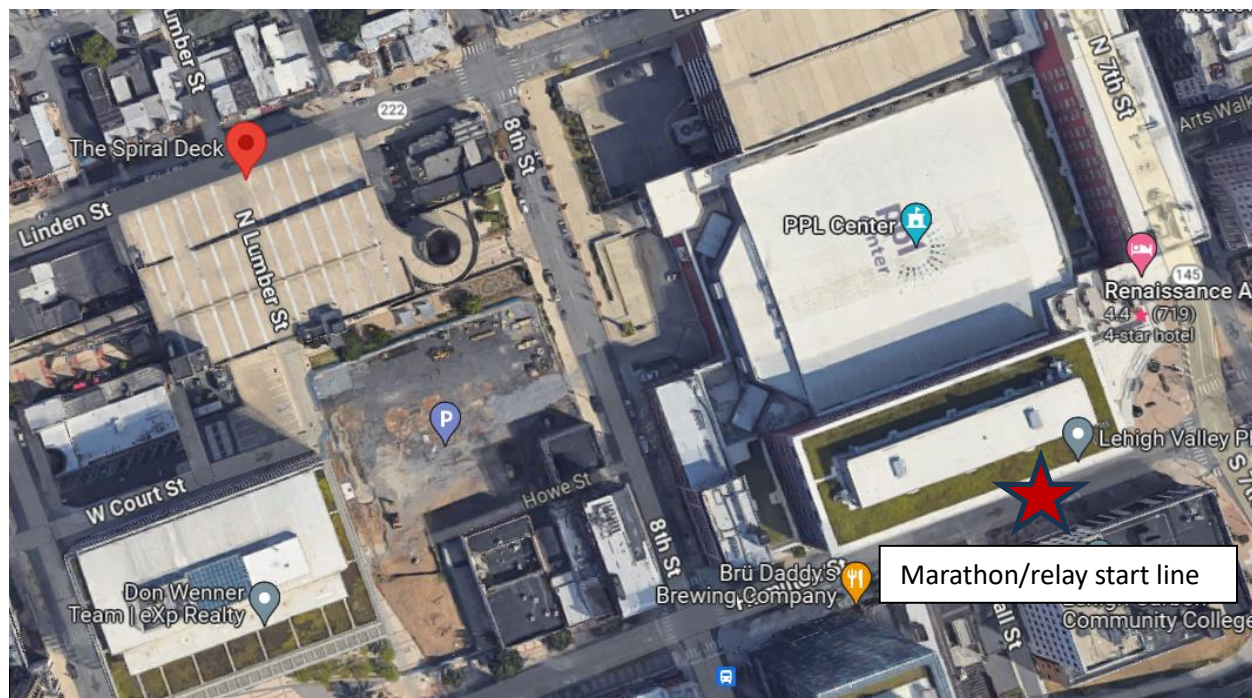


Race day transportation and parking

Marathon Parking – Allentown

We have arranged for complimentary parking for you in the Spiral Deck on 8th and Linden streets in Allentown. It is very close to the starting area, which is one block south (toward the larger buildings) on Hamilton Street. Use the Linden Street entrance.

<https://maps.app.goo.gl/uUr5Lay98A42jLZz6>



The gates will be up and an Allentown Parking Authority representative will guide you in. You can park anywhere in the garage.

If you choose to park in any of the other garages in the city, you will need to take a ticket and pay a fee upon exit. Therefore, we strongly suggest that you park in the Spiral Deck.

As an option to the garage, street parking is also free in Allentown on Sundays.

