



## 2024 Participant Guide



Benefitting:



**American  
Red Cross**



**rails-to-trails**



American Heart Association.  
**Healthy for Good™**



**Sunday, March 17th, 2024 - Cary, NC**

# Welcome to the 2024 Tobacco Road Marathon!

Dear 2024 Veradigm Tobacco Road Marathon and VHB Half Marathon Runners,

On behalf of the all-volunteer TRM Board of Directors, I am honored to welcome all of you, your families and friends to the 14th annual Tobacco Road Marathon in Cary, North Carolina.

I am sure by now you have completed your training and are excited for race day. You have done everything you can do up to this point to get ready for your first half or full marathon, run a personal best or Boston qualifying time, or run for a cause you wish to support. I truly hope you all do well and achieve your goal whatever that may be. Please remember to ring the bell at the finish line if you have a Boston Qualifying time, achieved a Personal Best time, or are feeling really good about your race. Ring that bell proudly! Just think about what you accomplished. If you are an age group winner, claim your prize at the awards tent just outside the big tent.

A few important points I would like to remind you of. Please listen to your body and if at any time you feel uncomfortable contact someone on the EMS staff. This weekend's weather is a little warmer than usual for the month of March; make sure you stay hydrated on the run. Please run on the right side of the trail and leave enough room for other runners and lead and EMS bikes to pass you. Help us keep the trail clean by placing all trash in the containers around the water stations.

After this year's race, the Tobacco Road Marathon anticipates donating close to one hundred and fifty thousand dollars to charity, making the total charitable contributions over \$1.85 million since the start of this race in 2010. The beneficiaries of this year's race will include the American Red Cross, Hope for the Warriors, the American Heart Association, Triangle Rails to Trails, the Food Bank of North Carolina, the Juvenile Diabetes Research Foundation, and several other local charities. We are proud of this accomplishment but could not do this without the support of our sponsors and our runners. We thank YOU for supporting this race.

I also want to thank our many volunteers, law enforcement and medical personnel, and the TRM Board of Directors for making this a great event. Without their help this race would not happen. I am so excited to start the race on time at 7:00am Sunday morning, March 17, 2024. Hope you have a safe, successful run, and I look forward to "hi-fiving" many of you at the finish line!!!

Please accept my best wishes to all of you.

Sincerely,  
Kazem Yahyapour  
TRM President and Race Director





## Race Weekend Overview

### Pre-Race Exposition and Packet Pickup

Hours: Friday, March 15th - 3:00 PM to 8:00 PM  
Saturday, March 16th - 10:00 AM to 5:00 PM  
**No Race Day Pickup!**

Location: Embassy Suites Raleigh-Durham  
201 Harrison Oaks Blvd  
Cary, NC 27513

### Race Day - Sunday, March 17th

Arrive to Remote Parking by 5:00 AM  
Arrive for On-Site Parking by 5:30 AM

**Race Start: 7:00 AM**

Course Closes: 2:00 PM

[Parking Information](#)

[Complete Race Day Schedule \(Page 6\)](#)

Location: Thomas Brooks Park  
Cary, NC, 27519

## Quick FAQ



## Race Results



## Title and Presenting Sponsors



## Associate Sponsors





## 2024 TRM Expo Map

Volunteer Check-In				Borgert Chiro 2 Booths (e)	Rock Solid Warrior (F) Tuna Run (S)	TRM Pace Team	Past Race Shirt Sales	Race Shirts			
Packet Pick Up		Chip Check & Event Timing	Galloway								Race Shirts
			FITT SAFE (e)		CCT	UNC Wellness	JDRF	Wake County Parks & Rec.			
	Maps	Walkway			Inside Out Sports (e)						American Heart Assoc.
		Information Desk	FS Series								Red Cross Blood Drive
			Jeremy Burns (singer)								
			DRGN Salt (e)								
Water	Photo Backdrop	ENTER		Nautical Bowls (e)	NCRC	EXIT	WATER	EXIT	Chickn Legs	Endurance Edge	

# Race Day Schedule

For more detailed information, please visit our [race website](#).



## March 17th, 2024

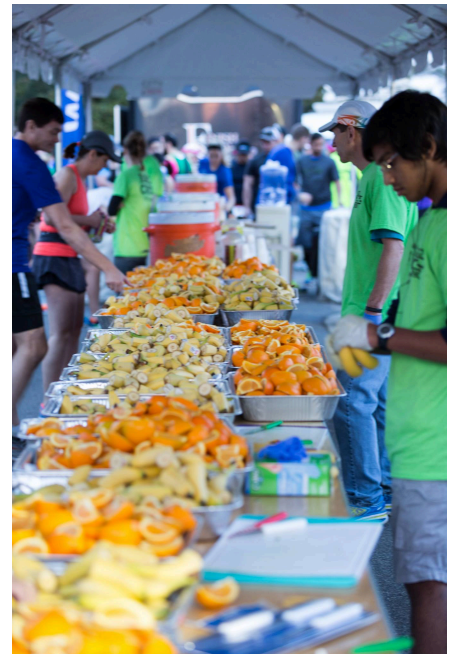
- 4:00 am Buses from remote parking available.  
See [Parking](#) for details.
- 5:00 am Recommended final arrival time to remote parking.
- 5:30 am Recommended final arrival time to Race Site. See [Directions](#) for details.
- 6:00 am Bag Check opens. See [Bag Check](#) for details.
- 6:30 am [Pacers](#) start to line up.
- 6:55 am National Anthem
- 7:00 am Race Starts!**
- 7:00 am - **Casual Start**
- 7:15 am





