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Sunday, May 21, 2023

The 406 Race Series is proud to host the 43rd Annual Montana Marathon aka Queen Bee Montana Marathon! This USATF certified, Boston qualifying race course offers a scenic view through Big Sky country and it is ideal with its 1,000 foot decline in elevation.

Start Times:

- 7:00 am** **Marathon**
- 8:30 am** **Half Marathon**
- 9:30 am** **10K**
- 9:45 am** **5k start AT ROSE PARK - 21st St. W.**
Shuttles WILL BE provided BACK to Rose Park
- 11:00 am** **Post Race Celebration Begins!**

Shuttle Times from Senior Park Lot:

| <u>Load</u> | | <u>Depart</u> | |
|----------------|-----------|----------------|----------------------|
| 5:30 am | to | 6:00 am | Marathon |
| 7:15 am | to | 7:45 am | Half Marathon |
| 8:15 am | to | 9:00 am | 10K |

Shuttles will depart from the Senior High School parking lot located at 425 Grand Avenue. The parking lot is to the north of the school building just off of Virginia Lane. Parking is **limited** at the start of the Marathon and 10k races. There is absolutely **NO** parking available at the start of the half marathon. We recommend taking the provided transportation to the start of each race in order to keep the course clear and safe for all participants; the race is not on a closed course. You must be on the bus by the above posted time to ensure arrival at your respective race by its start time. The last shuttle is expected to arrive roughly 15 minutes prior to the race start time.

Half Marathon:

Molt Road is a highway with speeds in excess of 60mph. There is no parking near the start! For the safety of our runners and volunteers, we require all runners to ride the bus. **There is NO parking at the Half M start.**

Portapotties:

Portapotties will be available at the bus loading area at Senior High School parking lot, the start of each race and approximately miles 3, 6, 9, 12, 15, 18, 20, 22, 23, 24 and at the finish line in Pioneer Park.

Aid Stations:

There are thirteen aid stations throughout the course at approximately marathon miles 3, 6, 9, 11, 13, 15, 18, 20, 21, 22, 23, 24 and 25. There is also an aid station at the start of marathon. Each station will supply water. HEED electrolyte drink mix and Hammer Gel will be offered at Marathon miles 6, 13, 18 and 23.

Course Closure:

All participants must be capable of completing the Marathon in 7 hours. For the sake of our volunteers, there will be no support along the course past the cutoff times, runners may choose to run at their own risk. Runners, who choose to finish after the 2:00 cut off time, will not receive an official time.

Cut off times are an average of 15 minute mile for the Marathon and 17 minute mile for Half Marathon.

- Mile 7** - cut off time 8:45am
- Mile 13.1** - cut off time 10:15am
- Mile 20** - cut off time 12:15pm
- Course Closes** at 2:00 PM

Course Safety and Emergency:

The course is marked well, but it is open to traffic. There will be volunteers at most intersections. Please remain on the right side of the road, unless otherwise directed. Because the course is open to traffic, we recommend that all participants wear bright colored clothing to improve visibility. Music devices and earbuds/earphones are strongly discouraged.

If you experience a medical emergency while on the course, please inform a volunteer and/or call 911. Ham Radio volunteers will be providing communications throughout the race course. There limited cell phone coverage for the first 13 miles of the Marathon. There is a fully staffed medical tent at the finish line and Billings Clinic medical vehicles at certain points along the course.

If you decide to leave the course, please let a staff or volunteer know so we don't wonder where you are.