



Spectator Guide

Your early morning wake-up call and support throughout today means the WORLD to your athlete! We want to provide you with the best information to help your day be a success, so that your athlete(s) -- and you, too -- can have a great day out on the course for the 21st Novant Health Charlotte Marathon!

Pre-Event

Expo Information:

Packet Pickup is at the 2025 Novant Health Charlotte Marathon Expo. The Expo will be held on Friday, November 14, 2025, at the Charlotte Convention Center Hall C1 & C2, from 10am-7pm.

Athlete Encouragement:

Costumes, signs, cow bells are all welcome and will bring smiles to the 11,000 athletes out on the course! Be loud, be proud, and be supportive.

Check out the map:

Ask your athlete if there's anywhere they would like to see you on the course (certain mileage marker, top of a hill, their favorite or least favorite part of town). Athletes look forward to seeing their cheer squad, and it can give them something to keep running towards!

Even if you don't wear bright-colored clothing, you should tell your runner ahead of time what you're wearing so you're easy to pick out in a crowd.

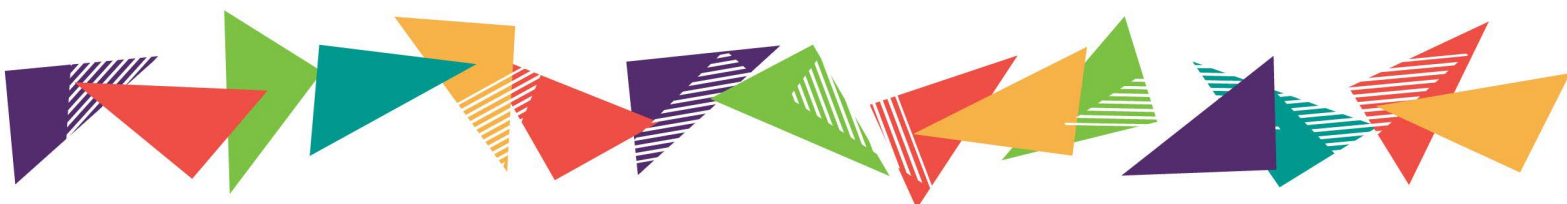
A well-placed loved one can be just the pick-me-up a runner needs during a particularly tough stretch.

Sign Recommendations:

Poster signs with witty quotes or encouraging athletes can go a long way to make athletes smile through a challenging day. If you need a little inspiration, search for "best marathon signs" online and pick your favorite to recreate for event day!

Runner request:

PLEASE avoid the "You're almost there" sign or cheer. Unless there's less than a mile to go.





Athlete Tracker

Predictive Runner Tracking:

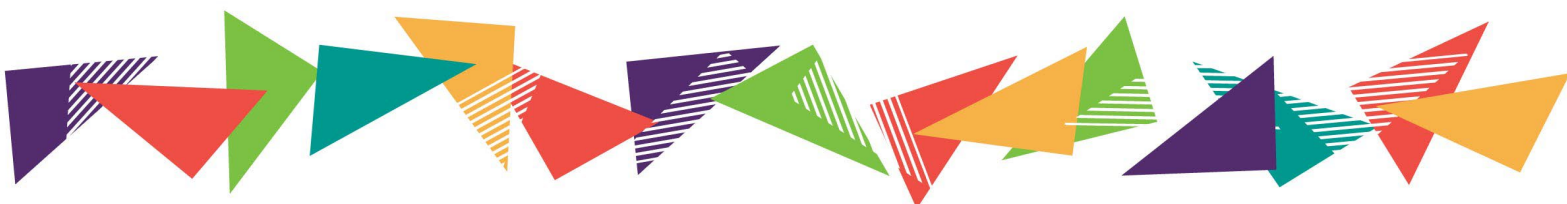
After visiting [this link](#), select the distance from the dropdown menu at the top of the page, then enter the name of the participant you'd like to track in the search box. Once you've turned on the toggle beside the name of the participant you'd like to track, click on the "Following" tab to see where they are on the course map, what time they're predicted to reach the next split point, and what their predicted finish time will be!

However, the app isn't a live tracker. It will only tell you where the runner should be based on their pace in the previous event segment. That means if they speed up, they'll arrive sooner, and if they slow down, they'll lag behind where the app tells you they will be.

