



**ATHLETE GUIDE**

# Carmel Marathon Weekend

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**Ascension  
St. Vincent**

**BESS**  
WEALTH ADVISORS  
OF  
**RAYMOND JAMES**



**INDIANA**   
**Members Credit Union**



athletic annex

# Race Week Schedule

**Friday, April 18** 9 a.m. - 9 p.m.

**Expo** *presented by* Bess Wealth Advisors  
of Raymond James

 502 E. Carmel Drive

*All runners must pick up their packet at the expo.  
There will be no race-day packet pickup.*

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## Saturday, April 19

6:00 a.m.

Hotel shuttles begin

*Only those staying at the Renaissance or Home2 Suites may use the hotel shuttles. Shuttles run continuously, with pickups every ~15 minutes.*

 Carter Green

6:30 a.m.

Gear Check opens

7:30 a.m.

Runners to the start corrals

7:45 a.m.

Pre-race announcements

8:00 a.m.

5k and 10k start

8:10 a.m.

Marathon and Half Marathon start

8:30 a.m.

Hotel shuttles begin return  
trips

*Only those staying at the Renaissance or Home2 Suites may use the hotel shuttles.*



# Award-winning care for your family

## Right here in Hamilton County

From the routine to the unexpected, you can count on compassionate, personalized care at Ascension St. Vincent Carmel . We're close to home, and connected to a larger Ascension network of specialists. That means we share best practices and give you access to more advanced care, should you need it.

In your neighborhood with:

- Bariatrics – the longest running program in Indiana providing specialty care for surgical and medically supervised weight loss.
- Women's Health, Birthing Center and Level III NICU – more women from Carmel choose to deliver their babies at Ascension St. Vincent.
- The latest surgical robotics technology. Helps achieve shorter hospital stays, fewer complications and improved overall outcomes for patients.



Scan the code to learn more or schedule an appointment





# Important Information

## Bibs

Your bib color will correspond to your race:

**Blue** - Marathon

**Red** - Half Marathon

**Black** - 10k

White - 5k

Your timing tag will be affixed to the back of your bib. Your time starts when you cross the start line. Your bib must be visible and worn on the front of your body.

## Course Cutoff Time

Runners in the full marathon must begin their second loop (at mile 13.1) by 11:30 a.m. to be allowed to continue. If you don't finish your first lap by 11:30 a.m., you'll be diverted to the finish line and your result will count for the half marathon.

The cutoff to finish all races is 2:50 p.m., which is about 6.5 hours or a 15:00 per mile pace for the marathon.

## Aid Stations

Aid stations are marked on the course maps. Every aid station features water, lemon-lime Gatorade Endurance, and portalets.

In addition, there are Ascension St. Vincent medical tents along the course for added support.



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athletic annex is proud to be the Official Running and Walking Store of the Carmel Marathon Weekend

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Bring your Bib or Medal to any of our 3 retail stores and get 10% off a new pair of running or walking shoes  
\*Offer expires 4/30/2025

**Scan to Win**





Indiana's Premiere Running and Walking Specialty Store  
Carmel Fishers Nora Plaza



# Important Information



## Gear Check

Gear Check will be available to all runners. You **MUST** use the bag you were given at check-in for gear check and write your bib number clearly in the spaces provided on the bag. No other bags will be accepted. In order to retrieve your bag, you must show your bib.

## Beer Garden

Field Brewing will be serving beer at the finish line!

Bring your ID to the expo to get a wristband, which will give you access to the beer garden on race day.

If you don't have a wristband, you'll need to have your ID to get in at the finish.

## Parking

There is ample free parking around the start / finish area.

