

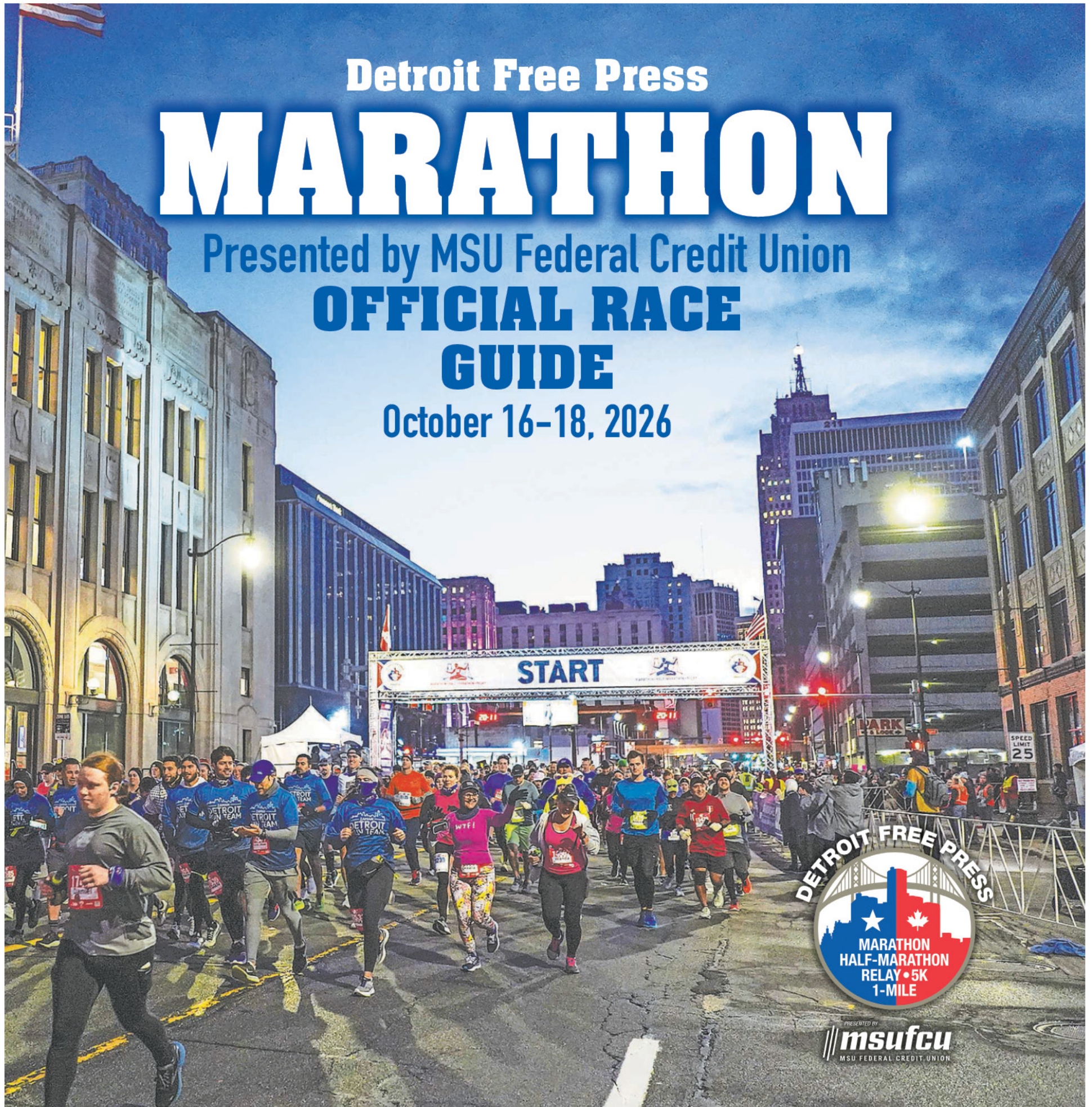
Detroit Free Press

MARATHON

Presented by MSU Federal Credit Union

OFFICIAL RACE GUIDE

October 16-18, 2026



PRESENTED BY
msufcu
MSU FEDERAL CREDIT UNION

Every Marathon Starts With a First Step

We're here for every step they take. From saving their first dollars to chasing big dreams, an MSU Federal Credit Union youth account helps your child build confidence, learn smart money habits, and cross the finish line — one milestone at a time.

Youth accounts have their benefits:



Traditional and high-yield savings accounts



Age-appropriate financial education



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Hands-on experiences and exclusive events



Start their money marathon today.
Learn more at
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Get to greater, quicker

The 2027 Kia Telluride Turbo-Hybrid with 329 hp and up to an EPA-est. 35 MPG combined on EX FWD



OFFICIAL AUTOMOTIVE PARTNER

SX Prestige X-Line AWD

2027 Telluride Hybrid SX Prestige X-Line AWD pre-production model shown with optional features. Some features may vary. Limited inventory available. Based on EPA estimates. Actual mileage will vary with options, driving conditions, driving habits, and your vehicle's condition.



Table of Contents

Welcome to the 2026 Detroit Free Press Marathon Presented by MSU Federal Credit Union	4	Map: Starting Line Corrals	19
Race Weekend Agenda/Keeping Pace	5	Map: Finish Line and Campus Martius	20
Kia Health & Fitness Expo Information	6	How to Get Downtown: Routes, Closures and Transportation	22
Important Race Day Information	7	Map: Detroit Driving Routes and Closures	23
Tips for Crossing the Border	9	Fascinating Facts About the Ambassador Bridge	24
Relay Race Information	12-13	Things to Do While You're in Detroit	25
Maps: 5K, I-Mile, Kids Marathon and Little Detroit Dash	15	Fun Facts About the Detroit Windsor Tunnel	27
Map: Marathon, Half-Marathons and Relay	16-17	Thank You to Our Sponsors and Charity Partners	30

Cover photo by Detroit Free Press/Ryan Garza





Letter From the Race Director



Welcome to the 49th Running of the Detroit Free Press Marathon Presented by MSU Federal Credit Union! Maybe this is your 20th marathon. Maybe you signed up on impulse and have been quietly nervous ever since. Either way, you belong here. Forty-eight years of runners have stood where you'll stand Sunday morning. Now it's your turn.

A word about what you've made this race. For the second year running, USA TODAY readers voted us the Best Marathon in the United States, the first time any race has won it twice in a row. We didn't earn that ourselves. It came from the people who show up at 6 a.m. in October, from the volunteers who hand out water in the cold, from the neighbors who make signs to cheer you on and from you. Thirty thousand of you filled this year's field faster than any year in our history. Thank you, truly, for that incredible honor.

Last year was our third year as a net zero waste event, which is not a small thing for

a race this size. It only works if you help us. Please use the recycling and waste stations at the Expo and on the course. The region we run through is worth protecting.

Now, the course. On Sunday you'll run out of one country and into another, across the Ambassador Bridge with the sun coming up and the river underneath you, then back home through the Detroit Windsor Tunnel beneath that same water. No other marathon on Earth can offer you that. What makes it remarkable isn't just the engineering. It's what it says about two cities—and countries—that have always been better together than apart. You'll feel it on the bridge. Most people do.

Detroit will show you a city in motion, a riverfront transformed, neighborhoods finding new life, a place that has never once been finished. Windsor will meet you with the kind of welcome that makes people want to come back. Take some time this weekend to experience both.

When the miles get long on Sunday, think back to how you got here. The alarms you didn't want to hear. The runs you did anyway. The people who rearranged their weekends so you could train. All of it is already behind you. Sunday isn't the hard part. Sunday is the celebration.

One more thing: Next October we run the 50th marathon. Fifty years of this city, these streets and these two countries meeting in the middle of a river. We'd be honored to have you back for it.

Thank you for running the Detroit Free Press Marathon Presented by MSU Federal Credit Union. Your start line is ready.