If you want to track your runner's actual location and they have their smartphone or smartwatch on them, use the real-time location feature on your smart device (Find My Friends for Apple, Google Trusted Contacts for Android). While this won't give you the official results, it will let you know where they actually are.

- **Spectator Preparation**
- **Wear Layers and Comfortable Shoes**
- **Pack Snacks and Water**

Depending on which event distance your athlete is doing, you may be out on the sidelines for one hour or eight. Prepare yourself for a successful day by packing snacks and water in a bag, along with your cowbell. It's important for YOU to stay hydrated and energetic to provide strong support!





Day Of Event

Parking in Uptown ahead of the Finish:

We recommend booking convenient and affordable parking in advance through Spot Hero, the nation's leading parking reservations app.

To reserve your parking spot for the Novant Health Charlotte Marathon, visit the [Novant Health Charlotte Marathon SpotHero Parking Page](#).

Parking in Uptown ahead of the Finish:

Certain roads around the Finish Line will be completely closed on event day so please refer to the map for understanding how to get to parking garages or street parking if you plan to meet your athlete at the finish.

Public Transportation

<https://www.charlottenc.gov/CATS/Ride/Rail/Rail-Routes-and-Schedules>

Bag Check

Option 1:

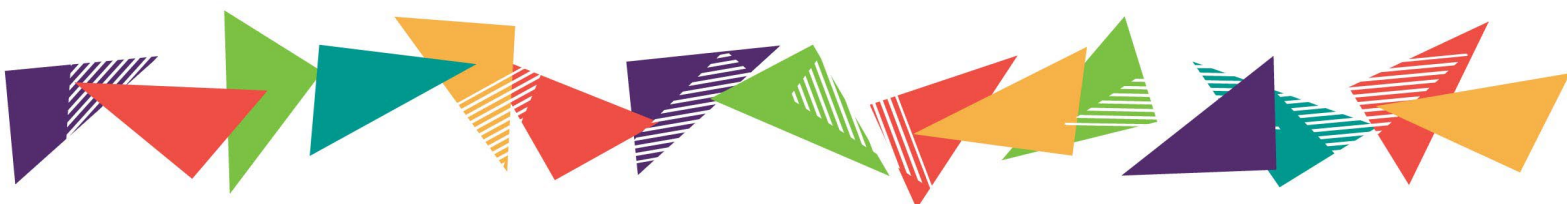
Event day bag check is located at the corner of Mint Street and MLK Jr. Blvd. If your athlete hands you their Gear Bag and asks you to take it to Bag Check, look for the HUGE Gentle Giant truck, put your athlete's bib number on a sticker, stick that to the clear bag, and check the bag with the Gentle Giant Staff. The athlete can pick up their bag after they have finished their event. The Gentle Giant staff will only return the bag post-event to someone with a matching bib number.

Option 2:

If it's a cold morning, your runner may want to start the event with a hat, gloves, or an extra layer. Novant Health Charlotte Marathon (NHCM) donates all clothing left on the course to a good cause (**Project Outpour**) —but if there's a particular piece of gear your runner doesn't want to toss, they can hand it off to you at an early viewing point.

Bathrooms:

Porta potties will be available in Romare Bearden Park and dozens will be placed along S. Tryon St along the start corrals. Port-o-lets near the start line





will be BUSY ahead of the event start. Once the athletes leave the start line, you'll have access to more port-o-lets than you could ever dream of!

In addition to porta potties, bathrooms at Truist Stadium are open from 6am – noon. Family restrooms and a Mothers' Room are available inside Truist Field on the concourse level. Please enter up the main steps and follow the signs to your left.

Start Line

The Start Line for all distances is located at 525 S Tryon Street between Brooklyn Village Ave and Levine Ave of the Arts.

Corrals open at 6:30am and close 15 minutes before the start time. Athletes will be assigned a Corral and must start the event within that corral. An athlete may move back in a corral, but they are not able to move forward into a faster corral.

Full and Half Marathon and Ruckers: 7:20am start time and will close at 7:30am.

