



CONQUER THE CROSSROADS

TO OUR FRIEND GARY

# 2025 RUNNER GUIDE



# *Title Sponsor* **MARATHON**

Welcome to Salina and America's most runner friendly marathon!

Vortex Companies is proud to sponsor the 2025 Salina Crossroads Marathon, a premier Boston qualifier. We are excited to showcase our vibrant city and hope you enjoy everything Salina has to offer during your visit.



---

**TRAVIS YOUNG**  
**CEO & PRESIDENT**

---

The marathon route highlights our charming downtown, scenic parks, historic neighborhoods, and beautiful running paths. While you are here, we invite you to explore our AZA Accredited Rolling Hills Zoo, visit our performing arts venues, museums, and marvel at world-class street art. Enjoy local shopping, unique dining experiences, and our renowned Midwest hospitality.

At Vortex Companies, we are dedicated to manufacturing products that make a difference in the world, supporting the production of food, medicine, homes, automobiles, clean energy, and more. Many of the items you use every day, including some of your race-day clothing and food, likely involve Vortex products made right here in Salina. We also take pride in creating job opportunities and financial stability for families across North Central Kansas.

On behalf of Vortex Companies and the entire Salina community, we welcome you to the 2025 Salina Crossroads Marathon. Enjoy your time in our wonderful city and have a fantastic race!



## *Title Sponsor* **HALF MARATHON**

Welcome to Salina, the Heart of Kansas!

Schwan's Company is delighted to be an integral part of this vibrant community. As you enjoy your time in Salina, we encourage you to explore our city and discover the charm and warmth that make this place special. From our scenic downtown and parks to our unique dining experiences and local attractions, Salina offers something for everyone.

Schwan's Company is proud to call Salina home to its largest manufacturing facility and the biggest pizza plant in the country. It's right here in Salina where the country's No. 1 pizza brand, Red Baron®, is produced. We also make Tony's® pizza along with pizza for millions of school children across the country. Our responsibility to providing great-tasting, safe, and affordable pizza is one we take very seriously.

Outside of Salina, Schwan's is part of a global company with a passion for bringing delicious foods and reliable services to millions of families every day. That's how we grew from our humble beginnings as a family-owned dairy operating in rural Minnesota to become a leading provider of quality foods in the United States. Today, as a subsidiary of CJ CheilJedang Corporation, Schwan's is a fast-paced, forward-thinking company that's on its way to bigger and better things. We are a leading food marketer, with trusted brands like Red Baron®, Freschetta®, ® Big Daddy's™ and Tony's® pizza, Edwards® and Mrs. Smith's® desserts, and bibigo® and Pagoda® Asian-style foods. And, with manufacturing operations in 11 states, we are well-prepared to deliver a great experience to our consumers wherever they shop and eat.



---

**CHRIS WISEMAN**  
**SR. DIRECTOR OF MANUFACTURING**

---



# DIRECTORS

On a mission to create the most runner friendly race in the Country where 100% of race entry fees are donated.

**GO HAVE YOURSELF A DAY!**





# THE CREW

All Race Staff, including Race Directors, are unpaid volunteers.  
Making sure your entry fees go where they are supposed to... the kids.  
And yes, we love doing this!

*Matt Dill*  
START/FINISH LINE

*Carolyn Siehley*  
RACE FESTIVAL

*Coleman Houk*  
VOLUNTEERS

*Brent Buchwald*  
CITY OF SALINA / COURSE

*Marilla Tolson*  
SALINA RUNNING GROUP

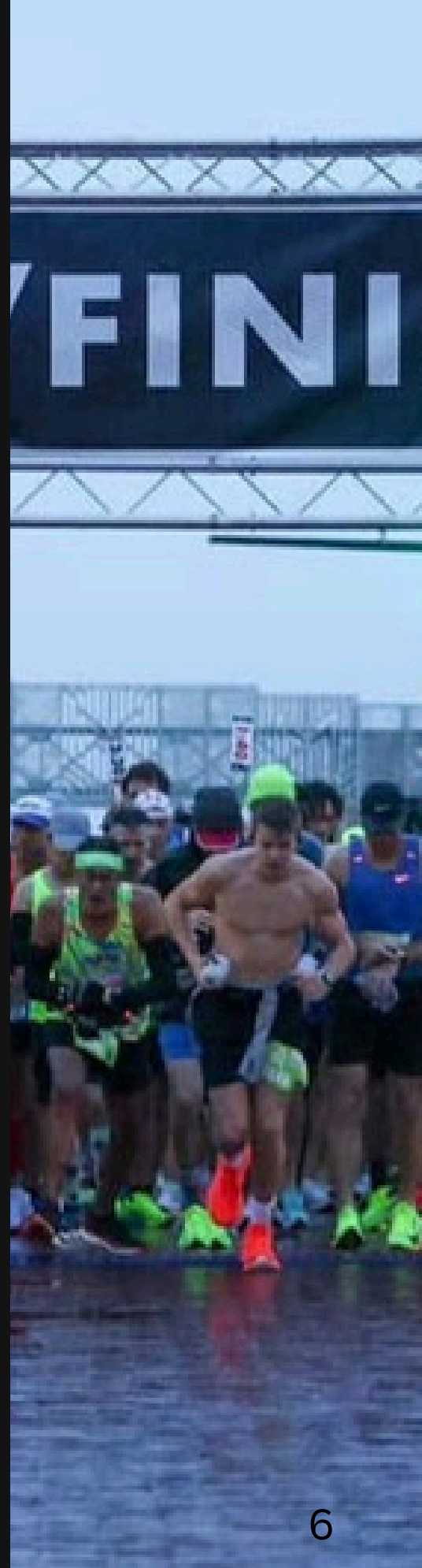
*Sgt. Matthew Garwith*  
SALINA POLICE / TRAFFIC