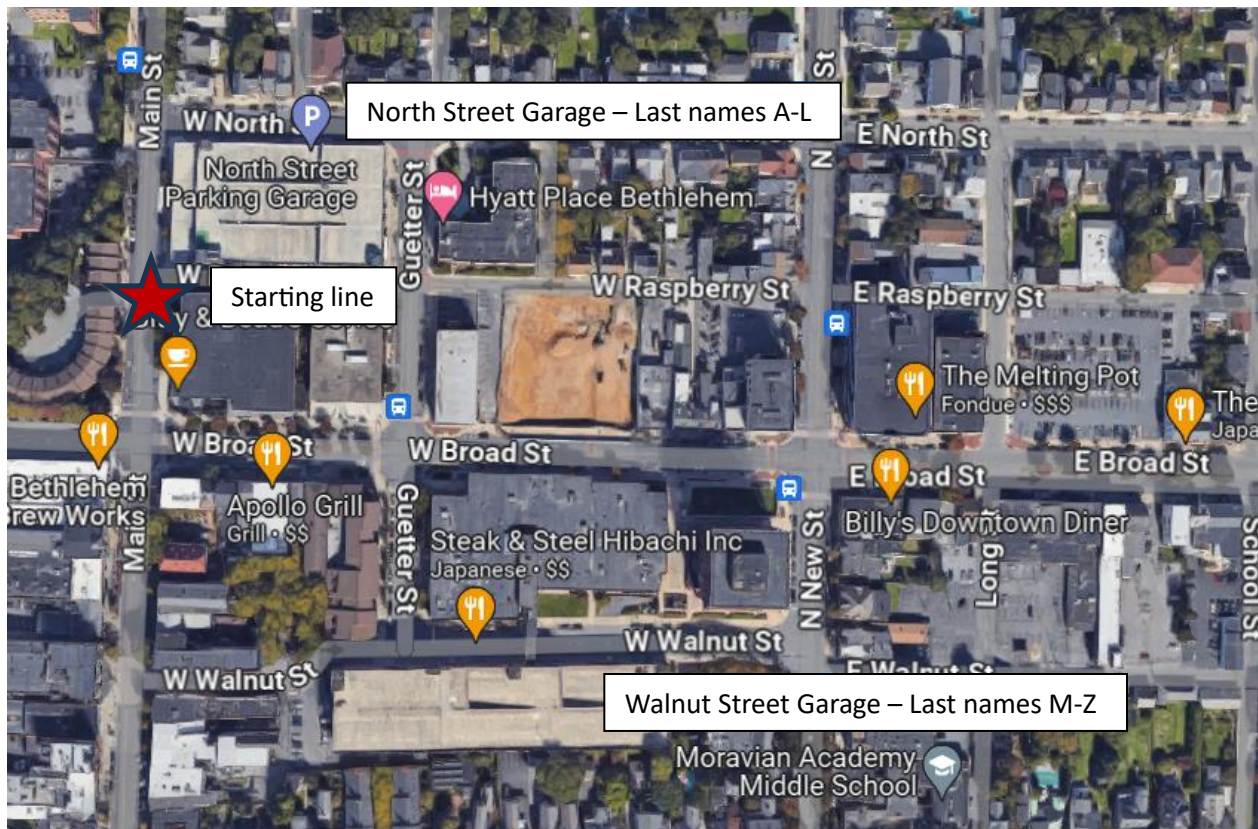
Half Marathon Parking - Bethlehem

Parking is free in City of Bethlehem garages, lots and streets on Sunday. Even though parking is free, you will still need to take a ticket to activate the gate. Keep the ticket in a safe place in your car; you will need it to exit. Do not take the ticket with you when you race. You risk losing it and delaying your exit.

If you plan to park in one of the garages, we ask that you do so by the first letter of your last name so we do not have all racers trying to park in the same garage.

North Street Garage – last names A through L: <https://maps.app.goo.gl/Lz9BCAhV6GtUDE627>

Walnut Street Garage – last names M through Z: <https://maps.app.goo.gl/NjKL1zLVgo7Doipk8>



A surface parking lot is also available within a couple blocks of the start area.

61 E. Broad Street: <https://maps.app.goo.gl/nopRDkQj1u3NjY2v6>

Please consider carpooling to limit the traffic into parking areas and to reduce the impact on the environment!

Easton parking information can be found on page 31.

Shuttles

We are pleased to provide you with complimentary shuttle transportation from the finish area in Easton to your starting areas in Allentown or Bethlehem.

Note for relay teams: We do not send shuttle buses to the relay exchanges.

Shuttle buses will operate from about 9:15 a.m. until 3 p.m. (We will not leave any racer behind!) Shuttle buses will stop first in Bethlehem, then continue to Allentown if there are riders who need to return to Allentown.

You can pick up shuttle buses at Riverside Park in Easton, which is just north of Scott Park and the finish area. You can reach Riverside Park on the trail alongside the river and under the green truss bridge.

