

A Message from the Race Director

Updated 4/24/2019

Dear Runners,

The St. Luke's St. Luke's Via Marathon presented by Service Electric, 6ABC and WFMZ Channel 69 welcomes you to Lehigh Valley! The St. Luke's Via Marathon is quickly becoming a must do race - featured in the top 10 list of Boston Qualifiers, our course is a fast-downhill race with a big downtown finish and spectacular views.

Everything you need to know for race day is available in the Athlete Guide. Please review carefully prior to race day. In an effort to be green, this guide will ONLY be available digitally.

Inside this athlete guide you'll find:

- Race Day Transportation Plan & Parking Maps
- Important Contact & Medical Info for your Race Bib
- Expo/Package Pick Up Information
- Weekend Schedule of Events
- Spectator Tips
- Post-Race Details & Finish Festival Information
- And More!



The St. Luke's Via Marathon offers a marathon, half marathon and team relay, as well as a Kids Race. We hope you take advantage of the weekend of festivities by participating and supporting the Via mission. Thank you to our dedicated event committee, our sponsors and staff, and all our participants for making this year's event an even bigger success for Via.

Via of the Lehigh Valley is a non-profit agency that provides services for children and adults with disabilities like autism, cerebral palsy and Down syndrome. Not only is the St. Luke's Via Marathon a great race but as a participant you are supporting the Via mission through your fundraising efforts. Good luck with your training and fundraising - see you at the finish line!

Thank you to our 12 partners who host this great event year after year: Bethlehem Township, Borough of Freemansburg, Borough of Wilson, City of Allentown, City of Bethlehem, City of Easton, Historic Bethlehem, PA Fish & Boat Commission, Palmer Township and Pennsylvania Department of Transportation.

We hope you have an amazing time here in Lehigh Valley.

Cheers,

Andy Deschenes, Race Director
St. Luke's Via Marathon

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About the St. Luke's St. Luke's Via Marathon

Cause

We all want the same things from life; a great job in a great community and plenty of friends with whom we share the experience. For people with disabilities, these life goals can be challenging. Via works every day to help people achieve this reality. For more than 66 years, the dedicated and committed care providers at Via work to help children overcome developmental delays, help young adults find meaningful and sustainable jobs, and provide the resources and opportunities so people with disabilities may lead active and enjoyable lives right in their own community. [Learn more about Via's programs.](#)

Course

The St. Luke's Via Marathon is second fastest marathon in the United States. Scenic, shady and a net descent drop of 240' make it an attractive qualifying run for the Boston Marathon. The average runner's time for the past few years has been 3:59 hours. The half marathon starts at the marathon's midpoint and is run from Bethlehem to Easton. The Kids Races are held at SteelStacks in historic south Bethlehem.

Community

A community dating back to 1650's, Allentown, Bethlehem and Easton make up what we call today the Lehigh Valley of Pennsylvania. Transformed from an industrial and manufacturing center in the 20th century, today it is an arts and cultural community featuring a robust supply of visual and performing arts. Healthcare, finance and technology now provide the backbone of our business activity. The community is dynamic and has a quality of life that is unsurpassed in our modern society. The community is, at the same time, historic and diverse.

Fundraise for Via

We have everything you need to get started in our [Fundraising Tools](#). From an easy step by step guide to get started to how to raise \$250 in a week - we've got you covered! The St. Luke's Via Marathon raises money for Via's services for children and adults with disabilities in Lehigh, Northampton, Carbon, Monroe, Pike, Bucks and Berks counties in Pennsylvania. Fundraising closes September 30. Awards are given for:

- Top Fundraisers
- Individuals Raising: \$250, \$500, 1,000+

The official registration and financial information of Via Events, Inc. may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

Event Schedule

Saturday, September 7

	Start Time	Location
Expo & Packet Pickup	10am – 5pm	Arts Quest Center at SteelStacks Bethlehem, PA Directions
Kids Race	10:30am 10am check-in	Arts Quest Center at SteelStacks Bethlehem, PA Directions

Sunday, September 8

	Start Time	Starting Line Location
Marathon	7:10am 6:40am opening ceremonies & parking lots close	Pre-Race Transportation Info J. Birney Crum Stadium 2027 Linden St, Allentown, PA 18104
Team Relay	7:10am 6:40am opening ceremonies & parking lots close	J. Birney Crum Stadium 2027 Linden St, Allentown, PA 18104
Half Marathon	7:10am 6:40am opening ceremonies	Pre-Race Transportation Info Main Street & West Walnut Street Bethlehem, PA Directions
Finish Festival	8am – 12pm Food is available for runners until 1pm	Scott Park on Larry Holmes Drive Easton, PA Directions