*Dr. Amanda Rhyme*  
MEDICAL

*Katherine Jester*  
AID STATIONS

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JRI

HOSPITALITY

# GO THE DISTANCE AT THE CROSSROADS MARATHON!

FROM OUR JRI FAMILY



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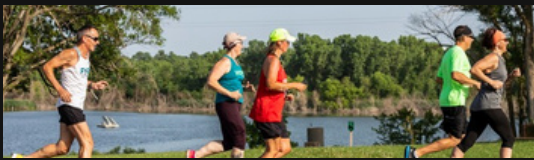
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MARATHON, HALF  
MARATHON, 10K, 5K, RELAYS,  
KIDS HALF MILE

**SMALL PLACE**



**BIG RACE**

**CONQUER** *the*



**CROSSROADS**

5,000+ RUNNERS

50 STATES

MULTIPLE COUNTRIES

MULTIPLE CONTINENTS



# TITLE SPONSORS

## MARATHON



## HALF MARATHON



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# RACE SCHEDULE

**FRIDAY, NOVEMBER 7<sup>TH</sup> 2025**

**10:00-8:00**

**PACKET PICKUP & REGISTRATION**

THE HOMEWOOD SUITES

115 E. Mulberry

**SATURDAY, NOVEMBER 8<sup>TH</sup> 2025**

**6:00-7:30**

**LATE REGISTRATION/PACKET PICKUP**

THE SALINA FIELDHOUSE

140 N. 5<sup>th</sup> Street

**8:00**

**MARATHON, HALF MARATHON, 10K, RELAYS BEGIN**

CITY LIGHTS STAGE

175 N. Santa Fe

**8:10**

**5K FUN RUN/WALK BEGINS**

CITY LIGHTS STAGE

175 N. Santa Fe

**9:00**

**5K & 10K AWARDS CEREMONY**

CITY LIGHTS STAGE

175 N. Santa Fe

**10:45**

**HALF MARATHON & HALF RELAY AWARDS CEREMONY**

CITY LIGHTS STAGE

175 N. Santa Fe

**11:15**

**KID'S HALF MILE RACE BEGINS**

CITY LIGHTS STAGE

175 N. Santa Fe

**12:15**

**MARATHON & FULL RELAY AWARDS CEREMONY**

CITY LIGHTS STAGE

175 N. Santa Fe





*Welcome to Salina*  
GOOD LUCK ON YOUR RACE!



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# *Pre* **RACE**

01

## **CHECK-IN & PACKET PICKUP**

Packet pickup will occur on Friday at The Homewood Suites. While not encouraged, packets may also be picked up on race day at The Salina Fieldhouse.

02

## **SAME DAY REGISTRATION & PACKET PICKUP**

Don't do it. But, if you must, packets may also be picked up on race day at the Salina Fieldhouse. Arrive early or risk starting late. If registering same day, please register on your mobile device and proceed to packet pickup as normal.

03

## **RACE CANCELLATION & DELAYS**

We don't want to, but if we have to. The Event may be postponed, ended early or cancelled altogether by an Event official or governmental official for circumstances beyond the Event's reasonable control. The Event will have no responsibility for any costs incurred by Participant as a result of cancellation. The Event will provide updates via Email and post on Facebook.

04

## **COURSE TIME LIMITS**

The Salina Crossroads Marathon has a course time limit of 6 hours. Runners must maintain approximately a 13:44/mile pace to stay within the course time limit. Runners who do not maintain this pace may not be recorded as official finishers and may not receive full on-course support from aid stations or traffic safety/control.

Race officials will monitor runners and have the authority to stop and remove any runners from the race course who are not maintaining a 6-hour marathon pace.

05

## **CHECKLIST - DON'T FORGET!**

Shoes, Socks, Fuel Belt, Gel, Hat/Visor, Watch (Charged), Sunglasses, Water Bottle, Chapstick, Sunscreen, Body Glide, Mike's Secret Sauce, yourself - motivated - ready



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# *The* **RACE**

01

## **GEAR BAG DROP**

Most runners don't need it because parking is not a problem. But, runners may drop their gear bags off at The Salina Fieldhouse on race day. Please utilize your bag from packet pickup and write your bib number on the bag. Your race bib will be required as proof to pick up your bag after the race.

02

## **HEADPHONES**

Do if you must, we get it.  
(told you it's the best race ever!)

03

## **MEDICAL SUPPORT**

Each aid station will have a first aid kit for basic needs. Medical personnel will also be roaming the course on golf carts. Each aid station can also communicate with race headquarters and the roaming medical teams if medical attention is needed. The Start/Finish Line will also have medical support. Please report runners needing medical attention to the nearest aid station or golf cart if on the course.

06

## **AID STATIONS**

There will be 5 aid stations along the course. Max distances between aid stations is roughly 2.25 miles.

Aid Station staff will be handing out to runners:

- Lemon Lime Gatorade (Green Cups)
- Water (Blue/White Cups)
- GU Gel (Vanilla Bean - no caffeine)

Each Aid Station will also have a self-serve table:

- Water & Gatorade refill stations
- Bananas
- Pretzels
- GU Gel (Tri-Berry - no caffeine)
- Pickle Juice
- M&M's
- Coke (flat)
- Basic First Aid Kits/Bandaids
- Ibuprofen
- Petroleum Jelly

04

## **PORT-A-POTTIES**

Yup, we got 'em. Strategically placed along the course.