Shuttle buses are scheduled to depart every 10-15 minutes. Depending on traffic conditions, we intend to have a shuttle bus waiting at all times in case the day is particularly wet or cold.



Note: There will not be pre-race transportation available from Easton to the start lines in Allentown and Bethlehem. If you are staying overnight in Easton, you will need to find your own transportation to your start in Allentown or Bethlehem.

SAG transport

Transportation for any racers who are no longer able to complete the race but are not in need of medical attention, will be available. Racers should notify water station volunteers that they are in need of transport. Transportation will be dispatched to your location and transport you to the finish line, where you can take a shuttle bus back to either start line.



Team relay information & logistics

Bib pickup

For relay teams, only one team member must pick up bibs and shirts for all relay team members. While it's usually the team captain, it can be anyone affiliated with the team. The person picking up the bibs and shirts for the team is responsible for distributing them to team members. We will not distribute individual relay bibs to individual team members.

Relay exchange zone operations

Relay exchange points will be at mile markers 7.1, 13.5, 17.1 and 22.7 of the marathon course. These will also be hydration stations for marathoners and half marathoners.

There is a single staging area at each exchange for relay teams. Volunteers will call out incoming team numbers. It is the responsibility of the relay teams and each team member to know approximately when their team member will be arriving at each exchange. This can be assessed by knowing each team member's running pace and will help in estimating their arrival time at each relay exchange.

Relay team members must simply touch hands with their incoming team member to make the exchange. There are no batons or other items to pass.

For convenience, all of the relay bibs will be tagged. You do not need to have a specific bib to cross the start line in Allentown or the finish line in Easton to have your team's time registered. However, we will not have mats at every exchange station. You will need to record and log your leg times yourself if you want to review them with your team members. Splits for each leg will not be provided.

Relay logistics, transportation and parking

Relay teams are responsible for their own transportation. Shuttles from the finish line will not be available to the exchange points. Relay runners may ride the shuttles back to the marathon start area in Allentown or half marathon start area in Bethlehem, but the shuttles will not go to the exchange points.

Typically, relay teams caravan along the course as a team. They start by dropping their first runner at the starting line and then drive to the first exchange. The Relay Team caravan drops off their next runner and waits to pick up their incoming runner. They then drive to the next leg to pick up their next team member and so on until the end.

Logistics for the relay are important. You will need to get your runners to the exchange points in time to meet your teammate who is finishing their leg. Depending on the speed of your runners, you may have limited time to get into your vehicle and head to the next exchange point. Please plan appropriately!

Suggested directions below take into account road closures because of the race. Realizing that many people rely on their smart phone's mapping and GPS apps, we will also provide guidance for those.

Relay Exchange #1

Leg 1: Startling Line – 700 block of Hamilton Street, downtown Allentown to Relay Exchange #1 at Fountain Park, 10th and Martin Luther King, Jr. Drive, Allentown. 7.1 miles

Where to park: Eastern Surfaces. (Thanks to Eastern Surfaces for the use of their lot!)

Map: <https://maps.app.goo.gl/scMRjQJwPxhBKTow5>

Additional parking: 641 S. 10th Street lot. (look for Lehigh Valley Grand Prix sign)

Map: <https://maps.app.goo.gl/xSsJLHFVLMi4cNTd7>



You will need to walk about 200 meters north to the exchange point (red star) on Martin Luther King, Jr., Drive. Please plan accordingly!

Directions from Spiral Deck (About 6 minutes)

- Head south on 9th St 0.4 miles to S. 8th St/Albertus L. Meyers Bridge
- Follow S 8th St over the bridge to Lehigh St., 0.5 miles
- Lehigh Street west about 0.3 miles to S. 10th St.
- Continue on S. 10th St to your destination

Note: With Martin Luther King Jr. Drive closed for racers, you will need to take the 8th Street Bridge to reach the parking area and exchange #1

Relay Exchange #2

Leg 2: Fountain Park, 10th and Martin Luther King, Jr. Drive, Allentown to west Sand Island, Bethlehem, under the Hill-To-Hill Bridge. 6.4 miles.

