



2023 RUNNER GUIDE

TITLE SPONSOR



TRAVIS YOUNG, CEO & PRESIDENT
Vortex Companies

Welcome to the Arts & Entertainment Capital of Kansas!

It is a great honor for Vortex Companies to be the title sponsor of the 2023 Salina Crossroads Marathon. Our entire team is proud of our hometown, and we hope you enjoy everything we love about Salina during your stay. The Crossroads Marathon is Kansas's premier Boston qualifier, and the course showcases our beautiful downtown, parks, and running paths. While you are here, we

hope you enjoy our AZA Accredited Rolling Hills Zoo, performing arts venues, museums, world-class street art, local shopping, unique dining experiences, and Midwest hospitality.

Outside of sponsoring this great event, Vortex Companies manufactures products to make our world a better place to live. We help support the production of food, medicine, homes, automobiles, clean energy, clothing, and so much more. In fact, a portion of your race-day clothing and food, were likely produced with the assistance of a Vortex product made right here in Salina. Our impact is not limited to what we make. We take great pride in our ability to provide career opportunities and financial security for many families across North Central Kansas.

On behalf of Vortex Companies, Salina, and the great state of Kansas, thank you for choosing the Crossroads Marathon. We hope you have a great race!



VORTEX
COMPANIES



RACE DIRECTORS

DANIEL CRAIG
CHRIS LEHECKA
ANDREW MANLEY

Our Title Sponsor, Travis Young with Vortex Companies, said everything we were going to say on welcoming you to Salina, KS! So, we are going to share some highlights about the Salina Crossroads Marathon and its race directors.

“Omne Trium Perfectum” Good things always come in threes! The 3-wise men. The 3-stooges. And Race Directors! Daniel, Chris, and Andrew are proud to present the 2nd Annual Salina Crossroads Marathon.

Designing the perfect race takes a village. Each Director, along with the entire race committee, brought their own unique perspectives on what makes a great event. Daniel Craig, a native of the greater Salina-area, represents pure, bad.... speed. You can thank him for the ultra-flat course and your next PR. Chris

Lehecka represents distance. An avid ultra guy who would prefer to slow things down and enjoy the roads, trails, or mountains for as long as humanly possible. Andrew Manley represents the experience. He is neither speed nor distance, and frankly would rather be lost on a golf course somewhere. But he does know how to throw a good party! All of the snacks, Gatorade, and water on the course are complimentary. You're welcome.

The Salina Crossroads Marathon, where speed, distance, and fun meet. Welcome to one of the flattest, fastest, and funnest (yup) races in the Country! We hope you enjoy the 2nd Annual Salina Crossroads Marathon!

As the 3 colors on a Stop Light go.... You have the Green Light! Have a great race!



(Daniel, Andrew, Chris)

TITLE SPONSOR



VORTEX
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GOLD (5,000+)



SILVER (2,000+)



BRONZE (1,000)

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SALINA BLUE

CLARK, MIZE, LINVILLE

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SALINA FAMILY HEALTHCARE
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SALINA AIRPORT AUTHORITY

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SALINA AREA UNITED WAY
KANSAS BANKER'S TECHNOLOGIES
TONY'S PIZZA EVENTS CENTER
CENTRAL NATIONAL BANK
KANSAS WESLEYAN UNIVERSITY

The logo for JRI Hospitality, featuring the letters 'JRI' in a bold, stylized font. The 'J' and 'R' are dark green, while the 'I' is a lighter green. The letters are set against a white background.

JRI

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3,000+ RUNNERS - 50 STATES - 4 COUNTRIES - 2 CONTINENTS



RACE SCHEDULE

FRIDAY, NOVEMBER 3RD, 2023

10:00 – 8:00 **PACKET PICKUP AT THE HOMEWOOD SUITES BY HILTON**

SATURDAY, NOVEMBER 4TH, 2023

6:00 - 7:30	LATE REGISTRATION/PACKET PICKUP AT THE CHAMBER ANNEX
7:50	NATIONAL ANTHEM & ANNOUNCEMENTS
8:00	MARATHON, HALF-MARATHON, FULL RELAY, & HALF RELAY RACES BEGIN
8:10	5K FUN RUN/WALK BEGINS
9:30	5K AWARDS CEREMONY (CITY LIGHTS STAGE)
10:30	HALF MARATHON & HALF RELAY AWARDS CEREMONY (CITY LIGHTS STAGE)
11:00	KID'S HALF-MILE RACE BEGINS
12:00	MARATHON & FULL RELAY AWARDS CEREMONY (CITY LIGHTS STAGE)
2:00	RACE COURSE CLOSURE



