

Northeastern Pennsylvania's Sixteenth Annual  
**STEAMTOWN MARATHON**<sup>SM</sup>

**SUNDAY, OCTOBER 9, 2011 – 8:00 a.m. SHARP!**  
**Congratulations!**

*You have been accepted as a competitor in the 16th annual Steamtown Marathon to be held on a point-to-point, USATF certified course through 14 historic communities in Northeastern Pennsylvania.*

*This confirmation letter contains important information about the Marathon. Please read it very carefully.*

## GENERAL INFORMATION

The Steamtown Marathon is a 26 mile, 385 yard, foot race. The course drops 955 feet in elevation from start to finish. The greatest drop in elevation occurs during the first eight miles. The course features more than two miles of Rails to Trails along the Lackawanna River. Go to [www.steamtownmarathon.com](http://www.steamtownmarathon.com) and click on "Course" for details. The finish line will be on N. Washington Avenue in Downtown Scranton adjacent to the Lackawanna County Courthouse.

The Marathon benefits St. Joseph's Center, Scranton. The Center assists families in need and children who are neurologically impaired and multiply handicapped. Since 1996, the Marathon has donated more than \$650,000 to St. Joseph's. See [www.stjosephscenter.org](http://www.stjosephscenter.org).

## RULES & REGULATIONS

Participants must be able to maintain at least a 13-minute per mile pace. Unofficial wheeled vehicles (strollers, bikes, baby joggers, skates, skate boards, roller blades, etc...) are not permitted on the course. Traffic control and health and safety volunteers and officials will vacate the course six hours after the start (2:00 p.m.). Anyone who continues to run on the course after 2:00 p.m. will be doing so **at his/her own risk**.

Runners are respectfully asked not to wear I-Pods, MP3 Players or any other devices over their ears. Pets are banned from the course. Pacers (persons not officially entered in the race) will not be allowed on the course at any time!

Only validly entered runners may participate. **No one under the age of 18 on October 9, 2011 will be allowed to compete in the Marathon.** By participating in this event and signing the waiver/release on the entry form you have agreed to hold harmless USATF and its local associations.

The race will be videotaped at several checkpoints to ensure competitors who cross the finish line have done so after completing the entire course. The Race Director reserves the right to disqualify any individual who does not comply with these rules.

## EXPO/PACKET PICK-UP SATURDAY, OCTOBER 8 11:00 a.m. to 5:30 p.m.

A Race Expo will be held in Scranton High School on Saturday, October 8, between 11:00 a.m. and 5:30 p.m. **Please pick up your race number, timing chip, and Steamtown Marathon shirt at the Expo!**

Running merchandise will be available for sale and professionals in the fields of nutrition and sports medicine will offer free consultation to competitors. Large course maps will be on display. Free parking will be available in the school's large parking lot.

At 1:00 p.m. in the Expo auditorium, Doctor of Physical Therapy Matthew Scalsese will present "Why less is more: The evidence for minimalist and barefoot running." Matt has finished more than 20 marathons and has a 3:26 PR. He has run all 15 Steamtown Marathons.

Legendary American distance runners Jon Sinclair and Kim Jones, accomplished runner, coach and author of running books Mark Will-Weber, Dr. Scalsese, and Race Director Bill King, will participate in a panel discussion at the Race Expo. The panelists will speak about Steamtown's course, running hills, first time marathoners and racing strategy and will then take questions from the audience. The panel will begin in the school auditorium at 2:00 p.m. Jon and Bill will also lead an easy 3 mile run around Downtown Scranton on Saturday at 10:00 a.m. Meet Jon and Bill at the main entrance of Scranton High School (the Expo site) at 9:55 a.m. sharp. The run will take you past the finish line and through the Steamtown National Historic Site.

Per runner request, there will be a 5:30 p.m. Catholic mass held at the Expo in the auditorium of Scranton High School. Schedules and locations for worship by various denominations will be available at the main info booth at the Expo.

Scranton High School is located at 63 Mike Munchak Way, just off Providence Road and adjacent to Scranton Memorial Stadium just a few blocks outside of Downtown.

If traveling from points north, take I-81 South to **Exit 191B (Scranton Expressway)**. At bottom of exit ramp, turn right onto expressway (**Rt. 11 South**). Follow expressway approximately 2.7 miles and take 7th Avenue/Providence Rd. exit. At end of exit ramp, turn left at light. Drive 1/4 mile. School is on left.

If traveling from points south, take I-81 North to **Exit 185 (Central Scranton Expressway)**. Note: Exit is on left side of highway. Follow expressway just over one mile to Downtown Scranton. Upon entering Downtown, bear right onto Jefferson Ave. Take Jefferson Ave. two blocks to Mulberry St. Make left on Mulberry St. and drive six blocks through Downtown. Leave Downtown on expressway. **Travel 1/10th mile and take very first exit (7th Avenue/Providence Road)**. Turn right at bottom of exit ramp. School is on left.

