



# NATIONAL WOMEN'S

## HALF MARATHON & 8K

A NATIONAL WOMENS HALF MARATHON SERIES EVENT

*Run with Heart* APRIL 29, 2018



**ATHLETE GUIDE**  
**SUNDAY, APRIL 29, 2018**

# WELCOME

On behalf of Premier Event Management, The District of Columbia, The National Park Service and our sponsors, first responders and volunteers, we would like to thank each and every athlete for joining us for the 1<sup>st</sup> annual National Women's Half Marathon & 8K!

The event we've planned for you sets up to be a fun day of fitness and music as the spring season kicks into high gear! In this inaugural year, the event for both half marathoners and 8K runners will start and finish on Ohio Drive in the shadows of the Martin Luther King Memorial. Athlete's will traverse past some of the most famous monuments and memorials in our Nation's Capital on your 13.1 mile tour and 8K tour of this great city!

This year's event has over 7,500 registered runners from all 50 states and 24 foreign countries joining us at the starting line.

Again, congrats to each of you for taking up the challenge of the National Women's Half Marathon & 8K Road Race! Good Luck!

Sincerely,

Bill Burke  
President / CEO  
Premier Event Management

## Thank You to Our Sponsors!



# EVENT SCHEDULE

## FRIDAY, April 27, 2018

**PACERS RUNNING – 1821 14<sup>th</sup> Street, NW, - Washington DC 20009 – 202-506-2029**  
**PACERS RUNNING – 1301 King Street, - Alexandria, VA 22314 – 703-836-1463**  
**PACERS RUNNING – 3100 Clarendon Blvd. – Arlington, VA – 703-248-6883**

11:00 AM – 8:00 PM	Packet Pick Up, T-Shirt Pick-Up
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## SATURDAY, April 28, 2018

**PACERS RUNNING – 1821 14<sup>th</sup> Street, NW, - Washington DC 20009 – 202-506-2029**  
**PACERS RUNNING – 1301 King Street, - Alexandria, VA 22314 – 703-836-1463**  
**PACERS RUNNING – 3100 Clarendon Blvd. – Arlington, VA – 703-248-6883**

10:00 AM – 5:00 PM	Packet Pick Up, T-Shirt Pick-Up
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## SUNDAY, April 29, 2018

### WEST POTOMAC PARK, OHIO DRIVE & WEST BASIN DRIVE

5:00 AM – 6:15 AM	Packet Pick Up (Limited to athletes with special request ONLY)
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6:30 AM	Half Marathon Runners Called into Corrals
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6:55 AM	National Anthem
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<b>7:00 AM</b>	<b>START – National Women’s Half Marathon</b>
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7:20 AM	8K Runners Called into Corrals
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<b>7:30 AM</b>	<b>START – National Women’s 8K Road Race - TENTATIVE START TIME</b>
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9:30 AM	Awards Presentation - 8K
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10:00 AM	Awards Presentation – Half Marathon
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11:00 AM	Race Course Closes
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12:30 PM	Post Event Party CLOSING DOWN
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**Proxy Packet Pick Up – To pick up for another participant please bring a copy of a sign Proxy Form to any of the 3 Pacer Store Locations Listed Above! [Click for Proxy.](#)**

# PACKET PICK-UP INFO

The 2018 National Women's Half Marathon will be using direct bib assignment for race packet pick-up. Athletes can go to any of the 3 Pacer Store Locations listed above to get their race bib assigned to them when they arrive at a location.

Athlete's must have a copy of their ID, and it's very helpful to have a copy of your confirmation email from active.com when you pick up your race packet. (NEW REGISTRATION IS CLOSED AT THIS TIME)

If you're picking a race bib for another person, you will need to have a properly filled out Proxy Form, please find link here:

<http://nationalwomenshalf.events/proxy/>

## TRANSFERS IMPORTANT UPDATE!

**There has been an extremely high demand of transfers from the half marathon to 8K distance. We have accommodated several hundred requests to date. These athletes were sent a confirmation upon completion of this request. These requests will be honored.**

**Race management wants this to be a positive and fun experience for all. Any athlete that still wishes to change their race distance can decide on race day, but will use the original pre-registered bib.** For example, half marathon runner wants to switch to 8K. This runner will pick up a half marathon bib at packet pickup and will use it for the 8k road race. Upon completion, you will receive an 8K time. However, you may receive a half marathon medal so that we do not run out of 8K finisher medals. This is to ensure that all pre-registered 8K participants will receive the proper 8K medal.

# PACER GROUPS

Our available pacer athletes will assist every ability level of every runner to reach her potential at the 2018 National Women's Half Marathon.

Athletes can find several pacers and a pacer captain in the following finish pace times:

<b>6:30 pace to 7:00 pace</b>	<b>1:28:29</b>
<b>7:00 pace to 7:30 pace</b>	<b>1:35:03</b>
<b>7:30 pace to 8:00 pace</b>	<b>1:41:36</b>
<b>8:00 pace to 8:30 pace</b>	<b>1:48:09</b>
<b>8:30 pace to 9:00 pace</b>	<b>1:54:42</b>
<b>9:00 pace to 9:30 pace</b>	<b>2:01:15</b>
<b>9:30 pace to 10:00 pace</b>	<b>2:07:49</b>
<b>10:30 pace</b>	<b>2:17:39</b>
<b>11:30 pace</b>	<b>2:30:45</b>

# COURSE SUPPORT

**Water Stations are located at miles 2, 4, 6, 8, 10, 12,  
Gatorade & Water are available at each stop!**

**(Portable Restrooms are also located at or near each Water Station  
for your convenience)**

**Energy Gel's and the Energy Gel wrappers are NOT allowed on  
National Park Property. If you are going to carry energy gels during  
the event, please do not litter on National Park Property! THANKS!**

# SHUTTLE BUSES

***Shuttle buses will be provided from each hotel on race morning.***

**PRE EVENT** - Athletes staying at the 2018 Host Hotels may take the race shuttle to the start. That service will run from 4:30am to 6:30am and will take athletes to Ericson Circle which is just off of Independence Avenue and 23<sup>rd</sup> Street in West Potomac Park. Athletes from that point will walk along Independence Avenue and enter the race venue at West Basin Drive next to the MLK Memorial.

