



Visit

TUSCALOOSA HALF MARATHON



**2026
Official
Athlete
Guide**

Visit
TUSCALOOSA

THANK YOU SPONSORS

Visit TUSCALOOSA



Special Thanks To Those Who Keep Us Safe

Tuscaloosa Police Department, Tuscaloosa Fire Department, Alabama EMS, Visit Tuscaloosa Half Marathon Medical Team and all of our public safety partners.

A LETTER FROM THE RACE DIRECTOR

Welcome to the 2026 Visit Tuscaloosa Half Marathon!

On behalf of our entire team, welcome to race weekend in Tuscaloosa. We're excited to have you here and grateful that you've chosen to be part of this special event.

Whether you're chasing a new personal best, running your very first race, or simply soaking in the experience with friends and family, the Visit Tuscaloosa Half Marathon is all about celebrating the joy of running and the strength of our community.

Our course highlights the best of Tuscaloosa—from historic streets to beautiful views along the riverfront—giving runners a chance to experience the energy and hospitality that make this city so special. We hope you take a moment to enjoy the scenery, the spectators, and the incredible atmosphere that surrounds you throughout the race.

Events like this wouldn't be possible without the support of our amazing sponsors, volunteers, city partners, and public safety teams. Their dedication helps create a safe, welcoming, and memorable race experience for every participant.

No matter your pace or your goal, race day is about the journey. Every mile tells a story, and we're honored to have you here to share yours with us.

Thank you for being part of the 2026 Visit Tuscaloosa Half Marathon. We wish you the best of luck on race day and can't wait to cheer you on.

See you at the start line!



Patrick O'Brien
Race Director



WELCOME FROM VISIT TUSCALOOSA

Greetings from Tuscaloosa!

On behalf of Visit Tuscaloosa, it is my pleasure to extend a warm welcome to you for the 2026 Visit Tuscaloosa Half Marathon, DCH 5K, and the Alabama Credit Union 1-Mile Fun Run. We are thrilled to have you join us for this exciting event, which promises not only a test of endurance but also an opportunity to experience the vibrant spirit of our city. Your participation in these events contributes to the fabric of our community as we strive to create a dynamic place to live, work, play, and visit.

Tuscaloosa is the South's premier college town, celebrated for its storied legacy and Southern hospitality, and so much more. Whether you're exploring our charming downtown area, immersing yourself in the beauty of our many lakes and parks, or savoring the flavors of our local cuisine, we hope you'll take time to discover all that our home has to offer.

As you race, know that you have the support and encouragement of not only your fellow runners but also the race crew, volunteers, and our community cheering you on every step of the way. Together, we are celebrating your determination and the joy of your accomplishment. Thank you for choosing the Visit Tuscaloosa Half Marathon, DCH 5K, and Alabama Credit Union 1-Mile Fun Run as your race destination. We are honored to have you here.

Roll Tide!



Kelsey C. Rush, TMP
President & CEO
Visit Tuscaloosa

 205-391-9200

 info@visittuscaloosa.com

 1900 Jack Warner Pkwy
Tuscaloosa, AL 35401

Visit **TUSCALOOSA.COM**

It's the thrills
and the tastes.
It's the beauty
and the grace.
And all the
timeless traditions.

Ready to feel it?