Where to park: Lehigh Street Lot, Lehigh Street (across from The Wooden Match)

Map: <https://maps.app.goo.gl/iDKLDenUHp1i7J1M8>



Directions (about 16 minutes)

If you use a maps app or GPS to get from Exchange #1 to Exchange #2, select the route that takes you south along Susquehanna Street in South Allentown. You will not be able to use Martin Luther King, Jr., Blvd. or the Hamilton Street bridge.

- Head away from the race course on S 10th St
- After 0.6 mi turn left onto W Wyoming St, which bends slight to the left to become Lehigh Street.
- After 0.2 mi Lehigh St turns slightly right and becomes St John St
- After 0.3 mi turn right onto S 6th St then Continue onto W Wyoming St
- Turn right onto PA-145 S/S 5th St and Continue to follow PA-145 S to the stop light.
- Continue straight through the light onto W Susquehanna St
- Travel 2.5 mi, take a slight left onto Broadway
- After 0.9 mi turn left onto Delaware Ave. After 0.9 mi Delaware becomes W 3rd St
- After 0.3 mi turn left onto Wyandotte St and go over the Hill To Hill Bridge.
- After 0.5 miles, take the Main Street Exit. Turn right at the light onto Main Street, then left at the bottom of the hill to the lot.

Exchange #3

Leg 3: Exchange #2 at west Sand Island, Bethlehem, under the Hill-To-Hill Bridge, to Exchange #3 at Canal Park, Freemansburg. 3.6 miles

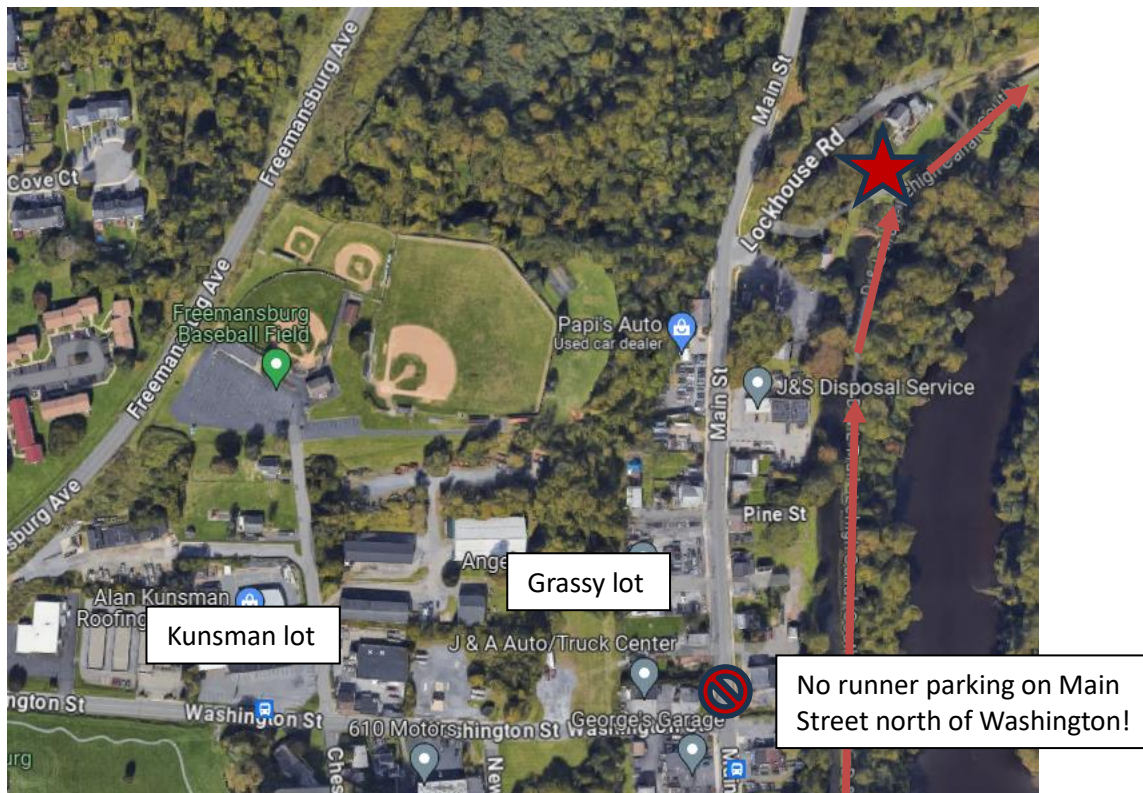
Please note: For faster teams, you will need to move quickly from Exchange #2 to Exchange #3. A leg 3 runner at a 6-minute mile pace will reach exchange #3 in about 21 minutes. Drive time between the two exchange parking areas is 10 minutes. Our parking areas for this exchange are at least 1/4 mile from the nearest parking areas. Plan accordingly!

