2026
SALINA CROSSROADS MARATHON



RUNNER GUIDE

VELOCITY

FLOW TECHNOLOGIES

Title Sponsor
MARATHON

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

Velocity Flow Technologies is proud to sponsor the 2026 Salina Crossroads Marathon, a premier Boston Marathon qualifier. We're excited to welcome runners, families, and supporters to our hometown and share the energy, creativity, and hospitality that make Salina special.



TRAVIS YOUNG
CEO & PRESIDENT

The marathon route highlights our vibrant downtown, scenic parks, historic neighborhoods, and beautiful running paths. While you're here, we invite you to explore our AZA-accredited Rolling Hills Zoo, enjoy our performing arts venues and museums, and discover world-class murals and public art. Make time for local shopping, unique dining experiences, and our renowned Midwest hospitality.

Headquartered right here in Salina, Velocity Flow Technologies brings together a family of manufacturing brands serving essential industries around the world. Our equipment helps support the production of food, medicine, building materials, automobiles, aerospace, clean energy, and more. Many of the things you use every day—including some of your race-day food and clothing—may have a connection to equipment made by our team. We're proud of that global reach, but we're just as proud of our local roots: creating career opportunities, supporting families across North Central Kansas, and investing in the community we call home.

On behalf of Velocity Flow Technologies and the entire Salina community, welcome to the 2026 Salina Crossroads Marathon. Enjoy your time in our wonderful city and have a fantastic race!

Title Sponsor

HALF MARATHON



MADDELINE "MADDY" GARRETSON
DIRECTOR OF HUMAN RESOURCES

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.



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!

Daniel Craig *Andrew Manley* *Chris Lehecka*



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

Coleman Houk
VOLUNTEERS

Marilla Colson
SALINA RUNNING GROUP

Dr. Amanda Rhyne
MEDICAL

Carolyn Sichley
RACE FESTIVAL

Brent Buchwald
CITY OF SALINA / COURSE

Sgt. Matthew Gawith
SALINA POLICE / TRAFFIC

Katherine Jester
AID STATIONS

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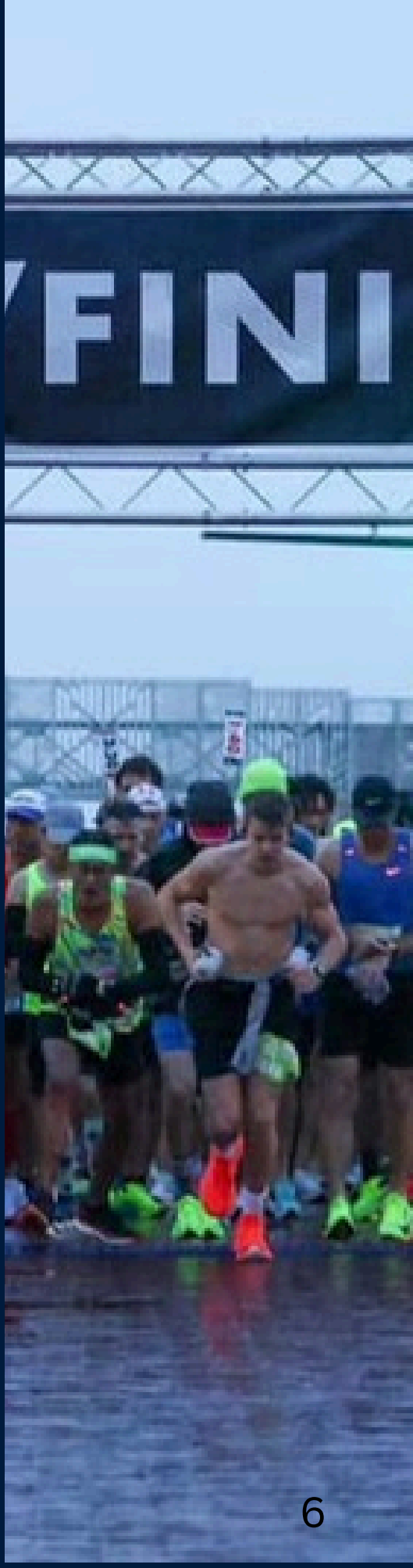
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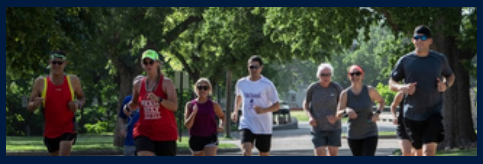
MARATHON, HALF
MARATHON, 10K, 5K, KIDS
HALF MILE