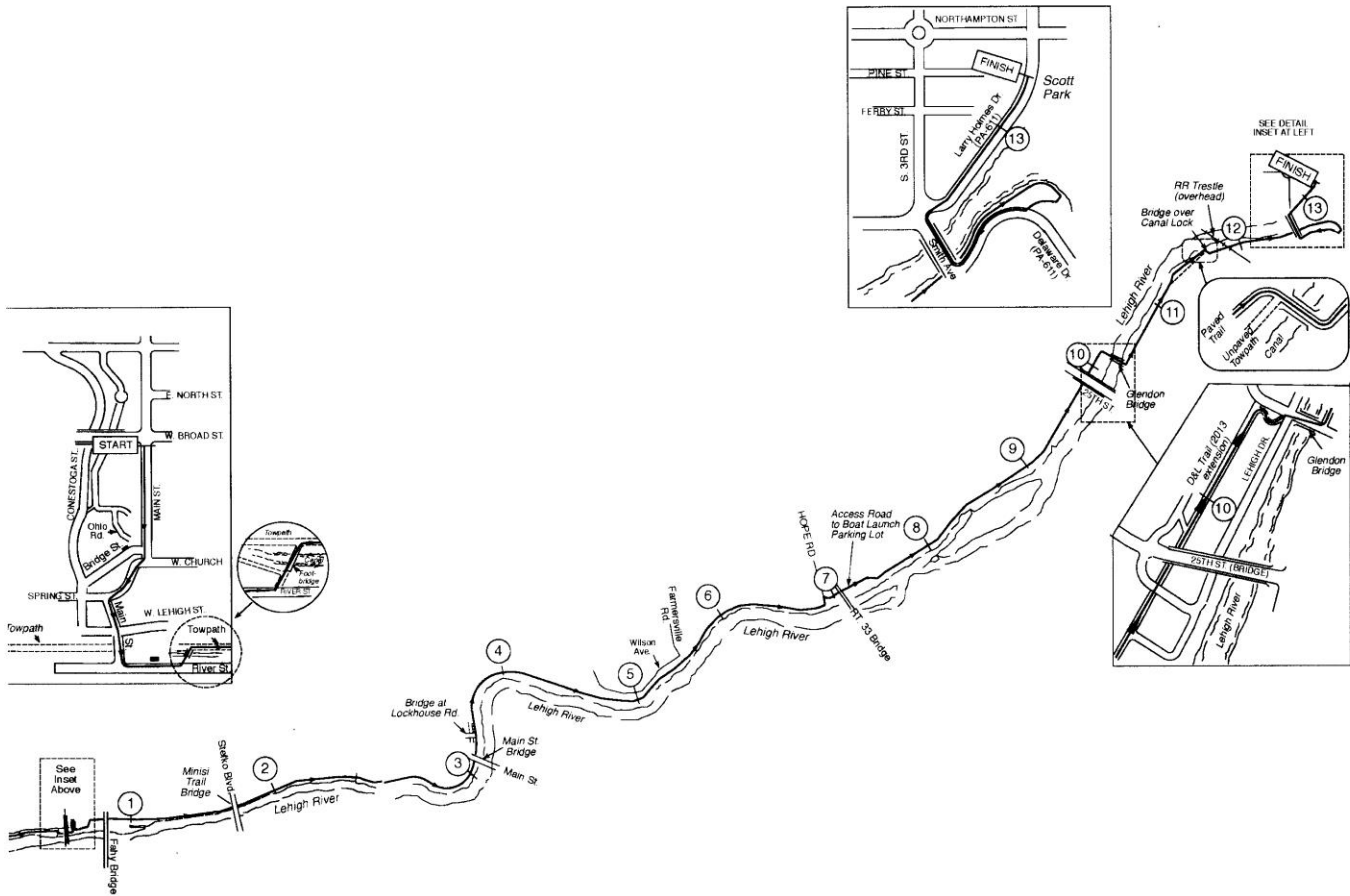
Course Maps



Coming Soon!

Half Marathon Map

VIA HALF MARATHON Bethlehem to Easton, PA



Race Day Cancellation / Alteration Policy

Safety is our main objective and Via Events Inc. wants to provide a safe event for all involved. When weather or other physical conditions present a danger to participants as a whole, Via Events, Inc. will maintain the right to cancel the race.

Less threatening conditions could result in an alteration of the course or race length to promote a more safe result for the participants. High heat or severe thunderstorms with the threat of lightning that are threatening the course and are forecasted to continue throughout the day of the event may also result in cancellation of the event for all participants. High heat and humidity measured in accordance with the American College of Sports Medicine's recommendations for participation in endurance events could result in cancellation or alteration of the race.

Prior to the race, runners will be apprised of adverse weather conditions or course modifications and advised on how to adjust to them. Flags will be flown at water stations and exchanges indicating race day conditions. Green Flag indicates the marathon is on and there are no known hazards; Yellow Flag indicates to proceed with caution (in the event of moderate weather conditions such as high heat and humidity); and Red Flag indicates the marathon has been stopped and all runners should proceed with caution and seek immediate shelter due to severe weather conditions of other emergency.

The St. Luke's Via Marathon is committed to the safety of all its participants and will not sacrifice the safety of anyone. Notifications about weather conditions, cancellations, and other race information will be communicated via this website, email and the onsite announcer. All registration fee and all associated costs are non-refundable.

Expo & Race Packet Pickup

The Expo features a variety of vendors specializing in running related gear, latest technology, race opportunities, nutrition, health, information from our sponsors and much more.

Marathon, Half Marathon & Team Relay

Saturday, Sept. 7, 2019 ArtsQuest Center at SteelStacks
 10am – 5pm | 101 Founders Way | Bethlehem, PA 18015 | [Directions](#)

At the expo, you will pick up the items listed below. See map on next page for location:

1. Runner Bib/Timing Chip
2. Runner Shirt & Bag

Relay Teams receive one packet for the entire team which includes Bibs, Shirts & Bags. Relay Team packets are alphabetical by team captain's last name. Only one runner is needed to pick up Team Packet.

Emergency Contact & Medical Info on Your Race Bib

At the direction of our medical team; all runners are required to complete the information on the back of your race bib. **The emergency contact information for race day must be completed.** DO NOT LIST someone who is running on race day.

Merchandise for Sale

Get your Via race merchandise at our Expo and Finish Festival!
 Customize your shirt, jacket or vest with your race distance and logo of your choice! Quality runner gear at great prices - don't miss out!
 Merchandise by Boundless Network. All proceeds benefit Via.

Please fill in all information with a ballpoint pen:

NAME _____ AGE _____
 ADDRESS _____
 CITY/STATE _____ ZIP _____

PLEASE CHECK ALL ITEMS WHICH APPLY TO YOU.

Contact Lenses: YES NO

HAVE YOU EVER EXPERIENCED?	ALLERGIES	MEDICAL CONDITIONS	MEDICATIONS
<input type="checkbox"/> Chest pain	<input type="checkbox"/> HAYFEVER	<input type="checkbox"/> Heart Attack, Angina	<input type="checkbox"/> Nitro Glycerin (or other)
<input type="checkbox"/> Dehydration	<input type="checkbox"/> DRUGS	<input type="checkbox"/> Abnormal Heart Rhythm	<input type="checkbox"/> Anti-Arhythmics
<input type="checkbox"/> Muscle Cramps	<input type="checkbox"/> Penicillin	<input type="checkbox"/> Pacemaker	<input type="checkbox"/> Beta-Blocker
<input type="checkbox"/> Heat Exhaustion	<input type="checkbox"/> Sulfa Drugs	<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Diuretic (water pills)
<input type="checkbox"/> Heat Stroke	<input type="checkbox"/> _____	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Insulin (or pills)
<input type="checkbox"/> Hypoglycemia	<input type="checkbox"/> FOOD	<input type="checkbox"/> Epilepsy/Seizures	<input type="checkbox"/> Anti-Epileptics
<input type="checkbox"/> Hypothermia	<input type="checkbox"/> Nuts	<input type="checkbox"/> Bleeding Disorder	<input type="checkbox"/> Anti-Coagulants
<input type="checkbox"/> Hyperventilation	<input type="checkbox"/> Shellfish	<input type="checkbox"/> Asthma	<input type="checkbox"/> Ventolin
<input type="checkbox"/> Hypertension	<input type="checkbox"/> Strawberries	<input type="checkbox"/> Anemia	<input type="checkbox"/> Iron Pills
<input type="checkbox"/> _____	<input type="checkbox"/> MSG	<input type="checkbox"/> Recent Infections	<input type="checkbox"/> Anti-Biotics
	<input type="checkbox"/> _____	<input type="checkbox"/> Pregnancy	<input type="checkbox"/> Anti-Histamines
	<input type="checkbox"/> BEE STINGS	<input type="checkbox"/> Recent Surgery	<input type="checkbox"/> _____
	<input type="checkbox"/> _____		<input type="checkbox"/> _____

Emergency Contact on Race Day
 Family/Friend _____ Phone _____
 DOCTOR _____ Phone _____
 If from out of town - Hotel Name _____

Expo Map

INDOOR:

Coming Soon!