If traveling from NY/NJ metro area, follow I-380 North to I-81 North. Take I-81 North to **exit 191B (Scranton Expressway)**. At bottom of exit ramp, turn right onto expressway (**RT.11 South**). Follow expressway approximately 2.7 miles and take 7th Ave. /Providence Rd. exit. At end of exit ramp, turn left at light. Drive 1/4 mile. School is on left.

If you cannot attend the Expo you will be allowed to pick up your bib number, timing chip and shirt inside Forest City High School at the starting line on race morning. However, expect long, stressful lines at the packet pickup table. **You are strongly encouraged to make every effort to attend the Expo on Saturday!**

### **PASTA PARTY SATURDAY, OCTOBER 8 5:00 p.m. to 7:00 p.m.**

A CASH ONLY Pasta Party featuring live musical entertainment, will be held on Saturday, October 8 from **5:00 p.m. to 7:00 p.m.** on the 4th floor of the DeNaples Center (corner of Mulberry St. and Monroe Ave.) on the campus of the University of Scranton (see # 59 on campus map). Prices: Adults - \$10.95, children under 6 - \$6.75. Reservations will not be accepted. Parties will be seated as space becomes available. A free parking garage (#68 on campus map) is located on Monroe Avenue, across the street from the DeNaples Center. The Center is just 6 blocks from the finish line.

If traveling South on I-81, take Exit 185 (Central Scranton Expressway). Stay in the left lane and follow the Expressway approximately one mile. At traffic light at the entrance to Downtown, turn right onto Jefferson Ave. Follow Jefferson Ave. two blocks to Mulberry St. Turn right and follow Mulberry St. two blocks to Monroe Ave. The DeNaples Center will be the multi-story building on your right. Turn right onto Monroe Ave. to access the free parking garage. Enter the DeNaples Center from Mulberry St.

If traveling North on I-81, take Exit 185 and then follow the directions above. Note: when driving on I-81 North, Exit 185 is on the left side of the Interstate.

### **FOREST CITY INFO BOOTH SATURDAY, OCTOBER 8 10:00 a.m. to 4:00 p.m.**

The Forest City Hospitality Group will man a marathon information booth at Forest City High School (100 Susquehanna Street, Forest City, PA 18421) on Saturday from 10:00 a.m. until 4:00 p.m. Once in Forest City, follow Main St. to Dundaff St. Make a left onto Dundaff (247S), travel up hill and make a left onto Susquehanna St. to get to the school.

To get to Forest City, take Interstate 81 to Exit 191A. Follow Business Route 6 East approximately 12 miles to Main St. in Downtown Carbondale. Make a left on Main St. and travel through town to Route 171. Take 171 North six miles to Main St., Forest City.

### **WHEELCHAIR MARATHON SUNDAY, OCTOBER 9 7:55 a.m. SHARP!**

Free transportation will be provided to the start for wheelchair competitors. Please arrive at the general bus boarding area at N. Washington and Lackawanna Avenues in Downtown Scranton at 6:00 a.m. (sharp!) to obtain specialized transportation to the starting line.

### **KIDS' RACE SUNDAY, OCTOBER 9 9:00 a.m. (SHARP!)**

A Kid's Race will be held on race morning at the finish line. Age categories are 5 & under, 6-7, 8-9, and 10-11. Distances

range from 50 yards to ¼ mile depending upon age groups. Register at the Race Expo at the table where the runners pick up their bib numbers. Entry fee is \$8.00. All runners receive a race number, T-shirt, and medal. This is a noncompetitive event. All runners are number "1". For more information call National Running Center at (570) 586-1620.

### **POST RACE PARTY SUNDAY, OCTOBER 9 5:00 p.m. to 8:00 p.m.**

A Post Race Party featuring *Take 3*, the official rock band of The Steamtown Marathon, will be held from **5:00 p.m. to 8:00 p.m.** in the Byron Center on the campus of the University of Scranton (see #14 on campus map). The party is open to runners, their families and our great volunteers. You will not be charged admission to attend but are kindly asked to consider making a modest donation at the door.

If traveling South on I-81, take Exit 185 (Central Scranton Expressway). Stay in the left lane and follow the Expressway approximately one mile. At traffic light at the entrance to Downtown, turn right onto Jefferson Ave. Follow Jefferson Ave. two blocks to Mulberry St. Turn right and follow Mulberry St. two blocks to Monroe Ave. Turn right and park in free garage. After you exit the garage, turn right and walk about one block to the center of campus. Turn left and walk about two blocks up the hill. The Byron Center will be on your right.

If traveling North on I-81, take Exit 185 and then follow the directions above. Note: when driving on I-81 North, Exit 185 is on the left side of the Interstate.

Note: You can park in any University lot or garage for free. Do not park in a faculty spot. Consider using your campus map to find parking closer to the Byron Center.

