

ATHLETE GUIDE 2026



RUN & RIDE

**RUN AND RIDE KINGS
DOMINION**

HALF - QUARTER - 5K - 1 MILE
MAY 30 - MAY 31, 2026



Kings Dominion

WELCOME

Welcome to the 2026 Run and Ride Kings Dominion. We hope that this guide will help you with any questions that you may have. Our team is happy to have you join our 'family' even if just for the day and look forward to seeing you at other events in the future!

This year we are happy to return to Kings Dominion and offer a TWO DAY running event. Saturday, May 30th^t will have a Half Marathon (13.1 Mile) and a QUARTER Marathon (6.55 Mile) course through the park.

Sunday, May 31st we will kick off the day with a 5k (3.1 Mile) and 1

And be sure to marvel at Kings Dominions newest roller coast, the Rapterra!



RACEJOY APP

Interactive Race Day Experience with RaceJoy Live Phone Tracking, GPS Progress Alerts and Cheers!

We are providing you with RaceJoy as part of the official race experience for Run and Ride Kings Dominion.

Download the RaceJoy mobile app in advance to ensure proper phone setup. Invite your friends and family to track you and send you cheers!

Available in the [App Store](#) or on [Google Play](#).



Download RaceJoy for Free Tracking and Cheer Sending!

Live Phone Tracking
Continual Progress Updates
And So Much More!



www.racejoy.com



LOCATION & PARKING

KINGS DOMINION
16000 THEME PARK WAY
DOSWELL, VA 23047

Parking is free after 5:00pm Friday for packet pick-up and on Saturday until 9:50 am on race morning. If you leave the parking lot after 9:50 am and try to re-enter, you will have to pay for parking. The following pin will guide you to our participant parking area at King's Dominion.

[South East Corner HERE](#)

You will be guided by our friendly Kings Dominion staff members to this area, for both the early packet pickup as well as on race morning.

SCHEDULE

Race Schedule of Events

Early Packet Pick-up Friday May 29, 2026

5:30 PM - 7:30 PM at Kings Dominions Special Event Parking Lot

Race Day Packet Pick-up Saturday May 30, 2026

7:35 AM - 8:15 AM: Half Marathon Packet Pick-up at Kings Dominions Special Event Parking Lot

8:30 AM: Half Marathon Starts

8:35 AM - 9:15 AM: Quarter Marathon packet Pick-up

9:30 AM: Quarter Marathon Starts

11:00AM: Kings Dominion Rides Open to all Racers

Race Day Packet Pick-up Sunday May 31, 2026

8:35 AM - 9:30 AM: 5K packet Pick-up

9:45 AM: 5K Starts

9:50 AM - 10:15 AM: 1 Mile Fun Run packet Pick-up

10:30 AM: Run starts - 1 Mile Fun Run

11:00AM: Kings Dominion Rides Open to all Racers

CUTOFF TIMES

Event must be off of property before 1045 and concluded by 1130am each day.

Half-Marathon

START TIME 830am

Complete the entire event - Hold a 14 min/mile

Must start loop 2 by 10:00am or will only complete Quarter Marathon

Must EXIT park by 1045am

5k

1 Hour cutoff (Starts at 945, Must Be Complete by 1045)

PACKET PICKUP

See Our Schedule Above.

Packet Pickup Options are available on Friday evening, Saturday am and Sunday am

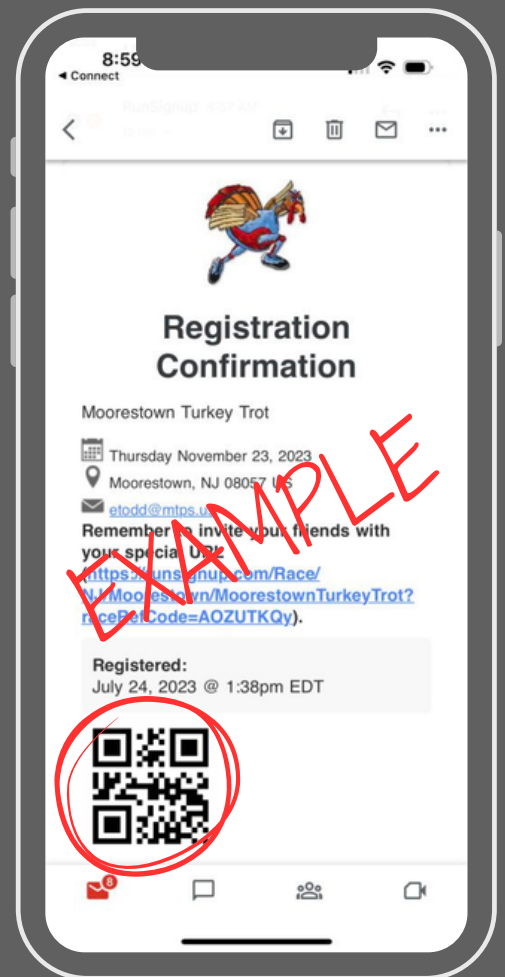
****PLEASE HAVE YOUR QR CODE & ID READY AT PACKET PICKUP****

Your QR code can be found at the bottom of your Registration Confirmation email. Please come to packet pickup with your QR code ready to be scanned, this ensures a smooth process. WE WILL ALSO SEND THIS TO YOU AGAIN, ON RACE WEEK.

HALF MARATHON/QUARTER - MORNING OF
Half Packet Pickup will START at 7:35 am and will conclude at approximately 8:15 am.
Quarter Packet Pickup can be at the same times but also from 8:35 am to 9:15 am
There will be onsite registration.

