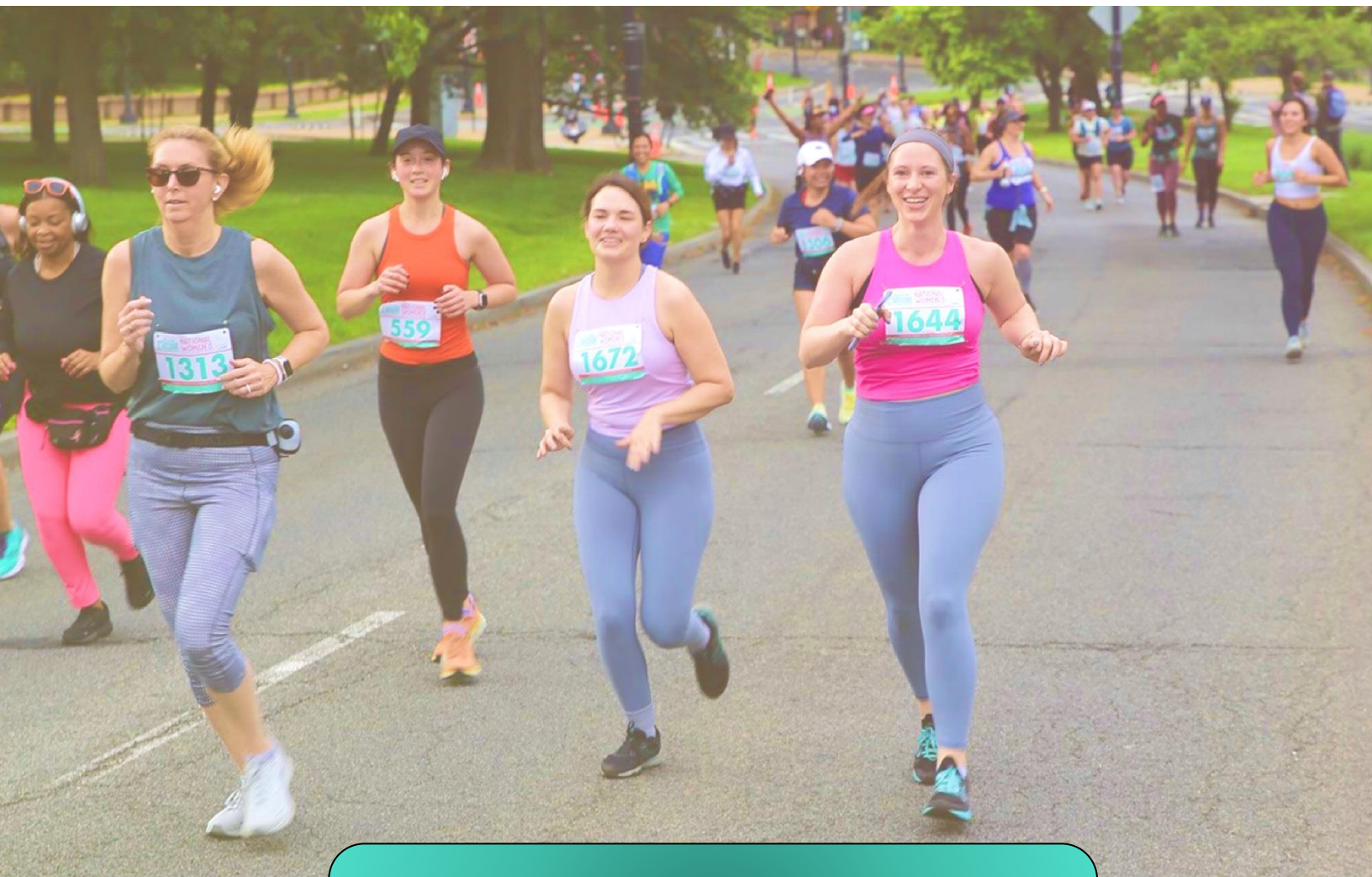




NATIONAL WOMEN'S

HALF MARATHON & 8K



ATHLETE GUIDE
SUNDAY, MAY 5th, 2024

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 athlete for joining us for the 5th 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 course for both half marathoners and 8K runners will start and finish on Ohio Drive in the shadows of the Martin Luther King Memorial. Athletes will race past some of the most famous monuments and memorials in our Nation's Capital on their 13.1 mile tour and 8K journey of this great city!