### **TRAINING WARNING**

Marathons are extremely strenuous events. The Steamtown Marathon will be a challenging race to runners of all skills, especially first-time marathoners. A conscientious training program would consist of no fewer than fifteen 20 to 40 mile weeks leading up to the race. Numerous long runs of 13 to 20 miles would have been included. **PLEASE DO NOT COMPETE IF YOU ARE NOT ADEQUATELY TRAINED!**

Every step will be taken to control traffic along the Marathon course. However, be advised that the course will be run along public streets and roadways including several that must be kept open during the race. **BE ALERT FOR TRAFFIC AT ALL TIMES!**

The weather in Northeastern Pennsylvania in mid-October is very unpredictable. The normal daily low is 42 degrees and the normal daily high is 61 degrees, however, temperatures on race day could range anywhere from 25 degrees to 85 degrees. Please monitor the weather and dress appropriately.

### **LODGING**

If you still need to book a hotel room, please call Marathon sponsor Around the World Travel at 1-800-270-0544 (Monday through Friday during standard business hours). The Lackawanna County Convention and Visitors Bureau (1-800-229-3526) will also be pleased to provide lodging or travel assistance. Additional information can be obtained by going to [www.steamtownmarathon.com](http://www.steamtownmarathon.com) and clicking on "Lodging."

## BUS TRANSPORTATION/PARKING

Because the Steamtown Marathon will be run on a point-to-point course, and because automobile parking near the starting line area will be **very limited**, competitors are **strongly encouraged** to utilize the free bus transportation that will be provided on race day. Competitors may begin boarding buses on race morning at 5:30 a.m. Buses will depart at approximately five-minute intervals. **The last bus will leave for the starting line at 6:45 a.m!** The trip will last approximately 45 minutes. Unfortunately, the Marathon cannot provide bus transportation to friends and families of competitors.

Bus boarding will take place in the 100 block of N. Washington Ave., at the intersection with Lackawanna Ave., just one block from the finish line. Port-a-lavs will be available at the finish line.

Free parking for competitors is available in the Scranton Parking Authority garage at N. Washington Avenue and Linden Street (enter from Linden Street). Numerous **free on-street spaces** will also be available (you can park for free at any meter that does not have a “no parking” sign on it). Two pay to park garages are also available on Adams Ave. between Lackawanna Ave. and Spruce St. See Downtown Scranton map for bus boarding and parking garage (MP) locations.

Note: The Scranton Parking Authority will not be held liable for personal injuries or for damage, loss, or theft of property.

**The Marathon will not provide return transportation to the starting line after the race.**

## DIRECTIONS TO DOWNTOWN SCRANTON

- If traveling south on Interstate 81 from points north of Scranton, take Exit 191B and follow the Scranton Expressway (Rt. 11 South) almost 3 miles into Central City. You'll enter the downtown on Mulberry St.
- If traveling north on I-81 from points south of Scranton, take Exit 185 and follow the Central Scranton Expressway about 1 mile to Spruce Street.
- If traveling on I-380 North or I-84 West, take I-81 North to Exit 191B and follow the Scranton Expressway (Rt. 11 South) almost 3 miles into Central City. You'll enter the Downtown on Mulberry Street.
- If traveling north on I-476, pass through the toll booth at the Wyoming Valley Exit (Exit 115) then take I-81 North to Exit 185 and follow the Central Scranton Expressway about 1 mile to Spruce Street.

## STARTING LINE ACCOMMODATIONS

Approximately 90 port-a-lavs will be available at the start at Forest City High School. Stretch and stay warm inside the school's modern gymnasium!

## CLOTHING DROP-OFF/PICK-UP

You can obtain a clothing storage bag at several locations at the starting line. Hand your extra clothes to a volunteer at a clothing drop off area. **Do not put bottles, glass, or any breakable items in your clothing bag!** You will be able to retrieve your belongings by showing your bib number at the baggage retrieval area near the finish line. The Steamtown Marathon will not be held responsible for lost, damaged, or stolen property.

## AID

The course will feature at least 13 official aid stations. Water and lemon-lime All Sport will be available at all of the stations along the course. Water will be available at the start and water and lemon-lime All Sport will be available at the finish. Be prepared for the possibility of an unseasonably warm October day. Be thoroughly hydrated. Consume plenty of liquids before, during and after the race.

Portable lavatories will be stationed at points along the course and at the finish line.

Course officials will be stationed along the course as will medical personnel and officers of various public safety agencies. Seek them out if you need help. Members of several local bicycle clubs will also ride the course in search of runners in need of assistance.

Sag wagons (Lackawanna County Shuttles) will patrol the course and offer rides to competitors who choose not to continue. Your race bib number will be recorded upon boarding. Any competitor who boards a sag wagon will not be allowed to rejoin the race.

Competitors are encouraged to notify an official if they see a fellow runner in distress. If you experience dizziness, cessation of perspiration, nausea, confusion or severe muscle cramping, **STOP RUNNING** and seek the assistance of a volunteer or safety official.

**Please write any medical conditions you have on the back of your bib number.**

## FINISH LINE

The finish is at Courthouse Square at 200 N. Washington Avenue in Downtown Scranton (see Downtown map). Please make sure your race number is pinned to the **FRONT** of your shirt/singlet. Please do not attempt to cross the finish line without a race number clearly visible to finish line personnel.