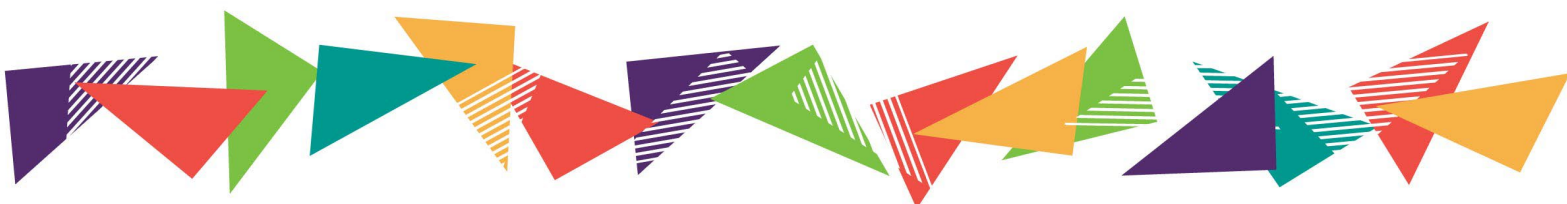
5K: 7:35am start time and will close at 7:45am.

Athlete On Course

Your athlete(s) has started their run to celebrate all of the training they have completed! First step for you, take a breath and congratulate yourself for getting them to the starting line. Breathe in. Breathe out. Maybe find a port-o-let. Whew. Okay... back to work!

5K

Your athlete will be on course for 15 minutes to an hour. Our suggestion is to walk over to the Finish Line located on 4th Street, between Mint St and Graham St. You can't miss the Finish Line!





Half Marathon

Your athlete will be on course for anywhere from one hour to three hours (half marathon time limit). Depending on the pace of your athlete, there are a few ways you can spend your time: Breakfast at Rhino Market, grab a coffee, let the kids play in Romare Bearden Park, take a quick nap in the car, or get out around the course to cheer them on!! Make sure you're back for the Finish Line!

Marathon

Your athlete will be on course for anywhere from two hours (World record pace) to six hours (full marathon time limit) from the time they start. There is a lot you can accomplish in this time. We'll provide some recommendations below. Make sure you're back for the Finish Line!

How to Get Around

Driving:

Driving around the city can be challenging with multiple roads closed. Always abide by road closures. Abide by all event safety signage and personnel, including police officers stationed around the course. Athletes on course have the right of way today!

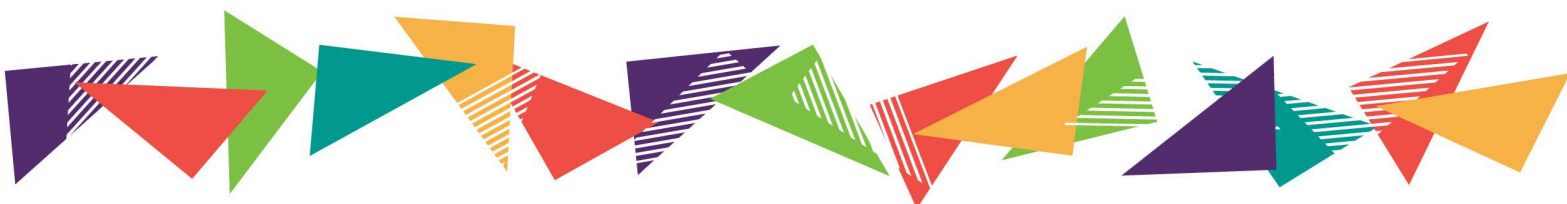
Rideshare Scooters and Bicycles:

Do not ride on the course. If you are looking to see your runner multiple times, a scooter or bike is the way to go. They allow you to nimbly follow the marathon route, and if you don't have your own, Charlotte Joy Rides are easy to rent, hop on, and hop off. However, you will have to contend with road closures.

Course Maps:

We have route maps for each event, click a link to open a .pdf:

- Marathon - [Map](#) - [Turn By Turn](#)
- Half Marathon - [Map](#) - [Turn By Turn](#)
- 5k - [Map with Turn By Turn](#)





Spectator Points:

The Charlotte community has come through louder than ever and we are proud to have established “Cheer Stations” this year. Local running clubs, community groups, organizations, and businesses have organized cheer zones throughout the course to motivate participants on their 5k, 13.1 or 26.2-mile journey through Charlotte. You can find a list of cheer stations where you can join others on our social media pages.

The back half of the full marathon course is spectator friendly as the course will utilize North Davidson and The Plaza for runners going both directions during certain sections. You can even move between the two main roads through the Villa Heights neighborhood to see your athlete MULTIPLE times.

Don't stop cheering:

All runners—not just yours—need and appreciate your encouragement! Look at shirts and event bibs and greet them by name or bib number.

