

CEDAR RAPIDS  
*Marathon  
Weekend*  
MARATHON • HALF MARATHON • RELAY • 10K • 5K  
Presented by **BODYARMOR**  
FLASH LV.

2026

# *Athlete Guide*

June 6-7, 2026

# BODYARMOR FLASH I.V.



# REHYDRATE. RECOVER.

**2,290MG ELECTROLYTES**

**NO ARTIFICIAL DYES,  
FLAVORS OR SWEETENERS**

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**ATLANTIC** *Coca-Cola*  
**BOTTLING COMPANY**

# TABLE OF CONTENTS

---

<b>9</b>		<b>EVENTS SCHEDULE</b> Times and locations of all major events at a glance.
<b>10, 16</b>		<b>PARKING</b>
<b>11-12</b>		<b>STACK WELLNESS HEALTH &amp; FITNESS EXPO</b>
<b>17</b>		<b>MARATHON RELAY PRESENTED BY DOWNTOWN CEDAR RAPIDS</b>
<b>20</b>		<b>RACE DAY INFO</b>
<b>21</b>		<b>WATER STATIONS</b>
<b>23</b>		<b>RUN FOR GOOD! POWERED BY TRANSAMERICA</b>
<b>28</b>		<b>POST RACE PART INFO</b>
<b>36</b>		<b>FREE KIDS RUN</b>
<b>41</b>		<b>SPECTATOR GUIDE</b>



WELCOME TO THE INAUGURAL CEDAR RAPIDS MARATHON WEEKEND!

FROM THE BOTTOM OF OUR HEARTS — THANK YOU FOR BEING HERE.

WHETHER YOU'VE SPENT MONTHS TRAINING FOR THE MARATHON, CONVINCED YOUR FRIENDS TO JOIN THE RELAY, SIGNED UP FOR YOUR VERY FIRST 5K, OR SIMPLY DECIDED TO SHOW UP AND WALK WITH THIS INCREDIBLE COMMUNITY, WE WANT YOU TO KNOW SOMETHING:

YOU BELONG HERE.

PUTTING ON A RACE IS ABOUT FAR MORE THAN MILES AND FINISH TIMES. IT'S ABOUT PEOPLE. IT'S ABOUT COURAGE, COMMITMENT, GROWTH, AND COMMUNITY. EVERY SINGLE PARTICIPANT HAS A DIFFERENT STORY AND A DIFFERENT REASON FOR BEING AT THE STARTING LINE THIS WEEKEND, AND WE'RE HONORED TO BE A SMALL PART OF THAT JOURNEY.

WE KNOW THE EARLY MORNINGS, LONG RUNS, SORE LEGS, SELF-DOUBT, BUSY SCHEDULES, AND SACRIFICES IT TAKES TO GET HERE. NO MATTER WHICH DISTANCE YOU'RE TAKING ON, WE HOPE YOU TAKE A MOMENT THIS WEEKEND TO APPRECIATE WHAT YOU'VE ACCOMPLISHED ALREADY.

CEDAR RAPIDS HAS WELCOMED THIS EVENT WITH OPEN ARMS, AND WE CANNOT WAIT FOR YOU TO EXPERIENCE THE ENERGY, EXCITEMENT, AND PASSION THIS COMMUNITY HAS POURED INTO RACE WEEKEND.

THANK YOU FOR TRUSTING US WITH YOUR MILES.

NOW LET'S MAKE SOME UNFORGETTABLE MEMORIES TOGETHER.

CHEERING YOU ON!

– JAKE & LAURA

RACE DIRECTORS

CEDAR RAPIDS MARATHON WEEKEND



Check your race day packet for an exclusive sticker!



# WELCOME IS OUR LANGUAGE

Whether this is your first mile in Cedar Rapids or your hundredth finish line, you belong here. To our hometown runners: thank you for carrying our city forward. To visitors from near and far: welcome to the City of Five Seasons!

**Run strong and stay awhile — there's always time for one more mile.**



Learn more about the Welcome is Our Language campaign at [CityofCR.com/Welcome](https://www.cityofcr.com/welcome)



**WE'LL SEE YOU AT  
THE FINISH LINE**

**BODYARMOR  
FLASH I.V.**

**CEDAR RAPIDS**  
*Marathon  
Weekend*

MARATHON • HALF MARATHON • RELAY • 10K • 5K

Presented by **BODYARMOR**  
FLASH I.V.



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ATLANTIC *Coca-Cola* BOTTLING COMPANY

# CEDAR RAPIDS

WELCOME IS OUR LANGUAGE

*tourismcedarrapids.com*



**SCAN THE CODE**

FOR THINGS TO DO, LOCAL  
EVENTS AND EXCLUSIVE  
RUNNER SAVINGS

# EVENT SCHEDULE

## SATURDAY, JUNE 6TH

09:30 AM

SHAKEOUT RUN HOSTED BY FITNESS SPORTS  
DOUBLETREE CEDAR RAPIDS

10:00 AM – 05:00 PM

STACK WELLNESS HEALTH & FITNESS EXPO  
DOUBLETREE CEDAR RAPIDS

## SUNDAY, JUNE 7TH

06:00 AM

GEAR CHECK OPEN + CORRALS OPEN –  
MARATHON, HALF MARATHON & TEAM  
RELAY

07:00 AM

RACE START – MARATHON, HALF MARATHON,  
TEAM RELAY

07:30 AM

CORRALS OPEN – 5K & 10K

08:00 AM

RACE START – 5K & 10K

08:00 AM – 02:00 PM

POST RACE PARTY – FOOD, BEER, LIVE MUSIC,  
& AWARDS

11:00AM

FREE KIDS RUN



## Park Cedar Rapids

Findefficient, convenient and affordable parking options in downtown Cedar Rapids!