OUTDOOR:

Timing

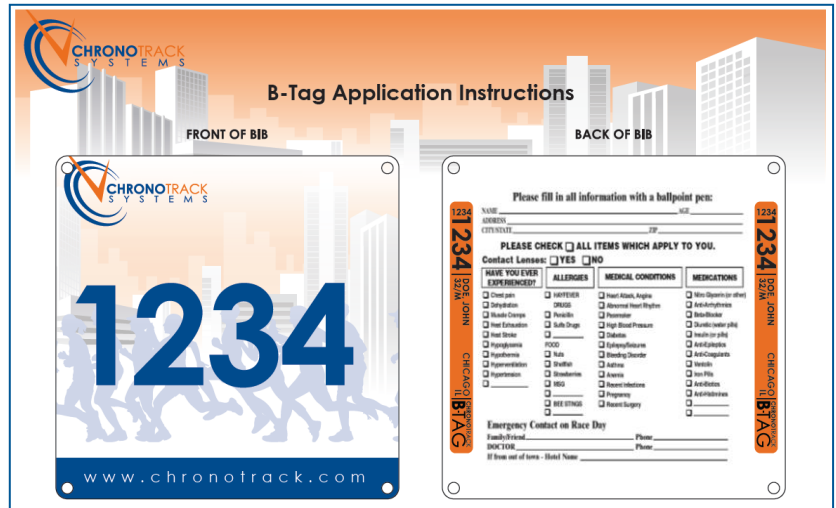
Times will be posted on the Results page following the race serving as official verification for Boston Marathon qualifiers. This Marathon is certified, and times can be used to qualify for the Boston Marathon.

Relay Teams

- The first and last runner of the team wear the Bib# with the Timing Chips attached the on back. The other members of your team wear bib numbers without timing chips.
- Leg #1 Runners: **DO NOT CROSS THE TIMNG MAT AT THE FINISH LINE.** If you cross the timing mat at the finish line with your Timing Chips attached to your bib **YOUR TEAM'S TIME WILL NOT BE RECORDED.**
- Split times are not recorded for Relay Teams. There are clocks at every exchange and Relay Team members can time themselves using these clocks. There is a Split Time Worksheet at the back of the Athlete Guide if your team wishes to record split times.

Bib Tag Instructions

- Complete the emergency contact and medical information on the back of your bib prior to the race.
- Pin the ChronoTrack B-Tag to the front of your shirt. Your timing chips are attached to the back of the bib.
- Keep your ChronoTrack B-Tag visible at all times. Do not hide or cover your race bib.
- Do not fold, crumple or otherwise alter your ChronoTrack B-Tag in anyway. Doing so may destroy your timing device.
- ChronoTrack B-Tags are non-transferable.
- The ChronoTrack B-Tag provides runners with accurate race timing. Through a computerized system, your tag transmitter will be read at the start and finish line. You must cross both locations to get an official time.
- You must wear the ChronoTrack B-Tag provided in your packet. Do not trade tags or bibs with anyone. Your time corresponds with your bib number.
- Each ChronoTrack B-Tag Single Use Bib Tag is checked and double-checked for functionality before they are distributed to the athlete. The tag is always "on" and does not need to be activated. There will be no "tag check" or "chip check."



Course Logistics & Closures

Mile & Course Markers

Mile markers are placed at each mile and yellow spray-painted arrows that say VM are sprayed on the ground at key locations along the course.

Passing Runners

All runners should stay on the right side of the course whenever possible. Runners pass on the left. This is critical for half marathon runners running a 12+ minute mile or expecting to finish in more than 2 hours and 36 minutes.

Course Closure

All participants must be able to complete the course within an average of a 14-minute per mile pace. Course maintenance and street closures will cease along the course based on average of a 14-minute per mile pace, with all maintenance ceasing at 1pm. At portions of the course that are on public roads, the course will be opened back up for vehicle traffic. If you fall behind this pace, please move to sides or safe areas for pedestrian travel. We cannot guarantee that you will find water or food after the course is closed. If you do not think you can complete the course by 1pm, please ask a water station volunteer to arrange for an assistance vehicle to the Finish Line in Easton. The Finish Festival ends at noon however food and beverages will be available until 1pm.

Exchange Zone Operations

At exchange points (mile markers 6.2, 12, 16.8 and 22.6), Marathon/Half Marathon Runners stay to the left. At exchange points, Power/Water Stations are on the left for easy access for Marathon/Half Marathon Runners and to ease congestion. Relay Runners enter the exchange chutes on the right to make their exchange with team members.

There is a single staging area at each exchange for Relay Teams. Volunteers will call out incoming team numbers. It is the responsibility of the Relay Teams and each team member to know when their team member will be arriving at each exchange. This can be approximated by knowing each of the team members running pace (how fast they run) and will help in estimating their arrival time each relay exchange. Relay Team members must touch hands with their incoming team member to make the exchange.

Runner Services

Medical & Safety

Safety is our main objective. Please exercise caution at all times. Basic and advanced medical support is available at the finish line. EMS services provide support along the course and medical volunteers are positioned at water stations to provide basic medical support. In the event of an emergency, call 911. Communications Volunteers are stationed at water stations to report emergencies to EMS. Please review our [Race Day Cancellation/Alteration Policy](#).