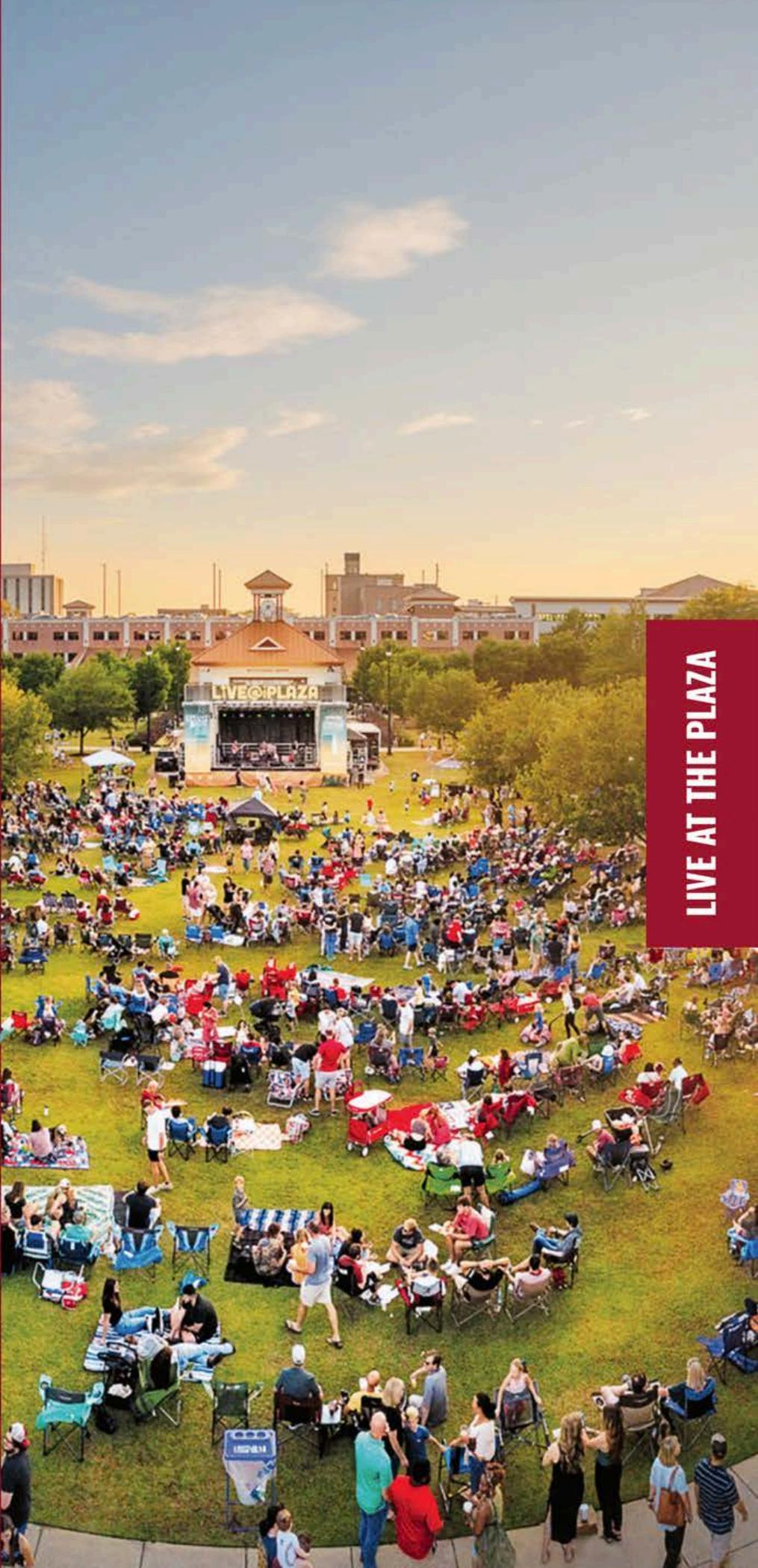
Make your way
to Tuscaloosa to
experience the

TUSCA

Life

Visit
TUSCALOOSA

VisitTuscaloosa.com



LIVE AT THE PLAZA

ABOUT THE VISIT TUSCALOOSA HALF

2026 Race Through T-Town!

We are thrilled to showcase Tuscaloosa to a record crowd of participants from 43 states. Runners will experience the scenic rolling hills along the Black Warrior River, the Tuscaloosa River Walk, highlights of the University of Alabama campus, and charming downtown neighborhoods. We are delighted to have DCH Health System as our 5K title sponsor again for 2026.

After exploring Tuscaloosa on foot, celebrate at the Adams Beverages Post-Race Party at Government Plaza, featuring a concert by The Mojo, delicious food, refreshments from Adams Beverages (21+) and Coca-Cola. FRESHJUNKIE Racing (FJR) remains dedicated to making this event a beloved local tradition and a standout regional attraction for Southeastern runners.

We are excited to welcome back Alabama Credit Union as the sponsor of the 1-Mile Fun Run, bringing even more great energy to race weekend! Our event proudly supports Arts 'n Autism and Secret Meals for Hungry Children, along with other community initiatives.