05

## **PACERS**

Yup, we got em. [Click here](#) to meet your pacers.



# Proud sponsor of Salina Crossroads



## Good Luck Runners!



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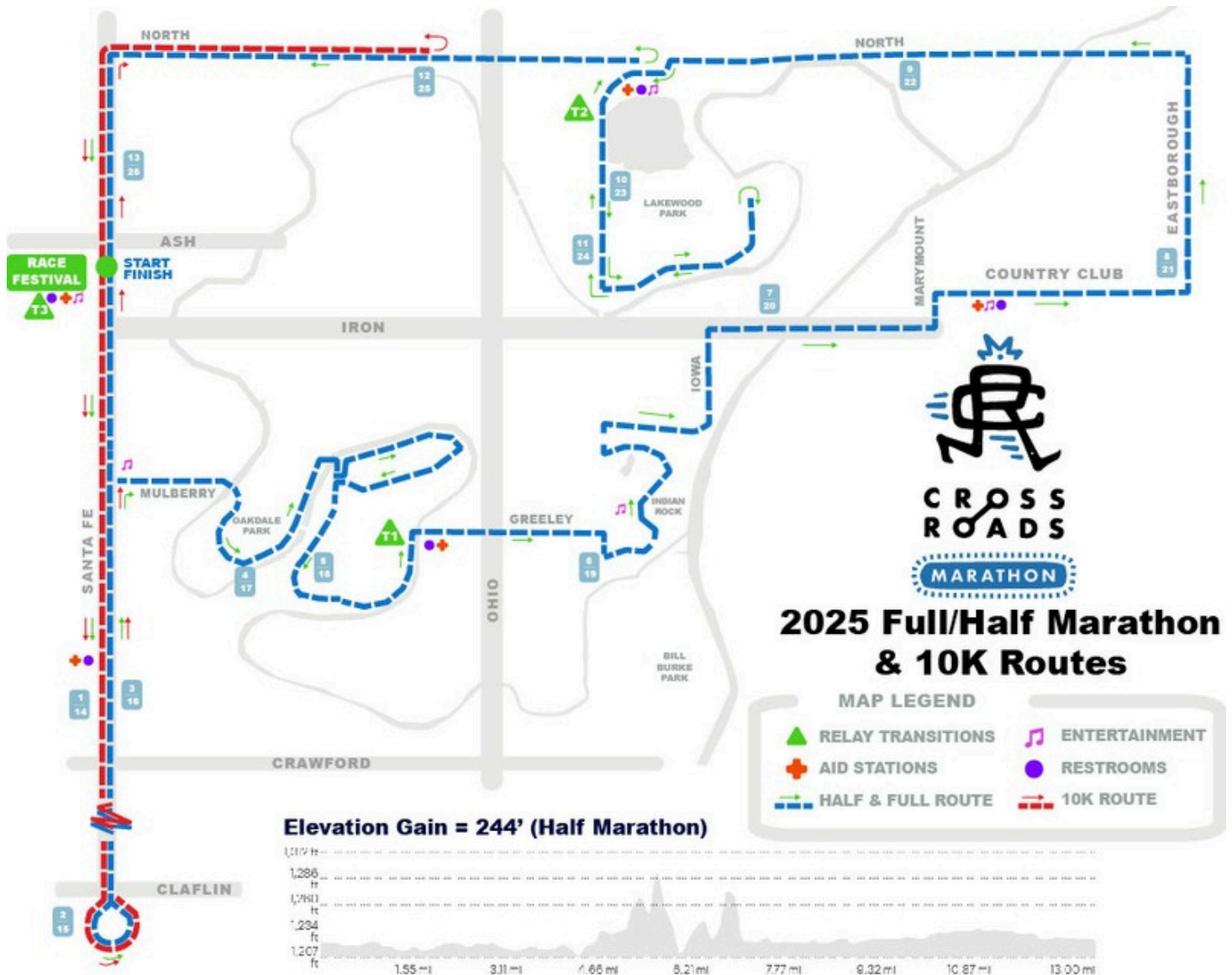
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# MARATHON HALF MARATHON 10K ROUTE



## .GPX & .KML ROUTE FILES

The half marathon race route is available and can be downloaded from Mapmyrun.com. Search for '2025 Salina Crossroads Half Marathon - Official' in Salina, KS.



