



Athlete Guide

Race Schedule

Thursday, March 26th

- 4pm - 6:00pm: Early Packet Pickup at Fleet Feet Greensboro, 3731 Lawndale Dr

Friday, March 27th

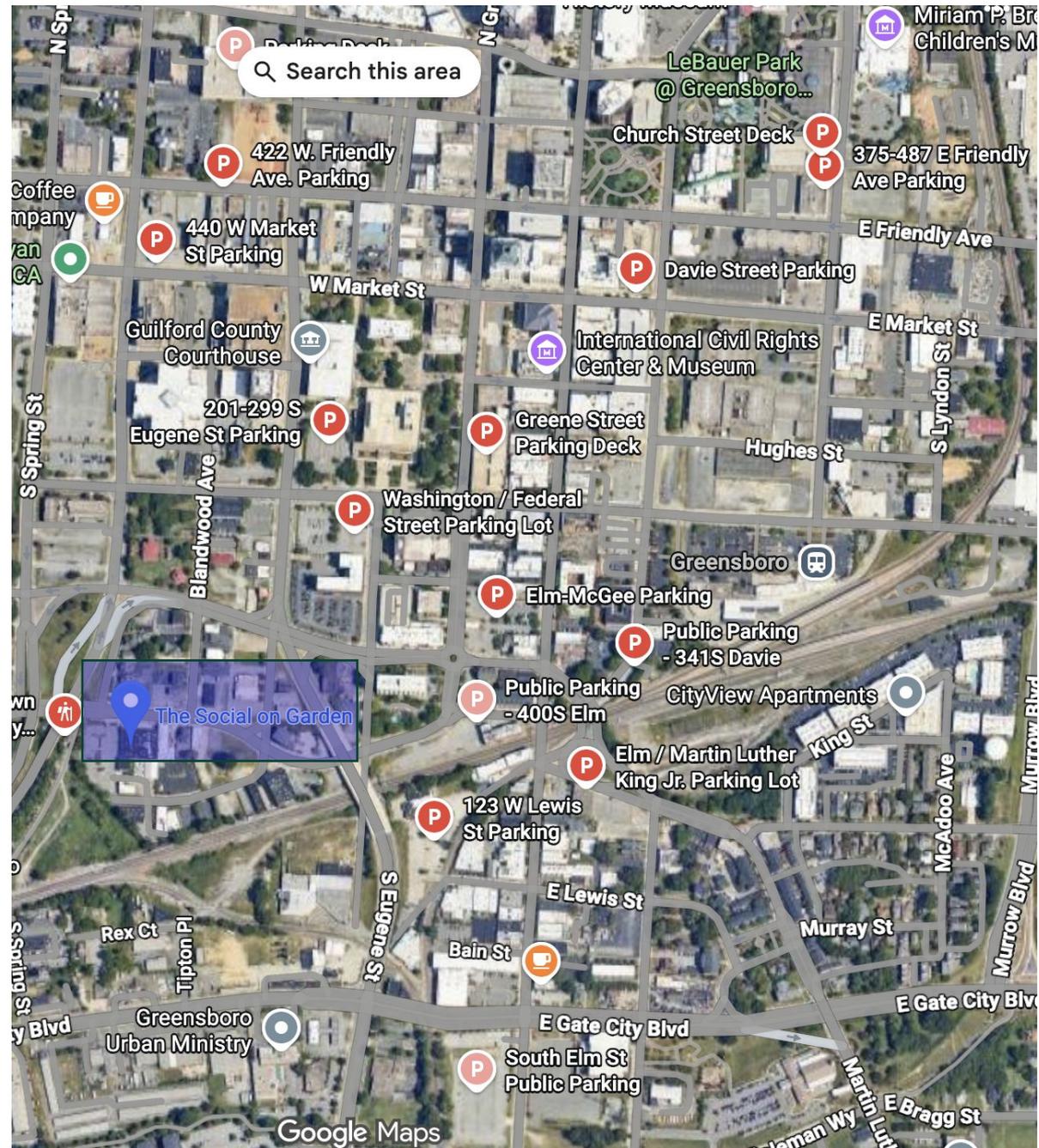
- 3pm - 6:00pm: Early Packet Pickup at The Social on Garden, 433 Spring Garden Street