Thank you for being part of West Alabama's premier race weekend—we hope you enjoy everything our vibrant community has to offer!

MEET THE KREWE

Visit Tuscaloosa Half Marathon Organizing Committee:

Doug Cain : Permitting & Security Director

Audrey Floyd: Graphic Designer

Ray Castle : Medical Director

Lauren O'Brien : Volunteer & VIP Director

Julie Domma : Corporate Partnerships Director

Patrick O'Brien : Race Director

Courtney Dziuba : Timing Director

Nan Urban : Athlete Services Director

Jonathan 'Juba' Dziuba : Finance & Admin Director

Haley Wattigny : Marketing Coordinator

Eric Engemann : Sales Director

Mike Wattigny : Marketing & Creative Director

Patrick Fellows : Experiential Director

Diane Weiss : Registration Director

EVENT SCHEDULE

Friday, March 27

10:00am - 6:00pm

Pre-Race Packet Pickup

Government Plaza
618 21st Ave., Tuscaloosa, AL
35401

Saturday, March 28

5:30am - 6:45am

Race Day Packet Pickup
Half Marathon & 5K

Government Plaza

5:30am - 9:30am

Race Day Packet Pickup
1 Mile Fun Run

Government Plaza

6:50am

National Anthem

Government Plaza

7:00am

Visit Tuscaloosa Half
Marathon Start

Government Plaza

7:15am

DCH 5K Start

Government Plaza

8:30am - 11:30am

Adams Beverages
Post-Race Party

Government Plaza

10:00am

Alabama Credit Union
1 Mile Fun Run Start

Government Plaza

THANK YOU



Proud Sponsor of the

Visit
TUSCALOOSA
HALF MARATHON

PACKET PICKUP

PACKET PICKUP & REGISTRATION

WHERE: Government Plaza - 618 21st Ave., Tuscaloosa, AL 35401

WHEN: Friday, March 27 | 10:00 am - 6:00 pm

RACE DAY PACKET PICKUP HOURS

Saturday, March 28 at Government Plaza

- 5:30 am - 6:45 am - Half Marathon & 5K
- 5:30 am - 9:30 am - 1 Mile Fun Run

*While we are offering race day packet pickup, we **STRONGLY** encourage you to have your packet picked up **BEFORE** race day. The races will start on time regardless of lines still at Packet Pickup.

WHAT TO BRING

Every participant will receive a confirmation email the week of the race. Please bring either that email, or your original confirmation email and/or your photo ID to pick up your packet. Digital copies (your cell phone screen) are allowed.

PROXY PICKUP

If you are unable to get your packet, a friend can pick up your packet with a copy of your photo ID or a copy of your registration confirmation. Digital copies (your cell phone screen) are allowed.

LATE REGISTRATION

Late registration is available during Packet Pickup unless the event sells out. The Visit Tuscaloosa Half Marathon, DCH 5K, and Alabama Credit Union 1 Mile Fun Run will post a notice regarding closed races on our website and Facebook page. Participants can register online at <https://www.tuscaloosahalf.com/>.

PARKING

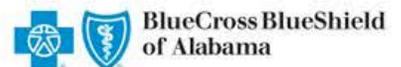
Parking is available in the Tuscaloosa Intermodal Facility, often referred to as the IMF parking deck, which is located at the corner of Seventh Street and 23rd Ave. This four-story parking deck facility is free to use and conveniently located in the heart of Downtown. This lot is adjacent to Government Plaza, the location for Packet Pickup and the start/finish line on Saturday. For details, please visit <https://www.tuscaloosa.com/live-play/parking-and-transportation>.



Caring for each other makes us **healthier** and **happier**

There are many ways to champion the physical and mental well-being of Alabamians. Community events are one just one way we're always working to promote a healthier, happier state. Blue Cross and Blue Shield of Alabama is proud to support events that help all of us feel our best.

Learn more about feeling healthier and happier at AlabamaBlue.com/Happy



We cover what matters.