**POST EVENT** - Athletes staying at one of these hotels can receive a shuttle bus ride post event from 11:00am to 12:30pm. This service will run from Ericson Circle which is just off of Independence Avenue and 23<sup>rd</sup> Street back to the two hotels listed on the event web site. (<http://nationalwomenshalf.events/hotel>)

# PARKING

There is very little parking available in West Potomac Park for the National Women's Half Marathon & 8K Road Race. Small lots are available along Ohio Drive, just south of the inlet bridge. But lots' A, B, & C will not be accessible after 6:00am on race morning due to road closures for the impending race time start of 7:00am!

**GETTING TO THE START:** *The quickest way to get to the starting area in West Potomac Park will be to take either a local taxi Service, Lyft or Uber. Parking is extremely tight in West Potomac Park and the Local Metro Service is not operational until 8:00am on a Sunday morning in Washington DC! If you are using one of these forms of transportation, you want to be dropped off at the Lincoln Memorial and walk the short 3 blocks to the event race site along the Potomac River. (ROAD CLOSURES BEGIN AT 6:00am SHARP)*

**LYFT Discount Codes:**

**New users: (\$5 off 2 rides): [RUNWITHHEART18](#)**

**Volunteers: (20% off 1 ride up to \$4): [RUNWITHHEART20](#)**

## TIME LIMIT - HALF

The 2018 National Women's Half Marathon has a 4 Hour Time Limit

## GEAR CHECK

Athletes wishing to drop off a gear bag at the starting line in the gear check area may do so before 6:50am. There will be gear bags given to each runner at packet pickup. Extra gear bags will be available at Gear Check) (NOTE: To pick up this bag post event, you will need to have your bib number on for proper identification to the volunteers working in the gear check area.) THANKS!

## COURSE AID STATIONS

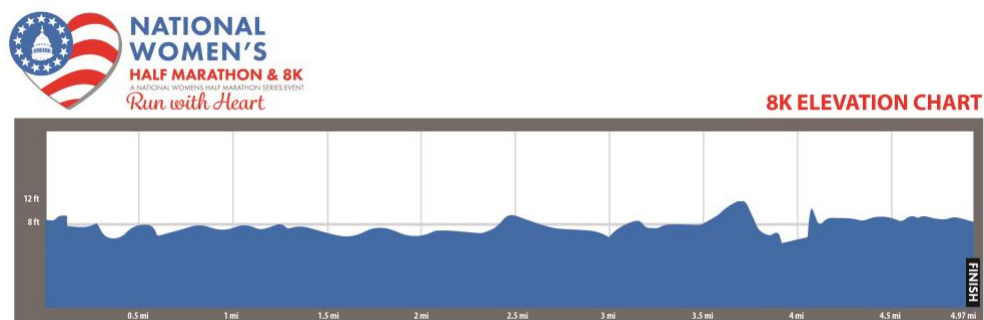
Race Management will have water stations at every 2 miles along the Half Marathon & 8K Courses complete with Water, Gatorade, Ice and portable restrooms. Washington DC EMS will also be located at three locations on the 13.1-mile route and at the finish line!

Loop Spring Water, the official water sponsor, congratulates each and every woman on a race well run! Way to run with heart in your Nation's Capitol. Loop Water is proud to sponsor your commitment to health and heart. Keep it up and remember to Reduce. Reuse. Recycle! Find a complete list of Loop Water vendors at <http://www.drinkloop.com/>.









If your company is interested in sponsorship for this event in 2018 please contact us at [sponsorship@pem.events](mailto:sponsorship@pem.events)

## SOCIAL MEDIA

**We would love to have copies of your fun photos and any videos.**

Please Follow and Post on the race Facebook page at [www.facebook.com/NationalWomensHalf/](http://www.facebook.com/NationalWomensHalf/)!

Email them to [info@pem.events](mailto:info@pem.events).

Please follow us and use the **#NationalWomensHalf** and **#PEMRaces**

Facebook: [www.facebook.com/pemraces](http://www.facebook.com/pemraces)

Twitter: [www.twitter.com/pemraces](http://www.twitter.com/pemraces)

Instagram: [www.instagram.com/pemraces](http://www.instagram.com/pemraces)

# RESULTS

Race results will be posted at  
<http://nationalwomenshalf.events/results/>

# PHOTOS

Document your fun and your accomplishment!  
FinisherPix (<http://www.finisherpix.com/e/2354>)  
will be photographing athletes along the course  
and at the finish line.

**Pre-order and Save at**  
<http://www.finisherpix.com/e/2354>

[FinisherPix](#) will provide a link to your photos once they are ready to view!

# RACE SHIRTS

Race shirts will be available at packet pickup on Friday & Saturday and  
at the post race party on Sunday.