SMALL PLACE



BIG RACE

CONQUER *the*



CROSSROADS

4,000+ RUNNERS

50 STATES

MULTIPLE COUNTRIES

MULTIPLE CONTINENTS

Title Sponsors

Marathon

VELOCITY
FLOW TECHNOLOGIES

Half Marathon

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Salina Family YMCA
Bike Tek
The Garage
Pinion
Salina Arts & Humanities
Salina Downtown, Inc.
CityWide Storage
Drs. Cooper & Banninger

RACE SCHEDULE

FRIDAY, NOVEMBER 6TH 2026

10:00-8:00 — **PACKET PICKUP & REGISTRATION**

THE HOMEWOOD SUITES — 115 E. Mulberry

SATURDAY, NOVEMBER 7TH 2026

6:00-7:30 — **LATE REGISTRATION/PACKET PICKUP**

THE SALINA FIELDHOUSE — 140 N. 5th Street

8:00 — **MARATHON, HALF MARATHON, & 10K BEGIN**

CITY LIGHTS STAGE — 175 N. Santa Fe

8:15 — **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 AWARDS CEREMONY**

CITY LIGHTS STAGE — 175 N. Santa Fe

11:15 — **KID'S HALF MILE RACE BEGINS**

CITY LIGHTS STAGE — 175 N. Santa Fe

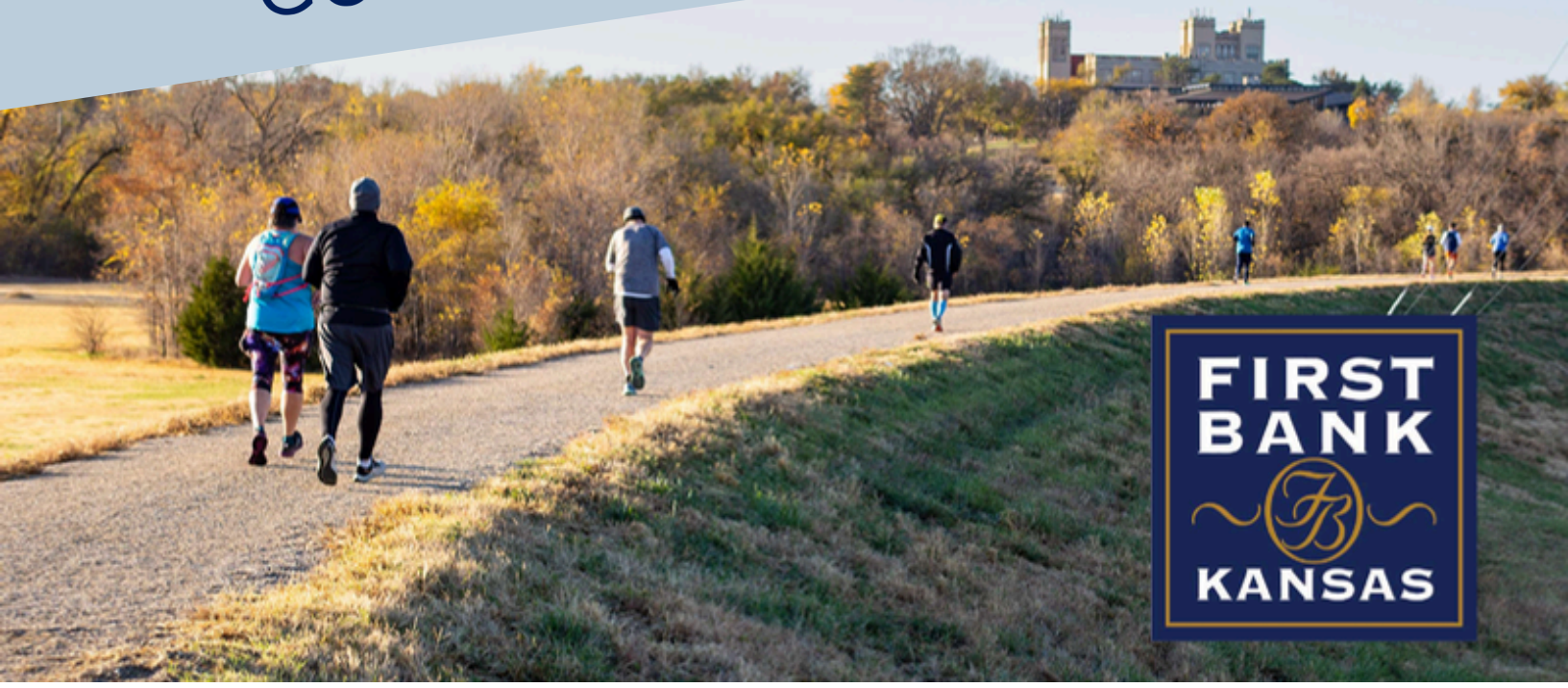
12:15 — **MARATHON AWARDS CEREMONY**

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.
(*Kid's Race - Parents may register their kids up until 11:00am.)

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.

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.

06

AID STATIONS

There will be 5 aid stations along the course. Max distances between aid stations is roughly 2.1 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 (Cola Me Happy)
- Pickle Juice
- M&M's
- Coke (flat)
- Basic First Aid Kits/Bandaids
- Ibuprofen
- Petroleum Jelly
- Biofreeze Spray

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Good Luck Runners!