MAIL MY BIB - SWAG PICKUP

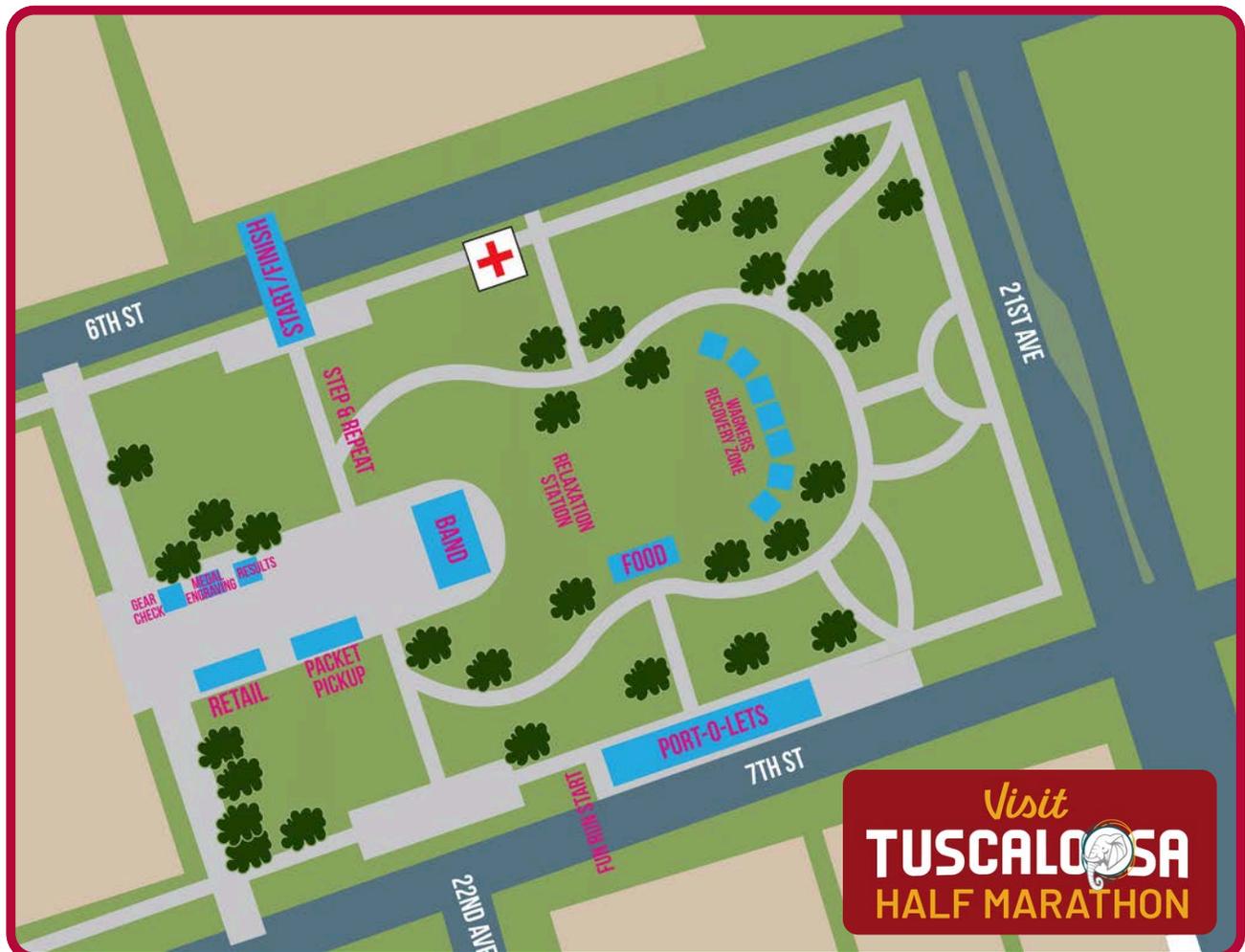
SWAG PICKUP OPTIONS

- *Pick up event SWAG (event shirt, bag, etc.) pre-race at any scheduled Packet Pickup.
- *Pick up event SWAG (event shirt, bag, etc.) post-race at the Mail My Bib SWAG Pickup Tent.