Where to park:

Grassy lot on Washington Street. About 1/4 mile walk/run to exchange point on trail

Alan Kunsman Roofing lot. About 1/3 mile walk/run to exchange point on trail

Washington Street on-street parking (variable)



Directions (about 10 minutes):

- Head east (right) on W Lehigh St (past Wooden Match) toward Main St
- In 0.3 mi continue onto Center St
- After 0.4 mi turn right onto E Market St
- Go 1.8 miles, E Market St turns slightly left and becomes Cambria St
- After 0.4 mi Turn right onto Freemansburg Ave and continue into Freemansburg on Washington Street
- Destinations will be on the left

Note: no street parking will be available on Main Street north of Washington. Those spaces will be reserved for race officials and volunteers. You will be able to drop off a relay runner at Main and Washington, but not pick them up there. You will need to park your vehicle in one of the two designated spots above and walk back to your car with your 3rd runner.

Please respect the public and private no parking signage. Vehicles parked illegally are subject to towing. It has happened in past years! It would put a real damper on your relay team's transport.

Exchange #4

Leg 4: Canal Park, Main St. & Lockhouse Rd., Freemansburg to Exchange #4 -- Riverview Park, Lehigh Dr., Palmer Township,

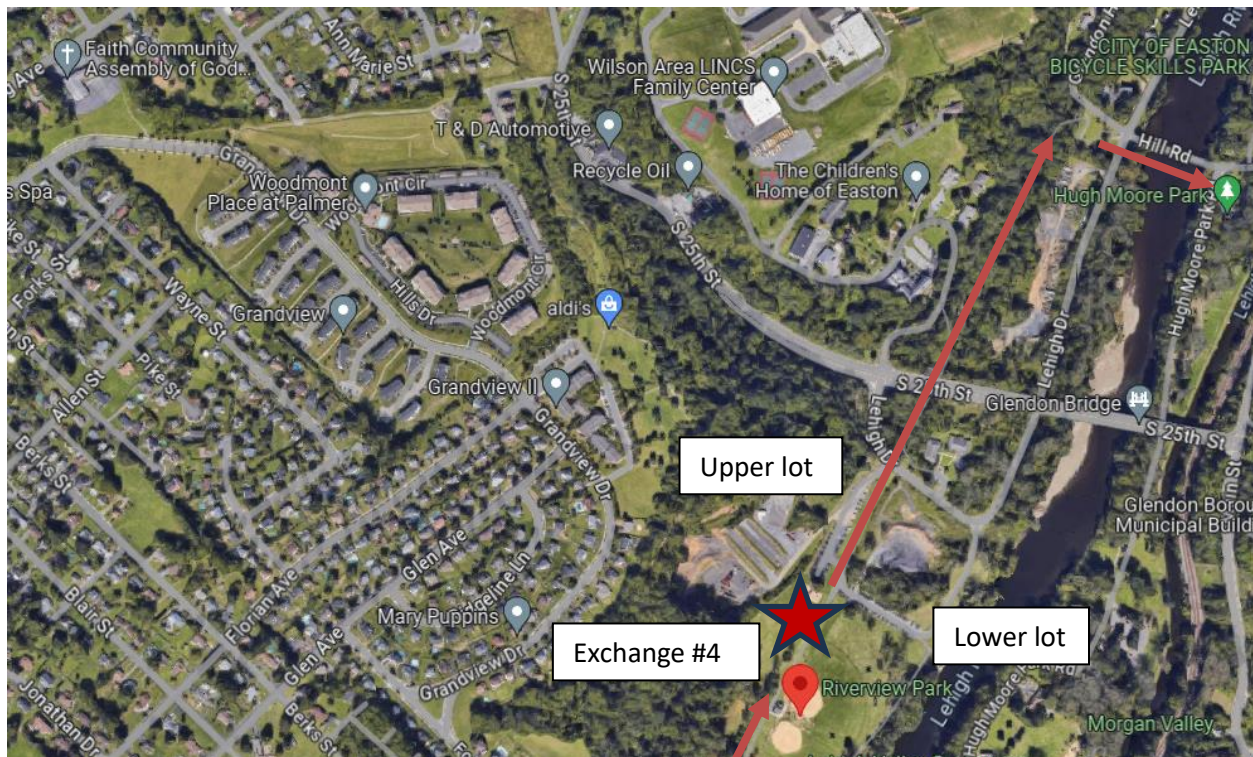
Where to park:

Upper parking lot of Riverview Park (turn right off of Lehigh Dr.)

Map: <https://maps.app.goo.gl/QXj19agJclSBHC7q6>

Additional parking in the lower lot at Riverview Park (continue on Lehigh Dr. and turn right at T:

Map: <https://maps.app.goo.gl/QEf3zThuSBt5UEZ58>



Directions (about 16 minutes)

- From Washington Street in Freemansburg
- Head away from Freemansburg on Washington Street
- After 0.2 mi turn right onto Freemansburg Ave
- After 6.1 mi turn right toward S 25th St
- After 0.7 mi turn right onto Lehigh Drive
- Upper lot will be on your right in 200 yards

Finish Line – Easton

Leg 5: Exchange #4 (Riverview Park, Lehigh Dr., Palmer Township, PA) to Finish (Scott Park, 91 Larry Holmes Dr., Easton, Pa.) 3.4 miles

Note: again, this is a short leg. A final leg runner at 6-minute pace will cover the leg in about 21 minutes. Plan accordingly if you want to see your final runner cross the finish line.

Parking lots (paid parking via credit card and kiosk):

S. 3rd Street (City Hall), \$2/hr. Map: <https://maps.app.goo.gl/uf72WMZjusknq5RN9>

4th Street Parking Garage (behind Easton Public Market). \$3/hr. Map:

<https://maps.app.goo.gl/x8hEmGoJvCj9TC12A>

More info about Easton garages: <https://www.easton-pa.com/242/Parking-Garages>



Directions: about 10 minutes

Note: Please use instructions below instead of following Google Maps suggestion to use Lehigh Drive, which intersects the race course. Or start following the course below and your GPS navigation will adjust.

- Turn left from lot onto Lehigh Dr. then left onto S. 25th Street
- After 0.7 mi turn right onto Freemansburg Ave
- After 0.8 mi turn right onto Butler St, which becomes Wolf Ave
- After 1 mi, slight right onto Washington Street
- After 0.3 mi turn left on to 4th Street for the 4th Street Garage (three blocks) or turn left on 3rd Street for the South 3rd Street Garage (1 block)

Relay Team Placard

Please print out this page and put it on your dashboard to alert public safety officials that you are with our race. ***Note: the placard will not prevent you from getting a ticket or getting towed if you are parked illegally or on unapproved private property!***



Finish festival

The Finish Festival is at Scott Park on Larry Holmes Drive in downtown Easton.

We will have food and water available when you cross the finish line. In addition, our friends at Metz Culinary Management will have hot chili (both meat and plant-based) as well as bread in the large dining tent.

Please wear your bib or medal into the dining tent so the Metz team knows you are part of RaceFest.

Visit the Delaware & Lehigh National Heritage Corridor tent to exchange shirt sizes. (Based on availability.)

Bag check will be located beyond the medical tent. Look for the UPS trucks. Make sure you have the bib number that matches the bib tag you attached to your bag.

Many downtown Easton restaurants and merchants will be offering special deals to racers who show their medal or bib – including coffee, beignets, ramen and more. You can find those here: shopdowntowneaston.com/racefest

Shuttle pick up for transport back to Allentown and Bethlehem is available beyond the UPS trucks. Continue along the riverfront under the green-painted Free Bridge (don't cross it into Phillipsburg!) to Riverside Park, just north of Scott Park. See the shuttle section for maps and details.



Results

Race results will be available at the finish area and will be posted on race.delawareandlehigh.org following the race, serving as official verification for Boston Marathon qualifiers. Our marathon is certified, and times can be used to qualify for the Boston Marathon and other races.

We will have timing mats at two locations on the course. To lessen the possibility of course-cutting or cheating, we are not announcing where the timing mats will be placed.