GENERAL INFORMATION

THE RACES

MARATHON (TWO LOOP)

HALF-MARATHON

MARATHON RELAY (6 LEGS)

HALF-MARATHON RELAY (3 LEGS)

5K FUN RUN/WALK

KID'S HALF MILE

KEY LOCATIONS

Start/Finish/Race Festival/City Lights Stage
175 N. Santa Fe (Corner of Ash & Santa Fe
Salina, KS 67401)

Homewood Suites
115 E. Mulberry
Salina, KS 67401

Chamber Annex
120 W. Ash
Salina, KS 67401
(Behind Chamber of Commerce
Building)

CHECK-IN & PACKET PICKUP

Athlete check-in and packet pick-up will occur at Homewood Suites on Friday, Nov 3rd from 10:00am to 8:00pm. While not encouraged, packets may also be picked up on race day from 6:00am to 7:30am at the Chamber Annex.

SAME DAY REGISTRATION

While not recommended, same day race registration is allowed and will occur at the Chamber Annex from 6:00am to 7:30am.

MEDICAL AREA

Medical personnel will be on-site at the Finish Line.

POST RACE FESTIVAL

The post race festival will occur at City Lights Stage at the Start/Finish line. The festival will feature food trucks, vendor booths, beer garden, and live music!

COURSE TIME LIMIT

The Salina Crossroads Marathon has a course time limit of 6 hours. Runners must maintain approximately a 13:45/mile pace to stay within the course time limit. Runners who do not maintain this pace may not be recorded as official finishers and may not receive full on-course support from aid stations or traffic safety/control. Below are checkpoints where the course will re-open to vehicular traffic, aid stations will close, and volunteers/traffic control will stop.

- 11:15am – Mile 14 – Santa Fe north of start line to North Street
- 11:30am – Mile 15 – North Street from Santa Fe to Ohio
- 12:00pm – Mile 17 – Lakewood Park & Aid Station #1
- 12:35pm – Mile 20 – North Street, Eastborough, and Aid Station #2
- 12:50pm – Mile 21 – East Iron Street Crossing
- 1:20pm – Mile 23 – Ohio Street Crossing and Aid Station #3
- 1:40pm – Mile 24.5 – Oakdale Dr., Kenwood Park St., and Aid Station #4
- 2:00pm – Mile 26 – Oakdale Park, Mulberry Street, Santa Fe south of Walnut Street, and Aid Station #5

RACE CANCELLATION

The Event may be postponed, ended early or cancelled altogether by an Event official or governmental official for circumstances beyond the Event's reasonable control. The Event will have no responsibility for any costs incurred by Participant as a result of cancellation. The Event will provide updates via Email and post on Facebook.





Welcome to Salina
GOOD LUCK ON YOUR RACE!



SALINA | ELLSWORTH | MCPHERSON | ABILENE | LINDSBORG | HUTCHINSON

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GENERAL INFORMATION

TIMING & RESULTS

Timing and results can be found at the link below or on our website, www.runsalinacrossroads.com. Results will NOT be posted near the finish line. Laptops will be available to check results.

<https://www.athlinks.com/event/363794/results/Event/1040131/Results>

AWARDS

- Top 3 Male & Female runners in Marathon (\$250, \$150, \$100)
- Top 3 Male & Female runners in Half Marathon (\$250, \$150, \$100)
- Top 3 Male & Female in each age group for Marathon, Half, 5K, Kid's Half-Mile
- Top 3 Teams in Full & Half Relays

LOST & FOUND

Lost and Found items can be turned in or picked up at The Alley. All items not claimed by the end of the race will be donated or discarded.

AWARDS CEREMONY

The awards ceremony will take place at City Lights Stage. Please see race schedule for times.

AGE GROUPS

MARATHON & HALF-MARATHON

19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

5K

9 & Under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Kid's Half Mile

9 & Under, 10-14, 15 +

LEGAL ADVICE TO KEEP YOU RUNNING STRONG

Welcome 2023 Crossroads Marathon Participants!