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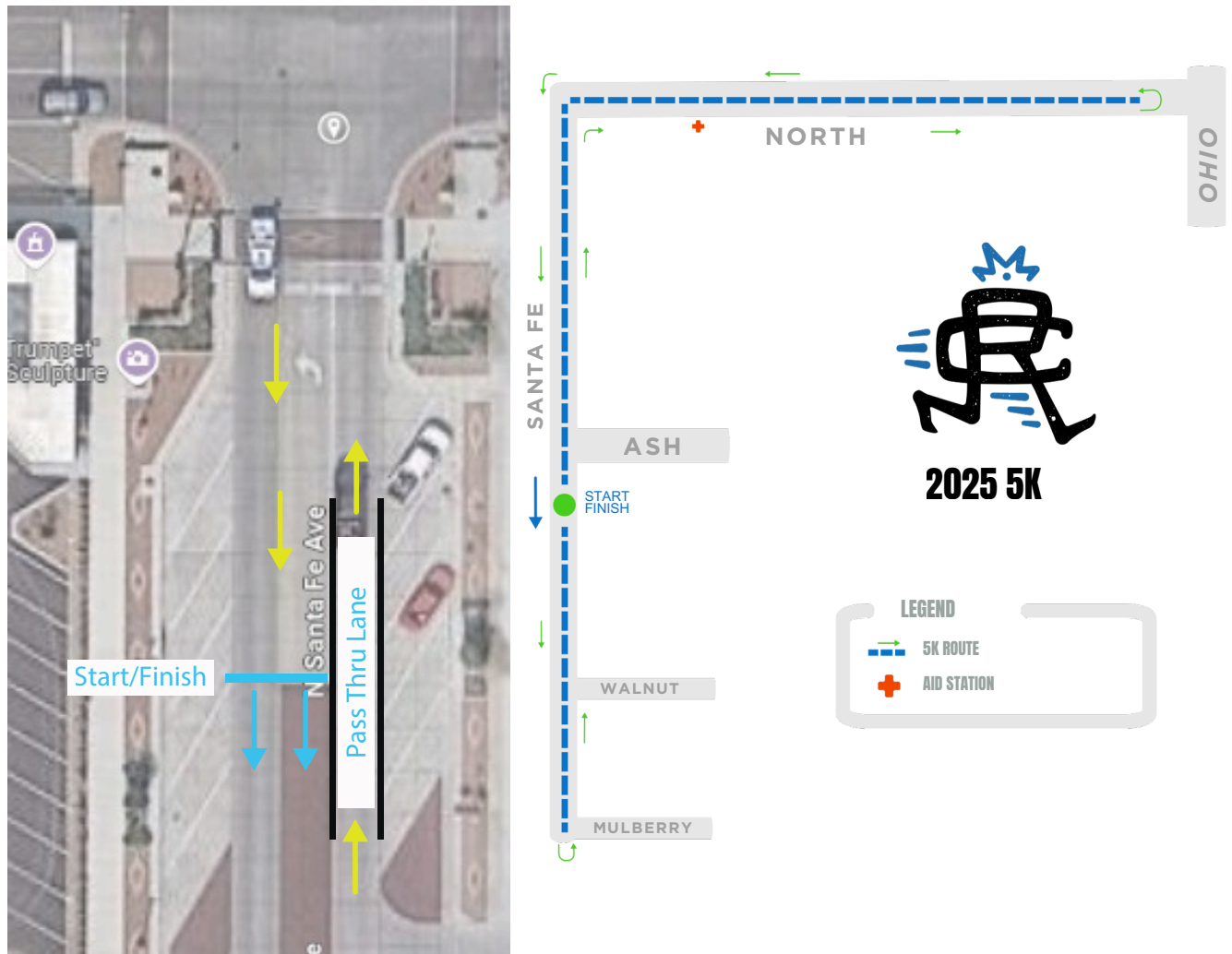
[bcbsks.com](http://bcbsks.com)