Warmest regards,

Aaron Velthoven

Vice President & Race Director
Detroit Free Press Marathon

★ 50 YEARS IN THE MAKING ★



DREAM BIG IN 2027

**DETROIT FREE PRESS
MARATHON**

OCTOBER 15 - 17, 2027



**REGISTRATION OPENS
JANUARY 1, 2027**

FREEMARATHON.COM

Race Weekend Agenda

FRIDAY, OCTOBER 16

1 p.m. to 7 p.m.

Kia Health & Fitness Expo
Huntington Place, Hall E

6 p.m.

Brooks Shakeout Run
Meet in atrium outside Hall E

7 p.m. to 9 p.m.

Official Warm-Up Party presented by Brooks
and Cinnaire (Chalet 313 in Campus Martius)

SATURDAY, OCTOBER 17

10 a.m. to 6 p.m.

Kia Health & Fitness Expo
Huntington Place, Hall E

8:25 a.m.

1-Mile

8:50 a.m.

5K Run/Walk

10:05 a.m.

Meijer Little Detroit Dash

10:30 a.m.

Kids Marathon presented by Priority Health
Note: ALL Saturday races begin at Atwater and
Rivard streets

SUNDAY, OCTOBER 18

5:30 a.m.

Gear check opens
(Monroe Street and Woodward Avenue)

6:58 a.m.

Adaptive Athletes (Fort Street and 3rd Avenue)

7 a.m.

International Marathon, International Half-Marathon,
and Marathon Team Relay
(Fort Street and 3rd Avenue)

10:30 a.m.

Motor City Half-Marathon (Fort Street and 3rd Avenue)

11 a.m.

Marathon and International Half-Marathon
Award Ceremony (Campus Martius)

8 a.m. to 3 p.m.

Kia Conquered Afterparty (Campus Martius)

Keeping Pace

You must be able to complete the Marathon in **6 hours and 30 minutes** and the International Half-Marathon in **4 hours** and the Motor City Half-Marathon in **3 hours and 30 minutes** from the time the "Last Chance Pacer" crosses the start line. We will close the Marathon and Motor City Half-Marathon courses at **2 p.m.** and the International Half-Marathon course at **11:45 a.m.** Participants must complete the 5K course in **1 hour and 10 minutes** and the 1-Mile in **20 minutes**. A "Last Chance Pacer" will be provided for the Marathon and International Half-Marathon but not for the 5K, 1-Mile or Kids runs. These pacers will travel at the average pace needed to cross the Finish Line at **6 hours and 30 minutes** for the Marathon and **4 hours** for the International Half-Marathon. To ensure your safety and meet all time limits, we have established the following milestones:

Marathon, Adaptive Athletes, Relay

Miles	Landmark	Time
2	Bridge Entrance	7:59 AM
7	Tunnel Entrance	9:16 AM
13.1	Halfway Point	10:45 AM
19.29	Intersection of Lafayette & McDougall	12:15 PM
26.2	Finish Line	2:00 PM

International Half-Marathon

Miles	Landmark	Time
2	Bridge Entrance	8:18 AM
8	Tunnel Exit	10:08 AM
10.83	Intersection of 2nd Ave & Selden	11:00 AM
13.1	Finish Line	11:42 AM

Motor City Half-Marathon

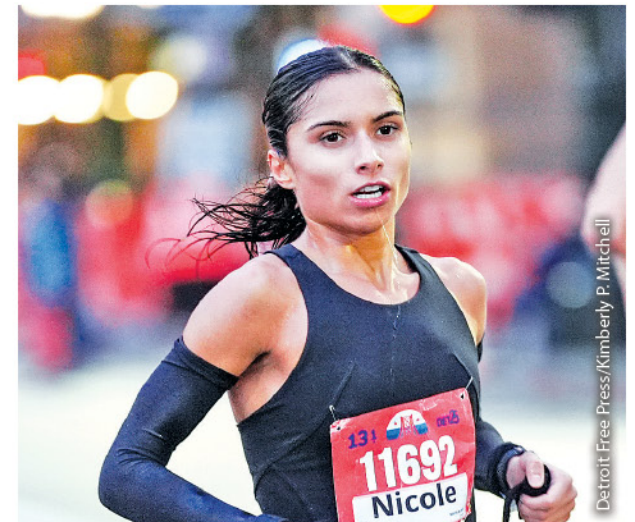
Miles	Landmark	Time
5.18	Intersection of Warren & Trumbull	11:52 AM
10.6	Exit of Dequindre Cut	1:19 PM
13.1	Finish Line	2:00 PM

NOTE: If at any time you fall behind these milestone times, you will be required to board a bus to be transported back to the Finish area.

The Detroit Free Press Marathon uses wave starts where smaller groups of participants start at different intervals. Groups are based on the projected pace indicated on the registration form. Each participant's individual time begins when they cross the start line timing mats. Participants cumulative time will be reflected based on their chip time. Overall awards will be based on gun time.



Detroit Free Press/Junfu Han



Detroit Free Press/Kimberly P. Mitchell



Detroit Free Press/Eric Seals



KIA Health & Fitness Expo



Make the Kia Health & Fitness Expo part of your race weekend experience. Pick up your race packet, shop the latest running gear and apparel, discover health and fitness products, and connect with the official sponsors and exhibitors of the Detroit Free Press Marathon. With plenty to see, shop and explore, the Expo is the place to get race ready and kick off your marathon weekend.

Expo Location:

Huntington Place Hall E
1 Washington Blvd., Detroit

Expo Hours:

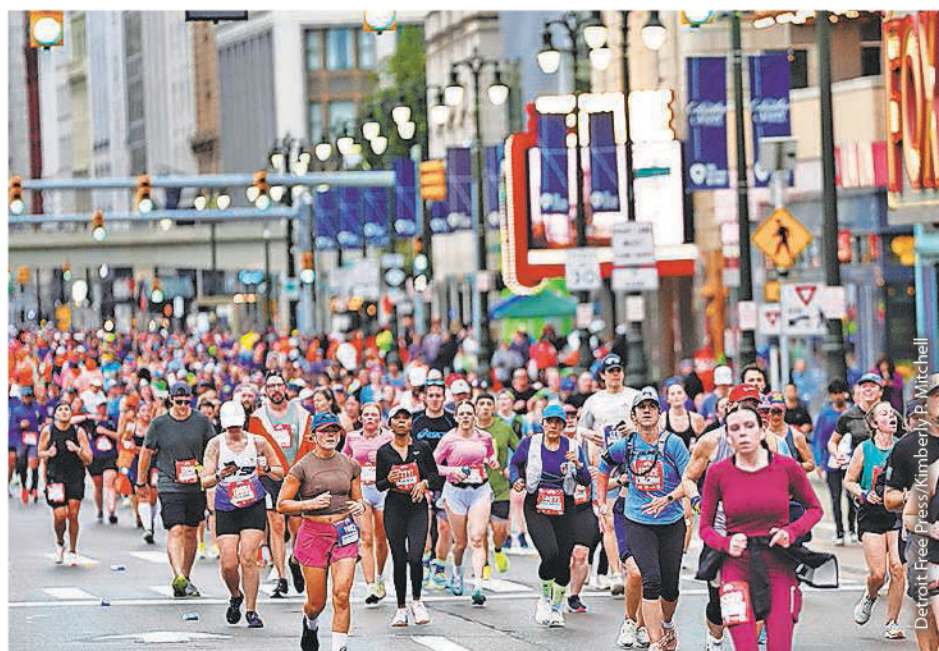
Friday, October 16, 1 p.m. to 7 p.m.
Saturday, October 17, 10 a.m. to 6 p.m.