- The Center Public Parking - 819 3rd Ave SW (465 spaces)
- Carmel United Methodist Church - 621 S. Rangeline Rd
- Veteran's Way Garage - 100 City Center Dr (700 spaces)
- Civic Square Garage - 50 Red Truck Rd (303 spaces)
- Midtown South Garage - 580 Veterans Way (308 spaces)
- Midtown North Garage - 145 Elm St (581 spaces)
- The Railyard at Midtown - 350 Monon Blvd (370 spaces)
- Lot - 630 W Carmel Dr



# Every approaching milestone deserves a well-designed plan

Planning ahead and being prepared is smart advice for moving forward. Let's bring tomorrow into focus with a financial plan created specifically for you and your family.

11611 N. Meridian Street, Ste. 600, Carmel, IN 46032

T 317-577-6004 | [raymondjames.com/besswealth](https://raymondjames.com/besswealth)

Levi Bess | Associate Vice President, Wealth Management

Mike Bess | First Vice President, Investments

**BESS**  
WEALTH ADVISORS  
OF  
**RAYMOND JAMES**



# Start Corrals

Please make sure you line up in the correct start corral.

Marathon and Half Marathon runners will enter the **RIGHT / EAST** corral.

5k and 10k runners will enter the **LEFT / WEST** corral.

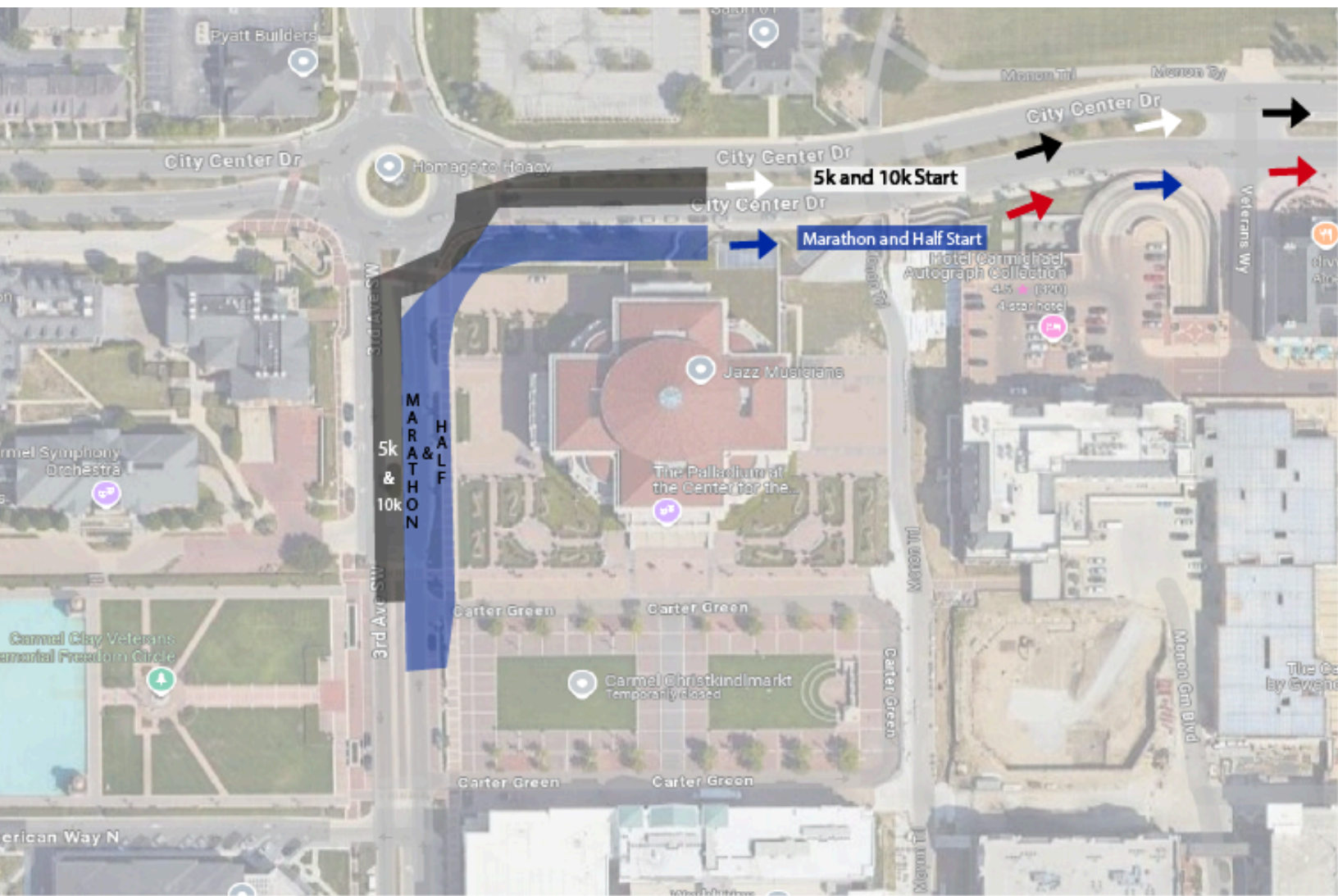
Look for signs and banners to ensure you line up correctly.