Saturday, March 28th

- 6:45am – 7:50am Packet Pick Up/Registration
- 8:00am – Half Marathon Start
- 8:20 am – 10K Start
- 8:30 am – 5K Start
- 9:30 5K Awards (approx.)
- 10:00 10K Awards (approx.)
- 10:30 am Half Marathon awards (approx.)
- 11:15 am – Course closes

Parking

- There are multiple parking decks, lots, and roadside parking within .5 miles of our race venue.
- The race will start at The Social on Garden at 433 Spring Garden Street
- Some of the closest lots are:
 - 734 S Elm St, Greensboro, NC 27406
 - 104 Barnhardt St, Greensboro, NC 27406
 - 211 S Greene St, Greensboro, NC 27401
- If you look on google maps, you can find parking all around where our race venue is located, but parking at the actual venue, will be limited to staff and volunteers.



A note on Running Etiquette and Headphones

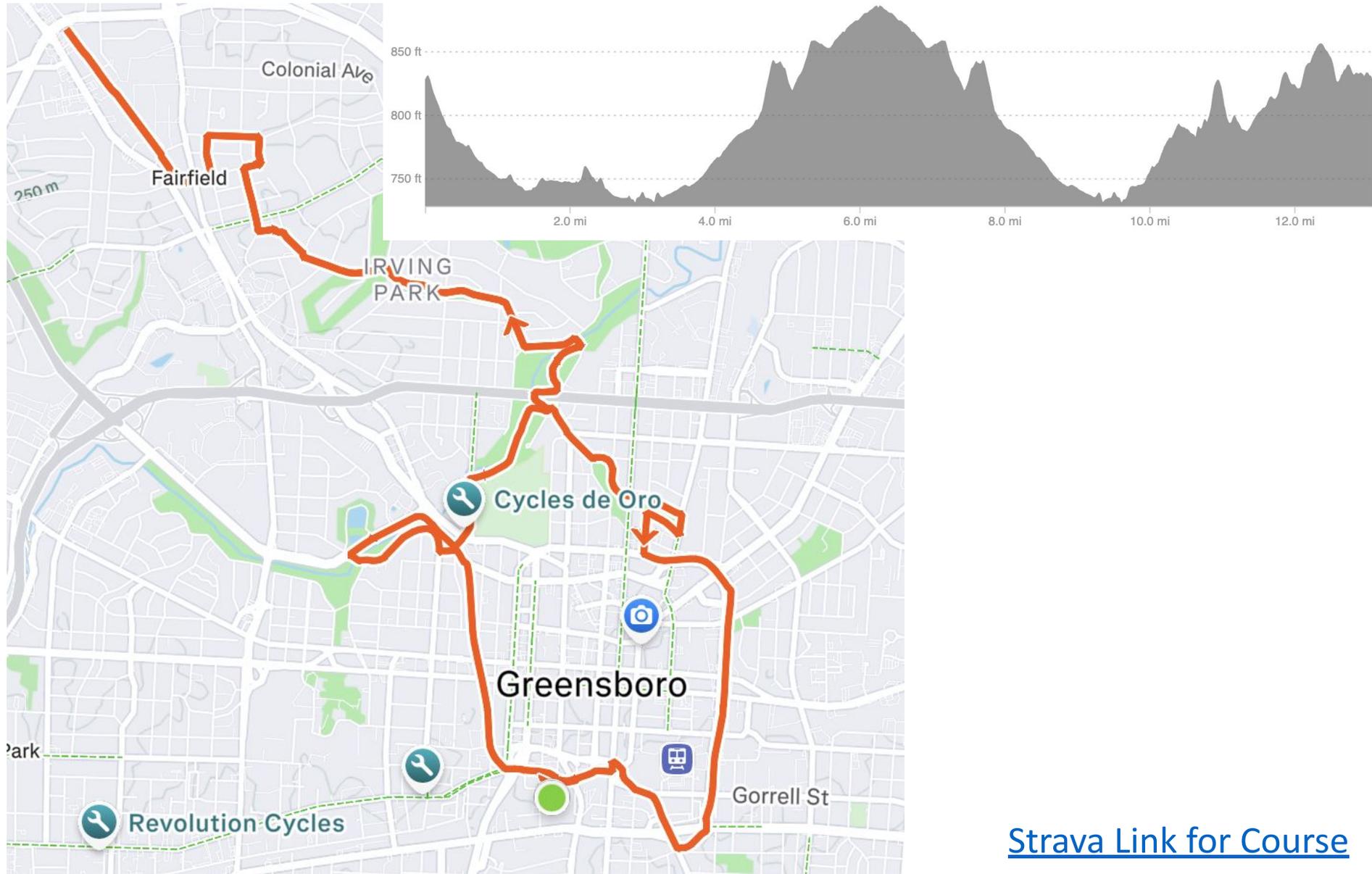
- **Headphones:**

If you choose to wear headphones **ALWAYS** have one ear free of noise to be able to hear runners coming up behind you. If you continue to block the route you may be pulled from the course.

- **Passing:**

When possible announce that you are passing. When you are not passing please stay to the right. On Greenways, always leave room for other athletes to pass you.

The Only Fools Half Marathon



[Strava Link for Course](#)