Hydration & Food

Water Stations are located throughout the course every 1.5 to 2 miles. View [Course Map](#) for locations. Water Stations provide Gatorade and water in cups. Each [exchange point](#) will also feature Hammer Gels. Gatorade is scientifically formulated to meet the needs of endurance athletes. It contains a five-electrolyte blend including nearly twice the sodium (200 mg) and more than three times the potassium (90 mg) compared to original Gatorade Thirst Quencher. Drink Gatorade to help sustain hydration, maintain proper fluid balance and help replace key electrolytes lost in sweat during long distance training and racing.

Note: Water Station #10, (mile 16.8 for marathon and mile 3.8 for half marathon) does NOT have Gatorade.

Portable Toilets

Portable toilets are at the start, finish and exchange points.

Bag Check

A clear drawstring bag (included with your bib pick up packet) is the ONLY bag that may be used for bag check on race morning.

A bag check is provided at the start of the Marathon/Relay and Half Marathon. Runners will be provided with a tear off tag on their race bibs to attach to their bag. Zip ties will be available at the Expo to attach your tag. Please affix tag prior to arriving at Bag Check on race day. Once runners have completed the race, bags can be picked up at the Finish Festival.

Volunteers

The St. Luke's Via Marathon has great volunteers – more than 500! Please remember to thank them for their help and support!

Race Photography

Official race photography is provided by [US Candids](#). US Candids prides themselves in having some of the lowest prices for event photography, starting as low as \$4. Options to commemorate your event participation include:

- Photos
- Laminated prints
- Plaques
- Key Chains
- Coffee Mugs
- Collages
- Marathon Magazine Cover mock-ups and more.

Photos are posted within 72 hours after the race and participants will be notified by email when they are available.

Race Day Transportation, Parking & Driving Directions

Additional Directions are available online at www.ViaMarathon.org under "Travel".

Transportation is provided BEFORE and AFTER the race. Runners have the option to park at the Start or Finish lines.

Pre-Race Transportation

Pre-Race shuttles run in the morning from the Finish to the Start of the Marathon and Half Marathon. [Pre-Race Transportation Details](#)

Post-Race Transportation

Marathon: Shuttle buses will be available between 10 am and 2pm from the Finish Festival back to the Marathon Start.

Half Marathon: Shuttle buses will be available between 9am and 12pm from the finish line back to the Half Marathon Start at Main Street and West Walnut Street in Bethlehem, PA.

Team Relay

Relay Teams are responsible for their own transportation. Directions are available in the Athlete Guide and are available under [Driving Directions](#). They include instructions for directions and parking information for exchange points.

Typically, Relay Teams caravan along the course as a team. They start by dropping their first runner at the starting line and then driving to the first exchange. The Relay Team caravan drops off their next runner and waits to pick up their incoming runner. They then drive to the next leg to pick up their next team member and so on until the end.

SAG Transport

Transportation for any runners who are no longer able to complete the race but are not in need of medical attention, will be available. Runners should notify water station volunteers that they are in need of transport. Transportation will be dispatched to your location and transport you to the finish line.

Finish Line Parking – for Pre-Race Transportation

Easton, PA

IMPORTANT PARKING INFORMATION

- [St. Luke's Via Marathon Participant Parking Map – Finish Line](#)
 - Transportation will be provided by buses located on 4th Street in Easton, between Washington Street/Larry Holmes Drive and Ferry Street.
 - Buses marked A for Allentown will go to Lehigh Valley Hospital–Cedar Crest for the marathon.
 - Buses marked B for Bethlehem will go to Center City Bethlehem for the half marathon.
 - Transportation begins at 5am. The final buses will leave at 6 am. Race starts at 7:10am.
 - Parking is available in the following locations:
 - Pine Street parking garage*
 - Third Street parking garage*
 - Northampton County Courthouse lots on
 - Washington Street
 - Lehigh Drive parking lot, just west of Larry Holmes Drive
 - Area parking meters (500 total – free until noon).
- * parking fee applies

From Philadelphia

- Take the Northeast Extension of the Pennsylvania Turnpike (Route 476) to Exit 56 (old Exit 33 – Lehigh Valley Interchange).
- Exit to Route 22 East. Follow Route 22 East to the 4th St. Exit (last exit in PA).
- Go straight through the traffic light at the end of the exit ramp on 4th St.
- See [St. Luke's Via Marathon Participant Parking Map – Finish Line](#) for parking locations.

From Harrisburg, PA and points West

- Take Interstate 81 North to Interstate 78 East. Follow Interstate 78 East to Route 22 East.
- Follow Route 22 East to the 4th St. Exit (last exit in PA).
- Go straight through the traffic light at the end of the exit ramp on 4th St.
- See [St. Luke's Via Marathon Participant Parking Map – Finish Line](#) for parking locations.

From Scranton, PA and points North

- Take Interstate 380 East to Interstate 80 East to Exit 302A (Route 33 South).
- Follow Route 33 South and exit to Route 22 East. Follow Route 22 East to the 4th St. Exit (last exit in PA).
- Go straight through the traffic light at the end of the exit ramp on 4th St.
- See [St. Luke's Via Marathon Participant Parking Map – Finish Line](#) for parking locations.

From Dover, DE and points South

- Take Interstate 95 North to the Northeast Extension of the Pennsylvania Turnpike (Route 476) to Exit 56 (old Exit 33 – Lehigh Valley Interchange).
- Exit to Route 22 East. Follow Route 22 East to the 4th St. Exit (last exit in PA).
- Go straight through the traffic light at the end of the exit ramp on 4th St.
- See [St. Luke's Via Marathon Participant Parking Map – Finish Line](#) for parking locations.

Parking Map – for Pre-Race Transportation

Coming Soon!

Marathon & Team Relay Starting Line

Coming Soon!

Coming Soon!

Half Marathon Starting Line

Main St. & West Walnut St., Bethlehem, PA

IMPORTANT PARKING INFORMATION

- [Half Marathon Parking & Starting Line Map](#)
 - [Google Maps](#) to North Street Parking Garage*
 - [Google Maps](#) to Walnut Street Parking Garage*
- * parking fee applies

From North Street Parking Garage, North and Main Street, Bethlehem, PA 18018

- After parking at the North Street Parking Garage, exit parking garage on Main St. and go south, up the hill, towards Broad St. (Bethlehem Brew Works is on the right).
- Continue for 1 block south to Half Marathon Starting Line at West Walnut St. and Main St.

From Walnut Street Parking Garage, Guetter St & W Walnut Street, Bethlehem, PA 18018

- After parking at the Guetter Street Parking Garage, exit parking garage on Walnut St. and go left towards Main St.
- Continue for 1 block to Half Marathon Starting Line at West Walnut St. and Main St.