### PARKING RAMPS:

- \$0.75/hour
- Seven downtown ramps available.
- Payment is required upon arrival. Ramps are enforced 24/7.

### ON-STREET PARKING:

- \$1.25/hour
- Meters enforced Monday – Friday, 9 a.m. to 5 p.m.
- Free evenings and weekends
- Time limitations and restrictions may vary

### KIOSK PARKING METERS & MOBILE APPS:



- Park in an open spot, note zone number, find nearest kiosk, enter license plate number, enter time needed
- On-street kiosks accept coins. Off-street kiosks only accept credit/debit cards.
- Or use the **Passport Parking**, **ParkMobile** or **Oobeo QR** code apps to pay with your smartphone, receive expiration warning messages and extend your time remotely as needed
- Note: You do NOT need to display the receipt in your window.

### ADA ACCESSIBLE PARKING:

Each parking ramp on the map to the right includes ADA parking:

- 4th Avenue Ramp
- 3rd Avenue Ramp
- GTC Ramp
- Southside Ramp
- Five Seasons Ramp
- Convention Center Ramp
- Kingston Yard Ramp

### NEED HELP?

Call (319) 365-7275 for...

- FREE help with: jump starts, security concerns and tire fills.
- Connections to services including: lock outs, tire changes or towing.
- Assistance 24 hours/day, 7 days/week.

# Expo



FIND A SPACE

# ParkCedarRapids.com

# *Stack Wellness Health + Fitness Expo*

## HOW IT WORKS:

THE STACK WELLNESS HEALTH & FITNESS EXPO IS WHERE YOU'LL GRAB YOUR BIB AND ATHLETE SWAG. IT'S ALSO AN OPPORTUNITY TO GET YOUR LAST MINUTE RUNNING GEAR FROM FITNESS SPORTS AND CONNECT WITH PARTNERS, BRANDS AND CHARITIES OF THE CEDAR RAPIDS MARATHON WEEKEND. BE SURE TO GRAB A STACK WELLNESS SMOOTHIE SAMPLE TO FUEL YOU FOR RACE DAY AND STOP BY ALL THE PHOTO OPPORTUNITIES THROUGHOUT THE EXPO.

YOU WILL BE SENT YOUR BIB NUMBER IN AN EMAIL RACE WEEK. WHEN YOU ARRIVE AT THE STACK WELLNESS HEALTH + FITNESS EXPO JUST FIND YOUR WAY TO THE BIB RANGE TO GRAB YOUR GEAR.

YOU CAN MAKE DISTANCE CHANGES AT BIB PICK-UP AND YOU CAN GRAB BIBS FOR OTHERS AS LONG AS YOU CAN SHOW THEIR BIB EMAIL TO THE VOLUNTEER.

YES, YOU CAN GRAB PACKETS FOR FRIENDS AND FAMILY, JUST BE SURE TO BRING A COPY OF THEIR BIB NUMBER EMAIL THEY'LL BE SENT RACE WEEK.

## OFFICIAL MERCHANDISE

EXCLUSIVE CEDAR RAPIDS MARATHON WEEKEND MERCHANDISE WILL BE AVAILABLE AT THE STACK WELLNESS HEALTH + FITNESS EXPO--SIZES AND QUANTITIES ARE LIMITED.



# FUEL THE START RECOVER THE FINISH

Protein smoothie, macro bowls & wraps built for athletes. Clean. Fast. Delicious.



