

*Visit*  
**TUSCALOOSA**  
**HALF MARATHON**  
**publix® 5K**

**OFFICIAL RACE GUIDE**

# Welcome to Tuscaloosa!

On behalf of Visit Tuscaloosa, we welcome you to the heart of West Alabama with open arms and warm hellos!

Whether this is your first or tenth time participating in the Visit Tuscaloosa Half Marathon and Publix 5k, you are about to embark on 13.1 or 3.1 miles throughout our beautiful city. During this time of year, the flowers are blooming, the city is buzzing, and there is such a vibrant energy in the air.

While recognized most often as a college town and for the gridiron action in Bryant Denny Stadium on a Saturday in the Fall, Tuscaloosa boasts a legendary sports scene - and much more.

For over 200 years, our community has found its soul by the Black Warrior River. The waters that flow through our city connect us, but our rich history has built us. The hearts of our people are passionate, resilient, and caring.

Beyond our sports scene, you can explore our outdoors, which includes spots like Lake Lurleen State Park or Lake Nicol - all within 25 minutes of downtown.

Take time to revisit yesterday as you learn the stories that shaped our community, our rich Native American history, or our many Civil Rights heroes. And, while you're here, let us introduce you to our emerging art scene and join in as you indulge in some of the South's most soulful food.

We love the place that we call home - after all, there is only one Tuscaloosa - and hope you enjoy it too.

Kelsey Rush  
President / CEO  
Visit Tuscaloosa



Visit  
**TUSCALOOSA**



[VISITTUSCALOOSA.COM](http://VISITTUSCALOOSA.COM)





# TUSCALOOSA

Famous for the gridiron action that takes place in Bryant Denny Stadium, Tuscaloosa is truly a vibrant place that's full of history, outdoor adventure, legendary sports, music, soul food ... and so much more.

**Scan the QR code to begin planning your next trip back to Tuscaloosa!**

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**TUSCALOOSA**

# LETTER FROM THE RACE DIRECTOR

The 2023 Visit Tuscaloosa Half Marathon and Publix 5K is here and we are excited to host you for this wonderful event. If you are a guest from out of town, welcome to Tuscaloosa and we hope you experience what this great city has to offer. For those returning we are grateful to have you back.

We are proud to be the marquee half marathon for Alabama, and we hope you enjoy your race weekend. Your tireless hours of training come together with our months of preparation and culminate at the finish line in downtown Tuscaloosa. This weekend is really a celebration of your hard work, and we hope you fully embrace the experience.

Our team at FRESHJUNKIE Racing believes that providing exceptional events for our participants can inspire that desire to train and make healthy choices. So please enjoy the event and tell your friends and family to come see it. You never know who YOU will inspire to be the best version of themselves.

We also strive to showcase the beauty of Tuscaloosa. The course winds through some of the beautiful parts of the city with rolling hills, the University of Alabama campus, and historic neighborhoods. When you finish you will be greeted with a taste of Tuscaloosa food and drink while you get to enjoy music from local artists that are eager to entertain you.

Thank you for participating in our event. Our team at FRESHJUNKIE Racing is proud to provide you this event and we are truly grateful that you choose to participate.



A handwritten signature in black ink that reads "Pat O'Brien".

Patrick O'Brien  
Race Director





# WELCOME BACK!

## New look, new partners & more impact!

Welcome back to the newly named Visit Tuscaloosa Half Marathon and Publix 5K. Our partners at Visit Tuscaloosa updated their look and we couldn't be more excited to showcase it at the event this weekend. 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. We are pleased to welcome back Publix as the Title Sponsor of the 5K. We also welcome Tuscaloosa Coca-Cola Bottling Co. United and Adams Beverage as sponsors of the event, delivering ice cold refreshments both on course and at the after-party.

After your tour of Tuscaloosa on foot, you will be welcomed back to Government Plaza with a post-race concert featuring Tab & the Mojo, pulled pork, pasta salad, Dole fruit cups, refreshments from Coca-Cola, and ice cold Michelob Ultra for runners 21+.

FRESHJUNKIE Racing (FJR) is committed to keeping this popular race a local favorite, as well as a regional attraction for runners from all over the Southeast. Arts 'n Autism serves as the charity partner for the event. Portions of registration proceeds are directed to this wonderful organization, as well as other volunteer and philanthropic groups.

We invite you to be a part of West Alabama's premier half marathon race weekend and enjoy everything this great community has to offer!