EXPO '26 Vendor Listing*

- | | |
|--|------------------------------------|
| Absopure Water | MSUFCU |
| Air Force Recruiting | Muscle Milk |
| Baumans Running | National Running Center |
| Children's Hospital of Michigan | NEXUS & Global Entry |
| Clix Therapy | Race Maps |
| D-Rover | Raw Threads |
| Detroit Medical Center | Real Time Pain Relief |
| Detroit Riverfront Conservancy | Rock CF Foundation |
| DNA Hairtools | Run 313 |
| Fleet Feet | Running Lab |
| Gazelle Sports | Sneakers 4 Good |
| GOTR of Greater Detroit | Stone House Bread |
| Humana Kentucky Derby Festival | Superieur Electrolytes |
| Mini & Marathon | Team World Vision |
| JAWKU | Too Cool T-shirt Quilts |
| Kia | Tourism Windsor Essex Pelee Island |
| Lagoon | Turtle Gloves |
| Medsense Massagers | Zeigler Kalamazoo Marathon |
| Meijer | Zipfizz Healthy Energy Drink |
| Mercy HealthHealth Glass City Marathon | |
| Milk Means More | |

* As of 9/18/2026



Important Race Day Information



Race Records

Male – 1980 Greg Meyer, Boston 2:13:07

Female – 2004 Elena Orlova, Russia 2:34:16

Runners who break a course record will win an additional \$500 USD.

Pace Teams

At On Pace, we have a few sayings that we hope you take advantage of come race day! We love all athletes “from the very fast to the very last” and to showcase this, we will have team members from 3:00 for the full /1:30 for the half to the cutoff times for both events to keep you moving forward toward that finish line at the speed with which you are comfortable.

Our goal is to get you to the finish! We are an experienced team of over 1,000 members across the country, all with 10 completed marathons or half marathons, and we run just a little bit slower than we are capable of, using the extra energy to lead the formation of an in-race community as best we can. Hopefully, when running with others the miles will sail by as you traverse your way through the streets of Detroit and to the finish line.

To run with a pace group, simply find the pacer holding the sign that you see in the picture when lining up in your corral. We will be set up in train order with the fastest pacer up closest to the start line and work backward systematically from there until we get to the pacer who is just in front of the cutoff time.

Course Street Closings

We strongly recommend early arrival on race day to ensure that you don't experience difficulties with our 4 a.m. road closures for the course. To be safe, we suggest you park outside the course perimeter. For more information, visit <https://www.freepmarathon.com/getting-downtown/>

Emergencies

In the event the race has been terminated due to an emergency, please refer to the policies and procedures on the official event app and/or freepmarathon.com/safety

Weather Alert Flags

Weather conditions can have a significant affect on your safety as a Marathon participant. Detroit Medical Center wants you to be aware of the following colored flag system that will be in effect on race day. Keep your eyes open for these colored flags posted throughout the course at each of our eight medical tents.

	Good weather conditions.
	Caution. Increased risk for heat injury.
	Extreme heat risk.
	Race cancelled.

Gear Check

Saturday: Located near the finish line and the packet pick-up area on Atwater just west of Riopelle beginning at 7 a.m.

Sunday: Located on Monroe Street near Campus Martius/ Cadillac Square beginning at 5:30 a.m.

Gear check service is provided for all events. Runners must use the clear bags provided at Packet Pick-Up for gear check. No exceptions. Your race bib includes a removable tag you must attach to your gear bag as your identification. Each bag will be marked and stored by race number:

Note: For Sunday races, gear check will be near the finish line for drop-off and pick-up. There will not be gear check at the start line and then transported to the finish line.

The Marathon will not be responsible for lost or stolen items, so PLEASE do not pack ANYTHING of value – especially car keys and/or wallets. Any bags left over will be donated to charity if not claimed within one week at the Marathon office.

Fluids & Gels Along the Race Course

Absopure water and lemon/lime Gatorade Endurance will be available at our fluid stations. We will place a station approximately every two miles on the first third of the course; every mile and a half on the second third of the course; and every mile on the home stretch. At approximately Mile 10 and Mile 16, GU Tri-Berry, Vanilla Bean, Strawberry Banana, and Lemon Sublime will be available.

Race Day Information Booth

On Sunday, the Information Booths will be located in two areas. One will be at the corner of West Lafayette and First Street. The second information booth will be in Campus Martius just east of the fountain.

Finish Line

You will receive your finisher medal and refuel foods. We encourage you to make your arrangements ahead of time to meet your family and friends at either Kia Conquered Afterparty located in Cadillac Square and Campus Martius, or at the Runner Reunite area on Woodward northwest of Campus Martius.

Runner Tracking & Results

Live runner tracking, leaderboard and placing information will be available through The Official Detroit Free Press Marathon App, presented by MSU Federal Credit Union, available on both Android and iOS devices. You'll also notice a QR code on your bib, which can be scanned immediately after crossing the Finish Line for your unofficial results. All unofficial race results will be available immediately after the race on freepmarathon.com. Official race results will be confirmed within 10 days of the race.

Lost and Found

Any found items such as keys, phones or radios should be turned in at the main Information Booth, located in Campus Martius just east of the fountain. While the Marathon will not be responsible for any lost or stolen items, we will make every effort to keep safe any items brought to us until claimed or donated.

Finish Strong with Absopure

The Official Bottled Water of
Detroit Free Press Marathon



SCAN HERE
FOR AN EXCLUSIVE OFFER AND MORE!



Race Participant Tips for Crossing the Border

Here are a few reminders and tips to ensure every international runner makes it across the bridge and back through the tunnel without any unexpected stops:

1 Your bib/number should be affixed to the **FRONT** of your shirt only and ideally chest high. This is where border officers will be looking for it so if you affix it somewhere else, such as on your shorts or on the back of your shirt, and they can't see it, you risk being stopped.

2 Your bib/number should be visible at **ALL** times when crossing the bridge or coming through the tunnel. If you plan on wearing layers and something is covering your bib/number, you need to expose your number so border officers can see it when you are crossing the bridge and coming through the tunnel. If the border officers can't see your number, you risk being stopped. Also remember there are border officers at both ends of the bridge and both ends of the tunnel. Again, don't risk being stopped by not having your bib/number visible.

3 It is mandatory to carry proper identification (WHTI-compliant) with you **DURING** the race. WHTI-compliant documents include a valid passport, passport card, enhanced driver's license ("EDL"), trusted traveler program card (NEXUS card) or U.S. Lawful Permanent Resident card. As a reminder, it is illegal to cross the U.S./Canadian border without one of these documents. If for some reason a border officer stops you (perhaps they can't see your bib/number or you are carrying gear that is not allowed), having proper identification will quicken the time you are stopped. If for some reason a border officer stops you and you don't have proper identification, your race for the day is probably over. If you need a way to securely and comfortably carry your identification during the race, there are several vendors at our Health & Fitness Expo who offer document carriers. Be sure to pick one up while you are at the expo.

4 Runners are **ENCOURAGED** to utilize the many fluid (water and Gatorade) stations the Marathon provides throughout the course. Fluid Stations will appear approximately every two miles on the first third of the course, every mile and a half on the second third, and every mile on the home stretch. The Ambassador Bridge and Detroit Windsor Tunnel no longer prohibit liquids from being carried by participants on the course. However, runners are discouraged from carrying large items on these portions of the course as they may be asked to either inspect or drop them. At the end of the day, it is up to the runner's discretion. Border agents may still stop, or confiscate, large hydration packs that look like backpacks as a security precaution. If you do decide to wear a hydration pack, please be mindful that the risk of being stopped along the border during the race, although low, will still be present. Any gear dropped at the bridge or tunnel will not be returned to the runner.

CORKTOWN IS CALLING



🍀 KIDS QUARTER MILE 🍀 EMERALD MILE 🍀 CORKTOWN 5K

SAVE THE DATE:

CORKTOWNRACE.COM

MARCH 14, 2027

Race proceeds benefit

*Saint Patrick's
Senior Center*

FOUL
CORKTOWN RACES

Presented By AlumniFi.