From Philadelphia and Points South

- Take PA Turnpike (Route 476) North to Lehigh Valley Exit, bear right towards Allentown, PA and Route 22 East.
- Take Route 22 East for approximately 10 miles to Route 378 South.
- Follow Route 378 South to Exit 3, Center City, Historic Bethlehem.
- At stop sign turn left, and then left at traffic light on Broad St.
- North Street Parking Garage
 - Turn left on Main St. at traffic light.
 - Turn right on North St. at traffic light.
 - Turn immediately right into North St. Parking Garage and park.
 - Exit parking garage on Main St. and go south, up the hill, towards Broad St. (Bethlehem Brew Works is on the right).
 - Continue for 1 block south to Half Marathon Starting Line at West Walnut St. and Main St.
- OR Walnut Street. Parking Garage
 - Turn right on Guetter Street.
 - Turn left on Walnut Street.
 - Turn immediately right into Walnut St. Parking Garage and park.
 - Exit parking garage on Walnut St. and go left towards Main St.
 - Continue for 1 block south to Half Marathon Starting Line at West Walnut St. and Main St.

From New York City and Points East

- Take I-78 West, to 33 North, to 22 West, to 378 South.
- Follow Route 378 South to Exit 3, Center City, Historic Bethlehem.
- At stop sign turn left, and then left at traffic light on Broad St.
- North Street Parking Garage
 - Turn left on Main St. at traffic light.
 - Turn right on North St. at traffic light.
 - Turn immediately right into North St. Parking Garage and park.

- Exit parking garage on Main St. and go south, up the hill, towards Broad St. (Bethlehem Brew Works is on the right).
- Continue for 1 block south to Half Marathon Starting Line at West Walnut St. and Main St.
- OR Walnut Street. Parking Garage
 - Turn right on Guetter Street.
 - Turn left on Walnut Street.
 - Turn immediately right into Walnut St. Parking Garage and park.
 - Exit parking garage on Walnut St. and go left towards Main St.
 - Continue for 1 block south to Half Marathon Starting Line at West Walnut St. and Main St.

From Harrisburg, and Points West

- Take I-78 East to Route 22 East, follow to Route 378 South to Exit 3, Center City, Historic Bethlehem.
- At stop sign turn left, and then left at traffic light on Broad St.
- Turn left on Main St. at traffic light.
- North Street Parking Garage
 - Turn right on North St. at traffic light.
 - Turn immediately right into North St. Parking Garage and park.
 - Exit parking garage on Main St. and go south, up the hill, towards Broad St. (Bethlehem Brew Works is on the right).
 - Continue for 1 block south to Half Marathon Starting Line at West Walnut St. and Main St.
- OR Walnut Street. Parking Garage
 - Turn right on Guetter Street.
 - Turn left on Walnut Street.
 - Turn immediately right into Walnut St. Parking Garage and park.
 - Exit parking garage on Walnut St. and go left towards Main St.
 - Continue for 1 block south to Half Marathon Starting Line at West Walnut St. and Main St.

From the Pocono Mountain area and Points North

- Take Route 33 South to Route 22 West.
- Follow Route 22 West to Route 378 South to Exit 3, Center City, Historic Bethlehem.
- Follow Broad St. to the traffic light, make a left on Main St.
- North Street Parking Garage
 - Turn right on North St. at traffic light.
 - Turn immediately right into North St. Parking Garage and park.
 - Exit parking garage on Main St. and go south, up the hill, towards Broad St. (Bethlehem Brew Works is on the right).
 - Continue for 1 block south to Half Marathon Starting Line at West Walnut St. and Main St.
- OR Walnut Street. Parking Garage
 - Turn right on Guetter Street.
 - Turn left on Walnut Street.
 - Turn immediately right into Walnut St. Parking Garage and park.
 - Exit parking garage on Walnut St. and go left towards Main St.
 - Continue for 1 block south to Half Marathon Starting Line at West Walnut St. and Main St.

PLEASE BE ALERT FOR ANY POSSIBLE DETOURS OR ROAD REPAIRS.

Coming Soon!

For Relay Teams Along the Course

For relay teams moving runners along the course or for those following runners, these directions take into account road closures for race day. Keep your [Runner](#) or [Spectator](#) placard visible on your dashboard. This placard is not an all access pass to closed roads but will help volunteers and police identify that you are part of the marathon.

IMPORTANT PARKING INFORMATION

- Parking lots at Lehigh Valley Hospital open at 5:45am and close at 6:40.
- Parking Lots will reopen at 7:20am.
- Fish Hatchery Rd. will be closed from 6:45am to 7:20am.
- Relay Teams dropping off Leg 1 Runners at the Lehigh Valley Hospital Staff entrance will have a special drop-off.

Leg 1

Information Coming Soon!

Leg 2

Exchange #1 (Parkettes, Union St. & S. 3rd St., Allentown, PA) to Exchange #2 (Wooden Match Restaurant, Main & Lehigh St., Bethlehem, PA)

- Exit grass parking lot and turn right on S. 4th St.
- Turn left on Susquehanna St. at the 2nd traffic light. Stay on Susquehanna for 3.3 miles. Stay left at fork in the road (Vallos Bakery and Bolete Restaurant on the right) and continue on Susquehanna St./Broadway.
- Turn left at traffic light on Delaware Ave. (0.9 miles after fork in the road). There is no street sign. St. Ursula Church, a large gray stone church, is on the right and Matey's Steak House is on the left.
- Delaware Avenue turns into 3rd St. Continue on Delaware Avenue/3rd St. for 1.3 miles.
- Turn left on New St./Fahy Bridge at traffic light.
- At the end of the Fahy Bridge, turn left on W. Lehigh St. at traffic light. The street will be blocked for traffic but will allow runners and spectators through to park.*
- Park on Lehigh St. or in the Wooden Match Restaurant parking lot on the left.
- Exchange #2 (Wooden Match Restaurant) is on Lehigh St. just after crossing over Main St.

***NOTE:** There will be a barricade on W. Lehigh St. to keep non-marathon traffic out of this area. Keep your [Runner](#) or [Spectator](#) placard visible on your dashboard. This placard is not an all access pass to closed roads but will help volunteers and police identify that you are part of the marathon.