Finish in the chute. Follow the instructions of the race officials. **Do not attempt to re-enter the finish area after you have exited.**

After the race you will be clothed in a mylar “space blanket” and directed to aid stations featuring water and food. Medical personnel and massage therapists will be available. The free massage area will be located in the Federal Courthouse Building to your immediate right when you cross the finish line. Please notify finish line personnel if you are experiencing medical problems.

**Free shower facilities will be available to runners** from 10:30 a.m. until 2:15 p.m. (doors will be locked at 2:15 p.m.) in the athletic annex of Lackawanna College. Follow N. Washington Ave. three blocks (back towards mile 26). Turn right onto Vine St. and walk two blocks to Jefferson Ave. The athletic annex (former CYC) is at the corner of Jefferson Ave. and Vine St. Enter through the front door. **Please bring your own soap and towel!**

The Greater Scranton YMCA ([greaterscrantonymca.org](http://greaterscrantonymca.org)) is also offering free use of its showers to runners. The Y is located at 706 Blakely St., Dunmore, PA 18512. From Downtown Scranton (about a 10 minute drive), follow I-81 North to Exit 188 (Route 347 South). At end of exit ramp, turn left onto Rt. 347 South. Drive .34 miles. At traffic light, turn left onto Jessup Street. Drive one block. Bear left to access the YMCA. Please bring your own soap and towel.

## TIMING/SCORING

Timing and scoring will be provided by The Runner's High Timing Services (724-458-4435) of Grove City, PA. Official results will be posted on the Internet at [www.runhigh.com](http://www.runhigh.com) roughly 24 hours after the Marathon. A booklet with complete race results will also be mailed to all competitors.

At packet pick up, you will be issued a disposable timing chip. Please tie the chip into your shoelaces on race day. Your time will automatically be recorded by mats at the starting line, at one point along the course, and at the finish line. You can keep your timing chip as a souvenir.

## AWARDS & MEDALLIONS

All finishers will receive a Steamtown Marathon medallion as they enter the chute. Awards and prize money will be presented at ceremonies to be held on Courthouse Square near the finish line at approximately 12:30 p.m.

## PRIZE MONEY DISTRIBUTION

Prize monies will be distributed as follows:

<b>Male/Female, Overall</b>		<b>Male/Female Masters</b>	
1 <sup>st</sup>	\$1,500	1 <sup>st</sup>	\$300
2 <sup>nd</sup>	\$1,000	2 <sup>nd</sup>	\$200
3 <sup>rd</sup>	\$500	3 <sup>rd</sup>	\$100
4 <sup>th</sup>	\$300		
5 <sup>th</sup>	\$100		

Wheelchair Race

**Male/Female**

1 <sup>st</sup>	\$300
2 <sup>nd</sup>	\$200

\*Local Finisher

**Male/Female**

1 <sup>st</sup>	\$300
2 <sup>nd</sup>	\$200
3 <sup>rd</sup>	\$100

\*Must be a current resident of one of the following Pennsylvania counties: Carbon, Columbia, Lackawanna, Luzerne, Schuylkill, Susquehanna, Wyoming, Wayne, Pike or Monroe.

**With the exception of the Top Local Finisher category, there will be no duplication of awards!**

Any competitor who receives prize money will be required to provide a Social Security Number to Marathon officials.

## WEIGHT CLASS COMPETITION

The Steamtown National Historic Site will again sponsor a weight class competition. The categories will be as follows:

- Iron Horse (Men) - 200 lbs. to 225 lbs.
- Big Boy (Men) - 225 lbs. +
- Phoebe Snow (Women) - 150 lbs. to 175 lbs.
- Anthracite (Women) - 175 lbs. +

Plaques will be presented to the top three finishers in each category.

In order to participate, you must attend the expo and be weighed at the Steamtown National Historic Site information booth. No exceptions.

## PRIZE MONEY & DRUG TESTING

In accordance with USATF Rules and regulations, college eligible athletes are not eligible to receive athletic funds (prize money). The names and addresses of all athletes and the amount of athletic funds paid to any individual who competes in the Marathon will be submitted to the USATF.

Athletes who participate in this competition may be subject to formal drug testing in accordance with USATF Regulation 10 and/or IAAF Rule 55. Athletes found positive for a banned substance, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications may contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC hot line at 800-233-0393.

## CANCELLATION POLICY

The Race Director reserves the right to cancel or modify the Marathon in consideration of extremely adverse weather conditions, or other health or safety factors, that pose an imminent threat to competitors or volunteers. In the unlikely event of cancellation, entrants who have picked up their race number will be mailed a coupon for partial credit towards the entry fee for the 2012 Marathon.

## STEAMTOWN NATIONAL HISTORIC SITE

Families are encouraged to visit the Steamtown National Historic Site. Located in Downtown Scranton behind the Mall at Steamtown, the historic site is one of the world's largest collections of steam locomotives and related memorabilia. The park features history and technology museums, a theater, a roundhouse and a book store. Steam locomotive excursions are offered.

