

**Runner's High** is pleased to "OFFICIALLY" announce the **Latonka Marathon**.

In September of 2020, we hosted this event as a venue for the Boston Marathon Virtual Experience. It was well-received by the community and the participants. Fifty percent of the finishers qualified for the Boston Marathon, ranking it among the highest percentages in the country. With the 2021 Pittsburgh Marathon going virtual, we are announcing this event to be run on the originally scheduled date of this year's Pittsburgh Marathon (Sunday, May 2).

The event is not specifically endorsed, supported by, or in partnership with P3R or the Pittsburgh Marathon. We are offering this event as a venue for the Pittsburgh Marathon entrants to compete and complete an actual marathon with the camaraderie of others with the same goal. Since Pittsburgh was not able to host their in-person event on May 2nd, they are not open to advertising for other venues the same week-end. So, don't expect any mention of our event in their literature.

Approval of our race by the Lake Latonka Board of Directors was contingent upon us being a venue for the virtual Pittsburgh Marathon. Therefore, you are required to be registered for the **FULL MARATHON** at Pittsburgh before being accepted into our marathon. Anyone registering for our marathon without being registered for Pittsburgh will have their entry be manually rejected, and no refunds will be honored. No half marathon or relay registrants will be accepted.

Any and all Pittsburgh Marathon gear, including shirt, bib, finisher's medal, etc. will be shipped by the Pittsburgh Marathon according to their virtual event schedule. You will still need to individually submit your time to Pittsburgh as per their instructions to receive credit for their marathon.

Approval for this was granted on 3/3/21. We expect interest to be high. We will not open on-line registration until later in the month (likely 3/17/21). We want to get the word out to as many entities as possible in order to give everyone an equal chance in getting accepted. Keep checking back for updates. This date could change.

The field will be limited to a strict maximum of 100 runners. (Lake Latonka's decision). Spread the word to your running buddies and be ready to register at the opening bell. We anticipate the field could fill quickly.



#### Location

Lake Latonka, a private community about 5 miles north of Mercer, PA  
Near the intersection of I-79 and I-80 in Western PA  
One hour north of Pgh, PA and one hour south of Erie, PA  
GPS Address of start: 420 Latonka Drive, Mercer, PA 16137

Once you get off I-79 (exit 121 Mercer / Rt 62) , it will take an additional 10 minutes to get to the actual venue.. When you enter the community (no need to stop at the guard shack unless it is occupied by staff), you'll proceed to a "T". The lake is in front of you. Take a right and proceed almost 2 miles to the community center on your left. Look for the flag poles and large gazebo.



## Podcast Link

Lisa Levin Reichmann and Julie Sapper, from the Gaithersburg, MD area produce a podcast called "Run Farther and Faster". Lisa ran in the 2020 version of this race and spoke so highly of it that they produced a podcast on it after the race. Tune in and get a runner's perspective of the Boston Fever Reliever.

<https://anchor.fm/runfartherandfaster/episodes/When-You-Cant-Run-Boston--You-Run-Lake-Latonka-Lisas-Recap-of-Her-Real-Marathon-on-Sunday-ejkhfk>



## Registration

### RESTRICTIONS

Due to restrictions placed by the Lake Latonka community, the field will be limited to the first 100 on-line registrants. No mail-in entries, and no day-of-race entry.

### ONLINE REGISTRATION WINDOW

On-line registration will open at 12:01 pm (noon Eastern Time) on Wednesday, March 17, 2021. (St Patricks Day)

Phase 1: Open initially to runners who have completed a marathon since Jan 1, 2018 in under 5 hours and have registered for the 2021 Pittsburgh Marathon. Must submit a time and event during registration process.

Phase 2: At noon on April 1st, if openings still exist, registration opens to anyone else who is officially registered for this year's Pittsburgh Marathon..

All registration closes at 11:59pm on April 25, 2021 if the field capacity has not been reached.

### PACKET PICKUP

Entrants with accommodations at Candlewood Suites in Grove City will have their packets delivered there on Saturday.

Packet pick-up will open at 6am on the morning of the race at the Gazebo (start/finish area)

Packet will include bib (with timing chip attached to back), pins, shirt, Euro-sticker

Finisher medallions will be distributed at the finish line.



## Course

### COURSE

The course is certified by USATF as an official Boston Qualifier PA20009NP. The window of qualification has not been announced yet by the BAA for the 2021 or 2022 events.

Course consists of five loops (5.2 miles each) on lightly traveled roads of this private community

Includes about 0.4 miles of paved bike path on each loop. (no vehicles allowed)

Less than 100' of elevation change from highest point to lowest point. The only hill is coming out of the dip on the bike path at mile 3 of the loop. On the 5th lap (mile 24), it will seem like "Heartbreak Hill"

The course is NOT closed to traffic. However, the roads are lightly traveled by the residents of the community. You'll likely see numerous golf carts and bicyclists on the course.

Run facing traffic on the left side of the road at all times. Even though there are several small "S" turns on the loop, please do not cross the center line. Be courteous to our hosts, and please don't litter.



## **Spectators / Crew**

### **CREW / SPECTATORS**

We request a maximum of TWO spectators / crew members per entrant.  
Must keep socially distant in all staging areas from other spectators / crew members  
Masks required by all crew members and spectators.

No vehicular traffic by spectators or "crew members"  
Bicycles are permitted, but no extended pacing or interfering with community traffic.  
A good place to set up is in the shaded area of the bike path where we'll have a water station, music and more.



## **Covid-19 Precautions**

### **HYDRATION AND RESTROOMS**

Restrooms behind Duke and Lola's concession stand in parking lot of Community Center  
Portable restroom near the dam in parking lot just before entering bike trail (Mile 2.8 of each loop)  
Water Station on the bike trail of each loop at mile 3 (+/-)  
Water Station at the end of each loop as you pass by the Community Center  
Water bottles will be provided at the finish.  
Trash cans located about 50 yards after each water station.  
**Please do not litter.**

### **MASKS**

Your entry fee includes a custom printed reusable mask as a unique souvenir.  
Masks must be worn prior to the start of the race and after crossing the finish line.  
Masks may be removed while running, eating and/or drinking  
Do not discard masks on the course.  
Long Sleeved hooded t- shirts to all registered runners.

### **STARTING LINE PROCEDURES:**

We anticipate a single mass start. Please maintain social distancing prior to the start.  
Additional details to be announced.



## **Souvenirs, Awards**

All registrants will receive a souvenir mask and a long sleeved hooded t-shirt.  
All finishers receive a laser engraved wooden coaster

Top 3 male and top 3 female finishers;  
Top Masters male and female finishers  
No age group awards.L