Managed by



msufcu

**proud supporter
of the Detroit
Free Press
Kid's Marathon**



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Coverage that prioritizes your race to the finish.

25.2 miles down, only one mile to go! On behalf of all of us at Priority Health, we want to applaud all the participants in this year's Detroit Free Press Kids Marathon. Thanks for helping make Michigan a healthier place to call home.

Looking for health coverage that goes the extra mile?
Visit [PriorityHealth.com](https://www.priorityhealth.com).



Coverage that prioritizes *you*





Race Day Is Just the Beginning.

When young athletes hit a hurdle,
we're ready to help. See a Children's
Hospital of Michigan sports medicine
specialist within 48 hours.



Children's
Hospital
of Michigan



Scan to book
an appointment.

ChildrensDMC.org/KidAthletes

ONLY THE **BEST** WEAR THE **BEAR!**



FUEL YOUR
BODY WITH

MICHIGAN
GROWN
Apples

FIND THEM AT YOUR
Local
Supermarket!

HONEYBEAR BRANDS®

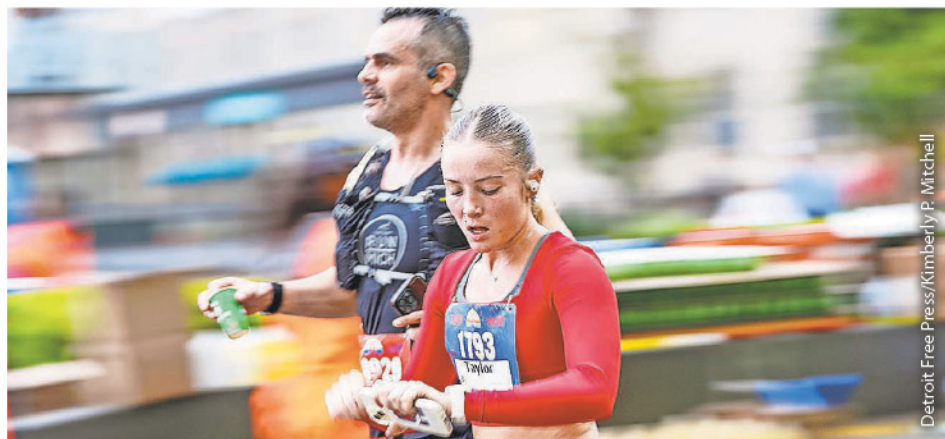


Marathon Relay Information

IMPORTANT INFORMATION FOR ALL RELAY RUNNERS:

- Each relay team will have a zone number at each relay exchange. This will be printed on your bib as number 1, 2 or 3.
- You will wear your individual leg bib and the team timing bib belt. Once you arrive at the exchange, you will hand off the team bib belt to the next runner on your team.
- If you are running more than one leg **consecutively**, you must still run through the exchange area as you continue on the course.
- Pay close attention to the signage and your distance on the course as you approach the upcoming exchange point.
- Water and a heat sheet will be provided at each exchange.
- After you have completed your leg, you will get on a bus that will take you back to Relay Bus Staging, where you will then walk to Relay Reunion.
- Relay Reunion (located at Cadillac Square near Randolph) will be where you will collect your food bag, meet up with your team and receive your medal from the Leg 5 team member.





Detroit Free Press/Kimberly P. Mitchell

LEG 1 (8.89 miles)

You will walk to the start line. At 7 a.m., the International Full Marathon, International Half-Marathon and the Relay will start at the main start line. Please arrive in time to get to your assigned corral (A-F). Since you are running internationally, you must carry your passport or Enhanced ID with you.

LEG 2 (4.27 miles)

There will be no buses going to the start of this leg as it is within walking distance in the downtown area (Washington Boulevard and W. Lafayette). The finish line is just a few blocks east at Campus Martius and Cadillac Square.

Leg 3 (3.4 miles)

There will be buses at the Bus Staging area to take you to your exchange, if desired. The Bus Staging, located at Monroe Street, north of Farmer Street, will take you to your exchange located at W. Warren Avenue and Trumbull. Your bib is your ticket to enter the bus.

Buses will begin boarding at 6 a.m. The last bus departs promptly at 7 a.m. Please arrive accordingly as there will be no further transportation to the exchange after 7 a.m. Once runners are dropped off, these buses will wait to be filled with Leg 2 finishers before departing for Bus Staging. Once these buses leave the exchange, they DO NOT return to pick up more Leg 2 finishers.

Leg 4 (2.99 miles)

There will be buses at the Bus Staging area to take you to your exchange, if desired. Your Bus Staging area is located at Randolph Street between E. Lafayette and E. Fort Street. The bus will take you to your exchange, located at Russell Street between Alfred and Division. Your bib is your ticket to enter the bus.

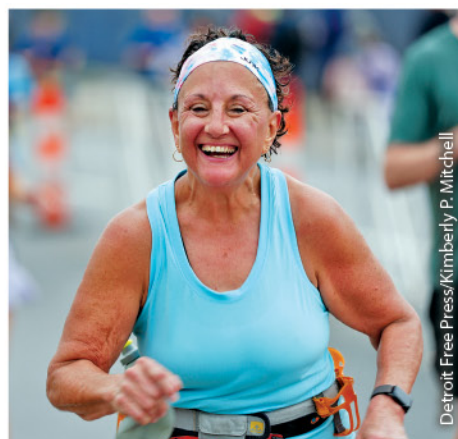
Buses will begin boarding at 7:15 a.m. and will depart as soon as they are full. Buses will run a loop between Bus Staging and the exchange, departing the exchange approximately every 10 minutes until 12 p.m.

LEG 5 (6.66 miles)

There will be buses at the Bus Staging area to take you to your exchange, if desired. Your Bus Staging area will be located at Randolph Street between E. Lafayette and Monroe Street. The bus will take you to the exchange located at E. Lafayette Street and W. Mt. Elliott Street. Your bib is your ticket to enter the bus.

Buses will begin boarding at 8 a.m. and will depart as soon as they are full. Buses will run a loop between Bus Staging and the exchange, departing the exchange approximately every 10 minutes until 1 p.m.

You will complete your leg(s) at the finish line and receive all five Relay medals.



Detroit Free Press/Kimberly P. Mitchell



Detroit Free Press/Finn Gomez

DO'S AND DON'TS

DO:

- ✓ **Wear your individual bib at all times.** This identifies your race and leg of the event and will grant you access to all necessary areas.
- ✓ **Make sure your team timing bib belt is visible at all times while you are on the course.**
- ✓ **Communicate with your team prior to the race.** A group text is recommended.
- ✓ **Know who is running what leg and their expected pace.**
- ✓ **Know what your teammates are wearing to easily identify them at the exchanges.**
- ✓ **Be on time.** Buses run on strict schedules and will not wait. Plan your morning commute and allow plenty of time to get to the bus staging area.
- ✓ **Bring your Enhanced ID or passport.** If you are running the first leg of the Relay, you must have identification on you at all times.
- ✓ **Stick around and cheer on the final runner.** Enjoy Relay Reunion with your whole team afterwards.

DON'T:

- ✗ **Bring backpacks on the bus.** They are not permitted on any Relay bus.
- ✗ **Bring anything that you cannot run with.** There will not be a gear check at any of the Relay exchanges or Relay Reunion area.

Get to greater, quicker

The 2027 Kia Telluride Turbo-Hybrid with 329 hp
and up to an EPA-est. 35 MPG combined on EX FWD



OFFICIAL AUTOMOTIVE PARTNER

SX Prestige X-Line AWD

2027 Telluride Hybrid SX Prestige X-Line AWD pre-production model shown with optional features. Some features may vary. Limited inventory available. Based on EPA estimates. Actual mileage will vary with options, driving conditions, driving habits, and your vehicle's condition.