Swag

Our whimsical 2023 race medals and shirts feature our two DLNHC mules, Hank and George, pulling a stylized shoe down a canal. Hank and George pull the real Josiah White II canal boat in Hugh Moore Park in Easton. (You can meet them and ride the boat June through October yearly.)

Mules were used to pull canal boats up and down the Lehigh and Delaware canals to transport coal and goods in the 1800s and 1900s. Mules were prized for their endurance and intelligence. A two-mule team would pull up to 120 tons for 18 hours a day, six days a week. They traveled up to 35 miles a day.

Given the persistence and mentality of distance athletes, we think it's the perfect image for our racers to receive after they finish.



Awards

There is a rolling awards ceremony at the Finish Festival. Awards are available for pick-up on race day at the Finish Festival or at the DLNHC office in Easton on designated days following race day. We do not ship awards; you must pick them up at the event or at the DLNHC offices. Call (610) 923-3548 to arrange a pick-up.

Our primary awards will be premium folding chairs with the race logo (PIC). They will be awarded to our top finishers:

Marathon: Top three male and female overall finishers, top three male and female masters' finishers (age 40+)

Half marathon run: Top three male and female finishers, top three male and female masters' finishers (age 40+)

Half marathon walk: Top three male and female finishers



Our age group and relay awards will be pint glasses with the two-color race logo.

Marathon and half marathon: top 3 finishers in each age group male and female – under 20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 64-69, 70+

Half Marathon Walk

Men: 49 & under, 50-59, 60-69, 70+

Women: 39 & under, 40-49, 50-59, 60-69, 70+

Team relay: Top team only in each category, one pint glass for each runner on the team.



Congratulations to all our winners!

Spectators

Distance running is inherently a poor spectator sport. Unfortunately, that's compounded by the relative inaccessibility of the D&L Trail for much of the race. The quiet, natural surroundings that our runners and walkers will enjoy means there are few roads near much of the course. And there is no parking on private property.

Many of the parking areas have limited capacity. Please estimate when the racers(s) you are following will be at each spectator point and try to coincide your viewing with their arrival. Please avoid parking in a single area for more than 10 minutes if possible. We want as many people as possible to be able to cheer on their racers!

Please note:

- It is important that spectators be conscious of their surroundings and be careful not to interfere with the athletes during the race.
- Follow instructions from all Race Staff, volunteers and public safety officers.
- Do not at any time, enter the race course or impede any of the racers.
- Be aware of areas Off Limits to spectators.
- Do NOT lean or push on fencing.
- Always look both ways and behind you before crossing or changing direction.
- Racers have the right of way. Spectators MUST yield to racers in progress.
- Know your athlete's bib number, start time and estimated finish time.
- Have a plan to meet up with your athlete at conclusion of race
- Leave plenty of travel time. Expect heavy traffic into Race Sites and/or Parking Areas.

These spots are highly recommended for ease of access and visibility.

Marathon:

Allentown – 15th Street and Martin Luther King, Jr. Drive

About mile 2.0 and mile 6.2. Runners will pass this section twice!

Find street parking along 15th Street and head down the hill alongside the course.

Map: <https://maps.app.goo.gl/mbA3tyNC9mvteSNA7>

Note: Please do not spectate from exchange point #1. We have limited parking available and it needs to be reserved for our relay runners and volunteers!

Bethlehem – Sand Island

About mile 13.6

Find street parking along West Lehigh Street and head south into the park area.

Map: <https://maps.app.goo.gl/MV3ApKzR7tgocdFB7>

Note: Please do not park in the Lehigh Street Parking Lot. We have limited parking available and it needs to be reserved for relay runners and volunteers!

Half marathon and marathon:

Freemansburg – D&L Trailhead

About half marathon mile 3.4, marathon mile 16.6

There's a parking lot with 10 spaces here or find street parking.

Map: <https://maps.app.goo.gl/jGYyLRnQTjmSqp9x5>

Note: Do not park illegally or in private lots; you may be towed. This viewing point may get crowded and be difficult to access.