Kennedy Berkley has been providing clients with smart, effective legal solutions to support them in life's marathon for over 60 years. Contact us today for your legal needs!

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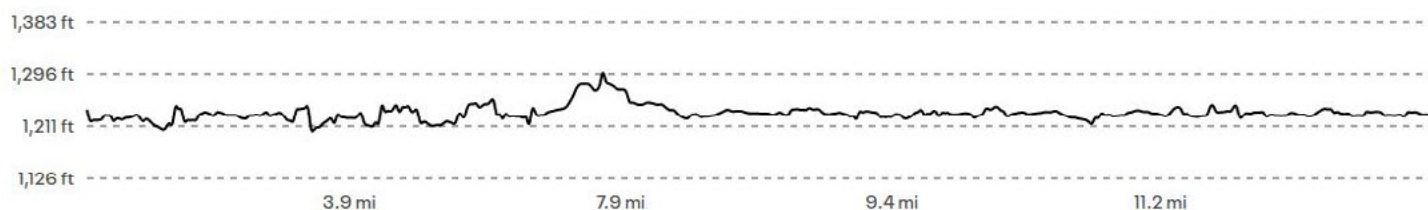
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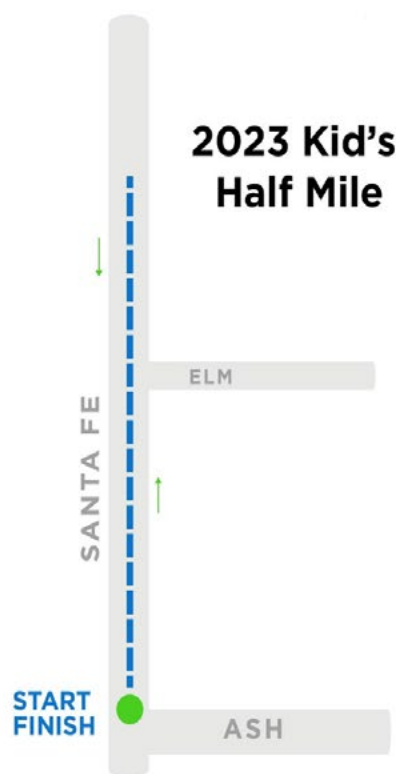
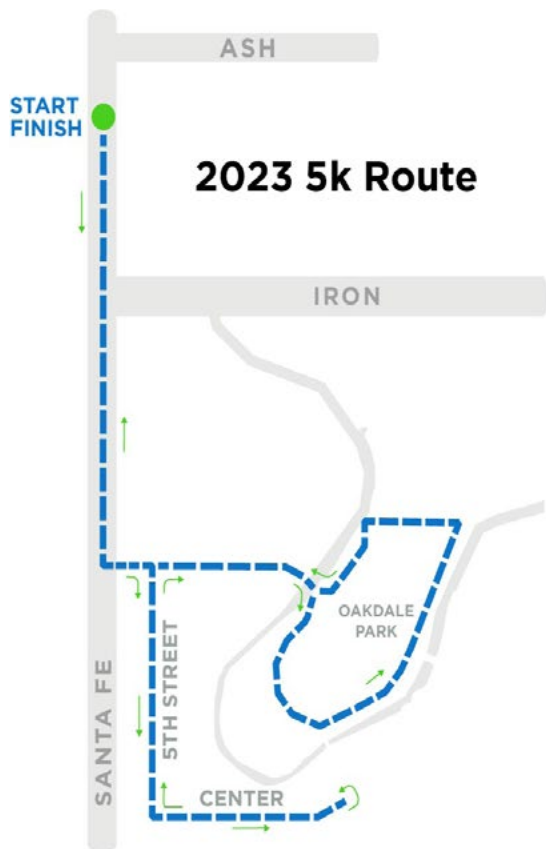