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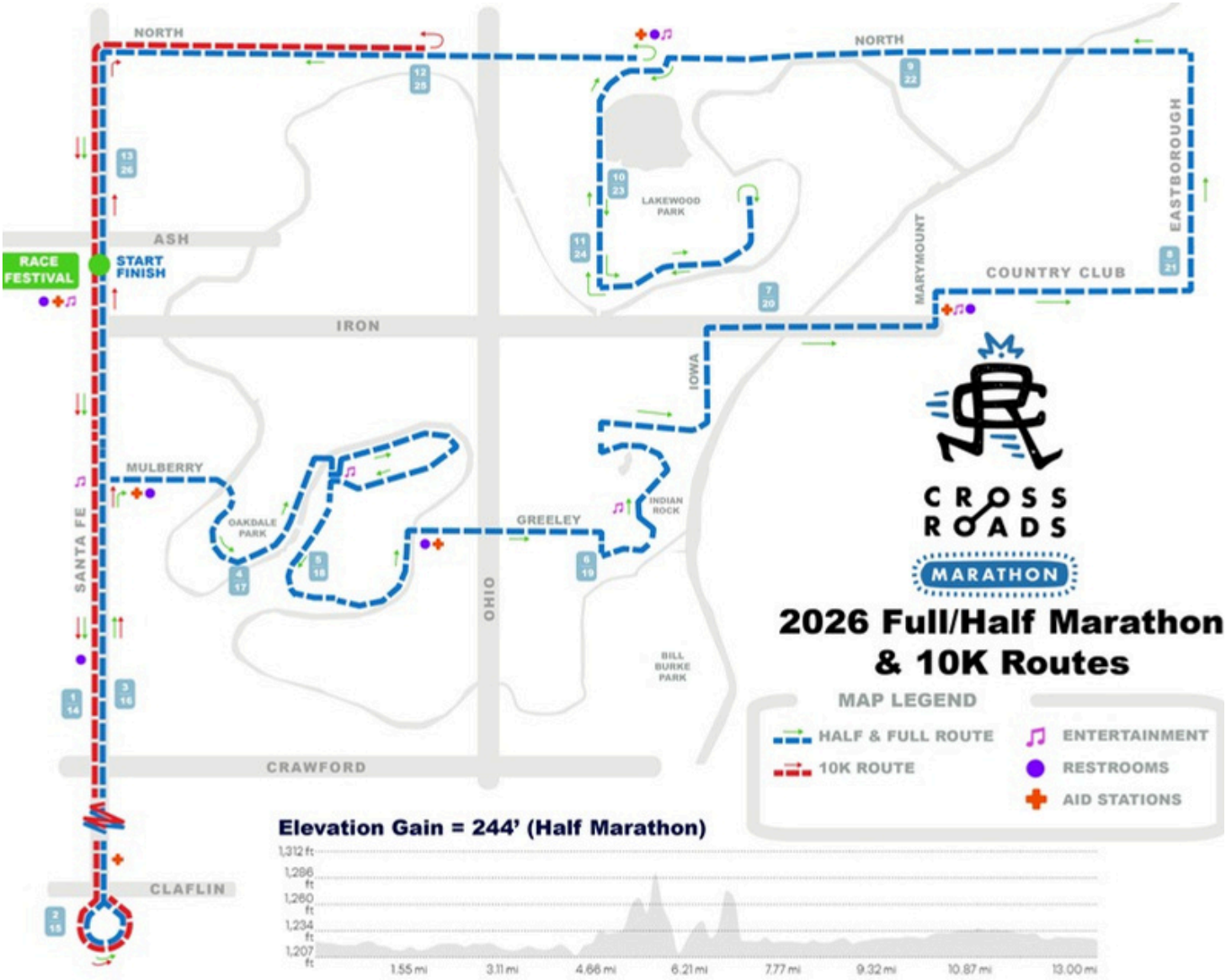
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MARATHON
HALF MARATHON
10K ROUTE



.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.