**proud supporter
of the Detroit
Free Press
Marathon Little
Detroit Dash**



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Saturday Race Routes



Marathon,
Half-Marathons
and Relay Map

LEGEND

- International Marathon Route
- International Half-Marathon Route
- Motor City Half-Marathon Route
- International Marathon Mile Marker
- Marathon Kilometer Marker
- International Half-Marathon Marker
- Mile Marker Common to International Marathon and International Half-Marathon
- Motor City Half-Marathon Mile Marker
- Relay Leg
- Medical Station
- Fluid Station
- GU Energy Gels

0 1 mile

DETROIT FREE PRESS

MARATHON
HALF-MARATHON
RELAY • 5K
1-MILE

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THE BEST MARATHON IN THE U.S. IS PROUD TO ANNOUNCE
A SPRING HALF-MARATHON BUILT FOR DETROIT



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REGISTRATION OPENS AT THE KIA HEALTH & FITNESS EXPO

OCTOBER 16 & 17, 2026 | HUNTINGTON PLACE, DETROIT



SECURE YOUR SPOT FOR THE 50TH

1. REGISTER FOR THE MOTOR CITY HALF AT THE KIA HEALTH & FITNESS EXPO.

2. REGISTRANTS AT THE EXPO WILL RECEIVE AN EARLY ACCESS WINDOW TO REGISTER FOR ANY DETROIT FREE PRESS MARATHON RACE IN OCTOBER 2027.

MOTORCITYHALF.COM

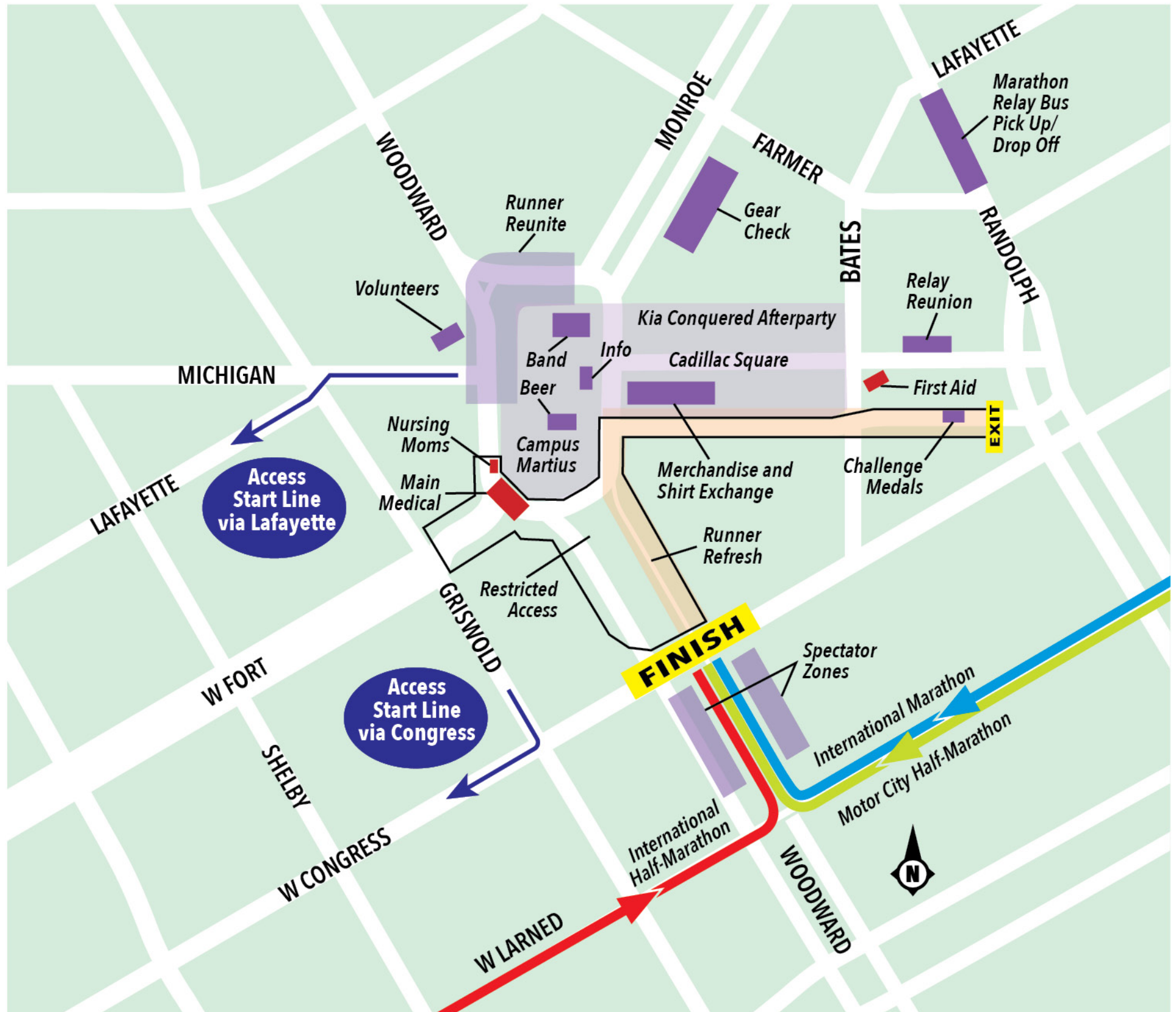
APRIL 25, 2027

Starting Line Corral Map





Finish Line and Campus Martius Map



YOU'RE INVITED TO THE AFTERPARTY



KIA
CONQUERED AFTERPARTY
BEER • MERCHANDISE • FOOD

- ★ LIVE ENTERTAINMENT
- ★ LOCATED IN THE HEART OF DOWNTOWN DETROIT
- ★ TONS OF GIVEAWAYS

OCTOBER 18 | 8AM - 3PM
CAMPUS MARTIUS + CADILLAC SQUARE

FREE AND OPEN TO ALL PARTICIPANTS AND SPECTATORS

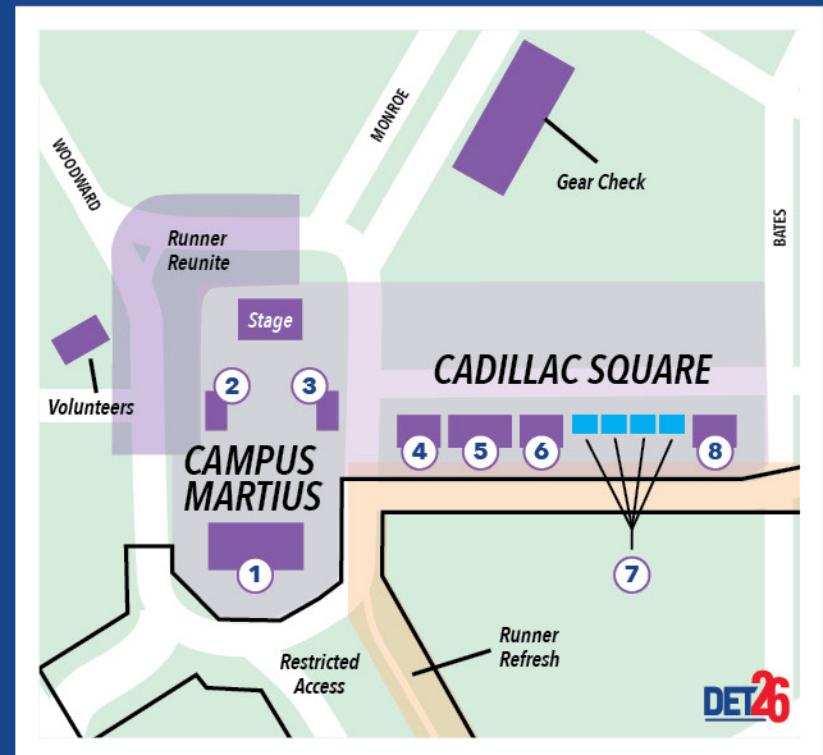
FREEMARATHON.COM/CONQUERED



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KIA CONQUERED AFTERPARTY MAP



Conquered Map Legend

- | | |
|---|--|
| 1 Chalet 313
Presented by Brooks | 5 Official Merchandise /
Running Lab |
| 2 DMC Rehabilitation
Institute of Michigan* | 6 Michigan State University
Federal Credit Union |
| 3 Information Booth | 7 Food Trucks |
| 4 Stone House Bread | 8 KIA |



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MICHIGAN STATE UNIVERSITY FEDERAL CREDIT UNION

*Free Post Race
Stretching by DMC

KIA CONQUERED AFTERPARTY IS FREE AND OPEN TO ALL PARTICIPANTS AND SPECTATORS.