## MEET THE TEAM

### Event Organizing Committee:

Amanda Becnel : Partnerships Manager

Patrick O'Brien : Race Director

Doug Cain : Permitting & Security Director

Matt Peralta : Logistics Director

Ray Castle : Medical Director

Craig Sweeney : Partnerships Director

Jonathan 'Juba' Dziuba : Managing Director

Nan Urban : Athlete Services Director

Patrick Fellows : Experiential Director

Mike Wattigny : Marketing/Creative Director

Kelly Goff : Marketing Coordinator

Diane Weiss : Registration Director

## CHARITY PARTNERS

The Visit Tuscaloosa Half Marathon is proud to support Arts 'n Autism.

The Arts 'n Autism after school and summer camp programs were initiated in March 2004. It provides services to children from preschool to young adults with autism in the Tuscaloosa, Alabama area and surrounding counties. Arts 'n Autism was conceived by a veteran teacher of children with autism in the local public schools, and a parent of a child with autism. Both founding members are still actively involved in the development and growth of Arts 'n Autism.



## EVENT SCHEDULE

### Friday, March 24

10:00 am - 6:00 pm      Pre-Race Packet Pickup



Wagner's RunWalk  
420 Queen City Avenue  
Tuscaloosa, AL 35401

### Saturday, March 25

5:30 am - 6:45 am	Race Day Packet Pickup	Government Plaza
6:50 am	Announcements/National Anthem	Government Plaza
7:00 am	Visit Tuscaloosa Half Marathon Start	Government Plaza
7:21 am	Announcements/National Anthem	Government Plaza
7:30 am	Publix 5K Start	Government Plaza
8:30 am - 11:30 am	Post-Race Party hosted by Adams Beverage	Government Plaza
9:00 am - 11:30 am	Awards and Shirt Exchange Open	Government Plaza
	- Publix 5K Awards available at 9:00	
	- Visit Tuscaloosaa Half Awards available at 9:30	



# THANK YOU



Proud Sponsor of the

Visit  
**TUSCALOOSA**  
HALF MARATHON

# PACKET PICKUP

## **PACKET PICKUP and REGISTRATION at WAGNER'S RUNWALK**

The 2023 Packet Pickup and Late Registration will be held at [Wagner's RunWalk located at 420 Queen City Avenue, Tuscaloosa, AL 35401](#) on Friday, March 24th from 10:00 am - 6:00 pm.

## **RACE DAY PACKET PICKUP HOURS**

Saturday, March 25th from 5:30 am – 6:45 am at Government Plaza.

\*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 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. Please remember they can only do this at Pre-Race Packet Pickup and **NOT** on race day.

## **LATE REGISTRATION**

Late registration is available during packet pickup unless the race sells out. The Visit Tuscaloosa Half Marathon and Publix 5K will post a notice regarding closed races on our website and Facebook page. Participants can register online at [www.TuscaloosaHalf.com](http://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 on Race Day, and the start and end of the race on Saturday. For details please visit >> [www.tuscaloosa.com/live-play/parking-and-transportation](http://www.tuscaloosa.com/live-play/parking-and-transportation).





*Serving Tuscaloosa since 1953!*

## STOCK UP ON ALL YOUR RACE NEEDS AT WAGNER'S!

Exclusive Tuscaloosa Half  
Marathon & 5k and Run Bama  
tees will be available for  
purchase during  
Packet Pick Up while  
supplies last! Many options  
to choose from, including  
Vuori styles, hooded UPF  
tees, crews & more!

**\$10 OFF YOUR  
\$50 PURCHASE**

*Mention this coupon at checkout; Valid thru 3/26,  
in store only; May not be combined with any other sale or  
discount; Some exclusions may apply*



# MAIL MY BIB - SWAG PICKUP

Participants who paid to have their bib mailed to them will be able to claim their SWAG (event shirt, bag, etc.) after they complete the race. Follow the signs to **"PACKET PICKUP"** once you finish the race and present your race bib to the staff there, they will provide your SWAG and mark the back of your bib.

You are welcome to come to any of the pre-race packet pickups to claim your SWAG if you like. Present your race bib and the staff will provide your items to you.