5K AND 1 MILE - MORNING OF

5K Packet Pickup will START at 8:30 am and will conclude at approximately 9:30 am. **1 MILE** can pick up at the same time or from 9:50 am to 10:15am. There will be onsite registration.



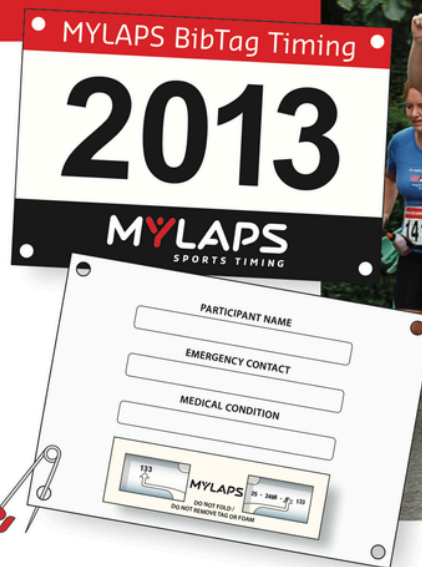
BIB NUMBER

Q. Where does my bib number go?

A. Your bib has a MyLaps BibTag timing chip on the backside. Your bib also has YOUR unique bib number to it. In order to accurately track your running AND to ensure that you are able to get all of those great (and FREE!!!) race photos, we ask that you wear your bib number visibly on your chest/waist area. Please do not plan to wear any garments over your bib, as this will make identification for photos more difficult. Please wear the bib horizontally, so that our photo recognition software can read it, and so that the timing chip can accurately be registered on the mats.

Tips for guaranteed timing

- Wear the bib number visibly on the chest
- Do not fold or crumple your bib number or tag
- Use a pin for each corner of the bib number, do not pierce the tag
- Do not remove the foam spacer. The foam increases the detection rate of your tag



The tags do not have to be collected after the race, you can keep the bib with the tag as a souvenir.

mylaps.com

AIDE STATIONS

For the Half Marathon, it is a two loop course, so we will have TWO water stops. At these water stops will find cups of water and Sport Drink These water stops will roughly be at Miles 2.65, 4.8, 6.5, 9.15 and 11.3

The Quarter Marathon will only hit the 2.65, 4.8 and 6.5 mile stations.

The 5k will have one aide station and the 1 miler will have refreshments at the finish line.

WEATHER

This event is a rain or shine event. In the event of a severe weather situation, we may have to delay the start of the half marathon which would start to encroach on the start of the quarter. If there are too many delays, all half participants may be downgraded to the quarter. The safety of our athletes and friends is of upmost importance and we do not wish to put anyone in harms way.

We will update everyone on our Facebook page and send out emails to the email address you registered with. We will, additionally, update the website (www.RunandRideRaces.com) with updated information.

COURSES

HALF MARATHON

<https://www.strava.com/routes/3336770986259906572>

The half marathon course is TWO LOOPS of the course, starting out and going in to the parking lot area, before looping back in the park, before we take you around the reflecting pool, the famous tower, and through the park towards the newest creation, the Rapterra Roller Coaster! Once you complete you park journey, you will run the back roadways and over to the beautiful KOA Campground, before returning to the park and heading out for round 2!

QUARTER MARATHON

<https://www.strava.com/routes/3336770986259906572>

The QUARTER marathon course is ONE LOOP of the course, starting out and going in to the parking lot area, before looping back in the park, before we take you around the reflecting pool, the famous tower, and through the park towards the newest creation, the Rapterra Roller Coaster! Once you complete you park journey, you will run the back roadways and over to the beautiful KOA Campground, before returning to the park and heading out for round 2!

5K COURSE

<https://www.strava.com/routes/3336771693029487820>

The 5K course is single loop of the course, starting out and going in to the parking lot area, before looping back in the park, before we take you around the reflecting pool, the famous tower, and through the park towards the newest creation, the Rapterra Roller Coaster! Your journey ends once you come back in to the Amphitheater area with us!

1 MILE FUN RUN/WALK

<https://www.strava.com/routes/3336772008008977612>

A simple journey in to some of the key features of the park. You will immediately travel in to the park and around the reflecting pool and the Eiffel Tower. Head right over to witness the new RAPTERRA Roller Coaster and come on back over to the finish line!

AWARDS

HALF MARATHON/QUARTER MARATHON/5K/1 MILE: OVERALL MALE (1st, 2nd, 3rd), OVERALL FEMALE (1st, 2nd, 3rd), and Age Group Male & Female (1st, 2nd, 3rd): 17 & Under, 18-39, 40+

TICKETS

Runner and Spectator tickets will be sent out, via email, on Friday morning. This will allow anyone who wants to use their park ticket on another day, to do so. Remember, your tickets are valid for 30 days from the event, for one use.

Should you need to get spectator tickets (they don't need a ticket to watch at the finish line, but if they want to go in the park afterwards, they will need one) you can do that on the main page at www.RunAndRideRaces.com

FAQ

We have a section of our main page with Frequently Asked Questions, should you not find your answer here. You can find that page directly [HERE](#) or at the main page.

OUR PROMISE TO YOU

- Support the healthy lifestyle choices of runners!
- To help provide smooth events for organizers and athletes alike. By taking care of the details, events are enjoyable and athletes continue to come back to support the organizations that host them.

QUESTIONS?

Contact Jason with Revolution3 at info@rev3tri.com for more information.



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