There will be pace signs on the sides of the Marathon / Half corral.

Please line up according to your expected pace.

If you discard any clothing in the start corral area, please look for the “Clothing Drop” flags and discard there.

**Any clothing you discard in the start area will be collected and donated; you will not get it back.**

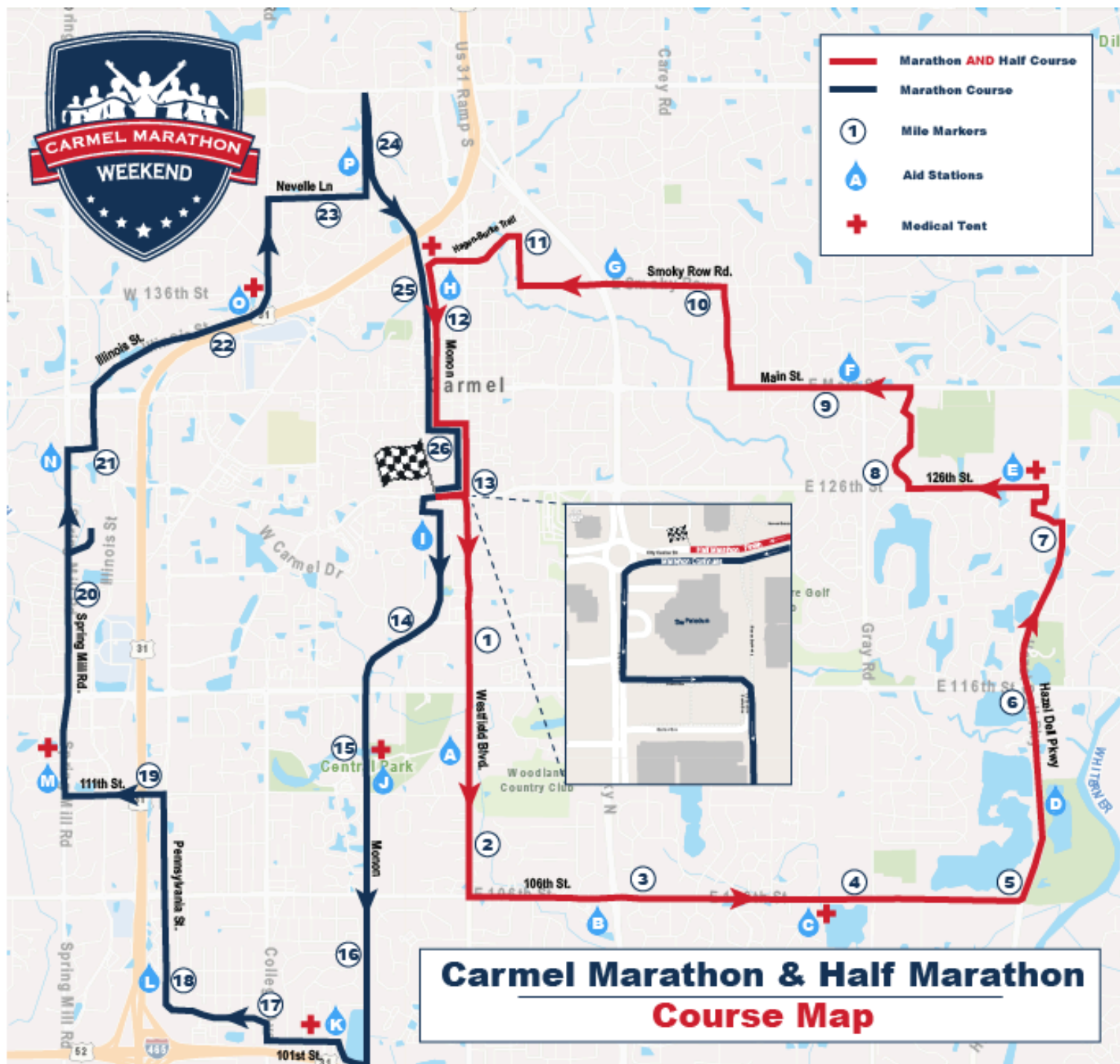




# Marathon *presented by* Ascension St. Vincent and **Half Marathon** Course Map

[Click here for an interactive \*\*MARATHON\*\* course map](#)

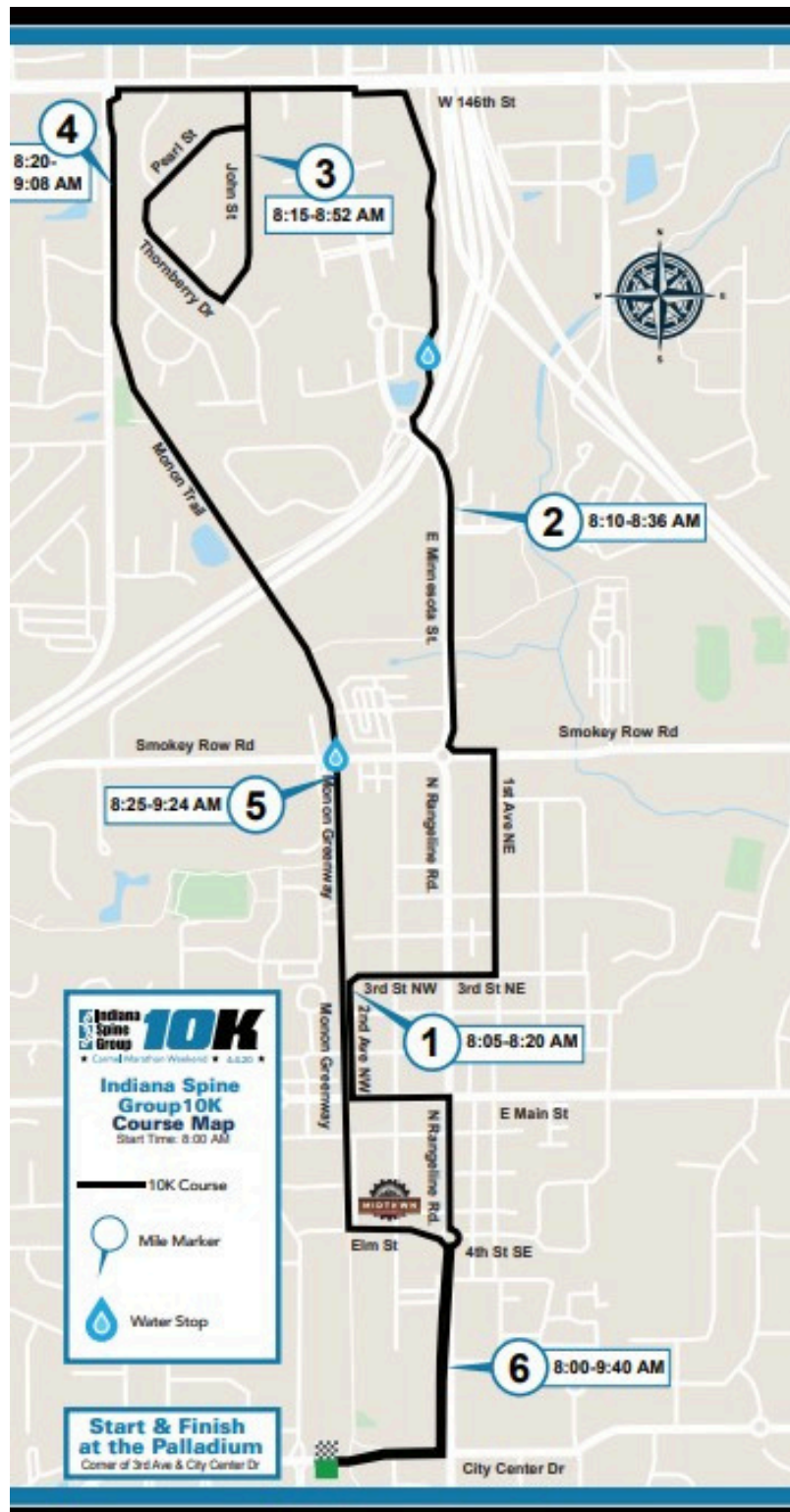
[Click here for an interactive \*\*HALF MARATHON\*\* course map](#)



