



Half Marathon & 4 Miler

April 30, 2022

## ATHLETE GUIDE

Bur Mil Park  
5834 Bur-Mill Rd  
Greensboro, NC

\*\*\* **FRIDAY 4/22:** Early Packet Pickup 4:00 pm – 6:00 pm @ Fleet Feet Greensboro (3731 Lawndale Dr, Greensboro NC 27455)

# RACE DAY SCHEDULE

- **Packet Pickup**
  - 6:45 am – 8:15 am
- **Half Marathon Start**
  - 8:30 am
- **4 Mile Start**
  - 8:45 am
- **Course Cutoff – 12:30 PM**



- **Awards**
  - 4 Mile
    - Approximately 10:10 am
  - Half Marathon
    - Approximately 11:15 am







# PARKING

Bur Mil Park  
5834 Bur-Mill Rd  
Greensboro, NC



Start / Finish area

Please do NOT park at  
the park office.

Please park in one of the four orange paved  
lots. If those are full, please use the green  
overflow area.

Overflow

4



# Course Time Limits, Cut-offs, and Aid Stations



The course cut-offs are based on athletes keeping a steady time throughout the event.



**HALF Time Limit:** 4 hours ( 18:15 per mile pace needed )

**HALF Cut-offs:** Aid station #2 - 10:04am; aid station #3 - 11:12am; aid station #4 - 11:59am.



**4 Mile Time Limit:** 2 hours ( 15:00 per mile pace needed )



Aid Station	Half	4 Mile	
1	1.7 (greenway & Owls Roost Trail)	1.7 (you will pass this again on return)	Water
2	5.8 (Greenway & Nat Greene Trail)		Water, Tailwind
3	8.9 (Lake Brandt Rd & Piedmont Trail)		Water, Tailwind
4	11.5 (Piedmont Trail & greenway)		Water



**BATHROOMS AND PORT-O-JOHNS** located near the start/finish area. See course description for the location of the one port-o-john on the half marathon course.



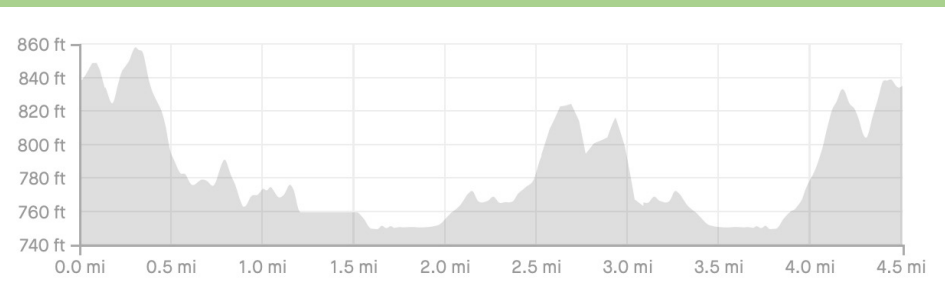
# COURSE MARKINGS

- These courses are marked with surveyor flags and tape, signs, and volunteers where needed.
- On the parts of the course shared by the Half and 4-Mile, athletes will see BOTH blue and orange flags and tape on the RIGHT side of the course.
- At the split on the greenway at Owls Roost trailhead, Half marathoners will follow the BLUE surveyor flags and tape; while the 4-Milers will follow the ORANGE surveyor flags and tape.

**\*\*** Surveyor flags or tape will be very close together where there is a turn or the possibility of going in the wrong direction. Otherwise, they will be approximately .1 to .15 miles apart. These are very simple courses to follow. Don't make impromptu turns.



# 4 Mile Course





# 4 Mile Course Description

The 4 Mile course will begin in the grassy area between Shelter #1 and the road. Athletes will make a sharp right just passed the volleyball net, run pass the shelters, and turn **LEFT** onto **Big Loop Trail**.

Once on **Big Loop Trail**, athletes will run 1.2 miles and make a **LEFT** to stay on Big Loop Trail headed towards the **Greenway**. The first .1 has a slight elevation gain, but then it's all downhill to the greenway! The trail is wide and not very technical.

At the **Atlantic & Yadkin Greenway**, athletes will turn **RIGHT** and will stay on the greenway passed mile 2 to get to **Little Loop Trail**....passing the **aid station** at mile 1.7.