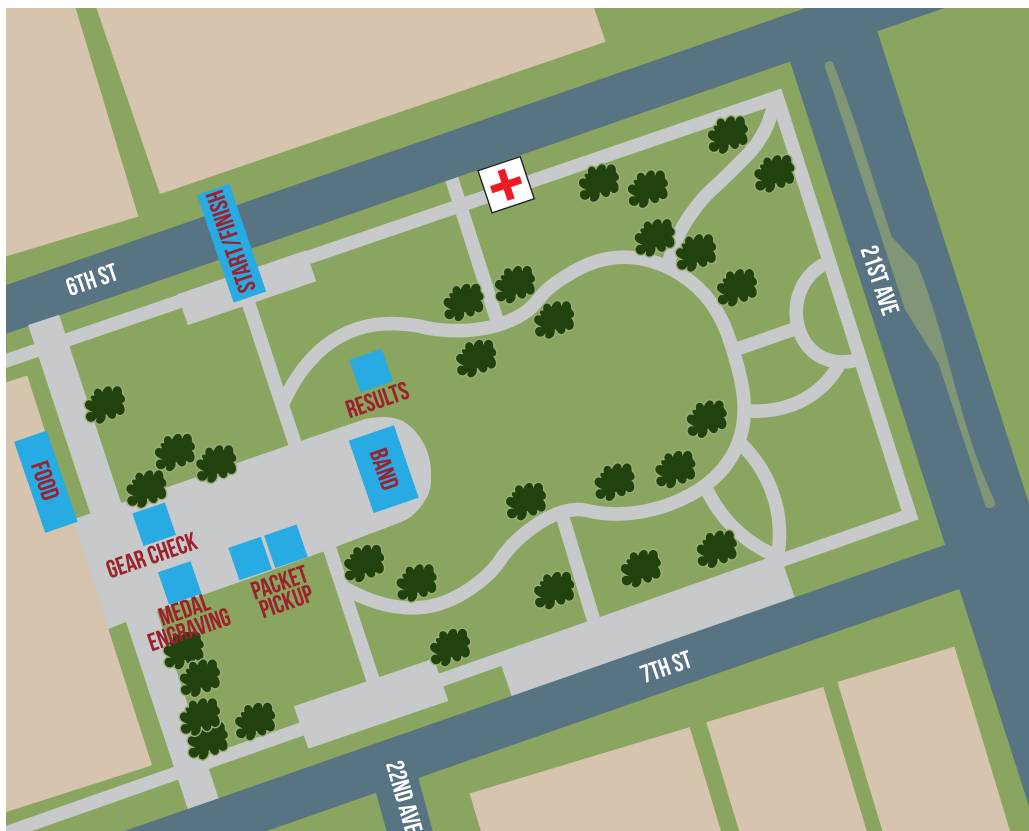
Bibs are mailed via USPS two weeks prior to race day. They are sent to the SHIPPING ADDRESS provided when you registered. If you paid to have your bib mailed and never received it, please report to a Pre-Race Packet Pickup and a staff member will be able to rectify the situation.

## VOLUNTEERS

The Visit Tuscaloosa Half Marathon appreciates the support of these great volunteer organizations:

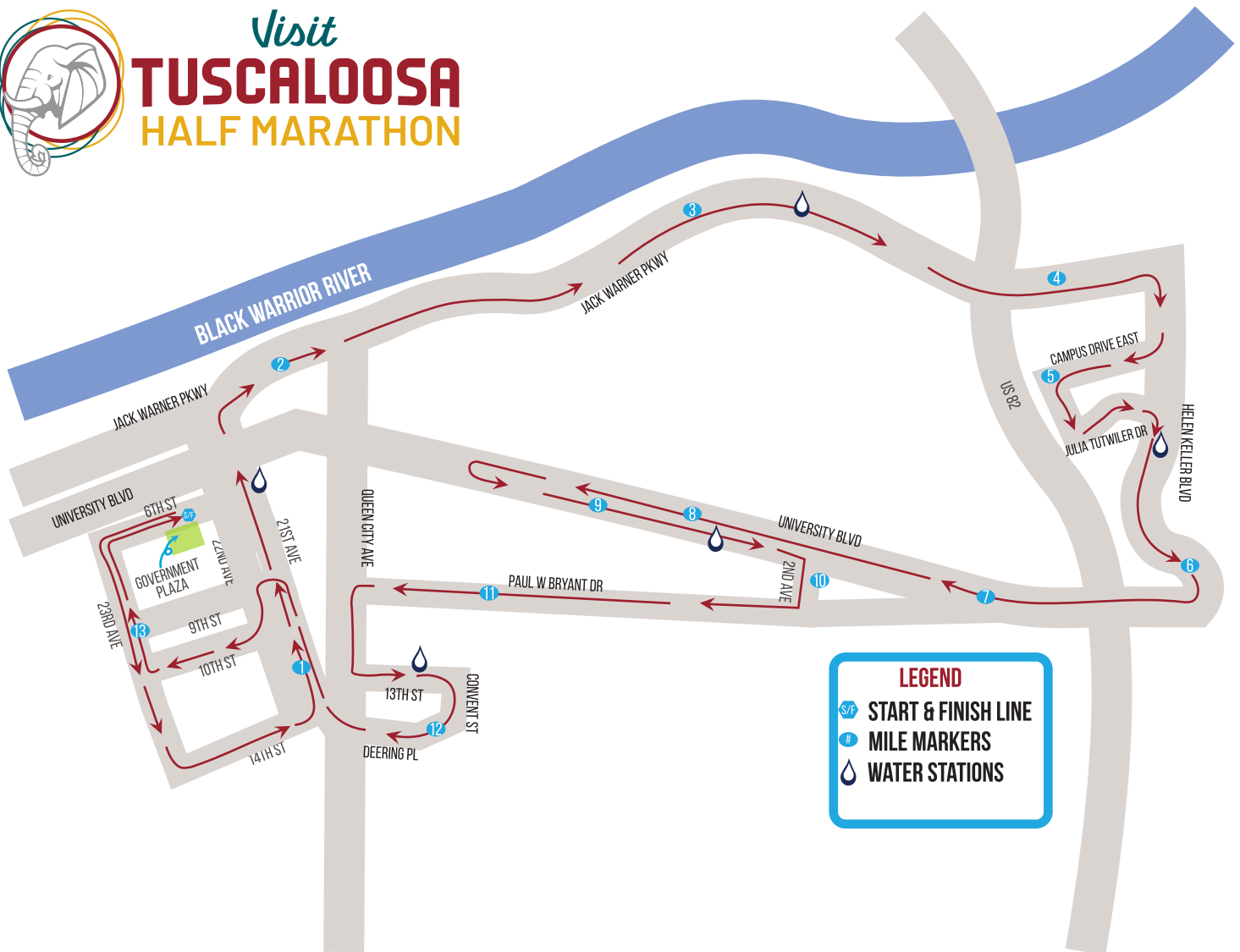
- Circle K International at UA
- Department of Human Nutrition and Hospitality at UA