KennedyBerkley
ATTORNEYS AT LAW



Start	Max	Gain
1,242 ft	1,301 ft	222 ft





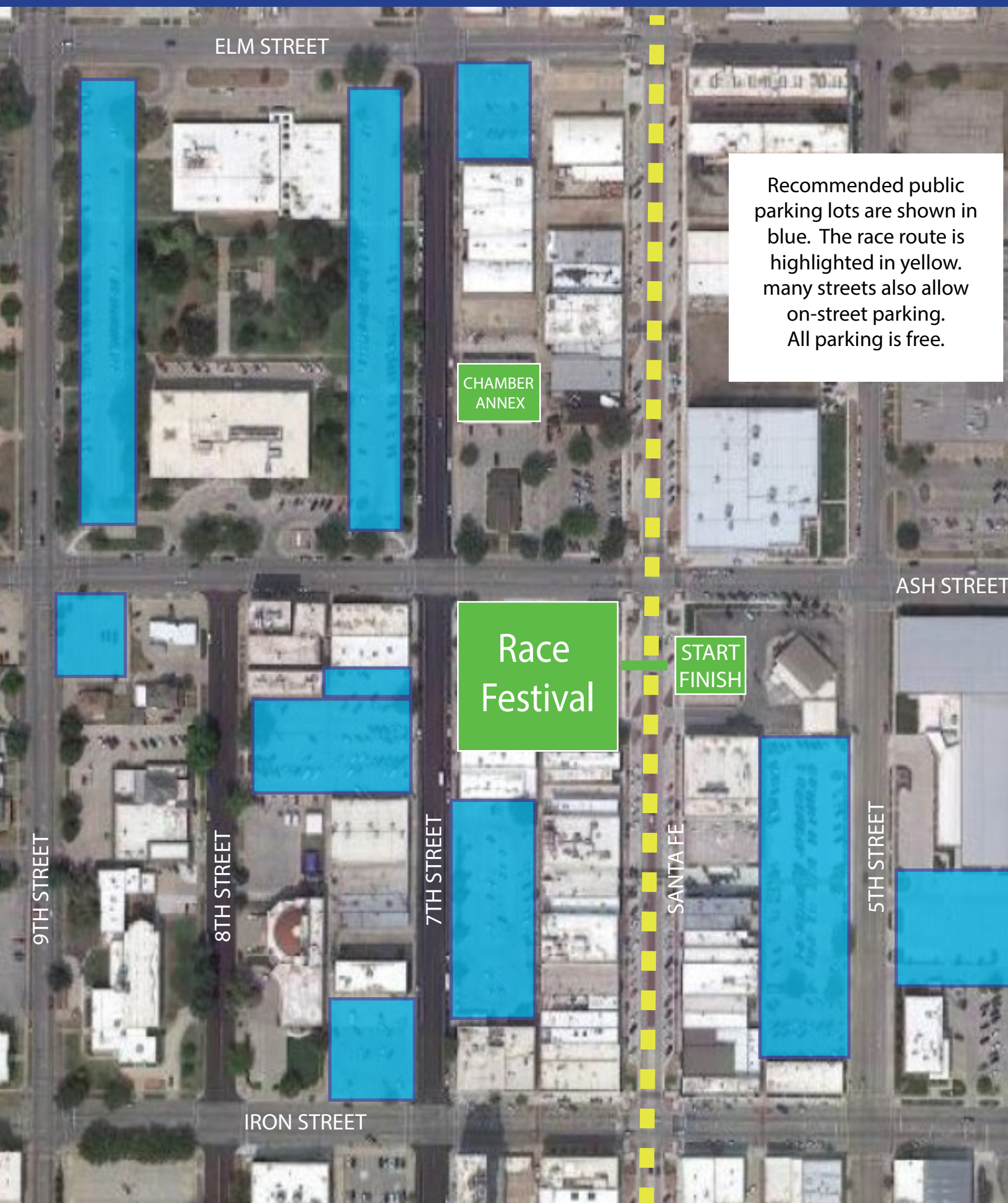
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*Best Wishes
for a
great race!*



ELM STREET

Recommended public parking lots are shown in blue. The race route is highlighted in yellow. many streets also allow on-street parking. All parking is free.

CHAMBER
ANNEXRace
FestivalSTART
FINISH

ASH STREET

9TH STREET

8TH STREET

7TH STREET

SANTA FE

5TH STREET

IRON STREET

RACE DAY

START/FINISH LINE

All races will start and finish at The City Lights Stage in Downtown Salina. *(Please note: The Marathon, Half-Marathon, & Relays will line up on the south side of the starting line and race north. The 5K will line up on the north side of the starting line and race south. The Kid's half-mile start near the Race Festival.)*

GEAR BAG DROP

Runners may drop their gear bags off at The Chamber Annex on race day. Please utilize your bag from packet pickup and write your bib number on the bag. Your race bib will be required to pick up your bag after the race.