The park is open between 9:00 a.m and 5:00 p.m., seven days a week. There is a museum fee of \$7.00 for adults (kids 16 and under get in for free). Enter the park from Lackawanna Avenue just past the Mall at Steamtown. **Show your bib number and receive one free museum entry on race weekend** (Saturday, Sunday and Monday). See [www.nps.gov/stea/](http://www.nps.gov/stea/).

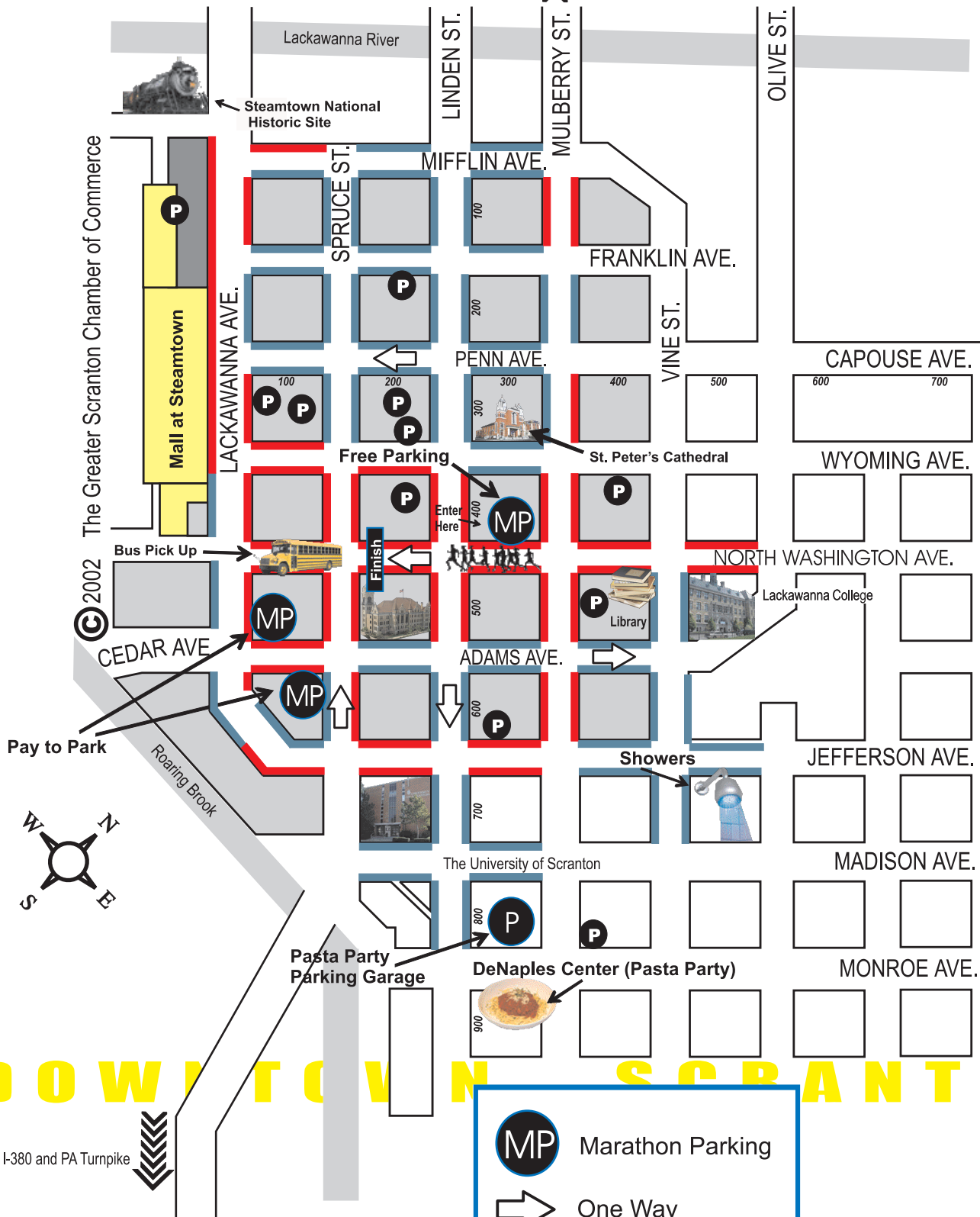
This year, the Electric City Trolley Museum, which is located across the parking lot from the Steamtown National Historic Site, will also offer one free museum entry per bib number. Admission (museum + trolley ride) is \$10 for adults, \$9.00 for seniors (+62), \$8 for children (4-17) and free for kids 3 and under. For more info, see [www.ectma.org](http://www.ectma.org).