## VENUE MAP





# HALF MARATHON COURSE 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 line is located at Government Plaza where participants have plenty of space to spread out and enjoy the post-race party.

**\*Maximum Time Allowed for Half Marathoners: 4 hours (approx. 18 min/mi pace)**

**\*All courses are very well marked. There are mile markers for each distance event, directional signs for course splits and TURNAROUND signs for course turnarounds. Course splits and course turnarounds will be manned with an operations staff member who will typically be making announcements on a megaphone. Course turns are indicated with traffic cones and usually (not always) have police units, volunteers and/or staff members. Traffic on courses is managed by our law enforcement partners, but no roads are promised to be closed to all traffic. Runners should be aware of their surroundings: the course, applicable signage, vehicles, staff, volunteers, and police officers.**



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life's marathon. Find them at [publix.com/WinningAtWellness](https://publix.com/WinningAtWellness).





# 5K COURSE MAP



The Publix 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 line is located at Government Plaza where participants have plenty of space to spread out and enjoy the post-race party.

**Please note Start Time: 7:30 am**

\*All courses are very well marked. There are mile markers for each distance event, directional signs for course splits and TURNAROUND signs for course turnarounds. Course splits and course turnarounds will be manned with an operations staff member who will typically be making announcements on a megaphone. Course turns are indicated with traffic cones and usually (not always) have police units, volunteers and/or staff members. Traffic on courses is managed by our law enforcement partners, but no roads are promised to be closed to all traffic. Runners should be aware of their surroundings: the course, applicable signage, vehicles, staff, volunteers, and police officers.



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THE HOME OF ALABAMA SPORTS

**105.1  
THE BLOCK**  
BAMA'S #1 FOR HIP HOP & R&B

**CATFISH  
100.1**

**ALT  
101.7**  
TUSCALOOSA'S NEW ALTERNATIVE

**praise  
93.3**

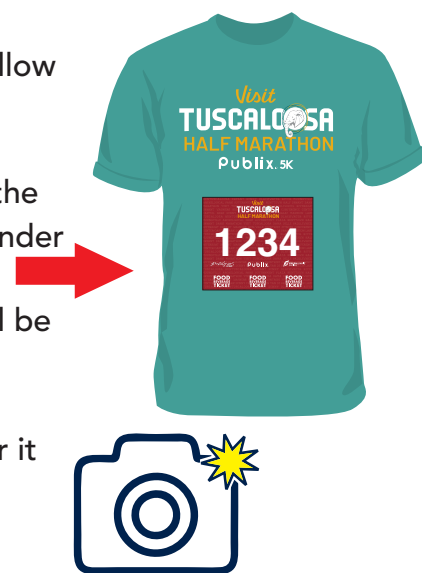
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# PHOTOGRAPHY TIPS

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 **dressed in reflective vests** 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

### EVENT ALERT SYSTEM (EAS)

The color-coded Event Alert System (EAS) status - ranging from Low (Green) to Extreme (Black) based primarily on weather - will be communicated by way of public address announcements, digital notifications, and color-coded signs/flags at the Start/Finish Line and Aid Stations.