COURSE TIME LIMIT

(see race general information)

TRACKING & TIMING SPLITS

Runners can be tracked live at the link below as they pass timing mats throughout the course.

<https://www.athlinks.com/event/363794/results/Event/1040131/Results>

ATHLETE CHECKLIST

- Shoes
- Socks
- Fuel Belt
- Gel
- Hat/Visor
- Sunglasses
- Water Bottle
- Chapstick/Sunscreen
- Body Glide

PORT-A-POTTIES

Port-a-potty locations are shown on the race map as purple dots. Each dot will have multiple port-a-potties.

HEADPHONES

Headphones are not prohibited but highly discouraged. There will be music along the course for your enjoyment.

MEDICAL SUPPORT

Each aid station will have a first aid kit for basic needs. Each aid station can also communicate with race headquarters if medical attention is needed. Please report runners needing medical attention to the next aid station. Bike support will also be roaming the course.

AID STATIONS

There will be 6 aid stations along the course (including the start/finish line for Marathon runners). All aid stations will be passed twice on each loop (a total of 11 stations for Half-Marathoners). Distances between aid stations vary but never exceed 2 miles.

Aid stations will have:

- Lemon Lime Gatorade
- Water
- GU Gel
- Bananas
- Pretzels
- Pickle Juice
- M&M's
- Basic First Aid Kits



TEAM RELAY INFORMATION

GENERAL RELAY INFO

The team relay events involves a team of runners splitting the distance of a typical Full or Half Marathon. Each member is responsible for running one leg of the race so that the team, as a whole, will run 13.1 or 26.2 miles.

TEAM RELAY (FULL)

The Full Marathon (26.2 miles) team relay will consist of up to 6 runners running a variety of leg lengths (see leg lengths). Members of the team are allowed to run multiple legs if a team has less than 6 runners.

TEAM RELAY (HALF)

The Half Marathon team relay will consist of up to 3 runners running a variety of leg lengths (see leg lengths). Members of the team are allowed to run multiple legs if a team has less than 3 runners.

DIVISIONS

Teams can be comprised of male, female, or mixed runners, but there will only be one overall division for 2023. Awards will be given to the Top 3 teams in both the Full and Half races.

TEAM BELTS

Each team will be given a race “Tri Belt”. This belt will hold the team’s official race bib and will be passed to each team member after each leg.

TRANSITION SPOTS

Transition spots are marked on the main race map with Green triangles. Transition stations will be located at the Aid Stations and be identified with Blue Flags. Access to each transition spot will be as follows:

- T1 - Lakewood Park - Park on the east side of Lakewood Middle School. Access to Lakewood Middle School is on E. Lakewood Circle off of Ohio Street near Orscheln’s.
- T2 - Indian Rock - Access to Indian Rock is by Stack Ave off of Ohio Street, one block north of Greeley (stop light). Parking is on residential streets. Indian and Greeley will be closed for runners.
- T3 - Start/Finish Line - Just passed the finish line. *(for Full Marathon Relay Teams only)*

Teams are encourage to utilize Iron and Ohio streets when traveling between Transition points. Essentially, stay inside the route circle when driving. Crossing the course route could cause delays.

LEG LENGTHS

Leg 1 = 3.5 miles - Starts at start line. Ends after runners have ran the Lakewood park loop.

Leg 2 = 4.3 miles - Starts at T-1 in Lakewood park, after Leg 1 runners have ran the Lakewood loop.

Leg 3 = 5.3 miles - Starts at T-2 after Leg 2 runners have ran Indian Rock.