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**Kansas**

17

# 5K ROUTE

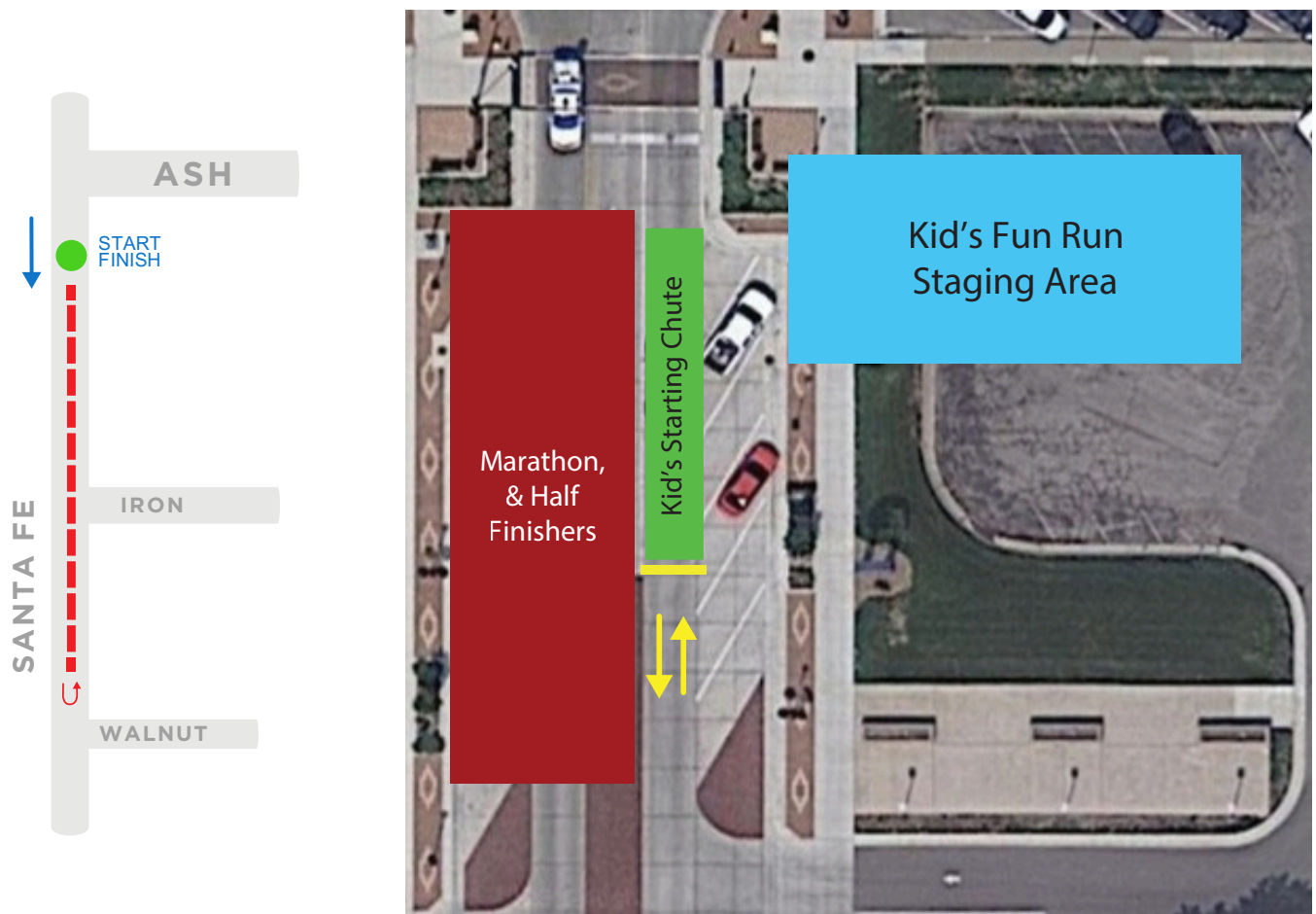


## 5K GENERAL INFORMATION

The 5K Run/Walk will begin at 8:10am from the main starting line (in blue). **IMPORTANT:** Runners will NOT start with the Marathon, Half Marathon, and 10K Races. 5K Runners should line up behind the Marathon/Half Corral.

After the first turnaround, 5k runners will run North back towards the Start/Finish line, utilizing the pass-thru lane.

# KID'S HALF MILE



## KID'S HALF MILE GENERAL INFO

The Kid's Half Mile will begin and end at the main starting line (in yellow). Kid's need to be in the staging area (in blue) no less than 10 minutes before the start of the race. Kid's will be ushered into the starting chute by race officials when ready. Race officials may break the group into waves if needed. The race begins at 11:15am and will head south, turn around near the Stiefel Theatre, then return. Parents may pick up their kids in the staging area. Any parents wishing to run with their athletes must start in a designated parent/kid wave, after all other runners have started.

## AGE GROUPS & AWARDS

Every athlete will receive a Crossroads Medal upon finish the race. Every gender and age will be it's own 'Age Group'. 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place ribbons will be award to the top 3 finishers of each age and gender. Race results can be found on the race website. These can be picked up from the Crossroads tent in the Festival Area approximately 15 minutes after conclusion of the race.

01

## TRACKING & RESULTS

Runners can be tracked live via the 'Results' link on the Crossroads Website. This is also where you will find official results.

02

## PRIZE MONEY \$5,000

### MARATHON

Top 5 Male & Female (\$500/250/150/75/50)

Top 3 Master's (40+) Male & Female (\$125/100/75)

### HALF MARATHON

Top 5 Male & Female (\$250/150/75/50/25)

Top 3 Master's (40+) Male & Female (\$100/75/50)

### 5K & 10K

Top 3 Male & Female (non-cash prize)

### FULL & HALF RELAYS

Top 3 Full & Half Relays (non-cash prize)

05

## 2025 RACE SHIRTS

If you did not pre-order a 2025 Marathon Shirt during registration, shirts will be available for purchase after 9am on Saturday at the Salina Fieldhouse. Sizes not guaranteed.

07

## POST RACE FACILITIES

The Salina Family YMCA is allowing runners to use their facilities free of charge on race day. Proof of Race Bib & ID required (short drive from Finish).

# Post RACE

03

## AGE GROUPS

### MARATHON & HALF

19 & Under, 20-24, 25-29.... 80+

### 5K & 10K

9 & Under, 10-14, 15-19, 20-24.... 80+

### KID'S HALF MILE

Every age will be its own 'age group'

04

## 'FOR THE LOVE OF RUNNING' AWARD

See 'For the Love of Running' Page.

06

## LOST & FOUND

Lost and Found items can be turned in and/or picked up at The Salina Fieldhouse. All items not claimed by the end of the race will be donated or discarded. All items left on the course will be donated or discarded.



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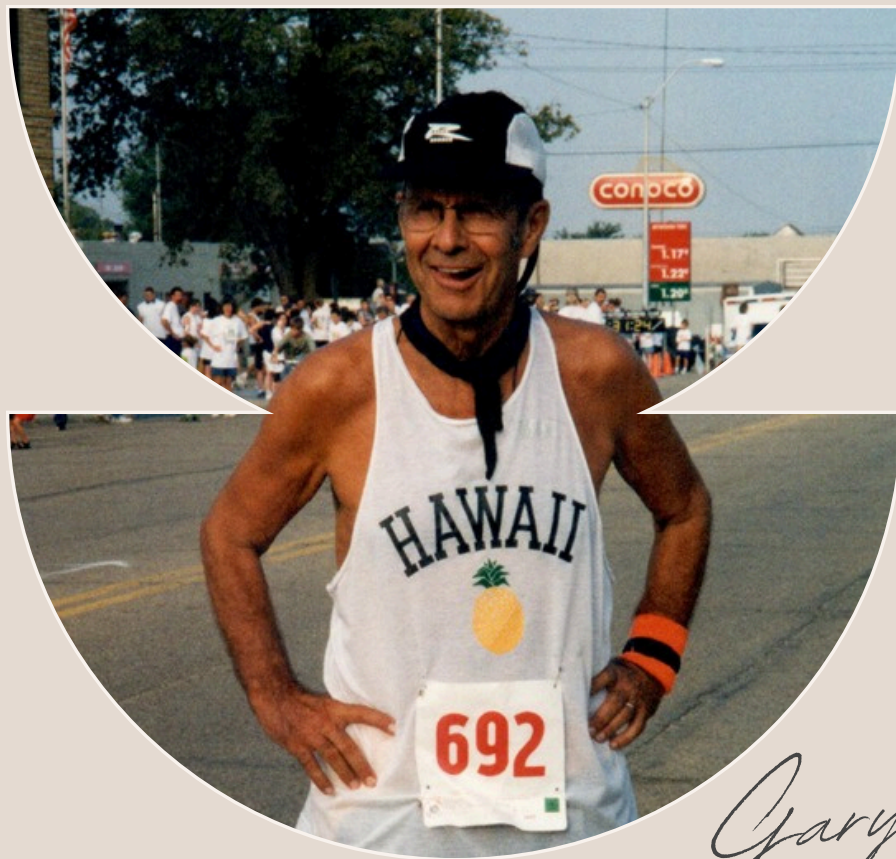
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*Gary Cassel*