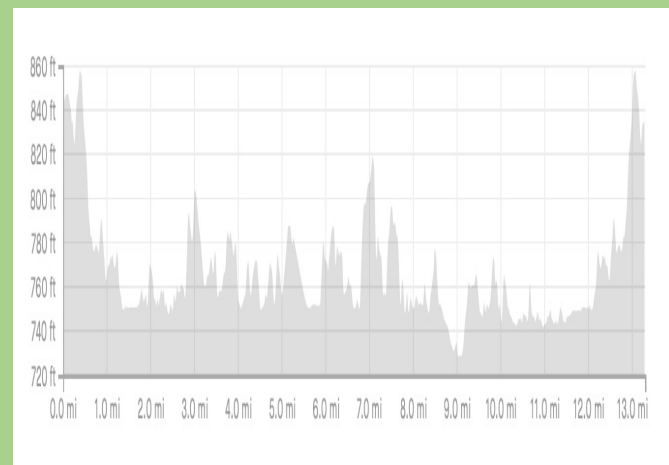
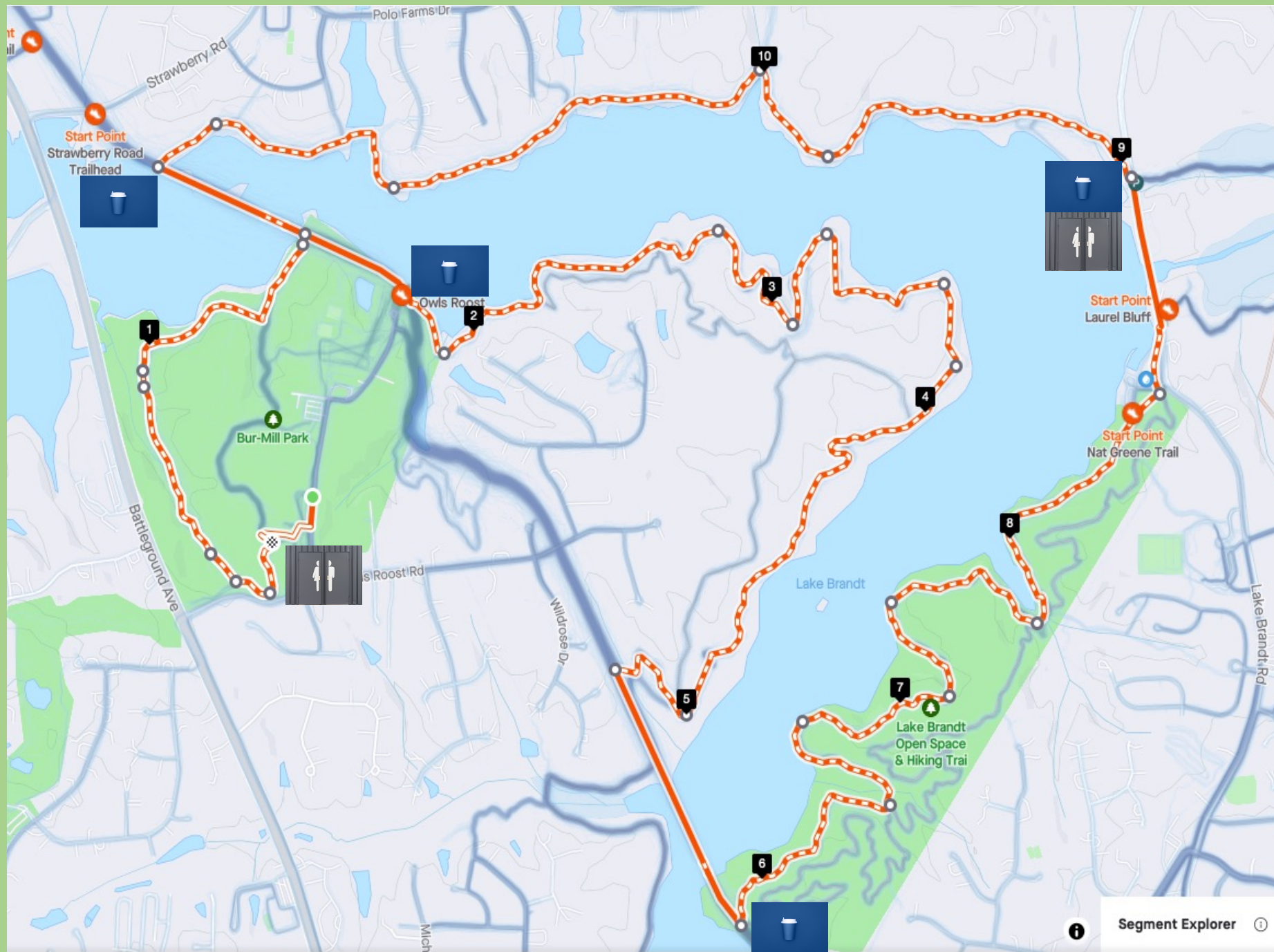
At mile 2.2, athletes turn **RIGHT** onto **Little Loop Trail**. This trail is single-track and somewhat technical. Plan your passes carefully and let the runner in front of you know you are passing! This trail will bring you back to the greenway at the mile 2 marker.