Bethlehem Township – D&L Trail – Nagy's Landing

About half marathon mile 5.2, marathon mile 18.3

There's a parking lot with 10 spaces

Map: <https://maps.app.goo.gl/g46MH6byBksn6wb87>

Note: For racer safety, there will be no vehicular access on Hope Road to the PA 33 Boat Launch, which was used in past events for spectators.

Note: Please do not spectate from exchange point #4 in Palmer Township. We have limited parking available and it needs to be reserved for our relay runners and volunteers!

Downtown Easton – Finish line

Larry Holmes Drive between S. 3rd Street and the finish line

We recommend one of two parking lots (paid parking via credit card and kiosk)

- S. 3rd Street (City Hall), \$2/hr. Map: <https://maps.app.goo.gl/uf72WMZjuskng5RN9>
- 4th Street Parking Garage (behind Easton Public Market). \$3/hr. Map: <https://maps.app.goo.gl/x8hEmGoJvCj9TC12A>

More info about Easton garages: <https://www.easton-pa.com/242/Parking-Garages>



Things To Do Race Weekend

Discover Lehigh Valley wants to make sure the whole planet knows about Lehigh Valley. They've spent more than 25 years building Lehigh Valley into a bustling leisure and business travel destination while boosting the local economy as the official destination marketing organization for Lehigh and Northampton counties.



Visit discoverlehighvalley.com for other events, restaurants, attractions and other fun things to do.

FAQs

Is my registration fee refundable?

Registration fees and all associated costs are non-refundable.

Is this race certified?

Yes, the marathon course is USATF certified and times can be used to qualify for the Boston Marathon and other races. Times will be posted on the Results page following the race, serving as official verification for Boston Marathon qualifiers. The half marathon course is certified as well and is eligible for other qualifications or records.

Can I switch races, for example from the marathon to the half marathon?

Yes, but only between the marathon and half marathon – not the relay. Do so at bib pick up at the expo.

Can someone else pick up my race packet?

Yes, someone else may pick up your race packet. They need to know your name and for which event you registered for (Marathon, Half Marathon or Relay). For Relay Teams, be sure the person picking up the packet knows the team captain's name.

I can't make it to the expo. Can I get my bib on race morning?

Yes. We will have marathon and marathon relay bibs available inside the PPL Center in Allentown and half marathon bibs (run and walk) at the timing tent in Bethlehem. Please make every effort to pick up your bib (or have someone pick it up for you) at the expo so you and the race volunteers are not overly rushed on race day.

If you get your bib on Sunday, you will be able to pick up your shirt at the D&L tent at Scott Park in Easton.

Will there be pace groups?

We will have pace groups only for the half marathon. Pace groups will be in five-minute increments from 1:40 through 2:15. We will also have walking pace groups for 3:15, 3:30, 3:45, 4:00 and 4:15 finish times.

Can I run with a stroller?

No. Many parts of the course – especially along some sections of the D&L Trail – are narrow. It would put you, your passenger and other racers at risk.

Can I run with my dog?

No. The narrow parts of the trail would put you, your dog and other racers at risk.

Can we substitute relay team members?

This can be done at the Expo. Please, no race day substitutions.

Where do I pin my race number?

All participants must wear a number visible on their front and race numbers must be visible at all times during the race. Therefore, please make certain your number is pinned to the outer-most layer of clothing at all times.

When should I arrive at the start?

Please arrive at least 60 minutes prior to the race start.

Where do I park on race day at the start?

Check our parking instructions and maps on page 21 for detailed information.

What if I get hurt or cannot finish the race?

Safety is our main objective. Please exercise caution at all times. Basic and advanced medical support is available at the finish line. EMS services provide support along the course and medical volunteers are positioned at water stations to provide basic medical support. In the event of an emergency, call 911. Communications Volunteers are stationed at water stations to report emergencies to EMS. Please review our Race Day Cancellation/Alteration Policy.

Transportation (SAG transportation) for any runners who are no longer able to complete the race but are not in need of medical attention, will be available. Runners should notify water station volunteers that they are in need of transport. Transportation will be dispatched to your location and transport you to the finish line.

When does the course close?

All marathoners must be able to complete the course at a 14:45 minute per mile pace. Course maintenance and street closures will cease along the course based on this time.

If you do not think you can complete the course – running or walking -- by 2:30 p.m., please ask a water station volunteer to arrange for an assistance vehicle to the finish line in Easton.