We are so excited to be, once again, hosting in our beautiful Nation's Capital! Almost 3,000 registered participants from all 50 states and 10 foreign countries will be gathered in our Nation's Capital for the 2024 race!

Again, congrats to each of you for taking up the challenge of the 2024 National Women's Half Marathon & 8K Road Race! Good Luck!

Sincerely,

Your Event Team



EVENT SCHEDULE

****Please note there is only ONE packet pick up location Friday (Arlington) and ONE packet pick up location Saturday (Vienna).
If either of these locations will absolutely not work, please request morning pick up. Friends/Family may pick up for you!

FRIDAY, May 3, 2024

PACKET PICKUP TIMES & LOCATIONS

11:00AM – 7:00PM	Packet Pickup at Potomac River Running Store – Arlington ONLY 4238 Wilson Blvd., Ste 1235, Arlington, VA. 22203 Store's location is in Ballston Quarter, right above the food court
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SATURDAY, May 4, 2024

PACKET PICKUP TIMES & LOCATIONS

10:00AM – 5:00PM	Packet Pickup at Potomac River Running Store – Vienna ONLY 111 Maple Ave. W, Vienna, VA 22180
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SUNDAY, May 5, 2024

WEST POTOMAC PARK, OHIO DRIVE & WEST BASIN DRIVE

6:00 AM – 7:00 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	Racecourse Closes
12:30 AM	Post Event Party CLOSING DOWN

PACKET PICK-UP INFO

The 2024 National Women's Half Marathon & 8K will be using direct bib assignment for race packet pick-up. Athletes can go to either of the Packet Pick Up Locations listed above to get their race bib assigned to them when they arrive at a location.

We will be emailing a copy of your QR code to you Friday morning (May 3rd). Please have your QR code open on your phone, ready to scan. This will ensure a quick check-in process. There's no need to print this form.

Participants may pick up other participant's bibs if they cannot make it to packet pick up themselves. If you're picking a race bib for another person, you will just need to let us know **at packet pick up** who you are picking up for. We are not requiring proxy forms.

Please use this link for Friday Parking Garage Info:

<https://www.arlingtonva.us/Government/Programs/Transportation/Locations/Ballston-Public-Parking-Garage>

COURSE SUPPORT

Water Stations are located at miles 2, 4, 6, 8, 10 and 12
Gatorade will be available at miles 4, 8 and 12

(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!

TIME LIMIT - HALF

The 2024 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: Please [CLICK HERE](#) for more parking information:

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 3 short 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 MAP



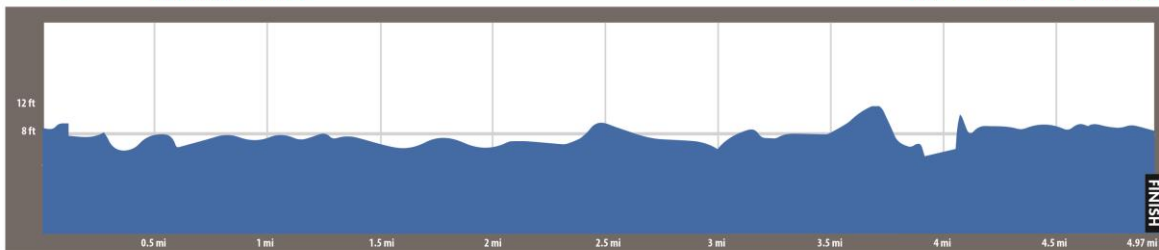
HALF MARATHON ELEVATION CHART



8K MAP



8K ELEVATION CHART



RESULTS

Race results will be posted at:

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

**FREE PHOTOS FOR ALL
REGISTERED PARTICIPANTS!**



PHOTOS

Get your free 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 <https://freephotos.finisherpix.com/gallery/101641/>. 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

2025 EVENT

SAVE THE DATE - the 2025 National Women's Half Marathon & 8K will be held on Sunday, May 4th, 2025. Registration will open soon after the 2024 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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