For More Information See  
[www.steamtownmarathon.com](http://www.steamtownmarathon.com)



Scranton High School (Expo)  
63 Munchak Way

To I-81, Routes 6 & 11 and McDade Expressway



# DOWNTOWN SCRANTON

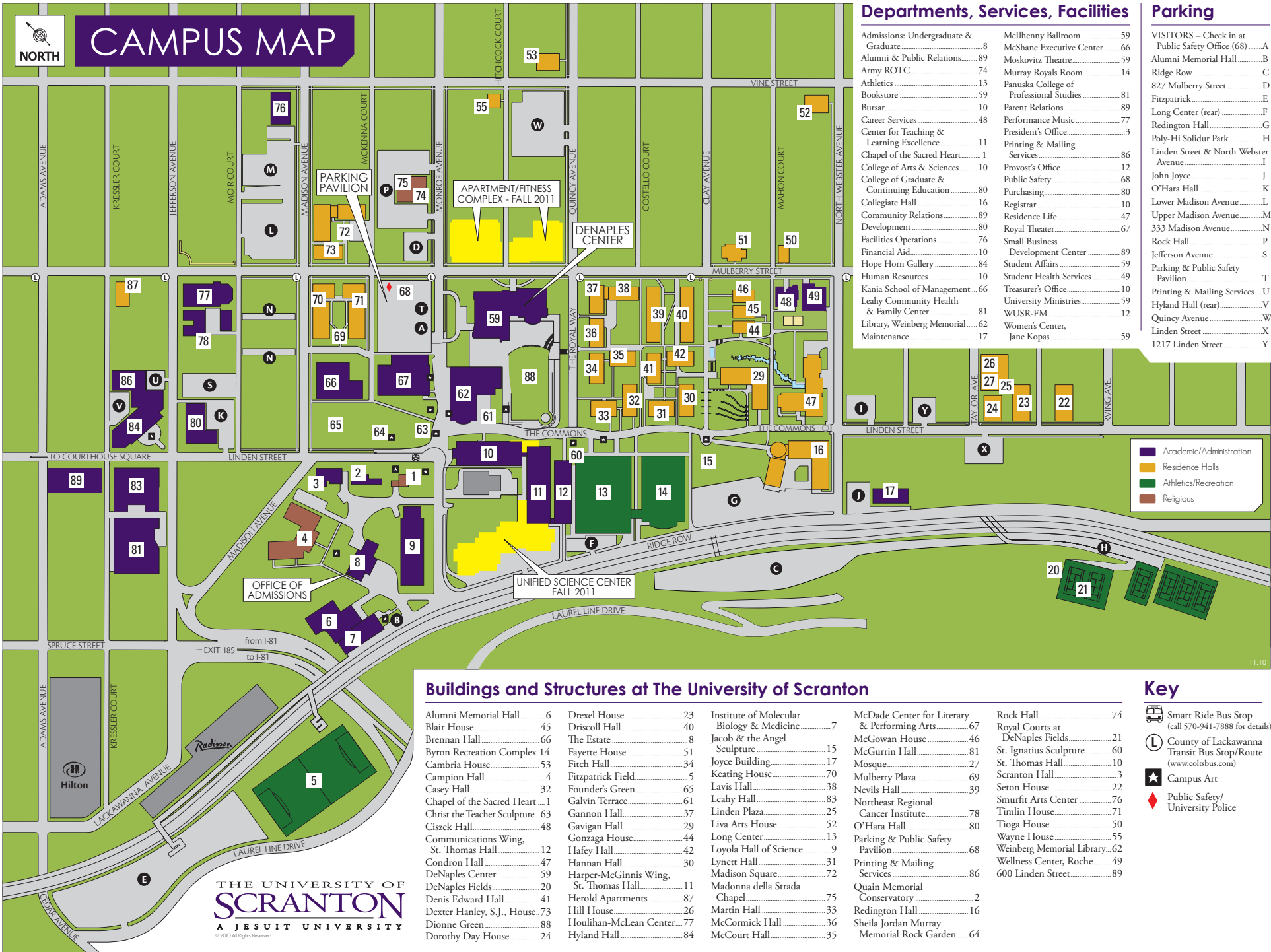
To I-81, I-84, I-380 and PA Turnpike

- Indicates block with free parking meters
- No parking zone

**MP** Marathon Parking

➔ One Way

Parking at meters is free on race day. Do not park in a no parking zone.



# CAMPUS MAP

NORTH

## Departments, Services, Facilities

Admissions: Undergraduate & Graduate.....8	McIlhenny Ballroom.....59
Alumni & Public Relations.....89	McShane Executive Center.....66
Army ROTC.....74	Moskovitz Theatre.....59
Athletics.....13	Murray Royals Room.....14
Bookstore.....59	Panuska College of Professional Studies.....81
Bursar.....10	Parent Relations.....89
Career Services.....48	Performance Music.....77
Center for Teaching & Learning Excellence.....11	President's Office.....3
Chapel of the Sacred Heart.....1	Printing & Mailing Services.....86
College of Arts & Sciences.....10	Provost's Office.....12
College of Graduate & Continuing Education.....80	Public Safety.....68
Collegiate Hall.....16	Purchasing.....80
Community Relations.....89	Registrar.....10
Development.....80	Residence Life.....47
Facilities Operations.....76	Royal Theater.....67
Financial Aid.....10	Small Business Development Center.....89
Hope Horn Gallery.....84	Student Affairs.....59
Human Resources.....10	Student Health Services.....49
Kania School of Management.....66	Treasurer's Office.....10
Leahy Community Health & Family Center.....81	University Ministries.....59
Library, Weinberg Memorial.....62	WUSR-FM.....12
Maintenance.....17	Women's Center, Jane Kopas.....59

