

Whiskey Tango Foxtrot Half Marathon & 5 Miler

Athlete Guide

Race Day Schedule

7:45am - 9:15am: Race Day Registration & Packet Pick Up

8:30am: Half Marathon Ruck

Half Marathon Early Start (participants must be registered for early start and they are not eligible for overall or age group awards.)

9:30am: Race Start Half Marathon

10:00am: Race Start 5 Mile & 5 Mile Ruck

10:53 am: 5.2 Mile Half Marathon Cutoff (1st creek crossing) Any half marathoners not to the creek at this time will be instructed to head to the finish line to complete the 5 Mile course

12:40pm: 10.9 Mile Half Marathon Cutoff (2nd creek crossing), Any half marathoners not past the creek at this time will be instructed to head to the finish line.

1:15pm: Course Closes

Location & Parking

The race takes place entirely within Northeast Park in Guilford County ([3421 Northeast Park Drive, Gibsonville, NC US 27249](#)).

The start/finish line will be in the Aquatic Center Parking Lot.



Parking = Red

Half Marathon Course Map

Click [here](#) for a detailed map or download the GPX file.

*Course is subject to change

Waterstops:

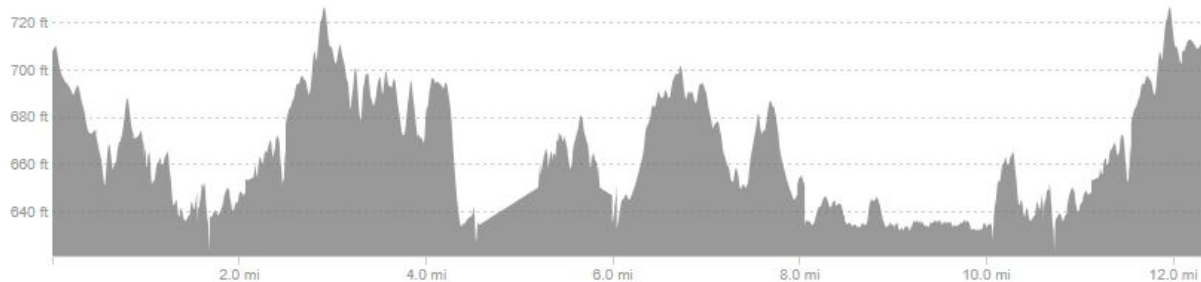
Mile 3.1– Water & Tailwind Hydration

Mile 5.5 – Water & Gels

Mile 10.9 – Water & Gels



Half Marathon Elevation



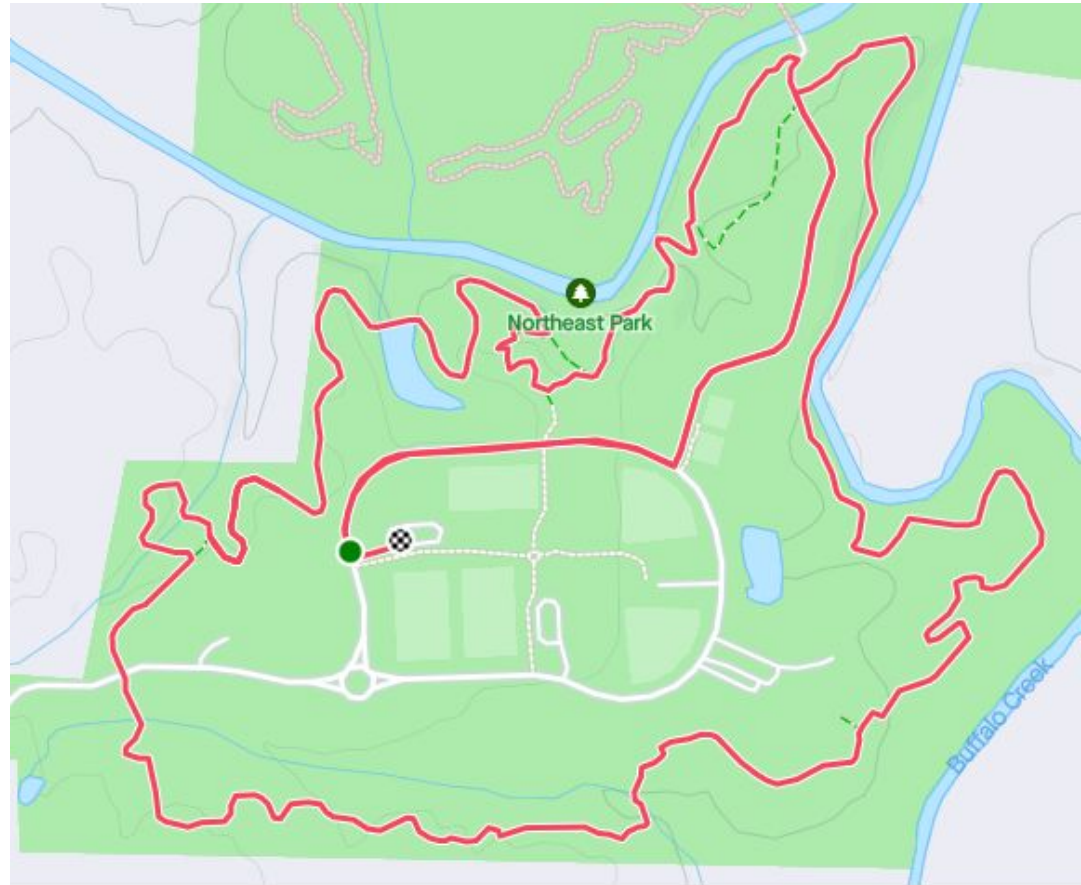
5 Mile Course Map

The 5 mile course will follow the Half Marathon Segment 1. Runners will leave the Start line and continue clockwise on the park road. Runners will turn left near the tennis courts and continue on the gravel drive to the trail entrance. Runners will then continue clockwise on the trail. At the trail exit runners will then make their way back to the Finish line by turning right and continuing straight on the gravel drive then turn right on the park road and head to the FINISH.