We're here for the long run.

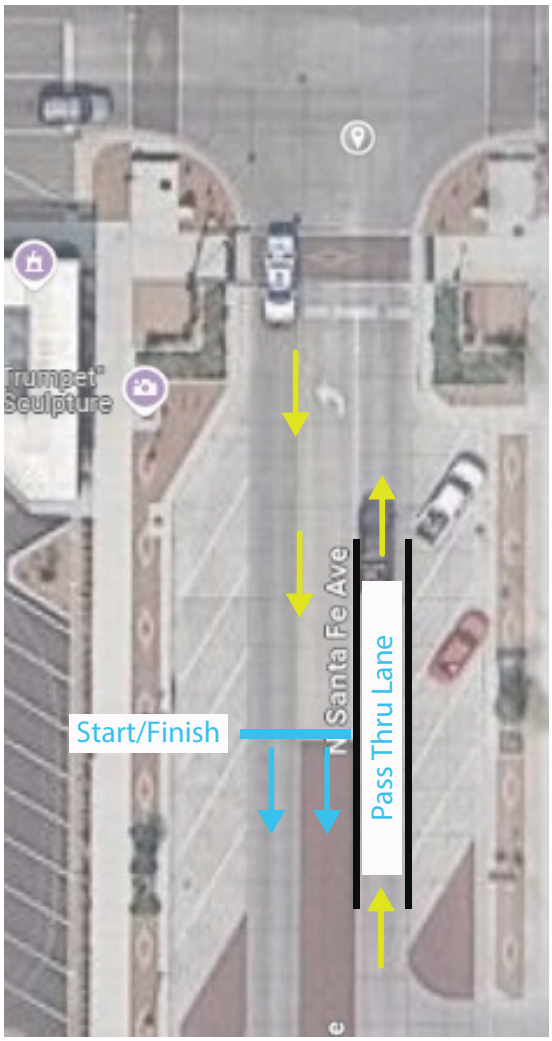
At Blue Cross and Blue Shield of Kansas, we proudly invest in community health initiatives that make it easier for Kansans to eat well, stay active and get quality care close to home.