Download the app  
and order online

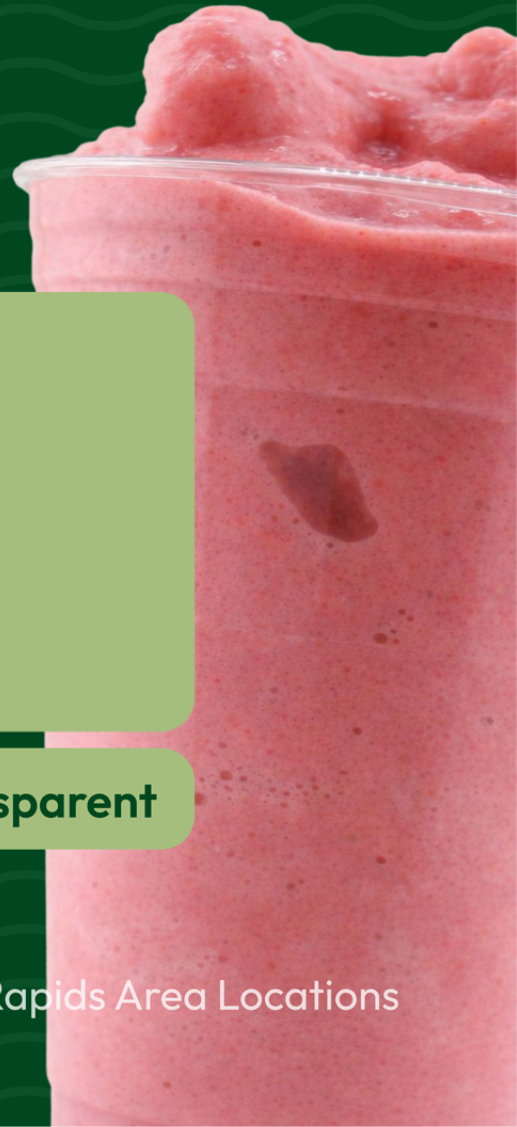


High Protein

Fast & Fresh

Macro Transparent

stackwellnesscafe.com • @stackwellness • 5 Cedar Rapids Area Locations

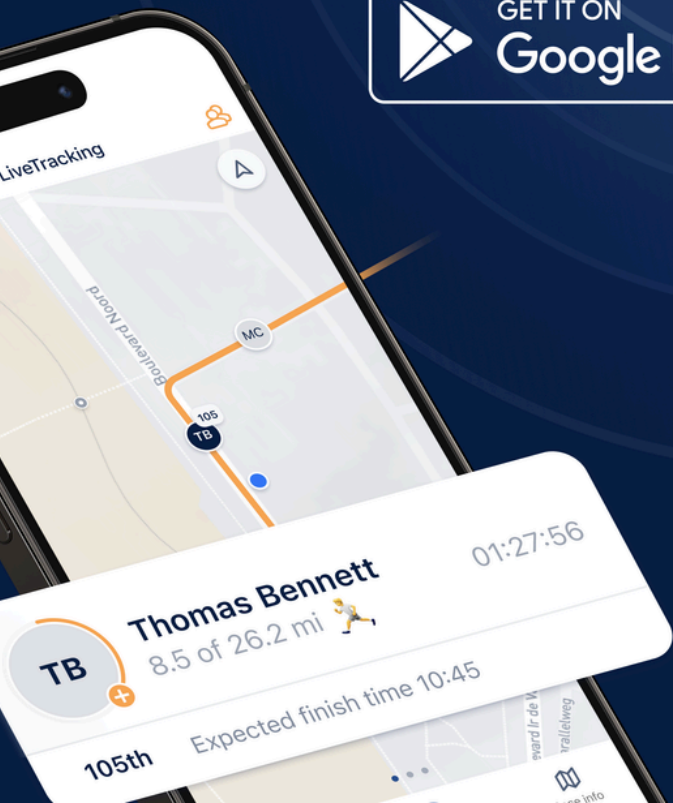




# Download

the Cedar Rapids Marathon Weekend app

Follow your friends, family and favourite athletes live during the Cedar Rapids Marathon Weekend!



Connected by





# THE DIFFERENCE IS Community

As Iowa's largest privately held bank, Bankers Trust team members are driven by a collective desire to make a difference in the Cedar Rapids community, and we show it very day by helping customers reach their financial goals, generously donating our time and resources to local nonprofits. Whether through banking or community investment, we are committed to helping the Corridor thrive, and we are eager to continue doing so for years to come.

See how Bankers Trust can make a difference for your banking needs at our two Cedar Rapids locations, downtown and on Blairs Ferry Road.

BANKING | LENDING | WEALTH MANAGEMENT

(319) 896-7777 | BankersTrust.com



**Bankers  
Trust**<sup>®</sup>

Member FDIC



# People you can bank on



## 2025 BY THE NUMBERS

DONATIONS & SPONSORSHIPS

**\$940,000+**

EMPLOYEE VOLUNTEER HOURS

**7,600+**

NONPROFITS IMPACTED

**160+**





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- Kingston Yard Ramp

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Call (319) 365-7275 for...

- FREE help with: jump starts, security concerns and tire fills.
- Connections to services including: lock outs, tire changes or towing.
- Assistance 24 hours/day, 7 days/week.



FIND A SPACE

ParkCedarRapids.com

# MARATHON TEAM RELAY

TEAM RELAY GUIDE FOUND [HERE](#).

MAYBE YOU WERE TALKED INTO DOING THIS RELAY BY A HIGH-ENERGY FRIEND THAT ISN'T TOO WORRIED ABOUT ALL THE DETAILS. BUT YOU ARE. HOW DOES THIS WORK? WHERE DO WE PARK? WHERE DO WE EXCHANGE? DO WE EACH PICK UP OUR BIBS? NO NEED TO WORRY, YOU ARE IN THE RIGHT PLACE! ALL THE INFORMATION YOU NEED FOR A SMOOTH, FUN-FILLED DAY WITH YOUR RUNNING BUDDIES IS BELOW.

## CHECK-IN PROCEDURE

RELAY MEMBERS NEED TO PICK UP THEIR OWN PACKET OR SEND A COPY OF THEIR CONFIRMATION EMAIL TO HAVE SOMEONE ELSE PICK IT UP FOR THEM. EACH TEAM HAS FIVE OF THE SAME BIB (TEAM NAME) AND WILL ALL SHARE ONE TIMING CHIP. EACH TEAM WILL ALSO GET ONE PARKING PASS TO PUT ON THE DASH OF TEAM CAR. THIS IS USED TO IDENTIFY CARS TO GET ACCESS INTO RELAY ZONES.

## EXCHANGE ZONES

DESIGNATED EXCHANGE ZONES ARE ROUGHLY EVERY 5-MILES APART. THESE ZONES WILL BE CLEARLY MARKED WITH BRANDING AND BARRICADES. SIMPLY PASS OFF THE ANKLE STRAP AND START RUNNING! IF YOU DO NOT HAVE 5 RUNNERS AND WANT TO USE DIFFERENT RELAY EXCHANGE ZONES, PLEASE FEEL FREE TO DO SO. JUST MAKE SURE YOU ARE NOT DRIVING ON THE COURSE!

## DRIVING AND MORE

EACH TEAM NEEDS TO IDENTIFY ONE CAR TO USE AS THE TEAM CAR. PUT THE PARKING PASS IN IT AND DRIVE TO THE RELAY EXCHANGE POINTS USING THE QR CODE! PLEASE, DO NOT DRIVE ON THE COURSE AND BE VERY CAREFUL OF FELLOW RUNNERS. **MAKE SURE TO LEAVE DOWNTOWN BEFORE 6:30 AM TO GET TO EXCHANGE ZONE 1 OR YOU WILL HIT TRAFFIC AND COULD MISS YOUR LEG.**





Presented by **BODYARMOR**  
FLASH I.V.