## **‘FOR THE LOVE OF RUNNING’ AWARD**

An eligible finisher of the Salina Crossroads Marathon (Full only) will be put into a \$500 drawing to be used towards a future Marathon of their choice. To be eligible, the finisher must reside in Saline County; be a routine member of the Salina Running Group; or be a frequent runner in Saline County races.

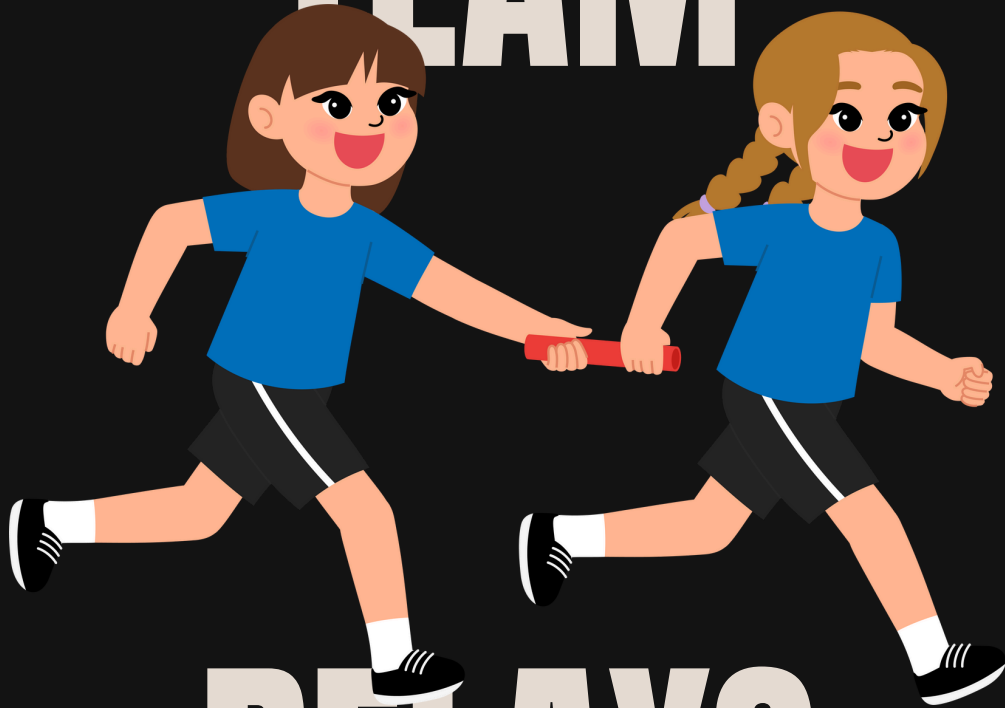
### **ABOUT GARY**

Gary Cassel was a lifelong athlete whose passion for running shaped not just his routine, but his relationships and the way he lived life. From countless races across Kansas to daily runs through town, Gary was a familiar and beloved sight — often spotted in his neon hat running home from work down Ohio Street, or later in retirement, making his daily two-mile loop up Magnolia Street to the soccer fields and back.

Gary ran the same way he lived: slow and steady, with purpose and heart. For him, it was never about being the fastest — it was about showing up, putting in the work, and lifting up others along the way. He knew he'd reach the finish line, but what mattered most were the people he met, encouraged, and helped to cross it with him.

Even excessive heat and age couldn't stop him. Gary continued running until he was 87 — walker and all — collecting as many running friends as he did race medals. His love for running was only matched by his love for people, and his quiet determination and generosity left a lasting impact on everyone who had the privilege to share a course — or a conversation — with him.

# TEAM



# RELAYS

**FULL MARATHON RELAY - 26.2 MILES**

Up to 6  
Runners

**HALF MARATHON RELAY - 13.1 MILES**

Up to 3  
Runners



# TEAM RELAYS

The team relay events involves a team of runners splitting the distance of a typical Full or Half Marathon. Each member is responsible for running one leg of the race, but a runner may run more than one leg if a team chooses.

## 2025 LEG DISTANCES

**Leg 1 - 5.4 Miles (flat)**

**Leg 2 - 4.3 Miles (hilly)**

\*Hand off baton upon entering Lakewood Park. Do not run Loop)

**Leg 3 - 3.4 Miles (flat)**

Marathon Relays will repeat above legs for Lap 2.