Leg 3

Exchange #2 (Wooden Match Restaurant, Main & Lehigh St. Bethlehem, PA) to Exchange #3 (Canal Park, Main St. & Lockhouse Rd., Freemansburg)

- Go east on Lehigh St. (back the way you came from the previous set of directions).
- Continue on Lehigh St. (becomes Center St.) for 0.4 miles.
- Turn right at the 3rd traffic light on E. Market St. Stay on E. Market St. for 0.7 miles.
- Turn left on Stefko Blvd. at traffic light. Stay on Stefko Blvd. for 0.6 miles.
- At the 2nd traffic light, turn right on Pembroke Rd.
- At fork in road after 0.8 miles, bear right on Washington St. at 2nd traffic light.
- Parking is available:
 - At stop sign, turn right on Main St.
 - Large stone parking lot on right, two blocks down.

- Street parking.

OR

- At stop sign, turn left on Main St.
 - Willow Grove Hotel parking lot on the right.
 - Parking lot just before Willow Grove Hotel on the right.
 - Street parking.
- From parking lots, walk left on Main St. to Lock House Rd., just after the Willow Grove Hotel. Turn right on Lock House Rd., exchange point is beyond Lock House on the right.*

**NOTE: As you walk to exchange point, you will walk across the runners' lane. Please proceed with caution and be aware of oncoming runners.*

NOTE: Due to high runner traffic and limited parking, it is suggested that spectators skip this spectator spot and go directly to Riverview Park. [Directions direct to Exchange #4 \(Riverview Park, Lehigh Dr., Palmer Township, PA\)](#)

Leg 4

Exchange #3 (Canal Park, Main St. & Lockhouse Rd., Freemansburg) to Exchange #4 (Riverview Park, Lehigh Dr., Palmer Township, PA)

- From Large stone parking lot, turn left on Main St. From Willow Grove Hotel parking lot and parking lot just before Willow Grove Hotel turn right on Main St.
- Turn right on Freemansburg Avenue at stop sign. Stay on Freemansburg Avenue for 5.5 miles.
- Turn right on 25th St. at traffic light. Stay on 25th St. for 0.6 miles.
- Turn right on Lehigh Dr. (just before bridge over the Lehigh River and across the street from Children's Home for Easton, PA).
- Turn right immediately into Exchange #4 (Riverview Park).
- Additional parking is available at:
 - Freemansburg Elementary School
 - Alan Kunsman Roofing and Siding
 - Norfolk Southern Parking Lot (Behind J.J Villani Auto Sales)
 - Willow Grove Hotel
 - Kares Krafted Kitchen
 - Freemansburg Bethlehem Township Little League

Leg 5

Exchange #4 (Riverview Park, Lehigh Dr., Palmer Township, PA) to Finish (Scott Park, 91 Larry Holmes Dr., Easton, PA)

- From parking lot, turn left on Lehigh Dr.
- Turn left on 25th St.
- Turn right onto Freemansburg Ave.
- Slight right onto Butler St.
- Continue onto Wolf Ave.
- Continue onto Washington St.
- Turn left onto S 4th.
- Turn right on Ferry Street.
- Parking garage is on the left.
- Proceed on foot down 3rd St towards the Lehigh River and turn left on Larry Holmes Drive.

PLEASE BE ALERT FOR ANY POSSIBLE DETOURS OR ROAD REPAIRS.

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Finish Festival

The Finish Festival is at Scott Park on Larry Holmes Drive in downtown Easton. Be sure to check out the [stores and restaurants](#) in downtown Easton that are open on Sunday. The Finish Festival ends at noon however, food and beverages will be available until 1pm.

Just For Runners

Runners must have on bib numbers

- Runner Amenities
 - Hydration Station – Water and Gatorade
 - Food – free for runners
 - Massage Services provided by
 - Bag Check
- Beer Garden
 - If you are 21 and over, please visit the beer garden to receive one complimentary beer. You must have valid photo ID.
- Medical Tent
- Shuttle Service to Marathon and Half Marathon Starting Line provided by Easton Coach

For Everyone

- Race Merchandise for Sale
 - Get your race merchandise! Customize your shirt, jacket or vest with your race distance, logo of your choice! Quality runner gear at great prices - don't miss out! All proceeds benefit Via.
- Food Vendors
- Running Merchandise Vendors
- Medical Tent
- Booth

Awards Ceremony

There is a rolling awards ceremony at the Finish Festival. Awards are available for pick-up on race day at the Finish Festival or at Via of the Lehigh Valley's main office on designated days following race day.

Results

Race results will be available at the finish area and will be posted on the [Results](#) page following the race, serving as official verification for Boston Marathon qualifiers.

This Marathon is certified, and times can be used to qualify for the Boston Marathon. Times will be posted on the [Results](#) page following the race serving as official verification for Boston Marathon qualifiers.

Goodies & Awards

Runner's Swag

Marathon, Half Marathon & Relay Runners receive:

- Moisture wicking runner shirt in men's and women's sizes.
- Finisher's medal for marathon, half marathon and team relay runners.
- Runner's Bag full of Swag, sponsored by Liberty Property Trust

Finisher Medals

All participants will receive their finisher medal upon crossing the finish line. If competing in the team relay, the last runner will collect medals for the whole team.

Awards

- Marathon, Half Marathon
 - Top 5 male & female overall finishers
 - Top 5 masters' male & female overall finishers (age 40+)
 - Top 3 finishers in each race category
- Team Relay
 - Top 3 overall team finishers
 - Top 3 finishers in each race category

Awards Ceremony

There is a rolling awards ceremony at the Finish Festival. Awards are available for pick-up on race day at the Finish Festival or at Via of the Lehigh Valley's main office on designated days following race day.

Fundraising Awards

We have everything you need to get started in our [Fundraising Tools](#). From an easy step by step guide to get started to how to raise \$250 in a week - we've got you covered! The St. Luke's Via Marathon raises money for Via's services for children and adults with disabilities like autism, cerebral palsy and Down syndrome. Fundraising closes September 30. Awards are given for:

- Top Fundraiser
- Individuals Raising: \$250, \$500, 1,000+

Spectators

Much of the Marathon, Half Marathon and Team Relay course is run on the Lehigh River Canal Towpath. The best place for spectators is at exchanges points along the course. Go to [Travel & Lodging](#) for driving directions. The times listed below are approximate times runners will pass through each exchange.