# Indiana Spine Group 10k

## Course Map

[Click here for an interactive 10k course map](#)







## It's time to take **CONTROL** OF YOUR BACK PAIN

*At Indiana Spine Group*, we take a patient-centered care approach, providing individualized treatment and attention to your specific needs. Our physicians have received extensive training in the latest and most effective techniques to diagnose and deliver the best possible outcomes for *patients like YOU*.

- Treatment of back and neck pain, sciatica, spinal stenosis, herniated discs, work-related injuries, and complex revision surgery
- Cutting edge, minimally invasive techniques for faster recovery and less post-operative pain
- Experienced, Compassionate, Fellowship- trained physicians

To schedule an appointment, call  
**(317) 228-7000**

### **NOW WITH EVEN MORE STATEWIDE LOCATIONS!**

Anderson • Bloomington • Brazil • Brownsburg • Carmel  
Columbus • Crawfordsville • Danville • Fishers  
Greencastle • Greenfield • Greenwood • Indianapolis  
Kokomo • Lafayette • Lebanon • Logansport • Marion  
Muncie • Mooresville • Peru • Richmond • Shelbyville  
Terre Haute • West Lafayette • Westfield • Zionsville



[IndianaSpineGroup.com](http://IndianaSpineGroup.com)



# Indiana Members Credit Union 5k

## Course Map

[Click here for an interactive 5k course map](#)



# IMCU IS PROUD TO SERVE AS THE TITLE SPONSOR OF THE CARMEL MARATHON WEEKEND 5K

RACE INTO IMCU!

**\$50  
BONUS<sup>1</sup>**

**WITH NEW SAVINGS, CHECKING  
AND DIRECT DEPOSIT**



- 31 Full Service Branch Locations Over 60,000
- Free ATMs Nationwide Free Checking Accounts
- with eStatements Free Online Banking & Bill Pay
- Free Instant Issue Debit Cards Auto Advisor
- Consulting Full Array of Mortgage & Home
- Equity Options<sup>2</sup>
- 

**Carmel Branch**  
**317.814.2400**  
**4790 E 96th St**

**West Carmel Branch**  
**317.436.1430**  
**3975 W 106th St**

**Old Meridian Branch**  
**317.324.4023**  
**12725 Old Meridian St**

**INDIANA**   
**Members Credit Union**  
**IMCU.COM**



<sup>1</sup>Membership savings, checking account and net direct deposit required. Account must remain open at least 1 year or bonus will be debited at closing. At account opening will be deposited into savings and the additional \$45 will be deposited into the checking account after two payrolls have posted to the account. Offer expires 05.31.2025

<sup>2</sup> Subject to credit approval.