## Race Day Schedule (cont.)

10:00 am	TENTATIVE Time for Half Marathon Awards
10:45 am	First marathon course cutoff at Mile 14.5
12:00 pm	TENTATIVE Time for Full Marathon Awards
2:00 pm	Course cutoff (16:00/mi overall pace)
2:30 pm	Final bus to remote parking.





## Parking Information

For detailed parking and directions, please visit our [parking web page](#).



### You have three options to get to our start line:

#### Option 1: Parking Pass.

If you have a parking pass, there are two "sides" to our parking area, and you CANNOT drive within the park between the sides. Each side has roughly 300 available parking spaces:

- [9008 Green Level Church Road, Cary, NC 27519](#)  
(DO NOT USE this address for Runner Drop-Off, only for Parking.)
- [7445 Green Hope School Rd, Cary, NC 27519](#)

Please plan to arrive by 5:30am. If you arrive later, there may be large traffic backups that cause you stress, no time for bag check/porta-potties, and possibly missing the start.

#### Option 2: Shuttle Buses from RTP.

Take our YMCA-provided shuttles from NetApp in Research Triangle Park, NC to our start/finish area. The shuttle is a 6 mile / 15 minute trip and runs continuously from 4:00am to 2:30pm. These shuttles are for RUNNERS and VOLUNTEERS ONLY until 5:15am. After 5:15am, the shuttles are first-come, first-served for runners, volunteers, and spectators. The address of NetApp RTP is:

- [7301 Kit Creek Rd, Durham, NC 27709](#)

Note: The NetApp RTP lot is 6 miles away, so we certainly don't recommend walking/running from there.

Please plan to arrive on NetApp RTP by 5:00am. This will give you time to walk to the shuttle buses, wait in a hopefully brief line for the bus, and get to the start/finish area with plenty of time for final preparations, porta-potties, bag drop, and pre-race selfies!

Not permitted on the shuttles: Pets, Bikes, or Wheelchairs.

### Option 3: Drop off. Be dropped off.

Runner drop off is a bit west of USA Baseball on Green Hope School Road near the entrance to the Hilliard Forest subdivision. The address of drop off is approximately:

- [7445 Green Hope School Rd, Cary, NC 27519](#)

Please plan to be dropped off by 5:30am. We have a big tent waiting for you where you can get ready, socialize, and drop off your things (like jackets) at bag check just before the race.

**IMPORTANT NOTE:** Our host hotel is about a 20 minute drive from the race site and also about a 20 minute drive to the remote parking (if you don't buy an on-site parking pass). Unfortunately, we do not provide transportation to/from the hotel on race day.

## Spectator Parking

Spectators at the start/finish area may use the shuttle buses any time (continuously) from 5:15am through 2:30pm. Additionally, parking passes are not enforced at the finish area parking after runners begin to leave. That means that parking spaces typically begin to become available by 10:00am, possibly before. Therefore, if you want to see your 4+ hour marathoner finish, you should be able to park at the start/finish area...unless all the half-marathoners are having too good of time at the post-race party!

Spectators may also park at various marked locations along the course. Refer to the maps on <https://tobaccoroadmarathon.com/maps> for recommended spectator locations. Please note that some of these locations are not particularly convenient to get to.



# VHB Tobacco Road Half Marathon Course Map





# Veradigm Tobacco Road Marathon Course Map



# Exploring Raleigh and Wake County

[Things to Do in Raleigh, N.C.: March 2024](#)



[Now Open: Downtown Cary Park!](#)

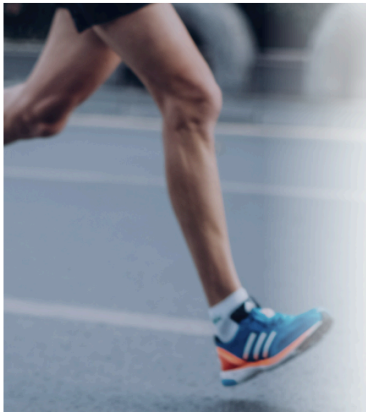


[Top 10: Dining Spots for Team Meals](#)



[Top 10: Free Attractions in Raleigh, N.C.](#)





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