Start – Marathon/Team Relay

- J. Birney Crum Stadium, 2027 Linden St. | Allentown, PA
- 7:10am to 7:30am

Exchange #1

- Parkettes, Union St. & S. 3rd St. | Allentown, PA
- 7:20 to 8:15 am

Start – Half Marathon

- Main Street & West Walnut Street | Bethlehem, PA
- 6:35 to 7:10 am

Exchange #2

- The Wooden Match Restaurant, Main & Lehigh Streets | Bethlehem, PA
- 7 to 7:25 am (Half Marathon Runners)
- 8:00 to 10:15 am (Marathon & Relay Runners)

Exchange #3

- Canal Park, Main Street & Lockhouse Road | Freemansburg, PA
- Due to high runner traffic and limited parking, it is suggested that spectators skip this spectator spot and go directly to Riverview Park.

Exchange #4

- Riverview Park, Lehigh Drive | Palmer Township, PA
- 8:30 to 9:15 am (Half Marathon Runners)
- 8:55 to 11:15 am (Marathon & Relay Runners)

Finish

- Scott Park, Larry Holmes Drive | Easton, PA
- 8:50 to 11:15 am (Half Marathon Runners)
- 9:15 am to 12 pm (Marathon & Relay Runners)

Friendly Reminders

There will be live music and vendors at the finish line to keep spectators entertained. In addition, spectators should follow these general tips:

- This course uses open areas and public roads. As a result, it is important that spectators be conscious of their surroundings and be careful not to interfere with the athletes during the race.
- Follow instructions from all Race Staff, volunteers and public safety officers.
- Do not at any time, enter the race course.
- Be aware of areas Off Limits to spectators.
- Do NOT lean or push on fencing.
- Always look both ways and behind you before crossing or changing direction.
- Racers have the right of way. Spectators MUST yield to racers in progress.
- Know your athlete's bib number, start time and estimated finish time.
- Have a plan to meet up with your athlete at conclusion of race
- Leave plenty of travel time. Expect heavy traffic into Race Sites and/or Parking Areas.

Things To Do Race Weekend

A community dating back to 1650's, Allentown, Bethlehem and Easton make up what we call today the Lehigh Valley of Pennsylvania. Transformed from an industrial and manufacturing center in the 20th century, today it is an arts and cultural community featuring a robust supply of visual and performing arts.

Healthcare, finance and technology now provide the backbone of our business activity. The community is dynamic and has a quality of life that is unsurpassed in our modern society. The community is, at the same time, historic and diverse.

Annual Events

[Kids Race](#)

Saturday, Sept. 7, 2019 | 9:30am, 9am check-in

ArtsQuest Center at [SteelStacks](#), Bethlehem, PA

[Race Expo](#) Sponsored-by Service Electric

Saturday, Sept. 7, 2019 | 10am – 5pm

ArtsQuest Center at [SteelStacks](#), Bethlehem, PA

Lehigh Valley Eats

[Discover Lehigh Valley Restaurants](#)

[Discover Lehigh Valley](#)

Discover Lehigh Valley wants to make sure the whole planet knows about Lehigh Valley. They've spent more than 25 years building Lehigh Valley into a bustling leisure and business travel destination while boosting the local economy as the official destination marketing organization for Lehigh and Northampton counties.

Bethlehem

[ArtsQuest Center at SteelStacks](#)



On the site of the former Bethlehem Steel plant in Bethlehem, PA, SteelStacks is a re-imagination of an industrial brownfield that uses the arts to rebuild and revitalize a post- industrial, urban community. SteelStacks is an arts and cultural campus; the heart of the campus is at 1st and Founders Way, at the Air Products Town Square and the ArtsQuest Center.

Located at the base of the old blast furnaces, the campus features numerous different indoor and outdoor venues. Check out concerts, movies, food and entertainment all weekend long at SteelStacks, the site of the [Race Expo](#) sponsored by Service Electric.

[Bethlehem Visitor Center at the SteelStacks](#)

The Bethlehem Visitor Center, located in the beautifully renovated 1863 Stock House, provides a wealth of information on SteelStacks, Bethlehem, and the Lehigh Valley's restaurants, hotels, events, and attractions. The Bethlehem Visitor Center includes interactive exhibits, along with helpful staff that will assist you in planning your visit to the region and book tours and

activities at SteelStacks. The Bethlehem Visitor Center is open daily from 10:00 am - 2:00 pm except New Year's Day, Thanksgiving, and Christmas.

[The Outlets at Sands Bethlehem](#)

The Outlets at Sands Bethlehem offers the hottest Outlet brand names like Coach, Under Armour, Tommy Hilfiger and more!

[Banana Factory](#)

Banana Factory is a dynamic cultural arts and education center located on Bethlehem's historic South Side. Formerly a banana distribution warehouse, the arts center features 63,000-square feet of space that are home to 27 resident artists' studios, three galleries, the GlassWorks glassblowing studio, Olympus Digital Imaging Center and the Gallery Shoppe.

[Historic Bethlehem Museums & Sites](#)

Historic Bethlehem Museums & Sites interprets three centuries of the history and culture of Bethlehem from its founding as a Moravian community in 1741 to the 21st century. By vividly telling the stories of Bethlehem's people through well-maintained buildings and sites, rare collections that are available through exhibits and research, and electrifying educational programs, they show the zeal and commitment of Bethlehem's community in forging our American nation.

[Steel Ice Center](#)

The Steel Ice Center is the premier ice skating facility in the Lehigh Valley. The Ice Center has a dynamic mix of programs that will suit the beginning skater to the person seeking the advanced levels of their ice skating sport. Their mission is to provide an excellent skating experience by providing a clean, safe facility with well supported activities through attention to customer service.

[Zoellner Arts Center at Lehigh University](#)

Zoellner Arts Center provides an environment where artists and students of the arts develop and learn; to educate, captivate and inspire performers and audiences by presenting a variety of high-quality performing arts events.

Allentown

[PPL Center](#)

The PPL Center is a Global-Spectrum managed state-of-the-art multipurpose arena opening September 2014 in downtown Allentown, Pa. The arena will seat more than 10,000 for concerts and more than 8,500 for Phantoms professional hockey games. The amenities-packed PPL Center hosts more than 140 events each year, offering something for everyone, including the Phantoms, the AHL affiliate of the NHL Philadelphia Flyers, live concerts, family shows, trade shows, figure skating events, youth sports, high school and collegiate events, Disney on Ice, conferences, graduations and many more events.

[Da Vinci Science Center](#)

The Da Vinci Science Center is open for exciting possibilities to all curious minds seven days a week. Its colorful and dynamic exhibit floor is packed nearly 10,000 square feet of experiences that highlight the amazing possibilities that science and technology bring to life every day. Exhibits can be enjoyed by people ages 1 and up.