## Parking

VISITORS – Check in at Public Safety Office (68).....A
Alumni Memorial Hall.....B
Ridge Row.....C
827 Mulberry Street.....D
Fitzpatrick.....E
Long Center (rear).....F
Redington Hall.....G
Poly-Hi Solidur Park.....H
Linden Street & North Webster Avenue.....I
John Joyce.....J
O'Hara Hall.....K
Lower Madison Avenue.....L
Upper Madison Avenue.....M
333 Madison Avenue.....N
Rock Hall.....P
Jefferson Avenue.....S
Parking & Public Safety Pavilion.....T
Printing & Mailing Services.....U
Hyland Hall (rear).....V
Quincy Avenue.....W
Linden Street.....X
1217 Linden Street.....Y

■ Academic/Administration  
■ Residence Halls  
■ Athletics/Recreation  
■ Religious

## Buildings and Structures at The University of Scranton

Alumni Memorial Hall.....6	Drexel House.....23	Institute of Molecular Biology & Medicine.....7	McDade Center for Literary & Performing Arts.....67	Rock Hall.....74
Blair House.....45	Driscoll Hall.....40	Jacob & the Angel Sculpture.....15	McGowan House.....46	Royal Courts at DeNaples Fields.....21
Brennan Hall.....66	The Estate.....8	Joyce Building.....17	McGurrin Hall.....81	St. Ignatius Sculpture.....60
Byron Recreation Complex.....14	Fayette House.....51	Keating House.....70	Mosque.....27	St. Thomas Hall.....10
Cambria House.....53	Fitch Hall.....34	Lavis Hall.....38	Mulberry Plaza.....69	Scranton Hall.....3
Campion Hall.....4	Fitzpatrick Field.....5	Lavin Hall.....83	Nevels Hall.....39	Seton House.....22
Casey Hall.....32	Founder's Green.....65	Linden Plaza.....25	Northeast Regional Cancer Institute.....78	Smurfit Arts Center.....76
Chapel of the Sacred Heart.....1	Galvin Terrace.....61	Liva Arts House.....52	O'Hara Hall.....80	Timlin House.....71
Christ the Teacher Sculpture.....63	Gannon Hall.....37	Long Center.....13	Parking & Public Safety Pavilion.....68	Tioga House.....50
Ciszek Hall.....48	Gavigan Hall.....29	Loyola Hall of Science.....9	Printing & Mailing Services.....86	Wayne House.....55
Communications Wing, St. Thomas Hall.....12	Gonzaga House.....44	Lynett Hall.....31	Quain Memorial Conservatory.....2	Weinberg Memorial Library.....62
Condron Hall.....47	Hafey Hall.....42	Madison Square.....72	Redington Hall.....16	Wellness Center, Roche.....49
DeNaples Center.....59	Hannan Hall.....30	Madonna della Strada Chapel.....75	Sheila Jordan Murray Memorial Rock Garden.....64	600 Linden Street.....89
DeNaples Fields.....20	Harper-McGinnis Wing, St. Thomas Hall.....11	Martin Hall.....33		
Denis Edward Hall.....41	Herold Apartments.....87	McCormick Hall.....36		
Dexter Hanley, S.J., House.....73	Hill House.....26	McCourt Hall.....35		
Dionne Green.....88	Houlihan-McLean Center.....77			
Dorothy Day House.....24	Hyland Hall.....84			

## Key

- Smart Ride Bus Stop (call 570-941-7888 for details)
- County of Lackawanna Transit Bus Stop/Route (www.coltsbus.com)
- Campus Art
- Public Safety/University Police

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**SCRANTON**  
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## Directions to Forest City