# Meet Your Pace Team

Running with a pacer is free and a great way to ensure you stay on track toward your goals and have others to run with.

No signup necessary; to run with a pacer, simply find them in the start corral, introduce yourself, and follow along once the race starts.

Pacers will be wearing an orange and yellow singlet with the Carmel Marathon logo on the front and “Pace Team” on the back, and will be carrying small flags with their target finish time on it.

Because the marathon and half share the first 13 miles of the course, many of the pacers can guide you through either distance.

Pacer	Marathon Finish Time	Half Finish Time
Ben Zamzow & Matt Bartels	3:05	1:32:30
Dion Roberts	3:10	1:35
Edgar Estrada	3:20	1:40
Andrew McFarland		1:40
Andy Byerly	3:30	1:45
Joshua Chapman		1:45
Stephanie Woods & Keith Xiao		1:50
Holly Wang & Sujana Pradhan		1:55
Chelsea Hoffmaster	3:55	1:57:30
Trena Roudebush & Joseph Winwood	4:00	2:00
Calvin Lui & Rachel Sun		2:00

Continued on next page...



Pacer	Marathon Finish Time	Half Finish Time
Simon Li	4:15	2:07:30
Orlando Gonzalez		2:10
Jason & Deb Wilbur	4:30	2:15
Kamala Prajapati		2:20
Amber Smith	4:45	2:22:30
Marie Bartoletti	5:00	2:30
Jamie Byerly		2:30
Bob Strauss	5:15	2:37:30
Wei Li & Chris Browning	5:30	2:45
Heather Durian		2:45
Amy Rempalski		3:00
Melinda Wofford		3:30
Aaron Burros		Sweeper



# Runner Tracking

Friends and family can track your progress throughout your race. This is not live, real-time tracking; but it will update every time to cross a checkpoint / timing mat.

Start by clicking [this link](#) or sharing it with your friends and family.

## Participant Tracking

**Race-Timed Split & Finish Alerts**  
Receive text or email alerts as participants cross timing equipment along the course. Tracking alerts are based upon the participant's bib/chip and participants do not need to carry their phone. The number of alerts varies per course. Sign up to receive alerts with the Result Notifications buttons below.

To look up a registration that you want to receive results notifications for, enter the name or email address exactly as entered when registering.

**Search By Name** OR **Search By Email Address**

First Name \*

Last Name \*

Email Address \*

Date of Birth \*

[Lookup Registration](#) [Lookup Registration](#)

Type in the runner's name and click "Lookup Registration"

## Participant Tracking

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NAME	EVENT	RESULT NOTIFICATIONS
Jay Druba <a href="#">More Details</a>	Indiana Members Credit Union 5k	<a href="#">Result Notifications</a>

Then, click on "Result Notifications". This will allow you to opt in to emails, text notifications, or both.

You can set up notifications for as many runners as you'd like.

You'll be notified each time the runner crosses a timing mat (including the start and finish lines).



We want to celebrate you and all of your hard work! Stop by the lululemon store at the Clay Terrace Mall with your bib or medal for a gift with any purchase for all race finishers.

Offer valid until 7pm Saturday, April 19th while supplies last

We're cheering for you!

lululemon Clay Terrace  
14405 Clay Terrace Blvd.  
Across from Sweet Greens



## Central Indiana's #1 Dumpster!



**Funky  
Junk**

**DUMPSTER RENTAL  
& JUNK REMOVAL**

**Call Today or Reserve Online:**

**317.743.3865**

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

BODY20 delivers personalized, 1-on-1 strength training in just 20 minutes, packing real results into a tech-driven, efficient workout experience. Check out the new Carmel location!