Detroit Driving Routes, Closures and Transportation

How to Get Downtown

TRAVELING FROM THE NORTH OF METRO DETROIT

Drive to and park in Greektown (east of Finish Line): Take I-75 South to I-375 South, then take the Lafayette Ave. exit to either westbound Macomb or westbound Lafayette. **Notable closures:** Although I-375 to Jefferson Ave. west (downtown) is open, access to northbound streets off Jefferson Ave. will be limited due to course closures along Larned St. to the north. Westbound Jefferson Ave. to the northbound Lodge Freeway will remain open throughout race day.

Drive to and park near RenCen and Detroit Riverwalk (south end of the course): Take I-75 South to I-375 South to Jefferson Ave. west (downtown) exit. Turn left at Beaubien Blvd. to access the RenCen area parking garages. All roads south of E. Jefferson Ave. and east of I-375 will be open along the Detroit Riverwalk.

Drive to and park near Comerica Park/ Ford Field area (north of Finish Line): Take I-75 South to I-375 South, then exit at Madison St. Most streets between Macomb St., Woodward Ave. and the northbound I-75 Service Drive will be open. To park further north, exit I-75 South to westbound Mack Ave., then south on Brush St. **Notable closures:** I-75 South exit 50 (Grand River) is closed. Southbound Woodward Ave. heading into downtown will be closed at Adelaide.

Drive to and park in Corktown (far west side of the course): Take I-75 South and exit at Rosa Parks Blvd. All streets in the Corktown neighborhood will be accessible except for the closure of Fort St. near the Detroit River to the south. **Notable closures:** Fort St. is closed from Grand Blvd. east into downtown. The Lodge Freeway southbound is closed after the Howard St. exit.

TRAVELING FROM THE EAST OF METRO DETROIT

Drive to and park in Greektown (east of Finish Line): Head downtown via Gratiot Ave., which will be open throughout race day. Randolph St. will be open through Congress. Coming westbound on Jefferson Ave., northbound streets off Jefferson Ave. after St. Aubin St. will be limited due to course closures along Larned St. to the north. **Notable closures:** E. Lafayette St. will be closed between Iroquois Ave. and Saint Aubin St. Eastbound Lafayette will be closed from Saint Aubin St. to downtown for the race.

Drive to and park near RenCen and Detroit Riverwalk (south end of the course): Head downtown westbound on Jefferson Ave., which will be open throughout race day. Turn left at Beaubien Blvd. to access the RenCen area parking garages. All roads south of E. Jefferson Ave. and east of I-375 will be open along the Detroit Riverwalk. **Notable closures:** E. Lafayette St. will be closed between Iroquois Ave. and Saint Aubin St. Eastbound Lafayette will be closed from Saint Aubin St. to downtown for the race.

Drive to and park near Comerica Park/ Ford Field area (north of Finish Line): Take Gratiot heading into downtown. Most streets between Macomb St., Woodward Ave. and the northbound I-75 Service Drive will be open. To park further north, exit I-75 South to westbound Mack Ave., then south on Brush St. **Notable closures:** I-75 South exit 50 (Grand River) is closed. Southbound Woodward Ave. heading into downtown will be closed at Adelaide.

Drive to and park in Corktown (far west side of the course): Take I-75 South and exit at Rosa Parks Blvd. All streets in the Corktown neighborhood will be accessible except for the closure of Fort St. near the Detroit River to the south. **Notable closures:** Fort St. is closed from Grand Blvd. east into downtown. The Lodge Freeway southbound is closed after the Howard St. exit.

TRAVELING FROM THE WEST OF METRO DETROIT

Drive to and park in Greektown (east of Finish Line): Take I-94 to I-75 South to I-375 South then take the Lafayette Ave. exit to either westbound Macomb or westbound Lafayette. **Notable closures:** Although I-375 to Jefferson Ave. west (downtown) is open, access to northbound streets off Jefferson Ave. will be limited due to course closures along Larned St. to the north. Westbound Jefferson Ave. to the northbound Lodge Freeway will remain open throughout race day.

Drive to and park near RenCen and Detroit Riverwalk (south end of the course): Take I-375 South to Jefferson Ave. west (downtown) exit. Turn left at Beaubien Blvd. to access the RenCen area parking garages. All roads south of E. Jefferson Ave. and east of I-375 will be open along the Detroit Riverwalk.

Drive to and park near Comerica Park/ Ford Field area (north of Finish Line): Take I-94 to I-75 South to I-375 South, then exit at Madison St. Most streets between Macomb St., Woodward Ave. and the northbound I-75 Service Drive will be open. To park further north, exit I-75 South to westbound Mack Ave., then south on Brush St. **Notable closures:** I-75 South exit 50 (Grand River) is closed. Southbound Woodward Ave. heading into downtown will be closed at Adelaide.

Drive to and park in Corktown (far west side of the course): Head into Detroit via Michigan Ave. Eastbound Michigan Ave. will be open until the course road closure at Cass Ave. You can also take I-94 to M-10 South. M-10 South will be closed at Howard St., however the Grand River, Bagley and Howard St. exits will be open during the race. All streets in the Corktown neighborhood will be accessible except for the closure of Fort St. near the Detroit River to the south. **Notable closures:** Fort St. is closed from Grand Blvd. east into downtown.

Key transportation openings and closings

Ambassador Bridge

The Ambassador Bridge will have restricted traffic on Sunday, Oct. 18. That means two-way vehicle traffic will be present on one side of the bridge while runners will be on the other. A buffer lane will separate the two. Using the Ambassador Bridge to access Detroit on race day may result in delays.

Detroit Windsor Tunnel

The Detroit Windsor Tunnel will be closed to vehicle traffic from 6:15 a.m. to 10:15 a.m. on Sunday, Oct. 18.

The People Mover

The Detroit People Mover is a free and easy way to get around downtown on race weekend with stops at various points around the Start and Finish areas, as well as at the Expo.

Hours are:

Friday: 6:30 a.m.-12 a.m. (midnight)

Saturday: 10 a.m.-12 a.m. (midnight)

Sunday: 5:30 a.m.-10 p.m.

More information is available at peoplemover.com

QLINE Detroit

The QLINE will have limited service on Saturday, Oct. 17, ending at State Street, and on Sunday, Oct. 18, ending in front of Little Caesars Arena during the race. The QLINE is free for passengers.



Linq Bus Information

Race day tunnel bus transportation will be as follows:

Getting to the race

- Bus shuttles begin at 5:15 a.m. The final bus will leave at 6:15 a.m. sharp. Buses will depart on demand once they are full.
- Bus loading will take place on Bruce Avenue at Riverside Drive West, just before the parking lot entrance.
- Upon arrival in the U.S., the bus will make a short turn and drop off participants at Mariners' Church. Participants will need to walk from there to the race area.
- Tickets are \$15 one way. Return tickets to Canada will also be available for \$15. Participants should keep their receipt for the return ride. Payment may be made by debit or credit card only.
- Customer service will be available to purchase tickets beginning at 5 a.m. on race day at the office located at 515 Riverside Drive West, Windsor.
- All fares will be treated as Canadian funds.