HOSTED BY

**Downtown**



**CEDAR RAPIDS**



## Don't Miss These!

- 30+ Local Restaurants & Eateries
- Cedar Rapids Downtown Farmers Market
- Shows at Paramount Theatre & Theatre Cedar Rapids
- Museums & Attractions
- Live Music & Nightlife

**Dine.  
Shop.  
Experience.**

[DowntownCR.org](http://DowntownCR.org)

Supporting Community Health and Wellness  
in Downtown Cedar Rapids with the 5 Seasons Fit Initiative



# PICKLE PALACE

Pickle Palace is Cedar Rapids' most entertaining multi-level, indoor/outdoor restaurant, event and recreation venue. Whether you're looking for a playful diversion of pickleball, a spirited night out with friends or celebrating a momentous event, Pickle Palace is here to *elevate* your experience.



# play. celebrate. elevate.

# Race Day Info.

## START + CORRALS

THE MARATHON, HALF MARATHON, & DOWNTOWN CEDAR RAPIDS MARATHON TEAM RELAY WILL ALL START AT 7AM. CORRALS WILL OPEN AT 6AM. CORRALS ARE BASED ON PACE PER MILE AND ARE SELF-SEEDED - LINE UP NEAR THE PACE YOU THINK YOU WILL AVERAGE FOR THE ENTIRE RACE. PACERS WILL ALSO BE IN THE STARTING CHUTE TO HELP. LINE UP WHERE YOU FEEL MOST COMFORATBLE, MEET A NEW FRIEND, ARRIVE EARLY SO YOU'RE NOT STARTING THE MORNING STRESSED.

ATHLETES IN THE CEDAR RAPIDS BANK & TRUST 5K AND BANKERS TRUST 10K WILL START AT 8 AM. PLEASE DO NOT ENTER THE CORRALS UNTIL ALL OF THE MARATHON, HALF MARATHON AND MARATHON RELAY PARTICIPANTS ARE OUT. WE WILL LOAD THE 5K AND 10K STARTING AT 7:30AM.

YOU CAN FIND INFORMATION ON OUR WONDERFUL PACERS PROVIDED BY FITNESS SPORTS [HERE](#).

## GEAR CHECK

GEAR CHECK PRESENTED BY ADAMANTINE SPINE MOVING ,WILL OPEN AT 5:45 AM AND WILL BE LOCATED JUST SOUTH OF THE START/FINISH LINE. YOUR BIB WILL COME WITH A BIB CHECK STICKER ON IT. PLACE THIS ON THE CLEAR BAG YOU RECIEVED YOUR BIB IN (AT THE EXPO). SIMPLY FILL YOUR BAG WITH WHATEVER YOU DON'T WANT TO RUN WITH AND RETRIEVE IT AT THE END OF THE RACE. SHOW A VOLUNTEER YOUR BIB AND THEY WILL GET YOUR BAG FOR YOU.

**GEAR CHECK WILL CLOSE AT 7:45AM IN THE MORNING AND WILL REMAIN AVAILABLE UNTIL 2PM. WE DON'T RECOMMEND CHECKING VALUABLES. WE ARE NOT LIABLE FOR ANY BROKEN OR LOST ITEMS.**

IN AN EFFORT TO KEEP CEDAR RAPIDS BEAUTIFUL, WE ENCOURGE YOU TO DROP YOUR LAYERS AT GEAR CHECK ON RACE MORNING BUT IF YOU CHOOSE TO DROP AT THE START/FINISH LINE, THOSE ITEMS WILL BE COLLECTED AND DONATED TO A CHARITY WITHIN THE CEDAR RAPIDS COMMUNITY. PLEASE DO NOT DROP CLOTHING OR TRASH ALONG THE COURSE.

# Water Stations

## WATER STATIONS

\*\*\* ALL WATER STATIONS HAVE WATER , POWERADE ION + AND TOILETS AVAILABLE\*\*\*

	Mile	WATER +POWERADE	CARBS FUEL	CANDY	SALTY SNACKS	COCA COLA
A	2 / 2	✓				
B	4.2 / 4.2	✓				
C	6 / 6	✓				
D	7.5 / 7.5	✓	✓	✓		
E	9.5 / 9.5	✓			✓	
F	1.5 / 1.5 / 1.8 / 5 / 10.9 / 10.9 11.9 / 25.2	✓		✓		
G	14 / 22	✓	✓			✓
H	15 / 21	✓		✓	✓	
I	17 / 19	✓	✓			✓
J	2.3 / 4.1 / 12 / 24	✓				

MARATHON MILES IN **YELLOW**, HALF MARATHON MILES IN **WHITE**  
10K MILES IN **BLUE**. 5K MILES IN **PINK**.

WATER STATIONS ON COURSE WILL BE ROUGHLY EVERY 2-MILES. EACH WATER STATION WILL HAVE WATER AND **LEMON-LIME** POWERADE ION+. WATER STATIONS THIS YEAR WILL FEATURE A VARIETY OF ITEMS INCLUDING CARBS FUEL, POP, SALTY SNACKS, CANDY AND MORE!

