

FOR IMMEDIATE RELEASE

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FitOne 5K/10K/Half Marathon Run/Walk Road Closure Announcement for Saturday, September 20
Please expect various road closures between 7:00 a.m. and 12:00 p.m.

BOISE – September 12, 2014 – FitOne will take place on Saturday, September 20, 2014 in Boise. Men, women and children of all ages and abilities will participate in the FitOne 5K, 10K and Half Marathon run/walk events, in support of St. Luke's Children's Hospital. All three courses start at the State Capitol in downtown Boise, and will impact different road ways as outlined below and on the maps posted online at FitOneBoise.org.

Volunteers and police officers close specified streets the morning of the event to ensure the safety of the participants in FitOne. Residents and businesses located inside the road closure blockades are encouraged to move in or out as needed prior to or after the closures take place.

The **FitOne 5K/10K/Half Marathon Start Line** is located near the State Capitol building at Bannock St. and Capitol Blvd. All three courses finish at the entrance to Ann Morrison Park off of Americana Blvd.

The **FitOne 5K starts at 9:20 a.m.** Participants will make their way up Capitol Blvd., across Crescent Rim and proceed down Americana Blvd. where they finish at the entrance to Ann Morrison Park.

- **The Boise downtown** core will be closed from W. State St. to W. Front St. and from S. 9th St. to S. 6th St. starting at 7:00 a.m. until 10:30 a.m.
- **S. 9th St. from W. River St. to University Dr.** – will be closed from 8:00 a.m. – 11:00 a.m.
- **S. Capitol Blvd.** will be closed from Vista to Main St., as will **Crescent Rim Dr.** from the Boise Depot to N. Latah St. starting at 8:00 a.m. until 11:30 a.m., or until the last participant clears the area. **Latah** from Morris Hill to Americana, and **Emerald** from Roosevelt to Americana will be closed to all but local traffic at 7:00 a.m. until Noon.
- **S. Capitol Blvd. from W. Front St. to W. River St.** – will be closed from 9:15 a.m. – 9:45 a.m.
- **East-bound Myrtle St. at S. Capitol Blvd.** will be open until 9:15 a.m. and then close until 9:45 a.m.
- **West-bound Front St. at S. Capitol Blvd.** will be open until 9:15 a.m. and then close until 9:45 a.m.
- **S. Americana Blvd. from W. Shoreline Dr. to W. Emerald St. at S. Roosevelt St. & St. Latah at Morris Hill Rd.** – will be closed to all traffic from 7:00 a.m. to 12:00 p.m. on Saturday, September 20.
- **S. Americana Blvd. from W. Shoreline Dr. to W. Emerald St.** – will be narrowed to two lanes starting at 5:30 p.m. on Friday, September 19, and
- **ALTERNATE I-84 ACCESS via S. Broadway Ave. after 9:15 a.m. until 11:30 a.m.**
- **ALTERNATE BENCH ACCESS via S. Orchard St.**

The **FitOne 10K starts at 8:00 a.m.** Participants will make their way east on W. Jefferson St., across Avenue B, turn south on Avenue C and then east on E. Warm Springs Ave. to Walnut Street. Participants turn south on Walnut St. to the Boise River Greenbelt and merge into the 5K course after crossing the bridge at the Idaho Anne Frank Human Rights Memorial onto S. Capitol Blvd., where they will follow the 5K/10K course to the finish in Ann Morrison Park.

- **S. 6th St. from Grove St. to W. Jefferson St.** – will be closed from 7:00 a.m. – 10:30 a.m.
- **W. Jefferson St. from S. 6th Street to N. Avenue C** – will be closed from 7:30 a.m. – 8:30 a.m.
- **E. Warm Springs Ave. from N. Avenue C to S. Walnut St.** – will be reduced to one lane from 7:30 a.m. – 8:30 a.m.
- **S. Walnut St. from E. Warm Springs Ave. to S. Strawberry Ln.** – will be closed from 8:00 a.m. until 8:45 a.m.

The **FitOne Half Marathon starts at 7:30 a.m.** Participants will make their way east on W. Jefferson St., across Avenue B, turn south on Avenue C and then east on E. Warm Springs Ave. At Granite Way, participants enter the Boise River Greenbelt and follow up around Marianne Williams Park to E. Barber Station Drive where they will merge onto E. Parkcenter Blvd. Participants continue on E. Parkcenter Blvd. to E. Mallard Dr. where they turn to join the Boise River Greenbelt and then across the Baybrook Court Bridge to the north side of the Boise River. Participants merge into the 5K course after crossing the bridge at the Idaho Anne Frank Human Rights Memorial onto S. Capitol Blvd., where they will follow the 5K/10K course to the finish in Ann Morrison Park.

- **S. 6th St. from Grove St. to W. Jefferson St.** – will be closed from 7:00 a.m. – 10:30 a.m.
- **W. Jefferson St. from S. 6th Street to N. Avenue C** – will be closed from 7:30 a.m. – 8:30 a.m.
- **E. Warm Springs Ave. from N. Avenue C to S. Walnut St.** – will be reduced to one lane from 7:30 a.m. – 8:30 a.m.
- **E. Warm Springs Ave. from S. Walnut St. to S. Granite Way** – will be reduced to one lane from 7:30 a.m. – 8:15 a.m.
- Course proceeds on Boise River Greenbelt until E. Barber Station Drive.
- **E. Parkcenter Blvd. from E. Barber Station Drive to E. Mallard Dr.** – will be reduced to one lane on the W/NW traveling side from 8:00 a.m. to 11:00 a.m.

For a road closure map or to register for the FitOne 5K, 10K or Half Marathon, visit FitOneBoise.org. Registration also takes place at the FitOne Expo at the Boise Center on September 18 and 19.

For more information call the FitOne office at (208) 381-2221 or visit us at FitOneBoise.org.

About FitOne

Produced and sponsored by St. Luke's Health System, Idaho's only community owned Health System, the FitOne 5K Family Run, Walk & Stroll, 10K and Half Marathon takes place September 18-20, 2014 in Boise, Idaho. The title beneficiary for the event is St. Luke's Children's Hospital. FitOne is like a picture postcard of Boise. All three courses take runners and walkers from the steps of the State Capitol in the heart of the city, along historic avenues and the Boise River, and finish in Ann Morrison Park. The 2-day FitOne Expo offers activities, entertainment, education and free health screenings to all registered participants, and is free and open to the public. Key sponsors include KTVB, Idaho Dairy Council, KeyBank, SelectHealth, Townsquare Media, Idaho Statesman and Healthy Idaho Magazine. To learn more and to register or volunteer, please visit FitOneBoise.org or call 208.381.2221. To learn more about St. Luke's Health System, visit StLukesOnline.org.

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