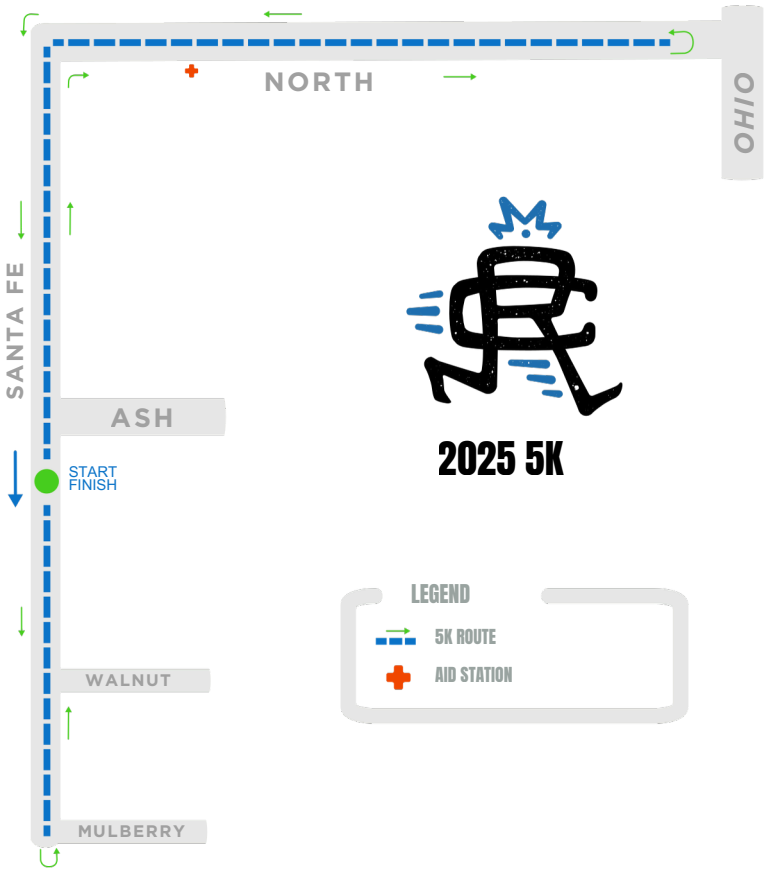
Kansas

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5K ROUTE



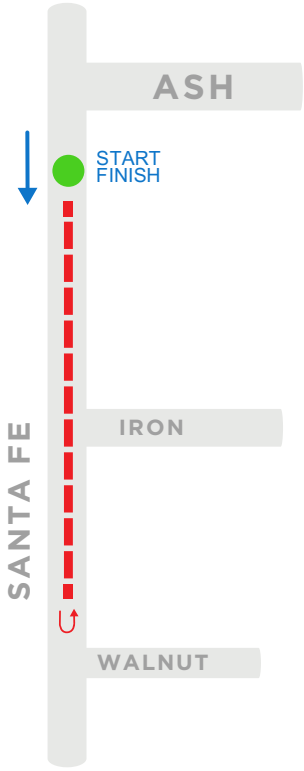


5K GENERAL INFORMATION

The 5K Run/Walk will begin at 8:15am 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) around 11:00 am. 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'. Race results can be found on the race website. No winner ribbons will be awarded this year.

Post 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 $2,000

MARATHON

Top 3 Male & Female
Top 3 Master's (40+) Male & Female

HALF MARATHON

Top 3 Male & Female
Top 3 Master's (40+) Male & Female

5K & 10K

Top 3 Male & Female (non-cash prize)

03

AGE GROUPS

MARATHON & HALF

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

5K & 10K

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

04

'FOR THE LOVE OF RUNNING' AWARD

See 'For the Love of Running' Page.