[America on Wheels Museum](#)

America on Wheels Transportation Museum on Front Street in Allentown is a fabulous museum with fascinating exhibits of the history of vehicles and transportation in America. It's education for all ages presented in a most entertaining fashion. And the Hub Cap Café, a 1953 soda fountain and grill, offers wonderful ice cream treats and light snacks after your tour. The guides are all very knowledgeable and provide insights into the many exhibits.

[Allentown Art Museum](#)

It's worth a trip just to see the Frank Lloyd Wright-designed library that is part of the permanent exhibit. Sunday is family day, there are activities for children, and admission is free. The museum has reciprocity with the America on Wheels Museum, so if you join you get free admission to AOW.

[Allentown Fish Hatchery](#)

If you go early in the morning, you will be treated to great blue herons scouting around looking for breakfast. The ponds are all covered with netting to discourage them, but they get lucky once in a while. It's great watching the fish swarm around when you feed them with the food available to purchase. The Fish Hatchery is in the Lehigh Parkway where the first several miles of the marathon course is run. The Lehigh Parkway is a wonderful park with walking and riding trails, disc golf and fishing, tubing, a covered bridge, and numerous places to picnic. 2901 Fish Hatchery Rd, Allentown, PA 18103.

[Coca-Cola Park – Home of the Lehigh Valley Iron Pigs](#)

The stadium, located in Allentown, is a great venue to see the Philadelphia Phillies AAA affiliate, the Lehigh Valley Iron Pigs. Every seat is a good one, and there is a great selection of food. You can walk around the entire park, sit on the lawn in the outfield, or dine in the picnic area in right field. There is always great entertainment between innings. The park is very family friendly with mascots, food, and a playground in the outfield. Parking is reasonable and usually available nearby. This is a great family choice.

[Dorney Park & Wildwater Kingdom](#)

Enjoy the more than 200 acres with over 100 rides and attractions for guests of all ages! Delight in the thrills of 9 spectacular roller coasters and then afterward, make a splash in the 22 water rides, 2 wave pools, and 2 tubing rivers! Check out Planet Snoopy, where you and the kids can take part in the interactive family playland and enjoy live entertainment. Don't forget to snap some photos with the world famous Peanuts' characters while you're there!

[Lehigh Valley Zoo](#)

Located in Schnecksville, Pa., within the scenic 1,100-acre Trexler Nature Preserve, Lehigh Valley Zoo is home to more than 250 animals representing 70 species - from African Penguins to Zebras. The zoo is open year-round, seven days a week. The Zoo hosts more than 100,000 guests annually and offers hundreds of educational programs, camps for all ages and family-friendly events, making it one of the most vibrant educational and cultural institutions in the Greater Lehigh Valley region. The Zoo is operated by the Lehigh Valley Zoological Society, a private nonprofit organization.

Easton

[Crayola Experience](#)

Discover your inner artist! This exciting visitor center allows the young, and young at heart, to enjoy hands on arts and crafts projects, while learning all about the Crayola brand that you know and love. You can color, draw, paint, and create your works of art without the need to clean up! While you're here stop into the Crayola store and add some color to your life with fun and playful Crayola accessories.

[State Theatre Center for the Arts](#)

The State Theatre in Easton is a gem from a time gone by. Extensive renovations saved it in the 1990s and recent upgrades have addressed needed areas of concern. The theatre is beautiful and a great venue for entertainment. The season offers something for everyone and for all ages. It is big-city entertainment in Easton. The Beatles' Ringo Starr has come back several times after falling in love with the place. Park in the nearby garage and take the trolley. Easton offers great places to eat on theatre nights.

FAQ's

Is my registration fee refundable?

Registration fees and all associated costs are non-refundable.

Is this race certified?

Yes, this Marathon is certified and times can be used to qualify for the Boston Marathon. Times will be posted on the [Results](#) page following the race, serving as official verification for Boston Marathon qualifiers.

Can I switch races, for example from the marathon to the half marathon?

To switch from the marathon to half marathon. Please [complete this form](#). You'll receive a confirmation of your change. After August 20, this may be done at the [Expo](#).

Can someone else pick up my race packet?

Yes, someone else may pick up your race packet. They need to know your name and for which event you registered for (Marathon, Half Marathon or Relay). For Relay Teams, be sure the person picking up the packet knows the team captain's name and bib number that was distributed to them via email.

Can we substitute Relay Team members?

Yes, please [complete this form](#). Please no race day substitutions.

Where do I pin my race number?

All participants must wear a number visible on their front and race numbers must be visible at all times during the race. Therefore, please make certain your number is pinned to the outer-most layer of clothing at all times.

When should I arrive at the start?

Please arrive at least 60 minutes prior to the race start.

Where do I park on race day at the start?

Check our [Driving Directions](#) for detailed information on parking.

How do the Team Relay exchanges work?

Relay Runners enter the exchange chutes on the right to make their exchange with team members while Marathon/Half Marathon runners will stay to the left.

There is a single staging area at each exchange for Relay Teams. Volunteers will call out incoming team numbers. It is the responsibility of the Relay Teams and each team member to know when their team member will be arriving at each exchange. This can be approximated by knowing each of the team members running pace (how fast they run) and will help in estimating their arrival time each relay exchange. Relay Team members must touch hands with their incoming team member to make the exchange.

What if I get hurt or cannot finish the race?

Safety is our main objective. Please exercise caution at all times. Basic and advanced medical support is available at the finish line. EMS services provide support along the course and medical volunteers are positioned at water stations to provide basic medical support. In the event of an emergency, call 911. Communications Volunteers are stationed at water stations to report emergencies to EMS. Please review our [Race Day Cancellation/Alteration Policy](#).

Transportation (SAG Transportation) for any runners who are no longer able to complete the race but are not in need of medical attention, will be available. Runners should notify water station volunteers that they are in need of transport. Transportation will be dispatched to your location and transport you to the finish line.

When does the course close?

All participants must be able to complete the course at a 14 minute per mile pace. Course maintenance and street closures will cease along the course based on this time, with all maintenance ceasing at 1pm. At portions of the course that are on public roads, the course will be opened back up for vehicle traffic. If you fall behind this pace, please move to sidewalks or safe areas for pedestrian travel. We cannot guarantee that you will find water or food after the course is closed. If you do not think you can complete the course by 1pm, please ask a water station volunteer to arrange for an assistance vehicle to the Finish Line in Easton.