MERITORIOUS MOVERS OF UNMITIGATED MOXIE

# ADAMANTINE SPINE MOVING

[www.spinemoving.com](http://www.spinemoving.com)

YOU HAVE TO RUN YOUR OWN RACE,  
**BUT YOU DON'T HAVE TO HANDLE  
YOUR OWN MOVE. LET US HELP!**



**PACK | MOVE | STORE | LOCALLY OWNED | VETERAN OWNED  
LOCAL & INTERSTATE SERVICE | FULLY LICENSED & INSURED**



**CEDAR RAPIDS MARATHON EXCLUSIVE OFFER:  
MENTION YOUR BIB NUMBER FOR \$50-100 OFF YOUR MOVE!\***

\*\$50 OFF A MOVE UNDER \$1000, OR \$100 OFF A MOVE OVER \$1000

SCAN FOR A QUOTE



# Run for *Good!*

POWERED BY TRANSAMERICA  
TO BENEFIT THE ZACH JOHNSON FOUNDATION



Run for Good powered by Transamerica is a school supply drive during Cedar Rapids Marathon Weekend presented by BODYARMOR Flash IV. Runners and spectators are encouraged to donate school supplies at the Stack Wellness Health & Fitness Expo to support Cedar Rapids Community School District students—helping make race weekend count beyond the finish line.

## SUPPLIES NEEDED:

- crayons
- pencils
- markers
- paper
- notebooks
- folders

Donation bins will be found at the Stack Wellness Health + Fitness Expo on Saturday, June 6<sup>th</sup> from 10AM-5PM.



live your best life

# Life, reimagined

Cedar Rapids is built on connection, dedication, and pride. We share those values — and for more than a century, we've helped people protect what matters and plan with confidence.

Today, we remain committed to the individuals and families who make Cedar Rapids home, and to creating the financial freedom to pursue what's possible.

Visit [transamerica.com](https://transamerica.com)



# We think Cedar Rapids is AMAZING!

You are why we do what we do.



For minor health concerns that cannot wait, stop by one of our walk-in clinics. If you have a life-threatening illness or injury, such as shortness of breath or chest pain, call 911 immediately, or go to the nearest UnityPoint Health Emergency Department.

## WALK-IN CARE

- ♥ Cedar Rapids - Westdale Urgent Care  
2375 Edgewood Road SW • (319) 396-1983
- ♥ Cedar Rapids - Express at Lindale  
153 Collins Road NE • (319) 826-2972
- ♥ Hiawatha - Express at Peck's Landing  
1940 Blairs Ferry Rd., Ste. 104 • (319) 393-0178
- ♥ Marion - Urgent Care  
2992 7th Avenue • (319) 730-8300
- ♥ Anamosa - Urgent Care  
1795 Highway 64 E • (319) 481-6291

Reserve your visit ahead of time at  
[unitypoint.org/urgentcare](http://unitypoint.org/urgentcare).

## EMERGENCY DEPARTMENTS - Call 911

- ♥ Cedar Rapids  
UnityPoint Health - St. Luke's Hospital  
1026 A Ave. NE
- ♥ Marion  
UnityPoint Health - St. Luke's Marion ER  
3301 Armar Dr.
- ♥ Anamosa  
UnityPoint Health - Jones Regional Medical  
Center  
1795 Hwy. 64 East

**CR's HEART HOSPITAL** 



UnityPoint Health  
Cedar Rapids

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ELECTROLYTES\***

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**GRAB YOURS** FOUND IN GROCERY AND  
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 **DELTA DENTAL**<sup>®</sup>



# Post Race

AFTER YOU HAVE CROSSED THE FINISH LINE, YOU WILL RECEIVE A WATER, A BOTTLE OF BODYARMOR FLASH I.V. AND YOUR FINISHER MEDAL. YOU WILL ALSO HIT THE RECOVERY ZONE PRESENTED BY KEPROS PHYSICAL THERAPY-BE SURE TO STOP FOR A STRETCH AND RECOVERY. CONTINUE TO KINGSTON YARD FOR THE FULL PARTY WHICH INCLUDES BIG GROVE BEER, BURGER (VEGGIE BURGERS AVAILABLE) + SIDES, COMMEMORATIVE FINISHER POSTER FROM FITNESS SPORTS, LIVE MUSIC AND SPACE TO MEET YOUR LOVED ONES.

## AWARDS

RESULTS LINK FOUND [HERE](#).

BE SURE TO STOP BY OUR TRUE TIME TIMING TENT IN KINGSTON YARD FOR YOUR FINISHER TIME! IF YOU GOT TOP 3 IN YOUR AGE GROUP, STOP BY OUR AWARDS TENT FOR YOUR AGE GROUP AWARD. WE WANT THE PARTY TO KEEP GOING AND WILL BE DOING AN ABBREVIATED AWARD PRESENTATION - ONLY THE TOP 3 OVERALL MALE AND FEMALES WILL BE RECOGNIZED ON STAGE ALTHOUGH TOP 3 IN EACH AGE GROUP OF EACH DISTANCE (TOP 3 OVERALL TEAMS FOR RELAY) WILL GO HOME WITH A COMMEMORATIVE ALMOST FAMOUS BAG OF POPCORN WITH THEIR AGE GROUP INFORMATION ON IT.

✦ ATHLETES MUST BE PRESENT, NO AWARDS WILL BE MAILED.

## PHOTOS & RESULTS

BE ON THE LOOK OUT FOR A POST-RACE EMAIL WITH LINKS TO PHOTOS AND RESULTS- PHOTOS FOR EACH ATHLETE ARE COMPLIMENTARY FROM DELTA DENTAL! BECAUSE LET'S BE REAL, HOW DO YOU BRAG IF YOU DON'T HAVE THAT PERFECT FINISH LINE PHOTO FOR SOCIAL MEDIA?!

## RECOVERY ZONE - KEPROS PHYSICAL THERAPY

THE RECOVERY ZONE PRESENTED BY KEPROS PHYSICAL THERAPY OFFERS RUNNERS A CHANCE TO FLUSH OUT THAT PESKY LACTIC ACID BY OFFERING COMPLIMENTARY MASSAGE, STRETCHING AND OTHER TREATMENTS. LOCATED RIGHT IN THE FINISH CHUTE, MAKE SURE TO SWING BY AND TAKE FULL ADVANTAGE OF THIS BEFORE HEADING TO THE POST RACE PARTY! YOU'LL WANT TO HIT THIS BEFORE HEADING OUT OF THE FINIHS LINE CHUTE.