Be respectful:

Don't obstruct access to buildings or leave trash or signs behind. Please note that portable toilets are for registered runners only.

"See Something, Say Something":

Safety and security are everyone's responsibility. If you see something or someone suspicious, notify a law enforcement officer or event official, or call 911.

Time Limits:

The course limit is 6:00 for the full marathon and 3:00 for the half marathon. This equates to maintaining a 13:45 mile per minute pace. If athletes are outside this limit, they will be asked to move to the sidewalk. Runners with a total time of over six hours may not receive an official time.

Finish Line:

The finish line is located on 4th Street near Mint Street. Join us to cheer on the runners; first finishers expected times:

- **5k** – 7:55am
- **Half** – 8:35am
- **Full** – 9:50am





Athlete Finish Chute:

The athlete finish line is open to registered runners only.

Athletes will continue through the finish chute to collect food and drinks from our sponsor, Publix.

You will be able to hug your athlete once they have exited the chute. You may want to make a plan BEFORE the event where to meet up so the athlete can take their time through the chute and celebrate with other athletes.

Finish Line Festival - Romare Bearden Park:

Join us for the Finish Line Festival – Vendors, Food Trucks, DJ Rosice, giveaways, and more! [See our map.](#)

Awards:

The Awards Ceremony will be held at the Finish Line Festival in Romare Bearden Park.

- **5k** – 8:30am
- **Half Marathon** – 10am
- **Full Marathon** – 12pm

Awards are given to the top 3 overall (top 5 for the marathon) and top 3 for each age group. ** Must be present to receive awards

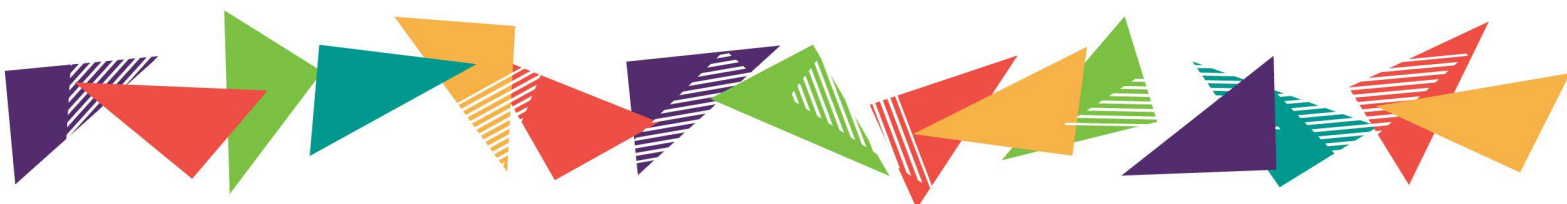
Results:

Event results are available by scanning the QR code on an athlete's bib and entering the athlete's bib number.

Post-Event:

Your athlete may be famished or they may not quite be ready for food yet. Every athlete is different. Whether it's their first long distance event or their 100th, bring their favorite snack or suggest their favorite restaurant, but know they may need time to decompress before making any food decisions!

Be sure to take care of yourself! Spectating is harder than most people think. The anticipation of your athlete arriving, maneuvering closed roads, and cheering your heart out will drain you more than you expect. Congratulate your athlete and yourself for getting to and through today!





Is it your turn to sign up for next year's event? Come **RUN CHARLOTTE** with us! [Learn more here.](#)

Other Notes

No-Drone Zone:

Drones, photo-copters, and unmanned flying devices are illegal in Charlotte without a permit, and are not permitted anywhere at the Novant Health Charlotte Marathon except by contracted videographers.

Unauthorized Participants:

Individuals not officially registered for the event may not join the event or accompany any participant in the event. Any person without an official event bib will be directed to leave the course immediately. Bicycles, skateboards, and other unauthorized vehicles are not permitted on the course.

Shirt Exchange:

Shirt exchanges are not available at the Expo; please bring the original shirt to the Solutions Tent after the event for a potential shirt exchange.

Restrooms:

Family restrooms and a Mothers' Room are available inside Truist Field on the concourse level. Please enter up the main steps and follow the signs to your left.

In addition to Porto Johns in Romare Bearden Park, bathrooms at Truist Stadium are open from 6am - noon.

Questions?

**Look for the Solutions Tent on Mint St. by the Bag Check --
WE CAN HELP!**