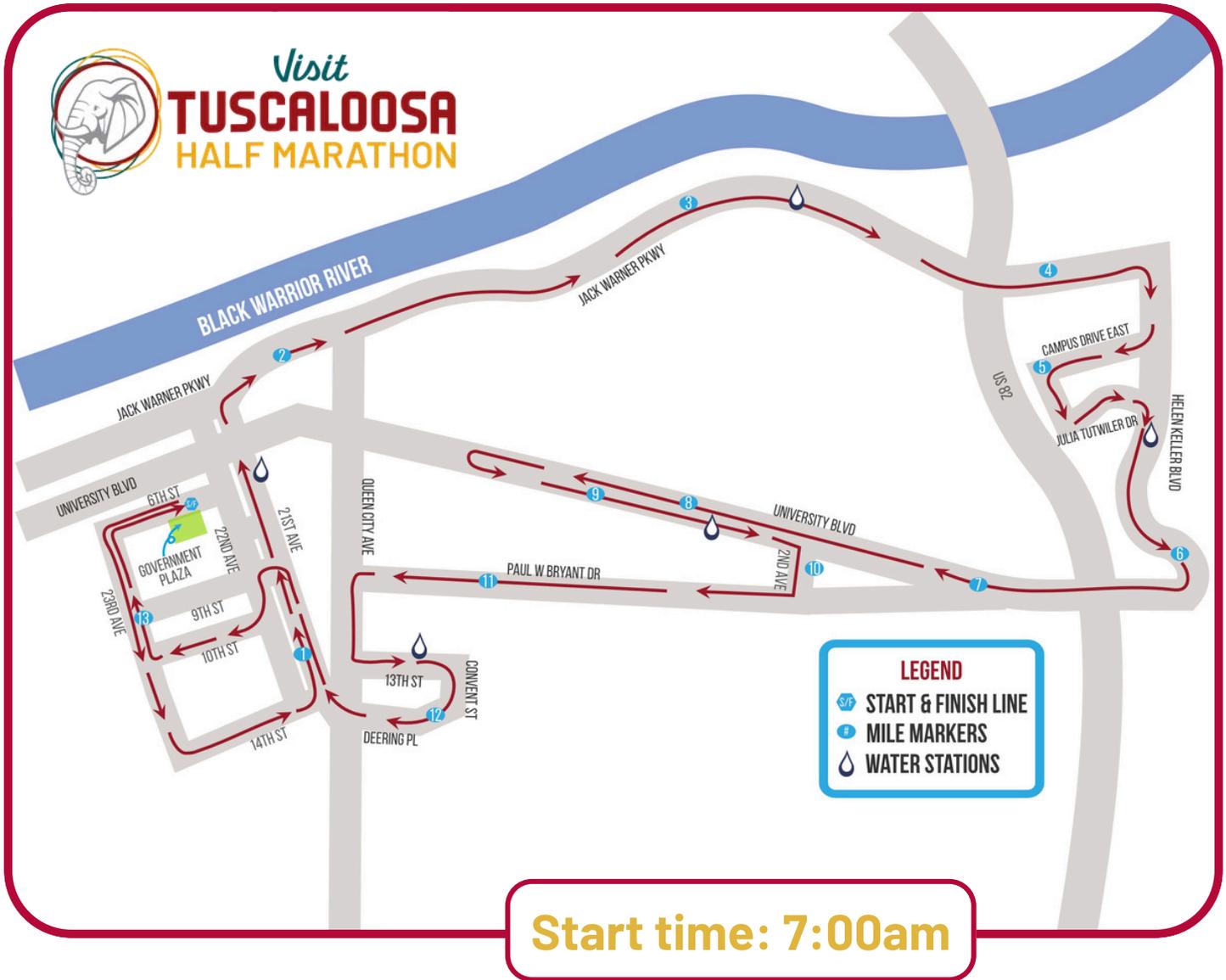
WHAT TO DO IF YOU DID NOT RECEIVE YOUR BIB

- *Bibs are mailed via USPS 2+ weeks prior to race day to the SHIPPING ADDRESS provided when you registered.
- *If you paid for bib mailing, but did not receive it, please report to a pre-race Packet Pickup and a staff member will be able to rectify the situation.