WE'RE YOUR PHYSICAL  
THERAPISTS FOR THE  
**LONG RUN**

becoming better. Together.

ALLOW US TO HELP  
YOU GET BACK TO  
WHAT MATTERS



kepros  
Physical Therapy & Performance

CEDAR RAPIDS | 319.200.6102

MARION | 319.200.2066

NORTH LIBERTY | 319-383.0322

**IMT**  
**DES MOINES**  
*Marathon*  
CELEBRATING 25 YEARS

October 18, 2026

**RUN**

**DSM**

**Marathon, Half Marathon, Marathon Relay, 10K, 5K**  
[desmoiesmarathon.com](http://desmoiesmarathon.com)



# YOUR TABLE IS WAITING!

In 2023, we opened our doors in the heart of the historic Kingston Village, bringing life to longtime community connections. As one of just a few breweries in the country crafting beer with open fermentation, we pride ourselves on creating one-of-a-kind brews in an inviting atmosphere for our friends, neighbors, and visitors to Cedar Rapids. Our expansive patio - the largest in the area, offers an ideal setting to gather and unwind. We also offer private event experiences, with flexible spaces tailored to fit everything from family celebrations to company-wide socials.

## HOURS

Monday - Sunday  
11:00 AM-11:00 PM  
*Kitchen closes at 10*

## BREAKFAST HOURS

Friday - Sunday  
7:00 AM-11:00 AM



**BIG GROVE BREWERY & TAPROOM CEDAR RAPIDS**

170 1st St. SW Cedar Rapids, IA 52404

319-200-8674 • [BigGrove.com](http://BigGrove.com)

# THANK YOU TO ALL OUR *Volunteers!*

SPECIAL SHOUT-OUT TO OUR GROUPS AND VOLUNTEER ORGANIZATIONS:

- BLACK GIRLS RUN
- YMCA OF THE CEDAR RAPIDS METRO AREA
- THE DISTRICT: CZECH VILLAGE & NEW BOHEMIA
- NEW BOHEMIA & CZECH VILLAGE GROUP
- DAYBREAK ROTARY
- FITNESS SPORTS
- HIS HANDS FREE CLINIC
- LUKAN FIT
- SUFFOLK
- TRANSAMERICA
- UNIVERSITY OF IOWA DANCE MARATHON



# Here's to the game changers

Suffolk is proud to support the Cedar Rapids Marathon and its mission to deliver a world-class race experience that reflects this city. We're cheering on all the runners as they strive to reach their goals.





**VAN METER**

NATE E.  
Owner

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POWER US.**

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Excludes Sale Items



JOIN 319 RUN CLUB EVERY  
SATURDAY MORNING AT  
7:30AM FOR FREE SOCIAL /  
TRAINING RUNS!

**OUR LOCATIONS**

**Corridor Marion**  
1026 7<sup>th</sup> Ave  
Marion, IA 52302

**Coralville**  
103 5<sup>th</sup> St  
Coralville, IA 52241

**North Liberty**  
555 Hwy 965, B  
North Liberty, IA 52317

+ Central IA: Clive, Johnston, Ankeny, Ames



# FREE Kids Run

WE STRONGLY BELIEVE THAT GETTING THE ADRENALINE SPIKE FROM A FINISH LINE AND MAKING MOVEMENT FUN FROM A YOUNG AGE, BENEFITS ALL. WHICH IS WHY WE PROVIDE A FREE KIDS RUN AT ALL OUR EVENTS! PLUS, IT'S THE CUTEST, MOST CHAOTIC WAY TO CELEBRATE RACE WEEKEND.

YOU CAN REGISTER ONLINE OR SIMPLY HAVE YOUR KIDDO MEET US NEAR THE CEDAR RAPIDS SIGN JUST SOUTH OF THE FINISH LINE AT 10:30AM ON SUNDAY TO RUN. YOU CAN PICK UP YOUR KIDS RUN BIB DURING THE EXPO. WE KINDLY ASK THAT YOU PUT YOUR CELL NUMBER ON THE BACK OF THAT BIB SO IF NEEDED WE CAN RE-UNITE YOUR ATHLETE.

THE KIDS COURSE IS QUICK, CUTE AND EPIC (IT'S ABOUT .5 MILES): YOU'LL RACE FROM THE MARATHON FINISH LINE DOWN 2ND AVE. AND BACK TO THE FINISH LINE.

PARENTS ARE WELCOME TO RUN ALONGSIDE THEIR KIDS.

THE KIDS RUN WILL START AT 11 AM AND WE WILL WALK THE KIDS FROM THEIR STAGING AREA (NEAR THE CEDAR RAPIDS SIGN) SOUTH OF THE FINISH LINE TO THEIR START AND THEY'LL FINISH AT THE LARGE FINISH LINE.

**IMT**  
**DES MOINES**  
*Marathon*  
CELEBRATING 25 YEARS

**October 18, 2026**

**RUN**

**DSM**

**Marathon, Half Marathon, Marathon Relay, 10K, 5K**

**[desmoinesmarathon.com](http://desmoinesmarathon.com)**



*smooth, creamy*  
**NUTRITION**

**50%**  
*more*  
**PROTEIN\***

**50%**  
*less*  
**SUGAR\***

\*COMPARED TO REGULAR MILK, REGULAR CHOCOLATE MILK & REGULAR STRAWBERRY MILK (AS APPLICABLE).