05

2026 RACE SHIRTS

If you did not pre-order a 2026 Marathon Shirt during registration, shirts will be available for purchase after 9am on Saturday at the Salina Fieldhouse. Sizes not guaranteed.

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.

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).

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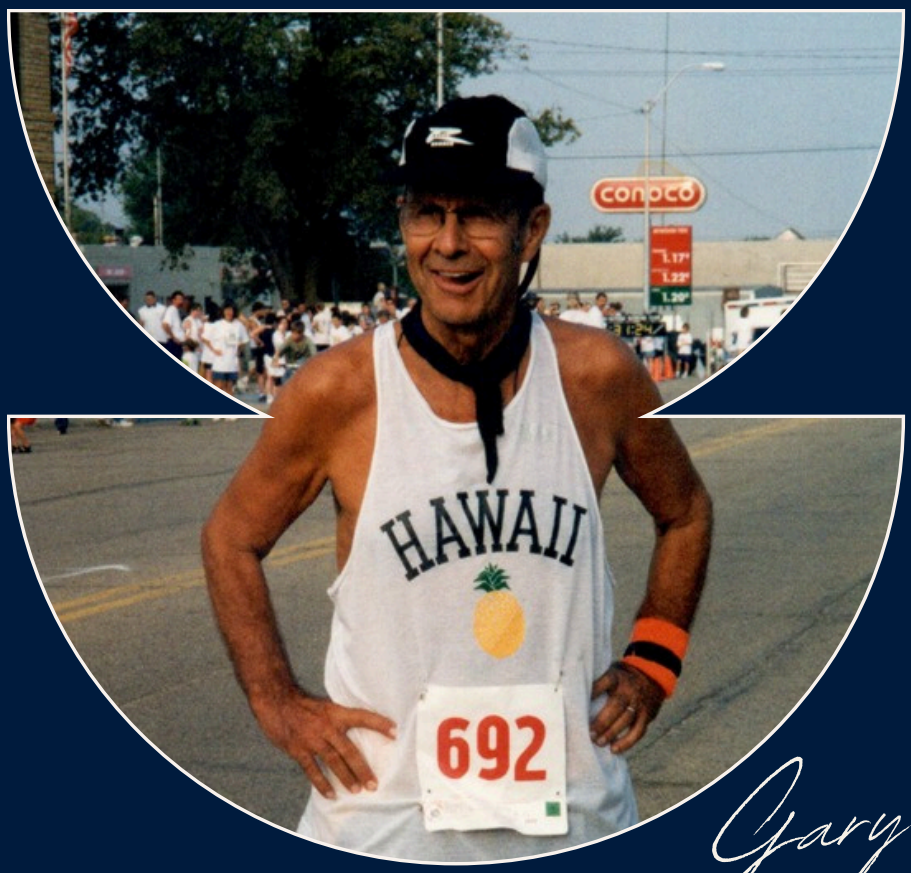
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Salina, KS 67401
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Matt Dill, CFP®, CEPA®
210S Ohio Street
Salina, KS 67401
785-823-5133

Don Simoneau
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Darrin Duff
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Salina, KS 67401
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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.