Reminder: The final outbound bus leaves at 6:15 a.m. sharp.

Returning to Canada after the race

- There will be four return shuttle trips back to Canada after the race
 - Participants should plan to catch one of the four special return buses. Regularly scheduled buses will also run every two hours. Please check the Sunday schedule at thelinqtunnelbus.com.
 - Return shuttle departure times from the Mariners' Church stop on tunnel bus property will be 12:45 p.m., 1:45 p.m., 2:45 p.m., and 3:45 p.m. Pickup will be from the Mariners' Church stop only.
 - Return tickets to Canada are \$15 when purchased in advance. Participants should present their return ticket to board. Without a return ticket, the one-way fare will be \$17.50.
 - After clearing Canadian Customs, participants may walk from the customs area or re-board the bus for transportation back to Bruce Avenue and Riverside Drive West.
- Reminder:** The final return shuttle leaves Mariners' Church at 3:45 p.m. sharp.



Detroit Free Press/Kimberly P. Mitchell

10 Fascinating Facts About the Ambassador Bridge

For decades, Detroit Free Press Marathon runners have had the unique experience of taking in the breathtaking scenery as they make their way across the Ambassador Bridge. Crossing the bridge that spans the Detroit River, connecting the United States and Canada, is always a highlight for race participants.

The nearly century-old bridge has a storied history of its own and in connection with the marathon. Here are fascinating facts about the Ambassador Bridge:

1 It has worldwide distinctions. The Ambassador Bridge opened in 1929 as the largest suspension bridge in the world, measuring nearly 7,500 feet—that's one-and-a-half miles long.

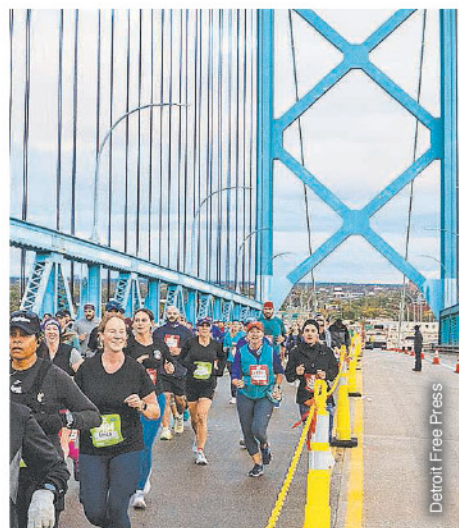
2 It's nearing its 100th birthday. The bridge opened on Nov. 15, 1929, taking more than two-and-a-half years to build and using 21,000 tons of steel and close to two miles of cable.

3 It's one of the busiest North American land crossings. More than 345,000 vehicles crossed the bridge in August 2026 alone. On a typical day, 10,000 commercial vehicles cross the bridge, which carries about one-quarter of roadway trade between the U.S. and Canada.

4 You'll be running high above the river. The roadway of the bridge rises at a grade that never goes over 5%, peaking at 152 feet above the Detroit River. From there, you'll get a bird's eye view of the U.S. and Canada unlike any other.

5 It's one of few privately owned U.S.-Canada crossings. In the late 1970s, Manuel "Matty" Moroun, a transportation businessman, took over ownership of the bridge. He remained owner until his death in 2020. The bridge is still owned by the Moroun family.

6 Marathon planning starts early. The bridge has a long history of partnership with the Detroit Free Press



Marathon. Every year, bridge staff starts planning in March for the October race.

7 Traffic keeps going during the race. Traffic still crosses during the race, alternating between Canadian- and U.S.-bound vehicles on one lane of the four-lane bridge. Workers use radio communication and trail vehicles to switch traffic back and forth.

8 Runners get their own lanes. For the race, two lanes of the four-lane bridge become participant lanes. The third lane serves as a buffer zone between racers and traffic.

9 Marathon day takes a lot of people—and equipment. More than 100 bridge staff and volunteers work throughout the night to make sure everything's ready when the first racers set foot on the bridge around 7 a.m. Set-up also involves more than 300 traffic cones, over 700 delineators and 15,000 feet of yellow chain.

10 It's a party atmosphere on race day. For runners, crossing the bridge is a high point, figuratively and literally. Music plays while staff and volunteers—many in costume and carrying signs—line the course to enthusiastically cheer participants on.

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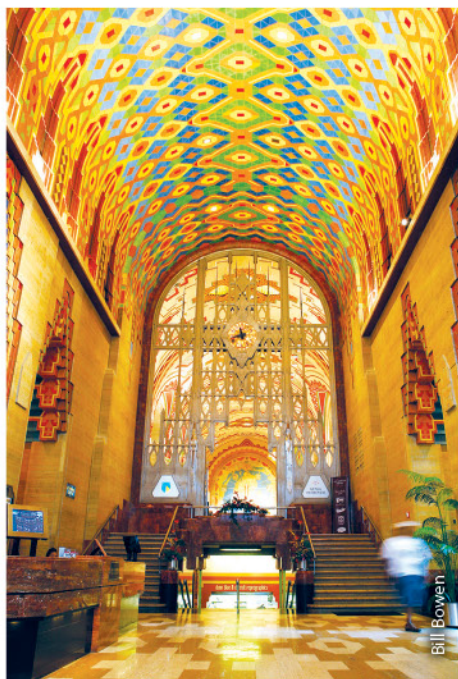
4 Great Ways to Enjoy All Detroit Has to Offer

There's no place quite like Detroit! Where else can you visit century-old architectural wonders, stroll through world-famous museums, take a nature walk, then wine and dine in spots you'll find nowhere else—all in one day or weekend.

Ready to check it all out? Here are four ways you can spend time seeing all the Motor City has to offer:

1 Discover the unique.

Detroit is known for one-of-a-kind experiences you won't find anywhere else. You'll be in awe of the inside and outside of the Guardian Building, a stunning downtown art deco skyscraper and recipient of a coveted Michelin 3-star recommended site designation. Or head to Canfield Street in Midtown, home to the flagship store of Shinola, famous for handcrafted watches and bicycles, and Third Man Records, a record and novelties lounge with a pressing facility and studio launched by Jack White. Then finish off with an experience combining fine architecture and dining at The Whitney, an iconic restaurant housed in an 1894 historic mansion.



Bill Bowen

A National Historic Landmark, the Guardian Building is one of the boldest examples of art-deco architecture, located in Detroit's financial district.

2 Enjoy the great outdoors.

Detroit is blessed with a beautiful riverfront and great view of Windsor, Ontario. There's no better way to take it all in than strolling along the picturesque Detroit International Riverwalk, a three-mile stretch running from Rosa Parks Boulevard to the Belle Isle Bridge. Along the way, you'll find playgrounds, parks and even a carousel. Cross the bridge to Belle Isle, where there's an aquarium and the Anna Scripps Whitcomb Conservatory. Or relax and enjoy Campus Martius, a vibrant outdoor public square and gathering place in the heart of downtown.



Charles Falsetti

The Anna Scripps Whitcomb Conservatory is a greenhouse and a botanical garden located on Belle Isle in the Detroit River.

3 Tour a museum.

Looking for a cultural experience? We've got it! Head to the Detroit Institute of Arts, home to a vast art collection and Diego Rivera's famed Detroit Industry Murals, and the Charles H. Wright Museum of African American History, celebrating 60 years of honoring the rich, storied history of African Americans. And there's nothing more Detroit than the Motown Museum, aka Hitsville USA. The museum houses special exhibits and the legendary Studio A, where Berry Gordy collaborated with artists like The Supremes, The Temptations, Marvin Gaye and Stevie Wonder. Finish the day with an authentic meal at one of numerous dining spots in Greektown, just steps from downtown, and Mexicantown, just a short drive from the heart of Detroit.



