

**FOR IMMEDIATE RELEASE**

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**UPDATED 9/17: FitOne 5K/10K/Half Marathon Run/Walk Rolling Road Closures for Sat., Sept. 20**  
*Please expect various rolling road closures between 7:00 a.m. and 12:00 p.m.*

**BOISE – September 17, 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](http://FitOneBoise.org).

Volunteers and police officers provide rolling closures on specified streets the morning of the event to ensure the safety of the participants in FitOne. Those needing to conduct business inside the rolling road closure blockades are encouraged to move in or out as needed prior to or after the rolling 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. 9<sup>th</sup> St. to S. 6<sup>th</sup> St. starting at 7:00 a.m. until 10:30 a.m.
- **S. 9<sup>th</sup> 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 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. 6<sup>th</sup> 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. 6<sup>th</sup> Street to S. Walnut Street** – rolling closures from 7:30 a.m. – 8:30 a.m.
- **S. Walnut St. from E. Jefferson St. 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. They will continue on E. Jefferson St. to Bruce Avenue where the course jogs to south, then left to continue again on E. Jefferson St. to Mobley Drive, south to E. Warm Springs, 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. 6<sup>th</sup> St. from Grove St. to W. Jefferson St.** – will be closed from 7:00 a.m. – 10:30 a.m.
- **Jefferson St. from S. 6<sup>th</sup> Street to Mobley Drive** – rolling closures from 7:30 a.m. – 8:30 a.m.
- **E. Warm Springs Ave. from Mobley Drive to S. Granite Way** – will be reduced to one lane from 7:30 a.m. – 8:30 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 rolling road closure map or to register for the FitOne 5K, 10K or Half Marathon, visit [FitOneBoise.org](http://FitOneBoise.org). Online registration closes Wednesday, September 17 at midnight. Registration for the 5K only 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](http://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](http://FitOneBoise.org) or call 208.381.2221. To learn more about St. Luke's Health System, visit [StLukesOnline.org](http://StLukesOnline.org).

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