Athletes will turn **LEFT** onto the **Greenway** and proceed back to **Big Loop Trail**....passing the same aid station again!

Back at **Big Loop Trail**, athletes will turn **LEFT** onto the trail and stay **LEFT** at the split. And, of course, since the the other side of Big Loop was downhill, you know this section has to be.....UPHILL! You're welcome! But it's just the last  $\frac{1}{4}$  mile....so WHOOO's complaining?!



# Half Marathon Course





# Half Marathon Course Description

The Half Marathon course will begin in the grassy area between Shelter #1 and the road. Athletes will make a sharp right just passed the volleyball net, run pass the shelters, and turn *LEFT* onto Big Loop Trail.

Once on Big Loop Trail, athletes will run 1.2 miles and make a *LEFT* to stay on Big Loop Trail headed towards the Greenway. The first .1 has a slight elevation gain, but then it's all downhill to the greenway! The trail is wide and not very technical.

At the Atlantic & Yadkin Greenway, athletes will turn *RIGHT* and proceed to Owls Roost Trail.....at aid station #1 (mile 1.7).

Athletes will turn *LEFT* onto Owls Roost Trail – a traditional single-track mountain bike trail with lots of roots and short, steep climbs.

At the end of Owls Roost (mile 5.2), athletes will turn *LEFT* back onto the Greenway for a short .6 miles.

Then athletes turn *LEFT* onto Nat Greene Trail (mile 5.8 – aid station #2) – a wooded, mostly flat trail that is one of the oldest, and most popular, of the City's watershed trails. One highlight is a 200-ft boardwalk that allows runners to traverse mud flats and bogs where Horse Pen Creek feeds into Lake Brandt.

At the other end of Nat Greene (mile 8.5), runners will turn *LEFT* onto Lake Brandt Road. *The road will be open to traffic...so watch for cars, stay on the left side, and cross the bridge carefully!*

After safely running .4 miles on Lake Brandt, athletes will turn *LEFT* onto Piedmont Trail (mile 8.9 – aid station #3 – PORT-O-JOHN) – a nice, wooded, mostly flat trail with a few boardwalks and roots, but mostly pine needles.

At mile 11.5 (aid station #4) runners will exit Piedmont and turn *LEFT* onto the Greenway and proceed back to Big Loop Trail.

Back at Big Loop Trail, athletes will turn *RIGHT* onto the trail and stay *LEFT* at the split. And, of course, since the other side of Big Loop was downhill, you know this section has to be.....UPHILL! You're welcome! But it's just the last ¼ mile....so WHOOO's complaining?!





Peanut Butter Dark Chocolate  
Peanut Butter Milk Chocolate  
Dark Chocolate Cherry Almond  
Dark Chocolate Mint  
Lemon Coconut  
Oatmeal Cranberry Almond



Available flavors:

- Blue Raspberry
- Cherry Limeade
- Chiseled Ice
- Cotton Candy
- Grape
- Lemon Lime
- Orange Citrus
- Peach Mango
- Strawberry Lemonade
- Sour Green Apple

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ELECTROLYTES FOR ENHANCED  
HYDRATION**

**ZERO AND LOW SUGAR**



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