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**RECOVER  
 & BUILD  
 LEAN  
 MUSCLE**

**AVAILABLE IN HEALTH MARKETS  
 & MOST CONVENIENCE STORES**



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# 80 years of going the distance

A homegrown company. A world-class race.

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CELEBRATING

80  
YEARS

1946 ★ 2026





IOWA  
TRAIL  RUN  
SERIES PRESENTED BY EXITE

**RUN.  
TRAILS.**  
[iowatrailruns.com](http://iowatrailruns.com)

# Spectator Guide

A RACE COURSE IS ONLY AS GREAT AS THE SPECTATORS THAT LINE THE STREETS AND CHEER ON THE ATHLETES. THERE ARE MANY LOCATIONS ON COURSE WHERE YOU CAN SEE YOUR ATHLETE AND AT THE SAME TIME GRAB SOME GREAT FOOD AND DRINKS.

PLEASE KEEP IN MIND ROAD CLOSURES AND DELAYS DUE TO THE COURSE AS YOU NAVIGATE FINDING YOUR LOVED ONES. BE SURE TO GIVE YOURSELF EXTRA TIME TO GET TO AND FROM THESE LOCATIONS.

## **WATER STATION B** (GLASS RD & EDGEWOOD)

LOCATED AT MILE 4 THIS IS A GREAT SPOT TO SEE YOUR RUNNER EARLY IN THE RACE. RUNNERS WILL BE IN THE MIDDLE OF THE ONLY REAL CLIMB ON THE COURSE AND A FRIENDLY FACE COULD BE WHAT THEY NEED TO MAKE IT TO THE TOP!

## **SAG WAGON** (WATER STATION D)

LOCATED AT MILE 7.5 THIS IS A GREAT SPOT TO SEE YOUR RUNNER AND GRAB A BLOODY MARY.

## **DOWNTOWN CEDAR RAPIDS**

MILES 9-10 FOR THE FULL AND HALF MARATHON AS WELL AS THE FIRST MILE OF THE 5K AND 10K. THIS IS A GREAT SPOT TO SEE YOUR RUNNER TWICE! KEEP YOUR CAR PARKED, EAT, DRINK, SHOP - EASY PEASY.

## **CZECH VILLAGE** (WATER STATION F)

THIS SPOT WILL BE EPIC! AN OFFICIAL CHEER ZONE WITH A WATER STATION, MUSIC, SHOPS AND MORE! THIS IS A GREAT SPOT TO SEE YOUR RUNNER TWICE BEFORE HEADING BACK TO THE FINISH LINE TO CHEER THEM IN. PLUS A GREAT SPOT TO SOAK IN THE AMAZING SHOPS, BUSINESSES AND RESTAURANTS IN CZECH VILLAGE.

## **MOUNT TRASHMORE**

AN ICONIC LANDMARK IN CEDAR RAPIDS RIGHT IN THE MIDDLE OF THE MARATHON ROUTE. HIKE TO THE TOP AND GET A BIRDS-EYE-VIEW OF RUNNERS FROM DOWNTOWN TO THE TRAILS.

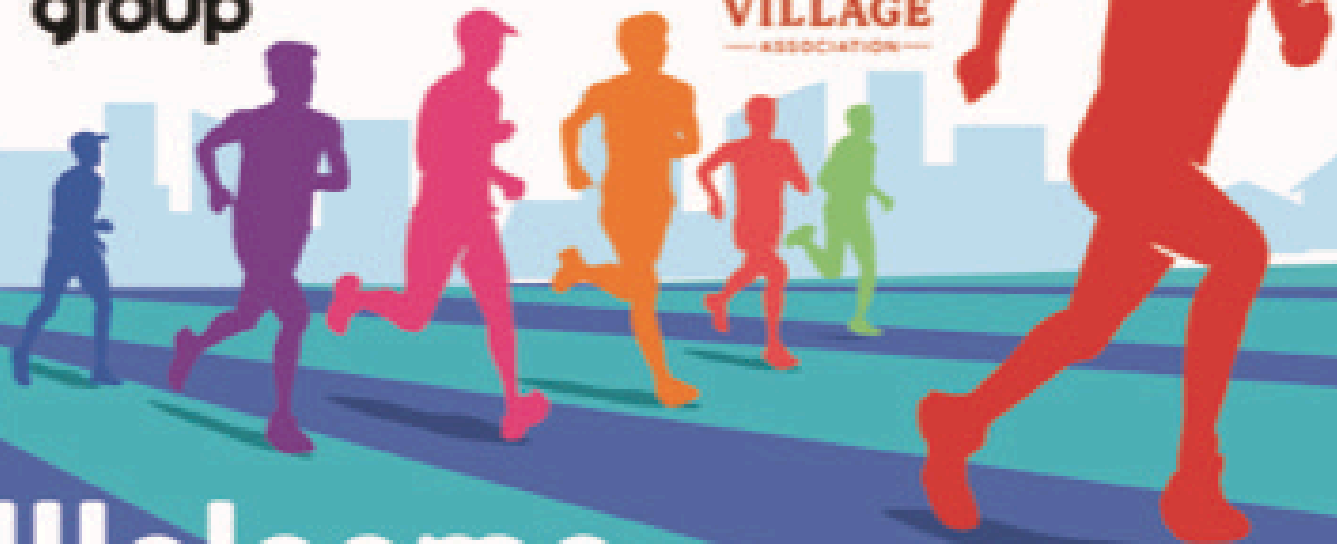
## **BODYARMOR RAPID REHYDRATION ZONE**

MISTING FANS, BODYARMOR FLASH I.V. AND ENTERTAINMENT - PERFECT FOR THE INFAMOUS MILE 20 WALL. COME TO THE TURNAROUND ON OLD RIVER RD & BIG BEND RD TO HELP YOUR RUNNER OVER THE WALL!