The Carmel Marathon is proudly supported by Funky Junk Dumpsters. Funky Junk is locally owned and serves the Greater Indy Area. Reserve your driveway-friendly dumpster at [funkyjunkdumpsters.com](http://funkyjunkdumpsters.com).

**BODY20<sup>®</sup>**  
**CARMEL**



BODY20'S EMS WORKOUT DELIVERS PERSONALIZED, 1-ON-1 STRENGTH TRAINING IN JUST 20 MINUTES, PACKING REAL RESULTS INTO A TECH-DRIVEN, EFFICIENT WORKOUT EXPERIENCE.

## BENEFITS



LOW IMPACT. LOW STRAIN.

IMPROVED POSTURE.

MINIMAL TIME, MAXIMUM RESULTS.

INCREASED STRENGTH AND ENDURANCE.

INCREASED MUSCLE DEFINITION.

IMPROVED HEALTH AND WELLBEING.

LOW BACK PAIN RELIEF.

**"A GAME-CHANGING  
WORKOUT"**

[BODY20.COM/CARMEL](http://BODY20.COM/CARMEL)

463.273.1767

14400 CLAY TERRACE



Changing Footprints is a non-profit organization based in Indiana that collects and donates gently-used shoes to those in need.

In light of the need for footwear in central Indiana and also due to destructive flooding from storms in Kentucky and Tennessee, the need for shoes and boots has grown exponentially and incoming donations have not met the need.

**Please donate any new or gently used shoes at our booth at the Carmel Marathon Expo.**



# Results and Awards

After you finish, your results will be immediately available - just scan the QR code on your bib!

If you need assistance finding your result, you can visit the Results tent.

If you finish in the top 3 in your age group, stop by the Awards tent to pick up your award!

The Carmel Marathon presented by Ascension St. Vincent is the Indiana RRCA State Championship! This means additional awards for winners of the RRCA age categories. These can also be picked up at the awards tent post-race.



sweetgreen  
**BRING YOUR BIB**



Show us your marathon bib or this flyer and we'll show you a sweet deal. Bring in your Carmel Marathon bib and you'll **get 25% off\*** your order with the purchase of a salad, bowl or protein plate. In-store only. 4/17- 4/21.

VALID AT CARMEL,  
FISHERS, KEYSTONE

Terms at [bit.ly/sqterms](https://bit.ly/sqterms)

## Official Merchandise

This year, we've partnered with Athletic Annex to create the official Carmel Marathon Weekend apparel. Check it out on the [Athletic Annex website](#), or stop by and check it out at the expo. But hurry - we've produced very limited quantities, so when it's gone, it's gone!



# Post-Race Party

Stick around after your finish for the best post-race party around.



The Indiana Spine Group Pancake Village is back! Enjoy FREE pancakes and sausage, courtesy of ISG, and top it off with Anderson's Pure Maple Syrup.

## FIELD B R E W I N G

Reward yourself with a FREE beer from Field Brewing. Just tear off the tag on the bottom of your bib. You must have your I.D. or a 21+ wristband (which you can get at the expo) to enter the beer garden. You can purchase additional drinks as well.



Visit the Athletico tent for a free post-race stretch!



# Post-Race Party

ESA Engraving will be at the finish line. Get your medal engraved with your name and finish time to commemorate your accomplishment!

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Indie Coffee Roasters will be onsite selling freshly-brewed coffee all morning!

**Bring your bib or finisher medal to any Indie Coffee Roasters location and receive 26.2% off any 12oz bag of coffee!**

*Expires 4/19/25*

# Frequently Asked Questions

**Please read through these before reaching out with questions.**

## **Can someone else pick up my packet for me?**

Yes. We don't require an I.D. or other documentation. Just have them give your name at the check-in table and we'll give them your packet. Your packet can not be mailed, or picked up on race day. It must be picked up on Friday at the expo.