Visit Detroit

The Detroit Institute of Arts holds one of the largest and most significant art collections in the U.S. Located in Detroit's Midtown.

4 Eat, drink and be merry!

There are no shortage of places to wine and dine in Detroit. Grab authentic Detroit-style pizza at Buddy's, Pie Sci or Michigan & Trumbull. Or try a Coney Island hotdog, a Detroit staple served up at rival diners Lafayette Coney Island and American Coney Island, located right next to each other on Lafayette Boulevard. If you're a sports fan, there's no better place to catch a game than Hockeytown Café. Located near Little Caesars Arena and Comerica Park, this multi-level restaurant/bar is filled to the brim with Detroit sports memorabilia. For a more subdued experience, stop for a pour at The Royce, Chenin or Ladder 4 Wine Bar, housed in a 1910 firehouse.



Sara Srinivasan

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10 Fun Facts About the Detroit Windsor Tunnel

The Detroit Free Press Marathon Presented by MSU Federal Credit Union isn't just the first international marathon—it's also the only race in the world to have an underwater international mile. Since the marathon's inaugural edition in 1978, the course has taken participants through the Detroit Windsor Tunnel running underneath the Detroit River. Here are 10 fun facts sure to get you pumped up about your run through the tunnel:

1 It's one of a kind. The Detroit Windsor Tunnel is the only underwater international vehicular tunnel in the world.

2 It really is an "underwater mile." The tunnel runs 5,160 feet under the Detroit River between Detroit and Windsor. It's the only place in the world to run a mile internationally while under water.

3 It's an engineering "Wonder of the World." The underwater stretch of the tunnel isn't one continuous structure—it's nine separate 250-foot steel tubes, prefabricated on land, floated into place, sunk into a trench on the riverbed and joined together by divers.

4 President Hoover opened it by remote control. Construction started in 1928 and was completed in 26 months—10 months ahead of schedule. On Nov. 1, 1930, President Herbert Hoover turned a symbolic "golden key" in Washington to officially open the tunnel, with bells ringing on both sides of the border.

5 Four independent power sources keep it running. The tunnel draws on two independent power feeders from DTE Energy in the U.S. and two more from Canada.

6 It's jointly owned by two cities. The cities of Detroit and Windsor each own half of the tunnel.

7 A quarter-million cars drive through it every month. On a normal day, roughly 10,000 vehicles pass through the tunnel. That's nearly four million vehicles a year.

8 The air is cleaner inside the tunnel than outside of it. The two-story fans in the ventilation building pump fresh air inside the tunnel every 90 seconds. That's why you'll feel a steady breeze while running through it.

9 You're running deeper than freighters above you. At its lowest point, the tunnel's roadway sits 75 feet below the surface of the Detroit River, well beneath the hulls of the freighters passing overhead.

10 It's never fully closed—except for you. The tunnel never closes, except for a couple of hours twice a year for emergency training and annually for the Detroit Free Press Marathon, making race day one of the only times the tunnel is car-free.

—Source: Detroit Windsor Tunnel, LLC



Courtesy Detroit Windsor Tunnel

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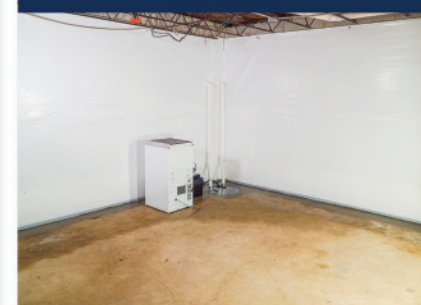
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DMC's Post-Race Recovery Tips

How To Help Your Body Bounce Back After Your Race



Proper post-race care helps replenish energy stores, support your body's recovery and prepare you for future training.

What To Do Immediately After Crossing the Finish Line

- ✓ **Keep moving** instead of stopping abruptly to allow your heart rate and blood pressure to return to normal. Walking and light jogging can also boost blood flow and help clear waste products that build up during hard exercise.
- ✓ **Rehydration** is equally important. If possible, compare your post-race weight with your pre-race weight to estimate fluid losses. Aim to replace each pound lost with 16-24 fluid ounces of water, sipping steadily and completing rehydration within 6 hours.
- ✓ **Refuel** within 30-60 minutes with a snack or meal that includes carbohydrates and protein to restore energy and support muscle repair.
- ✓ **Listen to your body.** Feeling sore is expected, however severe cramping, dizziness, chest pain or confusion may be a sign of something more serious. Don't ignore it, visit DMC's medical tent for prompt medical attention.

Recovery Days the First Week After the Finish

- ✓ **Stay active, but keep it easy.** Gentle movement, such as walking, light cycling or swimming, boosts circulation and helps ease stiffness without placing additional stress on recovering muscles.
- ✓ **Fuel your recovery.** Continue eating balanced meals that include fruits and vegetables, carbohydrates to replenish energy stores and protein to support muscle repair. Keep up with your fluid intake as well.
- ✓ **Address lingering tightness** by focusing on your stretching and mobility program. While a sports massage may sound good, it is often best to wait a couple days before scheduling one.
- ✓ **Make rest a priority.** Extra sleep and downtime give your body the time it needs to repair itself, reducing the risk of injury and helping you prepare for your next workout or race.

As the Official Medical Services Provider of the Detroit Free Press Marathon, DMC is here to support your recovery. If post-race pain or discomfort persists, our orthopedic and sports medicine team can help.



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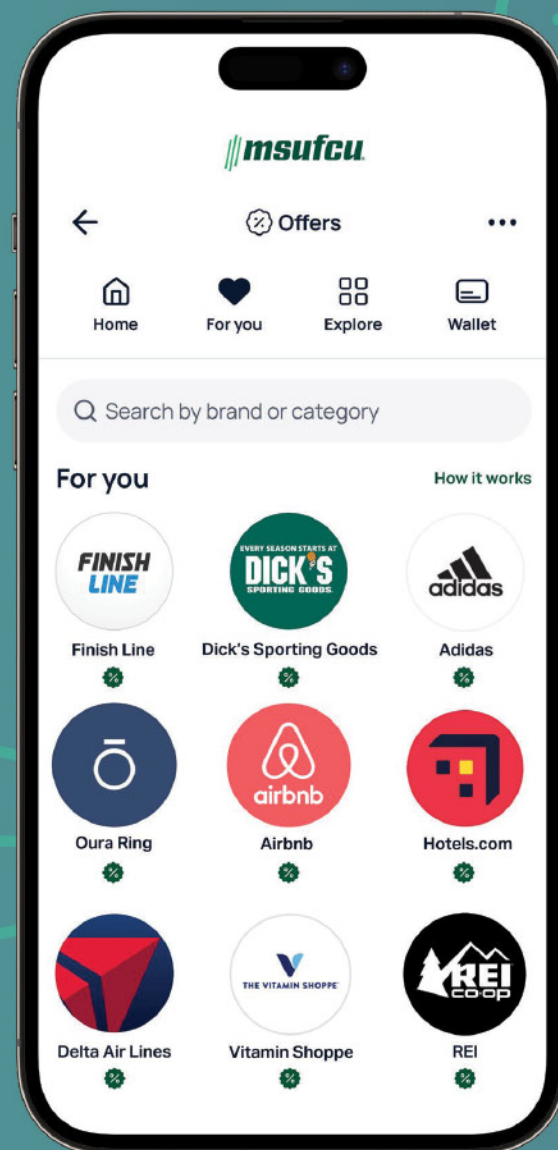
Whether you're training for race day or stocking up on gear, CashBack+ from MSU Federal Credit Union (MSUFCU) helps you **earn up to 20% cash back** from participating merchants on the purchases you already make. As a proud sponsor of the Detroit Free Press Marathon, we're with you every step of the journey.

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