### AID STATIONS AND EMS

Medical personnel will be stationed at each aid station 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

Each 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.

Alert Level	Event Conditions	Recommended Actions
Extreme	Event Cancelled / Extreme & Dangerous	Participation stopped / Follow event official instructions
High	Potentially Dangerous	Slow down / Observe course changes Follow event official instructions Consider stopping
Moderate	Less Than Ideal	Slow down / Be prepared for worsening conditions
Low	Good	Enjoy the event / Be alert

## 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 three **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.



## TIMING & SCORING

### RESULTS

Results will be posted on our website immediately following the race at:

<https://runsignup.com/Race/Results/102420>

Your timing chip is attached to the back of your race bib. **DO NOT** remove the timing chip and be sure your race bib is on the front center of your torso.

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

Results and awards can be looked up at our RESULTS tent located in the Post-Race Party area. The QR code is printed on signs in the venue that will jump directly to the RESULTS page of the website. Please allow some time after you finish to let results become official. Because the event is chip timed, your placement may continue to update for several minutes after you finish the race.

Awards categories can be found on the [AWARDS](#) page of our website. Awards will be available for pick up for the Publix Tuscaloosa 5K starting at 9:00 am at the AWARDS tent. Awards will be available for pick up for the Visit Tuscaloosa Half Marathon starting at 9:30 am. 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.

## 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 Post-Race party kicks off in Government Plaza! Be sure to give yourself time to enjoy the live music from Tab & the Mojo, while you enjoy pulled pork, pasta salad, Dole fruit cups, 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.





# Visit TUSCALOOSA

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**Nights of Thunder Cross Country**

*Tallahassee, FL*

**Northshore Half Marathon** *Mandeville, LA*

**Huey P. Long Bridge Run** *Elmwood, LA*

**Battleship 12K** *Mobile, AL*

**Baton Rouge & Tammany Turkey Trot**

*Baton Rouge, LA & Covington, LA*

**Tiger 10K** *Baton Rouge, LA*

**Mississippi Gulf Coast Marathon** *Biloxi, MS*

**Louisiana Marathon** *Baton Rouge, LA*

**Mardi Gras Mambo** *Baton Rouge, LA*

**War Eagle Run Fest** *Auburn, AL*

**Skyway 10K** *St. Petersburg, FL*

**Tuscaloosa Half Marathon** *Tuscaloosa, AL*

**May 20-21, 2023**

**September 1-3, 2023**

**October 8, 2023**

**October 21, 2023**

**November 19, 2023**

**November 23, 2023**

**December 3, 2023**

**December 9-10, 2023**

**January 13-14, 2024**

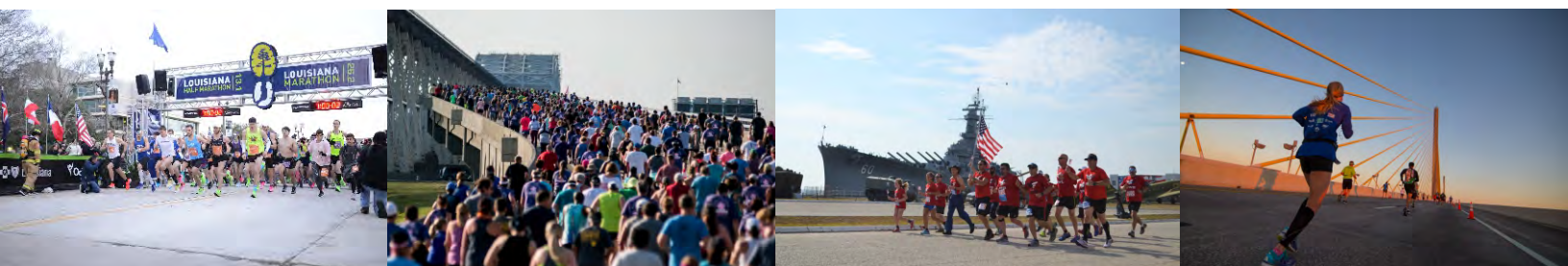
**January 27, 2024**

**February 18, 2024**

**March 3, 2024**

**March 30, 2024**

For more information about FRESHJUNKIE Racing and our other events, check our website at [www.freshjunkieracing.com](http://www.freshjunkieracing.com)



**SAVE THE DATE - MARCH 30, 2024**