## **THE SHACK TAVERN**

NOT FAR FROM THE BODYARMOR RAPID REHYDRATION ZONE, THE SHACK TAVERN IS A LOCAL FAVORITE! GRAB SOME GREAT FOOD, STAY FOR A DRINK AND SEE YOUR MARATHON RUNNER NEAR MILE 20.

New  
bohemia  
& czech  
village  
group



# Welcome RUNNERS & GUESTS

Explore the two historic and vibrant neighborhoods of New Bohemia and Czech Village. Great shopping, restaurants and entertainment venues. Home of the National Czech & Slovak Museum & Library.

Visit these Participating Stores for special discounts:  
(See the flier in your race pack to learn how to receive special offers)

#### New Bohemia:

Next Page Books  
Iowa Running Company  
Tree of Liminality  
The Hungry Lady - Charcuterie, Soup & Salad  
Parlor City Pub & Eatery  
Raygun  
Rhapsody Spirits & Provisions  
Kickstand Bike Bar  
Almost Famous Popcorn  
NewBo City Market  
Mercury Diner & Drinks  
Iowa Ceramics & Glass Studio  
Lori Ann's Candies  
Brehemia - Espresso, Food & Beer  
Top Drawer  
African American Museum

#### Czech Village:

Bare Tones - Bronzed & Boujee  
Merle Norman - Cosmetics & Wigs  
Lion Bridge Brewing Co.  
Moss - Plants, Gifts, Decor  
Lucky's on Sixteenth  
I'll Meet You There - Bookstore, Coffee  
Czech Town Station  
The Red Frog  
Soko Outfitters  
Vintage Market & Supply Co.  
The Daisy - New & Preloved Clothing & Gifts  
National Czech & Slovak Museum & Library  
Sisters - Books & Nooks  
The Barkery  
Chilled Market  
Lustara - Crystal Shop  
LoKey Hat Co.

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## ZERO SUGAR



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**PB**  
fit

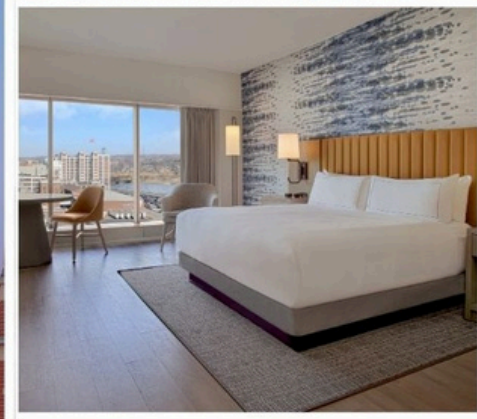
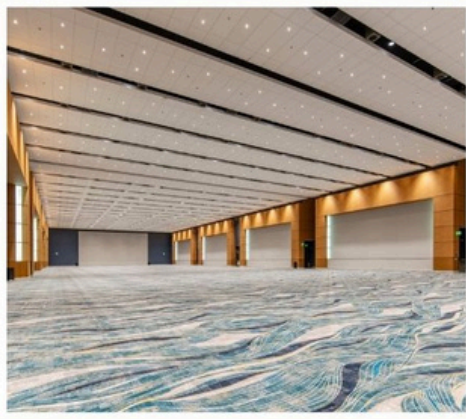
**PB** 24g PROTEIN  
PEANUT BUTTER CHOCOLATE FLAVOR  
PROTEIN BAR  
NET WT 2.47 OZ (70g)

**HOKA**



DOUBLETREE  
by Hilton™

CEDAR RAPIDS  
CONVENTION COMPLEX



Welcome!

Get to know us...

- ✓ 267 Guest Rooms
- ✓ 80,000 sq.ft. of Event Space
- ✓ Attached to Arena and Convention Center
- ✓ Indoor Pool
- ✓ Fitness Center
- ✓ Complimentary Airport Shuttle
- ✓ Guest Rooms Recently Renovated in 2026
- ✓ Event Space Recently Renovated in 2024
- ✓ On-Site Restaurant: 350 First

Our newly renovated hotel offers refreshed guest rooms, updated spaces, and modern amenities designed to elevate every stay.

Conveniently located and backed by the trusted Hilton brand, we provide exceptional comfort, reliable service, and a seamless experience.

We look forward to welcoming you and delivering exceptional quality and hospitality.



# endurance

## sports marketing

FROM THE BOTTOM OF OUR HEARTS, THANK YOU.

PRODUCING A FIRST YEAR EVENT TAKES A TON OF WORK AND EVEN MORE TLC, AND IT WOULDN'T HAVE BEEN POSSIBLE WITHOUT EVERY SINGLE ONE OF YOU—OUR ATHLETES, COMMITTEE MEMBERS, VOLUNTEERS, SPONSORS, CITY PARTNERS, MEDICAL TEAM, AND SO MANY OTHERS WHO Poured THEIR TIME AND HEART INTO MAKING IT HAPPEN.

TO OUR ATHLETES AND SPECTATORS—THANK YOU FOR JOINING US HERE IN CEDAR RAPIDS. WE HOPE YOU DISCOVERED, AS WE DID, THE MAGIC OF THIS CITY, MET A FEW NEW FRIENDS, AND SOAKED UP THE MAGIC THAT CEDAR RAPIDS HAS TO OFFER.

WE'RE ALREADY LOOKING FORWARD TO NEXT YEAR. WE CAN'T WAIT TO SEE YOU AT THE START LINE!

—THE ENDURANCE SPORTS MARKETING TEAM