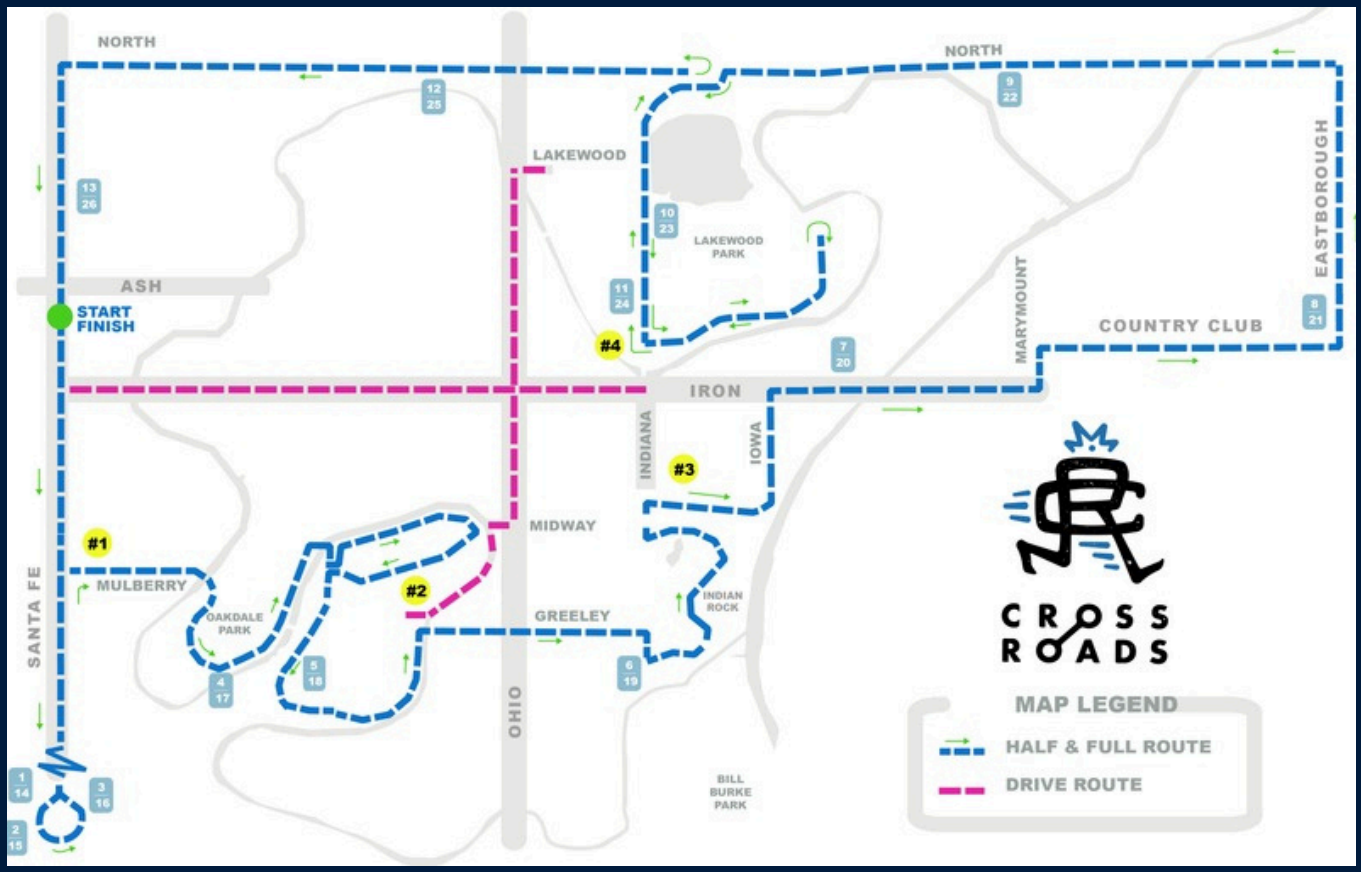

ELM STREET
Recommended public parking lots are shown in blue. The race route is highlighted in yellow. many streets also allow on-street parking. All parking is free.
ASH STREET
Race Festival
START FINISH
SALINA FIELDHOUSE
9TH STREET
8TH STREET
7TH STREET
SANTA FE
5TH STREET
IRON STREET

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.

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
- Clubhouse Golf
- The Fieldhouse
- The District Eat & Play
- Yesteryear Museum
- Salina Country Club
- GreatLIFE Salina
- The Alley
- The Yard
- Salina YMCA
- St. John's Military School Historical Museum



DO IT.