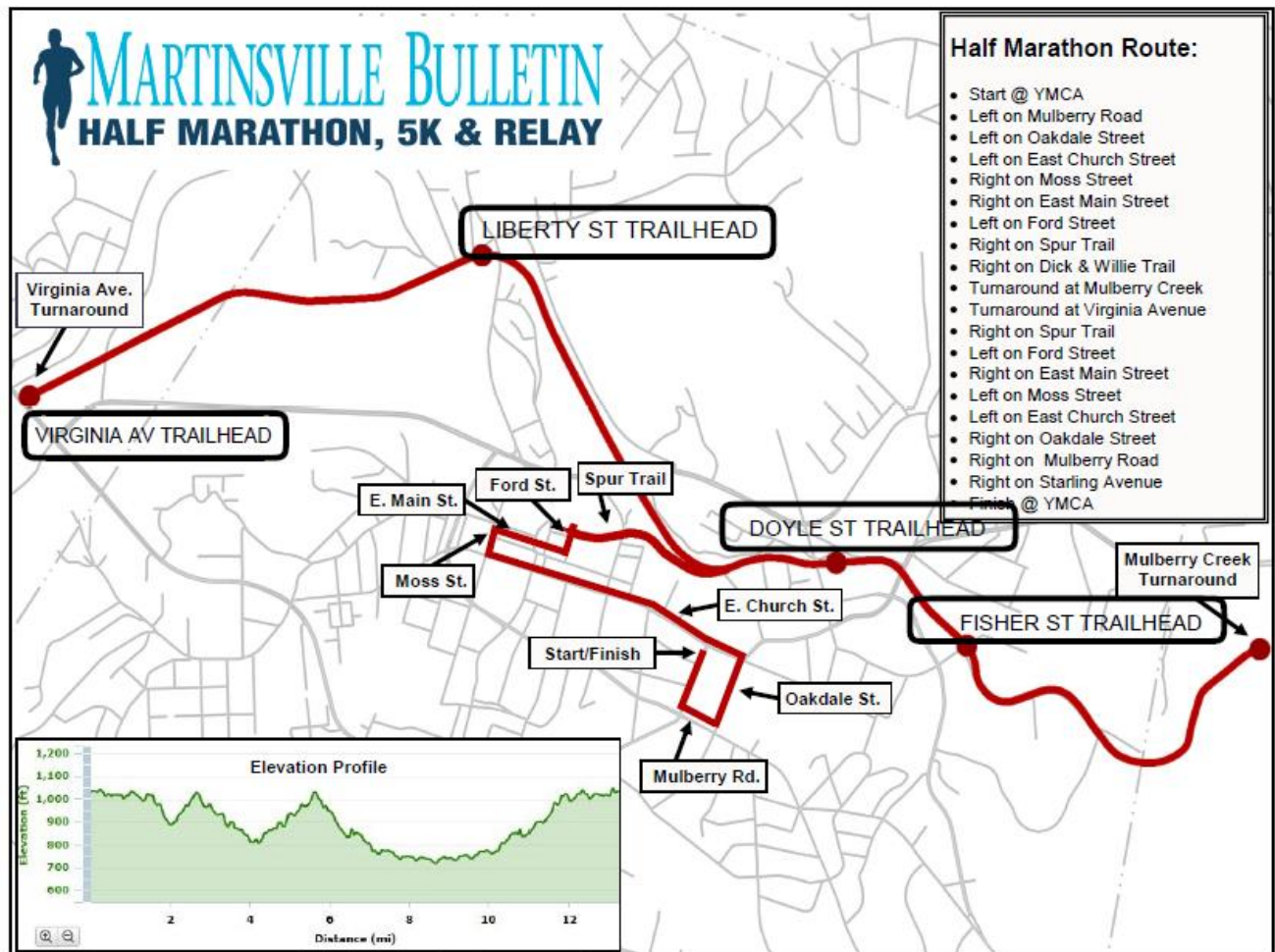


SUGGESTED VIEWING AREAS

- Start/Finish Line at 3 Starling Avenue (YMCA)
- Sidewalks along Church Street in Uptown Martinsville
- The Farmers Market
- The Gazebo - Uptown Connector Trail on Depot Street
- The Fisher Street Trailhead at 815 Fisher St – Dick & Willie Passage Trail
- The Doyle Street Trailhead at 220 Doyle St - Dick & Willie Passage Trail
- The Liberty Street Trailhead at 699 Liberty St - Dick & Willie Passage Trail
- The Virginia Avenue Trailhead at 1094 Virginia Ave – Dick & Willie Passage Trail



STREET CLOSINGS

The roads included in the race route will be closed until both runs are completed. City police will direct traffic at affected intersections and at access points to uptown businesses. See route map above for details.

The Half Marathon will begin at 8 a.m., and the 5K will start shortly after. Both will begin at the Martinsville YMCA.

The 5K race route includes:

- Starling Avenue between Church and Market
- Mulberry Road between Starling and Rives
- Oakdale Street between Mulberry and Church
- Church Street between Oakdale and Moss
- Moss Street between Church and Main
- Main Street between Moss and Ford
- Clay Street between Main and Church
- Thomas Heights between Mulberry and Monroe
- Monroe Street between Thomas Heights and Oakdale

Half Marathon Route includes the above plus Ford Street between Main and Depot; The Uptown Spur Trail and the Dick and Willie Passage Trail.

The average time of completion for 5K runners and walkers, who will complete an approximately 3.1-mile route, is about 30-60 minutes. The half-marathon, which is about 13.1 miles, generally takes about 2-3 hours.

MAKE SOME NOISE AND SOME SIGNS

- Spectators are encouraged to yell, clap, ring bells, blow whistles, and generally make lots of noise.
- A limited supply of mini cowbells are available at YMCA between 9:00 and 5:00 on Friday, March 23.
- Spectators are encouraged to make their own signs to encourage the runners. Examples: "GREAT JOB RANDOM STRANGER"; "IT'S A GREAT DAY TO BE AWESOME".
- A supply of pre-printed "fill in the blank" signs will be available at the YMCA between 9:00 and 5:00 on Friday, March 23.

PRE & POST RACE ACTIVITIES

Spectators, Friends and Families are invited to join us at all pre-race and post-race activities. These include:

- Thursday, March 22 - Community Opioid Forum at New College Institute
- Friday, March 23 - Pasta Dinner (minimal charge) and Dick Beardsley talk at New College Institute
- Friday, March 23 - EXPO at YMCA
- Saturday, March 24 – Pre and Post race activities at YMCA to include music, games, refreshments and awards ceremony

For details, visit race page at www.milesinmartinsville.com/races/martinsville-half-marathon or call 276-632-6427