VENUE MAP



VISIT TUSCALOOSA HALF MARATHON MAP



The Visit Tuscaloosa Half Marathon is the longest distance running race held in Tuscaloosa, Alabama each year. Runners get a sampling of the rolling hills along the Black Warrior River, the Tuscaloosa River Walk, portions of the University of Alabama campus, and some quaint downtown neighborhoods. The Start and Finish lines are located at Government Plaza where participants have plenty of space to spread out and enjoy the post-race event.

Maximum Time Allowed for Half Marathoners: 3.5 hours (approx. 16 min/mile pace)

RACING IS IN OUR DNA, TOO.



The thrill of the race, the pursuit of precision—whether on the road or the track, every mile is a testament to performance.

BMW of Tuscaloosa is proud to support those who push the limits.



BMW of Tuscaloosa

3537 Skyland Blvd E
Tuscaloosa, AL 35405
(205) 345-9811

bmwoftuscaloosa.com



[bmwoftuscaloosa](https://www.facebook.com/bmwoftuscaloosa)



Caring
every step
of the way.

DCH
Health System

Providing healthcare in West Alabama for more than 100 years

DCH 5K MAP



The DCH Health System 5K is the perfect distance for beginning runners, walkers, or runners looking to push themselves to a fast 5K personal record. The Start and Finish lines are located at Government Plaza where participants have plenty of space to spread out and enjoy the post-race event. The 5K race will start promptly at 7:15am, which is AFTER the Half Marathon distance starts.

Maximum Time Allowed for 5K Participants: 1.5 hours (approx. 29 min/mile pace)

Feel good about your money.

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BEST

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best credit union™
for a reason.

**YOUR
MONEY,
DONE
RIGHT.**



High-value Financial Solutions
Digital Convenience
Personal, Friendly Service

Find us at 39 area branches
including **several in Tuscaloosa.**

AlabamaCU.com



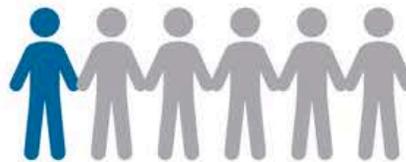
ALABAMA
credit union



OUR COMMITMENT:

**Ending
Childhood
Hunger
Together**

1 IN 6 PEOPLE FACE HUNGER.



**1 IN 5
CHILDREN
FACE HUNGER.**

**SECRET MEALS: BRINGING AWARENESS
ACROSS ALABAMA AND NORTHWEST FLORIDA**

Alabama Credit Union and volunteers from our communities bring people together in support of Secret Meals For Hungry Children. Through a variety of fundraisers, partnerships, and grants we aim to raise \$500,000 each year to help feed more than 3,500 students each weekend throughout the school year.

ESI Federally Insured by NCUA.

ALABAMA CREDIT UNION FUN RUN MAP



The Alabama Credit Union 1 Mile Fun Run is an easy way for EVERYONE to get involved in the event! The race will start at 10:00am near Government Plaza. A simple out and back course will finish alongside the Half Marathon and 5K courses in time for all of the post-race activities.



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TACTICAL, PRECISE AND 100% RELENTLESS



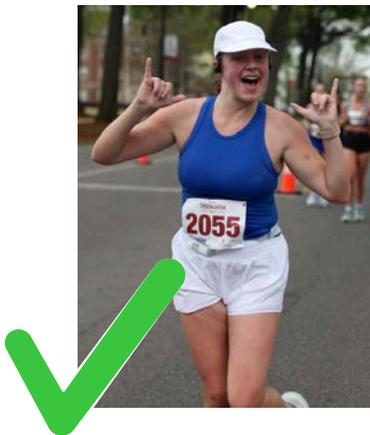
UNLEASH YOUR WARRIOR



PHOTOGRAPHY TIPS

Did you know that you will receive FREE digital photography at all FRESHJUNKIE Racing events? Want to make the best possible photos? Follow these simple tips for great pics!

- **Clearly display your bib number at all times.** This means having it on the center of your torso on your outermost garment. It doesn't help if it's under a sweatshirt or on your back.
- Look up. Keep an eye out for our Official Race Photographers. They will be on course and at the Finish Line capturing images of you.
- Thumbs up, arms above your head, peace signs, V for victory...whatever it is, have fun!
- Most importantly, **Smile!**
(Remember you paid to do this!)