Leg 4 = leg 1 repeat; Leg 5=Leg 2; Leg 6 = Leg 3



T-1 DETAIL

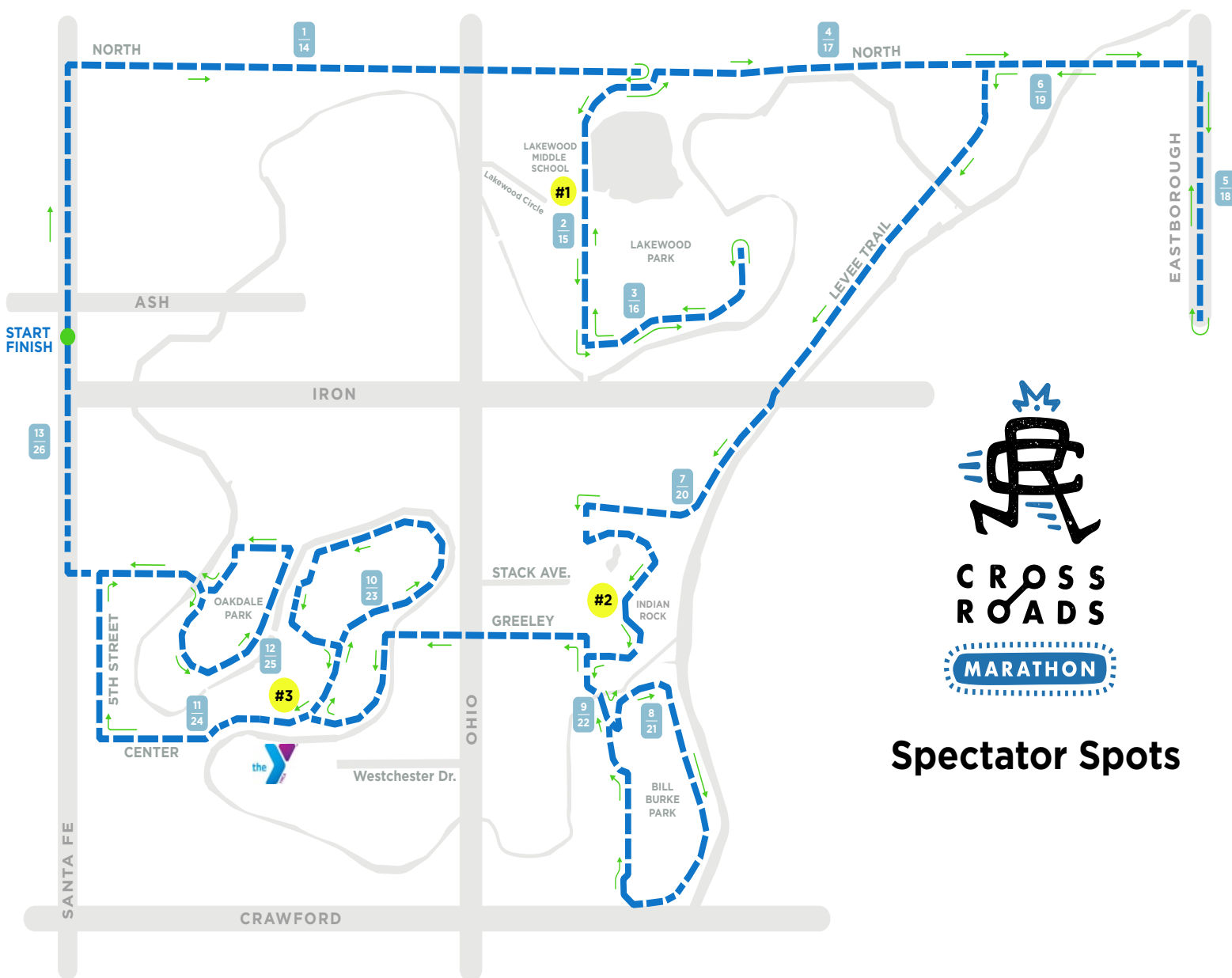


T-2 DETAIL



There are many areas along the course great for spectating. If you are unfamiliar with Salina or the route, here are few spots we recommend.

- **#1 Lakewood Park** Miles 2-4 and 15-17. Park on the east side of Lakewood Middle School. Access to Lakewood Middle School is on E. Lakewood Circle off of Ohio Street near Orscheln's.
- **#2 Indian Rock** Miles 8-9 and 21-22. Access to Indian Rock is off of Stack Ave off of Ohio Street, one block north of Greeley (stop light). Runners will run on Indiana Ave 3 times: Once before Indian Rock near Gypsum St., once after Indian Rock near Greeley Ave., and again exiting the Indian Rock area after the loop around Bill Burke park. (*Please note: There will be no access to Bill Burke park off of Crawford.*)
- **#3 Kenwood Cove** Miles 10-11 and 23-24. Access to the Kenwood Cove is on Westchester Dr. off of Ohio Street. Please utilize the Salina YMCA's two parking lots and walk to Kenwood Park Drive.



Spectator Spots