## **Can I switch to a different race?**

Yes, you can switch to a different distance up until the moment you pick up your packet. You'll need to log in to RunSignUp, go to your profile, and find your upcoming races. Next to the Carmel Marathon Weekend, you'll want to click on "Manage Registration." Then, scroll to the bottom and click on "Transfer Event." That will allow you to select a different distance. [Here's a video demonstrating how to do this.](#)

Note that if you transfer to a longer distance, you'll need to pay the difference between that event's current fee and the amount you originally paid. If you transfer to a shorter distance, you will not be issued a refund for the difference in cost.

## **Can I defer to next year?**

Yes. You have until April 18th (Expo day) to defer to next year's race. You can do so within RunSignUp by clicking on the event, going to "Manage Registration," and clicking "Defer Registration." Please note that there is a \$20 fee to defer.



# Check out these other great events!



A poster for the '5th Annual Fly High' 5K / 1 Mile Race. It features two male runners, one with race number 567 and the other with 566, both wearing blue singlets. The background is blue with white clouds. The text includes '5th ANNUAL FLY HIGH', 'MEMORIAL Jeep RUN', and 'Liam &amp; Reece' in green script. The event date is 'SATURDAY, JUNE 14' and the location is 'Monon Trail Elementary School, 19400 Tomlinson Rd., Westfield, IN 46074'. The race start time is 8:00 am. A large red '\$30' indicates the registration fee. The bottom section lists various sponsors including Pathways to Healing, Jensherrick Photography, The Signatry, Club Canine, Axia, OB/GYN of Indiana, Rego-Fix, Carmel Orthodontics, and The Farmers Bank. A QR code is provided for event and registration details. The hashtag #FLYHIGHLIAMANDREECE is at the bottom right.

# Check out these other great events!

**ENCOURAGE EXERCISE EDUCATE**

## YOU'RE INVITED!

13th Annual



Choose to Move supports the Indiana Parkinson Foundation and helps to provide valuable programs and resources for individuals living with Parkinson's Disease.



**LOCATION:**  
Saxony Witten Park  
13256 Saxony Blvd.  
Fishers, IN 46037

**DATE:**  
Saturday April 26th

**RACE TIME:**  
9:15am

[Click here for more information!](#)

Register today  
for  
15% off

**USE THE CODE  
"CARMEL"**

## REGISTER TODAY!

# LOVE YOUR NEIGHBOR 5K

St. Vincent de Paul Indianapolis

**APRIL 26, 2025 | RUN/WALK AT 9AM**  
White River State Park

- ♥ 5K Run/Walk: \$29
- ♥ 1 Mile Family Fun Run/Walk: \$19
- ♥ Register at [svdpindy.org/neighbor](https://svdpindy.org/neighbor)



**SVdP Indy**  
Serving Central and Southern Indiana  
Loving Our Neighbors for Over 75 Years

Join us. Have fun and help support our unsheltered neighbors, food pantry and other critical programs.



Join us for an exciting and scenic summer adventure across Carmel parks!

Every week, we'll highlight a scenic trail in a beautiful park or greenway, perfect for running or walking at your own pace.

**When:** June 16 - August 10  
**Where:** A different park or greenway each week — featuring 8 trails!  
**Who:** Open to all fitness levels!

Prize for Finishers – Complete all eight trails and enter to win fantastic prizes from local businesses!

**REGISTER FOR SUMMER FUN RUN!**

**Carmel • Clay  
Parks Foundation**

By signing up for our Summer Fun Run, you're not just joining an exciting event — you're directly supporting the Carmel Clay Parks Foundation. Your participation helps provide essential park and recreational opportunities, while also supporting the maintenance and improvement of the spaces that make our community thrive.

**THANK YOU  
TO OUR SPONSORS!**



**Carmel • Clay  
Parks & Recreation**



## Questions?

Get in touch at  
[info@carmelmarathon.com](mailto:info@carmelmarathon.com)  
or visit the **Solutions** tent at the expo  
or on race day.