### From Downtown Scranton (an approximately 45-minute drive)

- From runner pick-up at N. Washington Avenue, turn right onto Lackawanna Avenue. Drive one block to Wyoming Avenue. Turn right onto Wyoming Ave. Follow Wyoming Avenue three blocks and turn left onto Mulberry Street.
- Follow Mulberry St. out of Downtown onto Scranton Expressway and follow Expressway 3.1 miles to Y in road, then bear right towards “**Business Route 6 East/Dickson City**”.
- Follow **Business Route 6 East** approximately 11.8 miles all the way to Main Street in Carbondale.
- While traveling on Business Route 6 East you will pass the Viewmont Mall and numerous shopping malls, restaurants, car dealerships, etc... As you get close to Main Street in Carbondale you will pass Carbondale High School and then a Shopping Center and Burger King on your left. **Stay on Business Route 6 East!**
- Upon arriving in Downtown Carbondale, make a left turn at the traffic light onto Main Street (**watch for detours by local police**).
- Travel approximately ½ mile through Carbondale on Main Street.
- Then make a left at the traffic light (just past YMCA).
- Travel a very short distance around a turn and make a left onto **Route 171 North**.
- Follow Route 171 North approximately six miles (through Simpson and Vandling) to Main Street in Forest City.
- Once on Main Street in Forest City look for signs for “Bus Route” and for 247 South (Dundaff Street).
- Make a left onto Dundaff Street (247S) and go uphill (**or follow directions by local police**).
- Travel two blocks uphill and make a left onto Hudson Street then follow signs to Forest City High School (100 Susquehanna Street, Forest City, PA 18421)
- Upon arriving at the school, drivers will be directed to a runners’ drop off point and then redirected either off school grounds or to the main parking area (near soccer field). Follow the directions of police officers.

## Steamtown Marathon Viewpoints

### Viewpoint # 1 – Main Street, City of Carbondale

Distance from Downtown Scranton – approximately 15 miles

Point in the Race – **7.7** mile mark

Expected Arrival Time by First Runners at this Viewpoint – **8:40 a.m.**

#### Directions:

- Leave Downtown Scranton going north on Mulberry St and merge straight onto Expressway.
- Take the Scranton Expressway approximately 3.1 miles.
- At Y in road bear right onto **Business Route 6 East** towards Dickson City.
- Pass the Viewmont Mall on Bus. Rt. 6 East.
- Drive through many traffic lights and pass numerous shopping areas on Bus. Rt. 6.
- As you near Carbondale (about 13 miles from Downtown Scranton) **stay on Bus. Route 6 East.**
- Pass Carbondale High School on your left (14.4 miles from Downtown Scranton)
- When you see the shopping center with the Burger King on your left (14.7 miles from Downtown) you are just a two-block walk from Viewpoint # 1 on Main Street in Carbondale.

NOTE: Viewpoint # 1 may also be accessed by taking Interstate 81 to Exit 191 A and then following Business Route 6 East as described above.

### Viewpoint # 2 – Main Avenue & Bridge Street, Jessup Borough

Distance from Viewpoint # 1 – approximately 9.3 miles

Point in the Race – **16.63**-mile mark

Expected Arrival Time by First Runners at this Viewpoint – **9:30 a.m.**

#### Directions from Viewpoint # 1 to Viewpoint # 2:

- Reverse direction and travel on **Business Route 6 West.**
- Travel 5.9 miles.
- Pass the former **Sugerman's** Shopping Plaza on left
- At traffic light **just past** Sugerman's, make a left onto Betty Street (**by Monroe Muffler**)
- Travel ½ mile (you'll pass gas station/convenient mart on left).
- At T-Intersection by cemetery (6.7 miles from Viewpoint #1) make a left toward Jermyn.
- Drive 3/10ths of one mile and bear right onto Kennedy Dr. (by small grassy island).
- Travel 1.1 miles to bottom of hill.
- At bottom of hill, make a right turn onto Main Avenue (expect some traffic congestion here).
- Follow Main Ave. 1.1 miles to stop sign at corner of Main Ave. & Bridge St (**see runners on left!**)
- Either turn right on Bridge St. and look for place to park **OR...**
- ...**OR** continue driving 1/10<sup>th</sup> of a mile on Main Avenue to Walnut St (restaurant on your right at the corner of Main and Walnut). Turn right onto Walnut St. to find additional parking.
- **DO NOT PARK ON MAIN ST. AT ANYTIME!!! DO NOT TURN LEFT ONTO COURSE!**

**Notice: Please use caution and courtesy at all times. Watch for volunteers and spectators. Proceed at a safe speed at all times. DO NOT CROSS THE PATH OF THE RUNNERS!**

**To travel to the finish**, continue in the same direction on Main Ave. After driving 6/10th's of one mile on Main you'll see the runners again on your left at the traffic light at Keystone Ave. intersection (17.49-mile mark). Continue through light on Main until you come to light by Mid Valley Hospital. Turn left at light (by statue) and continue on Main Ave. Continue on Main until you see the big anchor (yes, anchor) near the light on W. Lackawanna Ave. (you'll see runners on left again here – 20.08-mile mark). **Turn right at light** (W. Lackawanna Ave.) and travel uphill 6/10<sup>th</sup>'s of one mile. At top of very steep hill, make a right and drive ½ mile. **Immediately after driving underneath highway overpass bear RIGHT (keep bearing right)** and follow signs for **Bus. Route 6 West**. At traffic light, turn right onto Bus. Route 6 West /Scranton Carbondale Highway and follow Bus. Route 6 West approximately 2.9 miles (pass numerous shopping areas) and you'll see signs for "**Scranton Expressway/Route 11 South**". Follow expressway into Downtown Scranton. You'll enter downtown on Mulberry St.