Half Marathon Aid Stations

Half Marathon

Mile 1.65: Water and Tailwind Hydration

Mile 3.2: Water, Tailwind Hydration, and Huma Gels

Mile 4.46: Water, Tailwind Hydration, and Gummy Bear

Mile 6.5: Water, Tailwind Hydration, Pickles

Mile 8.1: Water, Tailwind Hydration, and Gummy Bears

Mile 9.3: Water, Tailwind Hydration, and Huma Gels

Mile 10.8: Water, Tailwind Hydration, Coke, and Candy

Mile 12.1: Water and Pickles

Port O John Locations

Port O John Location

Location #1 – Starting Line

Location #2 – Corner of Garland and Benjamin Pkwy **Mile 1.65**

Location #3 – Latham Park Greenway and Latham Road **Mile 3.2**

Location #4 – A&Y Greenway & Rollins Road **Mile 6.5**

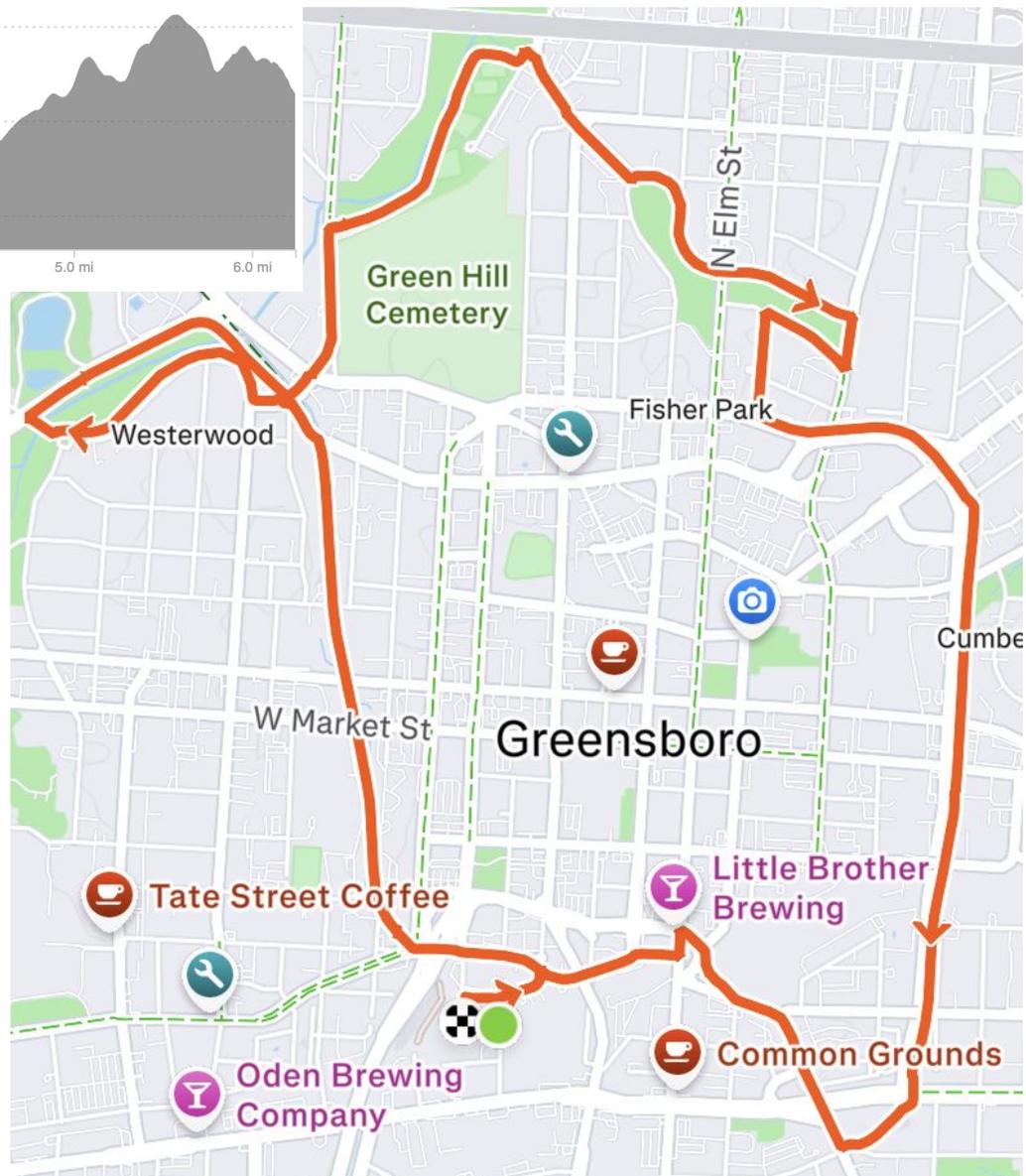
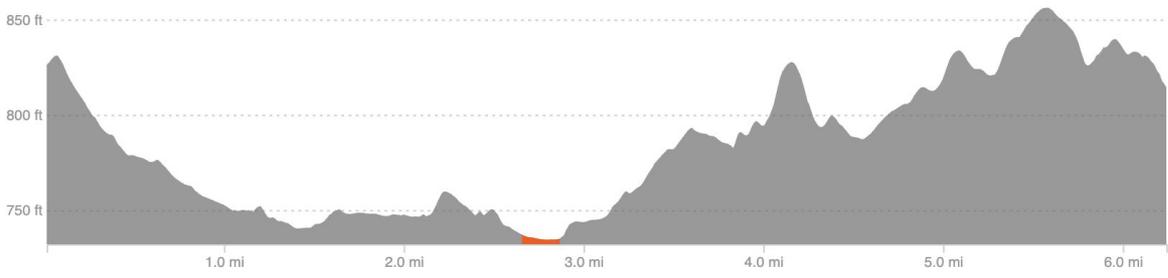
Location #5 – Latham Park Greenway and Latham Road **Mile 9.3**

Location #6 – Magnolia & Entrance to Downtown Greenway **Mile 10.8**

Course Cutoffs

- This event has a 3 hour and 15 minute cutoff for the Half Marathon. At any point after the halfway point you can be asked to move to the sidewalks or pulled from the course if you fall drastically behind the course cut off pace. Those cut off times will be:
 - **Mile 3 – 8:45 AM**
 - **Mile 6.6 - 9:35 AM**
 - **Mile 10.25 – 10:15 AM**

10K Course Map & Elevation



[Strava Link for Course](#)