*Course is subject to change

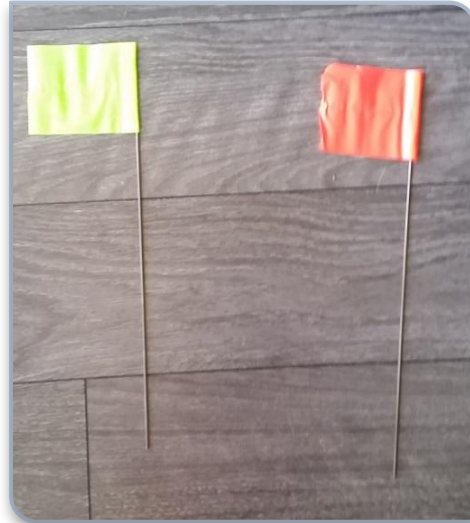
Waterstop 1: Mile 2.7 water & Gatorade.

Waterstop 2: Mile 4.8 Water & gel



Click [here](#) for a detailed map and/or download the GPX file.

Course Markings



- All turns will be marked with trail turn signs
- Areas of concern will be taped off forcing athletes to go the correct direction
- Surveyor flags and trail tape will be used on **THE RIGHT SIDE** of the trail to help guide athletes in the right direction (approx. every .07 miles, more frequently near corners). On areas with two direction traffic, there will be flags on both sides.
- *Flag & tape color may vary on race day!

Measuring Technique

- For trail races there is no good standard for how to measure courses. For ours, we use two GPS devices (originally Garmin 910X and a Garmin GPSMap 64st) along with the measuring wheel. This course was measured twice in 2020 – both in segments and as a whole.
- On *average* a mile with the wheel came out to .92 miles on a GPS
- With GPS, due to many factors we have seen distances ranging from 11.8 miles to 13.0 miles depending on the device, the day, the tree cover and several other factors.
- We do believe in the accuracy of the measurement of this course.

Ruck Category

- Ruckers will be pre-weighed prior to the race.
 - Ruckers Under 150lbs must have a backpack with 20lbs
 - Ruckers Over 150lbs must have a backpack with 30lbs
- Ruck weigh in of packs will be 20 minutes before the start of the race at the starting line. Ruckers must bring their own packs and weight.
- Pack weight is based on nonconsumable weight. Anything that will be removed from the pack during the race such as water, food, jackets, etc can not be included in the needed weight pack.

Water Crossing

The water levels should be knee-high at the lowest or waste-high at the highest. Since the race four years ago, we **NO LONGER ALLOW** the use of rocks to cross for safety reasons as many rocks have moved. With good shoes and socks, the water will drain quickly, and your feet will be **MUCH** warmer than if you let your bare feet touch the sand/rock bottom.

The best place to cross (smooth and most shallow) is about 4 feet from the rocks (see athletes in pink and green in picture to the right)



Race SWAG!!!

RaceJoy



Make sure to download the RaceJoy app by RunSignUp (available on Apple and Android) so that you can get progress alerts during your race and see a map of aid stations and bathrooms! If your friends, families, and teammates want to track you during the race, they can download this app as well. All they have to do is enter your bib number to watch your progress and send you cheers throughout the race!

RaceJoy tracking is also available for those not using the GPS tracking. Spectators can track when athletes start and finish, and when passing certain points along the course.

Records!

Age Group	Female Record Holder	Male Record Holder
OVERALL	1:41.20 Samantha Polak (2017)	1:27.13 Andrew Wommack (2017)
19 and under	1:44.13 Jennifer Mohler (2018)	1:39.48 Hazen Harvell (2020)
20-24	1:47.09 Aha Weeks (2017)	1:30.07 Dyllon Gunsolus (2018)
25-29	1:41.20 Samantha Polak (2017)	1:29.10 Nathan Swenson (2017)
30-34	1:43.04 Tara Wommack (2017)	1:27.34 Keith Gruchacz (2020)
35-39	1:59.21 Patty Sorgius (2017)	1:30:43 Andrew Wommack (2020)
40-44	1:52.56 Lisa Hecker (2018)	1:39.40 Jeremy Waldrop (2020)
45-49	1:48.29 Kathy Hurst (2017)	1:36.27 Michael Stevenson (2017)
50-54	1:52.57 Alison McNamara (2017)	1:38.40 Matthew Darisse (2017)
55-59	2:29.42 Claudia Mello (2017)	1:37.44 Mike Kelley (2017)
60-64	2:20.23.9 Mary Gentry (2020)	1:59.51 Keith Houck (2020)
65-69	3:00.47 Brenda Weyerbacher (2020)	2:13.54 John Northen (2017)
70+	-----	1:57.57 Russell L. Smith (2017)

RECORDS ONLY COUNT FROM YEARS THE FULL COURSE IS USED.