COURSE SAFETY

AID STATIONS AND EMS

Medical personnel will be positioned along the race course to monitor and treat any athlete who is injured or in distress. Aid stations also offer water, Powerade, and portable toilet facilities. Local EMS will also be providing medical support throughout the race course.

MEDICAL SUPPORT

Medical tent will be staffed with teams of medical professionals and equipped with emergency equipment and supplies. The Main Medical Tent is located just past the Finish Line.



YOUR ONE STOP SHOP FOR RACE DAY ESSENTIALS

wagner's runwalk

SERVING TUSCALOOSA SINCE 1953



Stock up on nutrition, race accessories, exclusive Half Marathon & 5K tees, and more from Wagner's! Shop at Government Plaza during packet pick up and race day, or in store all weekend long.

10% OFF REGULAR PRICED SHOES & APPAREL

Mention this coupon at checkout; Valid in store only 3/26 - 3/29;
Some exclusions may apply; May not be combined with any other coupon

BIBS & FOOD/BEVERAGE TICKETS

We do our best to ensure there is adequate sustenance for participants. Please understand that food and drinks are for event participants only. Encourage any friends or family coming to spectate to pack some snacks and drinks for themselves. All participants will have **FOOD/BEVERAGE TICKETS** attached to their race bib. Do not remove these. A staff member or volunteer will collect a ticket when you pick up a food or beverage item in the post-race party area.



ADAMS BEVERAGES POST RACE PARTY

You don't have to be in a hurry to leave after you cross the finish line. Right after the finish line the **Adams Beverages Post-Race party** kicks off in Government Plaza! Be sure to give yourself time to enjoy the live music from The Mojo, while you refuel and enjoy refreshments from Coca-Cola, and ice-cold Michelob Ultra from Adams Beverages (21+). The Post-Race party goes until 11:30 am.

The Post-Race party is open to the public, but the food and beer is reserved for runners who will have tickets attached to their race bibs. Runners must have ID present or have presented an ID at check-in for a beer wristband.





Michelob **ULTRA**

SUPERIOR LIGHT BEER



ENJOY RESPONSIBLY
©2024 Anheuser-Busch, Michelob Ultra® Light beer, St. Louis MO[95 calories, 2.6g carbs, <1g protein and 0.0g fat, per 12 oz.]

TIMING AND RESULTS

RESULTS

Results will be posted on our website immediately following the race on the **RESULTS** page of www.TuscaloosaHalf.com.

Want to find your results as soon as possible? Scan the QR code on signs around the venue to jump right to the results. Remember to select the distance/event that you participated in under the 'Result Set' dropdown.

AWARDS PROCEDURES

In addition to Finisher Medals awarded to each finisher in each race, there will be specific overall, masters, grand masters, great grand masters, and age group awards for the Half Marathon and 5K.

Awards categories can be found on the **AWARDS** page of our website. Awards for the 5K will be available starting at 8:30am. Awards for the Half Marathon will be available starting at 9:30am. Awards will not be issued until they are verified by our timers. Awards are not shipped post-race and must be claimed at the event. There is no award ceremony.

MEDAL ENGRAVING

Participants can pre-pay for Medal Engraving. On race day participants will bring their finisher medal to the "Medal Engraving" tent located in the finish area. Receipt printers are available to print a ticket with your name and finish time. Medal engraving takes less than 5 minutes. If there is a line, participants can leave their medal with race staff to complete. Be sure to come back to claim it before you depart; we will not ship unclaimed medals.

Participants are able to purchase Medal Engraving on race day for \$20.

GEAR CHECK

We will have a Gear Check near the Packet Pickup area in Government Plaza race morning. Please make sure your gear is secured in a bag and marked CLEARLY with your bib number.

Joy Alert!



Visit
TUSCALOOSA
HALF MARATHON

is on RaceJoy!



Available for Apple
and Android devices.

Live Phone Tracking! GPS Progress Alerts! Send-a-Cheer!

Share your race
experience with
supporting
friends and
family!



