

NATIONAL WOMEN'S

HALF MARATHON & 8K

A NATIONAL WOMEN'S HALF MARATHON SERIES EVENT

Run with Heart



ATHLETE GUIDE
SUNDAY, MAY 5th, 2019

WELCOME

On behalf of 10xEM, 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 2nd running of the 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! 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 13.1mile tour and 8K tour of this great city!

This year's event has over 6,500 registered runners from all 50 states and 14 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,

Your Event Team



EVENT SCHEDULE

FRIDAY, May 3, 2019

PACKET PICKUP TIMES & LOCATIONS

10:00AM – 7:00PM	Packet Pickup at PACERS RUNNING CLARENDON 3100 Clarendon Blvd. – Arlington, VA – 703-248-6883
11:00 AM – 8:00 PM	Packet Pickup at PACERS RUNNING 14TH STREET 1821 14th Street, NW, - Washington DC 20009 – 202-506-2029

SATURDAY, May 4, 2019

PACKET PICKUP TIMES & LOCATIONS

10:00AM – 6:00PM	Packet Pickup at PACERS RUNNING CLARENDON 3100 Clarendon Blvd. – Arlington, VA – 703-248-6883
10:00 AM – 5:00 PM	Packet Pickup at PACERS RUNNING 14TH STREET 1821 14th Street, NW, - Washington DC 20009 – 202-506-2029

SUNDAY, May 5, 2019

WEST POTOMAC PARK, OHIO DRIVE & WEST BASIN DRIVE

5:00 AM – 6:15 AM	Packet Pick Up (Limited to athletes with special request ONLY)
6:30 AM	Half Marathon Runners called into corrals
6:55 AM	National Anthem
7:00 AM	START – National Women’s Half Marathon
7:30 AM	START – National Women’s 8K Road Race - TENTATIVE START TIME
9:30 AM	Awards Presentation - 8K
10:00 AM	Awards Presentation – Half Marathon
11:00 AM	Race Course Closes
12:30 PM	Post Event Party CLOSING DOWN

Proxy Packet Pick Up – To pick up for another participant please bring a copy of a sign Proxy Form to either of the Pacer Store Locations Listed Above! Proxy is limited to 5 total per person.

PACKET PICK-UP INFO

The 2019 National Women's Half Marathon & 8K will be using direct bib assignment for race packet pick-up. Athletes can go to either of the 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. For faster service please have your QR code open on your phone, ready to scan. There's no need to print this form.

If you're picking a race bib for another person, you will need to have a properly filled out Proxy Form. Digital copies are allowed. A photo of the their ID is acceptable. You will be limited to 5 total Proxys. To find the Proxy form, please click the link [here](#).

PACER GROUPS

Our available pacer athletes will assist every ability level of every runner to reach her potential at the 2019 National Women's Half Marathon & 8K.

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

7:30 pace to 8:00 pace	1:40 Finish Time
8:00 pace to 8:30 pace	1:45 Finish Time
8:30 pace to 9:00 pace	1:50 Finish Time
9:00 pace to 9:30 pace	2:00 Finish Time
9:30 pace to 10:00 pace	2:10 Finish Time
10:30 pace	2:20 Finish Time
11:30 pace	2:30 Finish Time
12:30 pace	2:45 Finish Time

COURSE SUPPORT

**Water Stations are located at miles 2, 4, 6, 8, 10, 12,
Water at all stops, Gatorade at 4, 8, and 10.**

**(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 the host hotel on race morning.

PRE EVENT - Athletes staying at the Host Hotel may take the race shuttle to the start. That service will depart at 5:00am and 5:30am. Shuttles will take athletes to Ericson Circle which is just off of Independence Avenue and 23rd 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 the host hotel can receive a shuttle bus ride post event from 11:00am to 12:00pm. This service will run from Ericson Circle which is just off of Independence Avenue and 23rd Street back to the host hotel listed on the event web site. PLEASE NOTE: Shuttle can't leave until the roads reopen at approximately 11AM.

TIME LIMIT - HALF

The 2019 National Women's Half Marathon has a 4 Hour Time Limit. If you cannot keep the cutoff pace, you will be moved up on the course by someone on the race staff. You will still be allowed to finish but you will not receive an official race time.

PARKING

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)

GEAR CHECK

Athletes wishing to drop off a gear bag at the starting line in the gear check area may do so before 6:45am. 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!

HALF MARATHON MAP



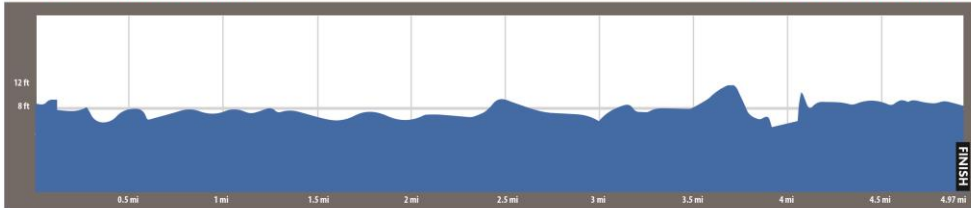
HALF MARATHON ELEVATION CHART



8K MAP



8K ELEVATION CHART



RESULTS

Race results will be posted at:

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

PHOTOS



Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at **National Women's Half Marathon & 8K**. Your personal race photos will be available at www.finisherpix.com. Make sure your bib number is facing front at all times and don't forget to smile when you cross the finish line. Have a great race!

YOUR BEST PHOTOS!

- Ensure you have your race number facing front and visible at all times
- Look out for our FinisherPix photographers on course and SMILE 😊
- Look up when you cross the finishline and smile BIG!

ALREADY CONNECTED?

[Email](#) | [Website](#) | [Facebook](#) | WeChat: finisherpix

2020 EVENT

SAVE THE DATE - the 2020 National Women's Half Marathon & 8K will be held on Sunday, May 3, 2020. Registration will open the week after the event – mark your calendars!

CONTACT

For any additional questions, please email
nationalwomenshalf@race10x.com

We would love for you to follow us on our social media channels. Check out our Facebook & Instagram accounts and tag us in your race day photos with #NationalWomensHalf!



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