## TRANSITION SPOTS

Transition spots are marked on the main race map with Green triangles. Transition stations will be located at Aid Stations and be identified with Blue Flags. To avoid traffic delays, it is HIGHLY RECOMMENDED that teams to park and drive within the Marathon route “Circle” when traveling between transition zones. Access to each transition spot will be as follows:

T1 - Saline County Expo Center - via Midway Street off of Ohio.

T2 - North Lakewood Park - Access via Lakewood Middle School off of Ohio.

T3 - Start/Finish Line - Just passed the finish line. (for Full Marathon Relay Teams only)

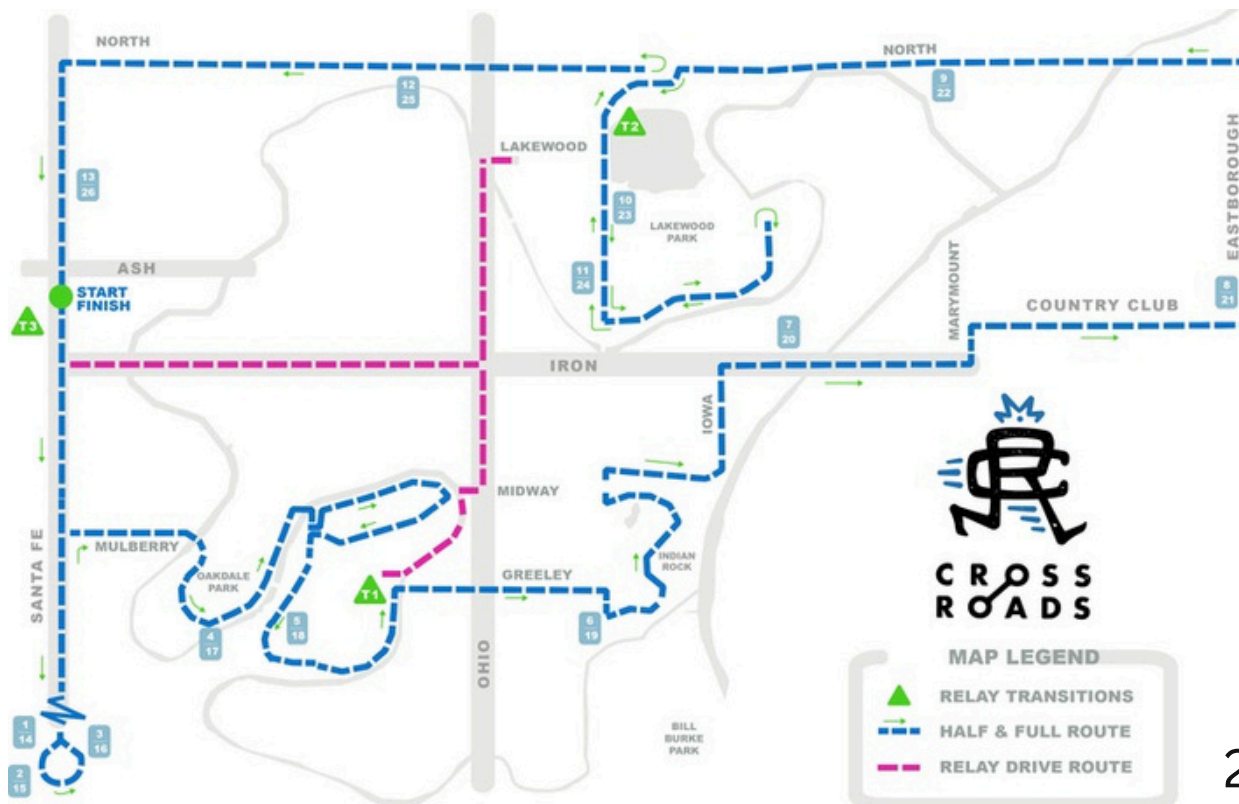
## DIVISIONS

Teams can be comprised of male, female, or mixed runners, but there will only be one overall division.

Awards will be given to the Top 3 teams in both the Full and Half races.

## THE ‘BATON’

Each team will be given a race “Tri Belt”. This belt will hold the team’s official race bib and will be passed to each team member after each leg.