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of Alabama**

Download RaceJoy Today!

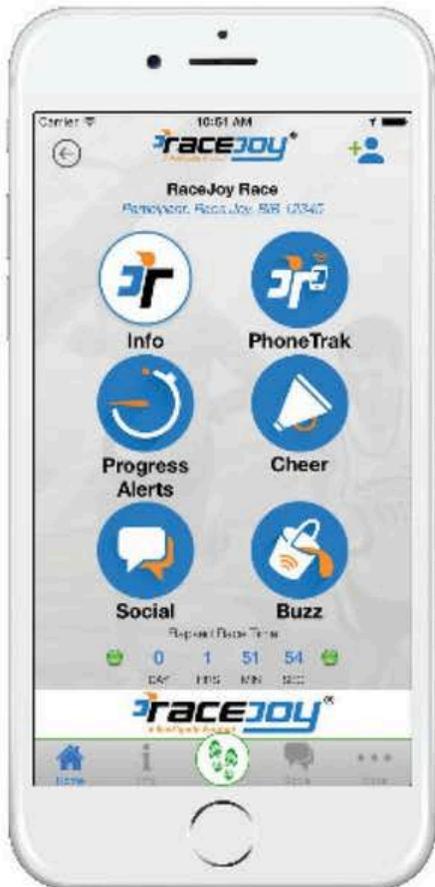
Questions?

Email: support@racejoy.com

Website: racejoy.com

www.racejoy.com

Key RaceJoy Features!



Live Tracking

Live phone tracking of up to 50 participants moving along the official course map. Receive NearMe alerts as a participants draws near and use the MeetUp feature to find one another.



Progress Alerts

GPS-based progress alerts are issued continuously in audio format. Typically these are sent every mile and include pace and estimated finish time.



Send-a-Cheer

Send entertaining, motivational audio cheer clips or custom personal messages with text-to-cheer.

The race participant must carry their phone and enable tracking on race day.

Note: Make sure the spectator logs in as themselves or RaceJoy will track their phone and not yours.

Start My Race
Click When Crossing the Start Line

Participants! Come back on race day and click the Start My Race button as you cross the start line.

Be sure to follow the in-app prompts to ensure proper setup of the various features available to you on race day.

If you have any questions about RaceJoy for this race, contact support@racejoy.com. We're happy to help!



FRESHJUNKIE™
RACING

AMBADASSADOR

For the last three years, FRESHJUNKIE Racing has selected Am**BADASS**adors. These are individuals who are known for their love of FJR as well as their love for the sport of running. Am**BADASS**adors are those on the course and beyond who promote FRESHJUNKIE Racing events!

Meet this year's FJR Am**BADASS**adors who are running the Visit Tuscaloosa Half Marathon who help to tell the story!

Follow their journeys this weekend and beyond!



Allison Gaillard



Mandy Lea



Michael Gray



Sarah-Beth Hollingsworth

RUN

GULF COAST

FOUNDATION



Run Gulf Coast Foundation believes that everyone deserves the opportunity to lead an active lifestyle, regardless of age, background, or ability. We recognize that cost, access to facilities, and lack of awareness can create significant barriers to participation.

RunGulfCoast.org



Tiger 10K Baton Rouge, LA

April 19, 2026

Huey P. Long Bridge Run Elmwood, LA

May 9, 2026

HOKA + Nights of Thunder XC Festival Tallahassee, FL

September 11-12, 2026

Kaiser Permanente Corporate Run Walk Roll Atlanta, GA

September 24, 2026

Northshore Half Marathon & 10 Miler Mandeville, LA

October 11, 2026

Battleship 12K Mobile, AL

November 15, 2026

Baton Rouge & Tammany Turkey Trot

Baton Rouge, LA and Covington, LA

November 26, 2026

Mississippi Gulf Coast Half Marathon Biloxi, MS

December 12-13, 2026

Louisiana Marathon Baton Rouge, LA

January 16-17, 2027

Mardi Gras Mambo 10K/15K Baton Rouge, LA

February 13, 2027



SAVE THE DATE
VISIT TUSCALOOSA HALF MARATHON
MARCH 27, 2027