10K Aid Station

Aid Stations 10K

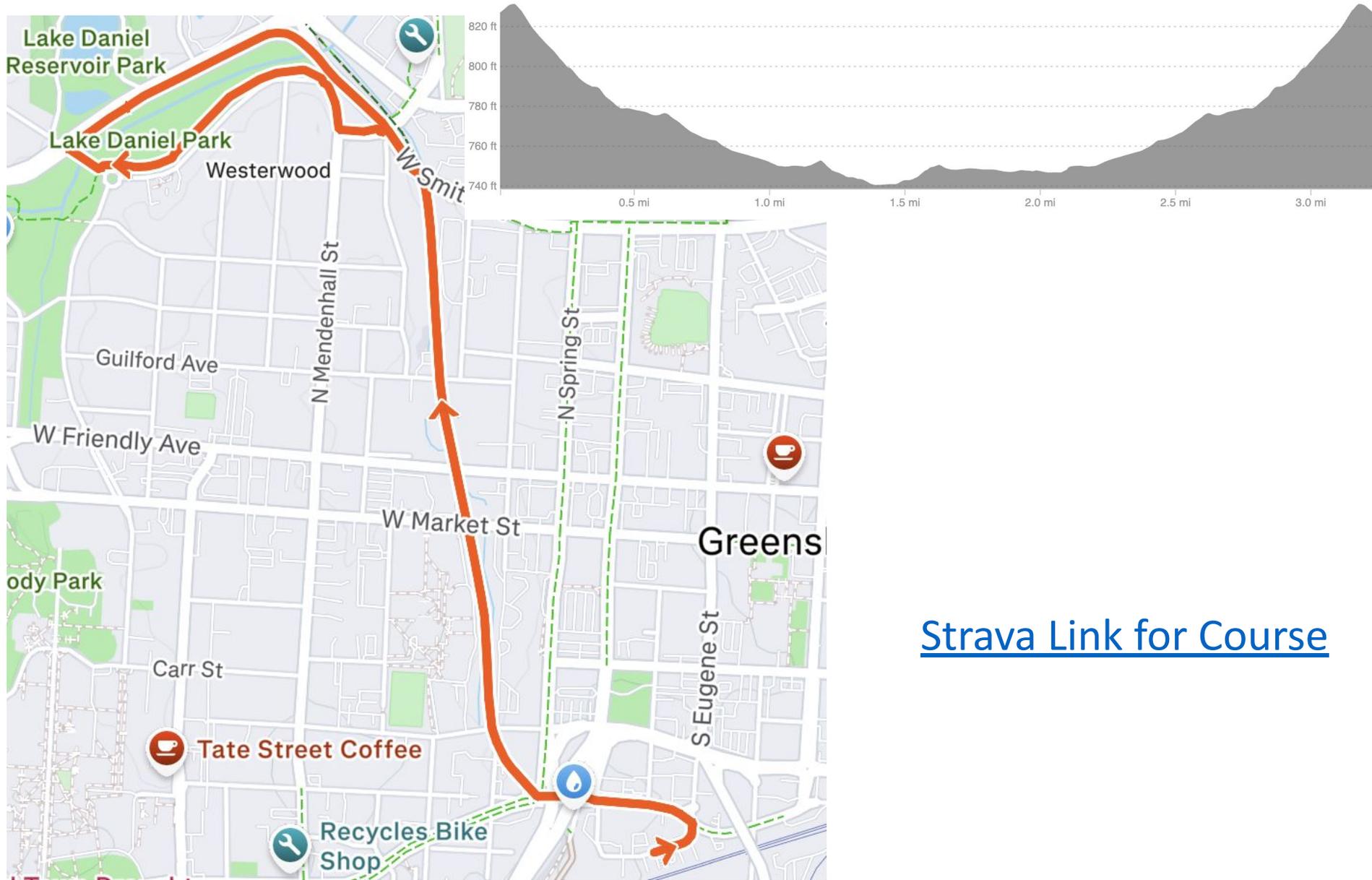
Mile 1.65: Water and Tailwind Hydration

Mile 2.9: Water and Huma Gels

Mile 4: Water, Tailwind Hydration, Coke, and Candy

Mile 5.3: Water and Pickles

5K Course Map & Elevation



[Strava Link for Course](#)

5K Aid Station

Aid Stations 5K

Mile 1.65: Water

Race Swag





We will have a lot of great post race snacks for athletes including, water, soda, chocolate milk, popcorn, chips, bananas, and much more!



The Social on Garden is providing one beer per participant (21+) and will have special cocktail specials for runners and spectators!

Fleet Feet Bag Check

- As with all of our series races, if you have extra gear you want held for you during the race, just look for the Fleet Feet tent. They will grab your gear, write down your bib number and get you your stuff back right after the race!!



GREENSBORO
HIGH POINT