## TRANSITION #1 DETAIL



## TRANSITION #2 DETAIL



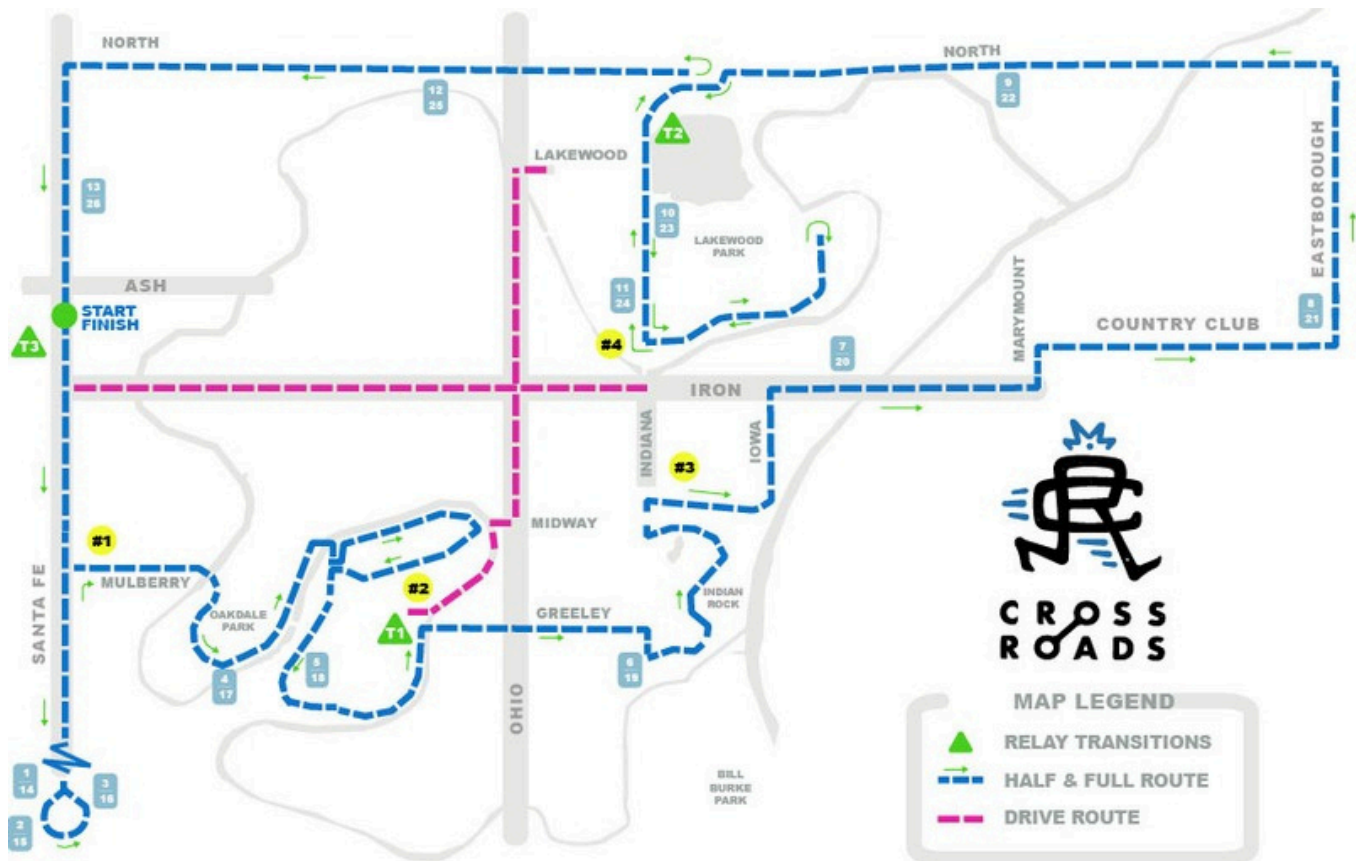


# SPECTATOR SPOTS

There are many areas along the course great for spectating. If you are unfamiliar with Salina or the route, here are few spots we recommend.

- #1 Homewood Suites Miles 0.5/3.5 and 13.6/16.6. Walking distance: 8 minutes from Start/Finish Line.
- #2 Tony's Pizza Events Center Miles 4.5/5.5 and 17.6/18.6. Access to the Event's Center is off of Ohio via Midway Rd. Take Iron to Ohio to Midway. Also walkable: 15 Minutes from Start/Finish, or 8 minutes from #1.
- #3 Indian Rock Area Miles 6-7 & 19-20. Access to this area off of Iron via Indiana Road. Parking on residential roads. Walk between #3 and #4 if desired.
- #4 Lakewood Park Miles 11 & 24. Access to this area off of Iron via Indiana Road. Parking on residential roads. Walking distance to #3 and #4 if desired.

In general, stay inside the Course loop and utilize Iron Ave and Ohio. Expect major delays trying to cross the race route before 10am.





# → WHILE YOU'RE HERE!



Welcome to Salina—where the crossroads of I-135 and I-70 meet the crossroads of culture, cuisine, and community. Here, every corner offers something to spark your curiosity. Share memorable meals with friends at our [local dining spots](#), experience the magic of live entertainment at the historic [Stiefel Theatre](#), enjoy a show at [Theatre Salina](#), or feel the beat during our lively First Friday concerts.

Walk streets lined with shops, galleries, and unique finds, [Downtown Salina](#) invites you to wander, connect, and experience the city's creative spirit. Step into the heart of it all and uncover the vibrant mix of [art and entertainment](#) (calendar) waiting for you.



Celebrate creativity at [Boom! Salina](#), the street art and mural festival that transforms downtown into an open-air gallery. Come explore the bold murals, meet the artists, and experience the vibrant energy they bring to our community.



Discover the magic of [SculptureTour Salina](#) and help choose this year's favorite! Locals and visitors of all ages are encouraged to cast their vote in the People's Choice Award. Simply pick up a ballot from the silver boxes on the sculpture pedestals, found near most mid-block crosswalks, and let your voice be heard!



Experience the wonder of [Rolling Hills Zoo](#)! Meet animals from across the globe, explore the fascinating wildlife museum, and enjoy a day of adventure the whole family will love.



Step into the [Smoky Hill Museum](#) and explore Salina's rich history through interactive exhibits, hands-on activities, and fascinating stories from the past.



Explore creativity at the [Salina Art Center](#), where engaging exhibitions and hands-on programs inspire all ages. Then catch independent, documentary, and international films right next door at the [Art Center Cinema](#).



POWERED BY SALINA EDUCATIONAL AUTOMOTIVE MUSEUM OF AMERICA

Step into [The Garage](#) in Salina, where classic cars, hot rods, and automotive history come to life. Explore the ever-changing exhibits and experience the art of the automobile up close!

## **Extend the Adventure – More Attractions are Waiting for You!**

- [Salina Muni Golf Course](#)
- [Salina Country Club](#)
- [Clubhouse Golf](#)
- [GreatLIFE Salina](#)
- [The Fieldhouse](#)
- [The Alley](#)
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CROSS  
ROADS

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