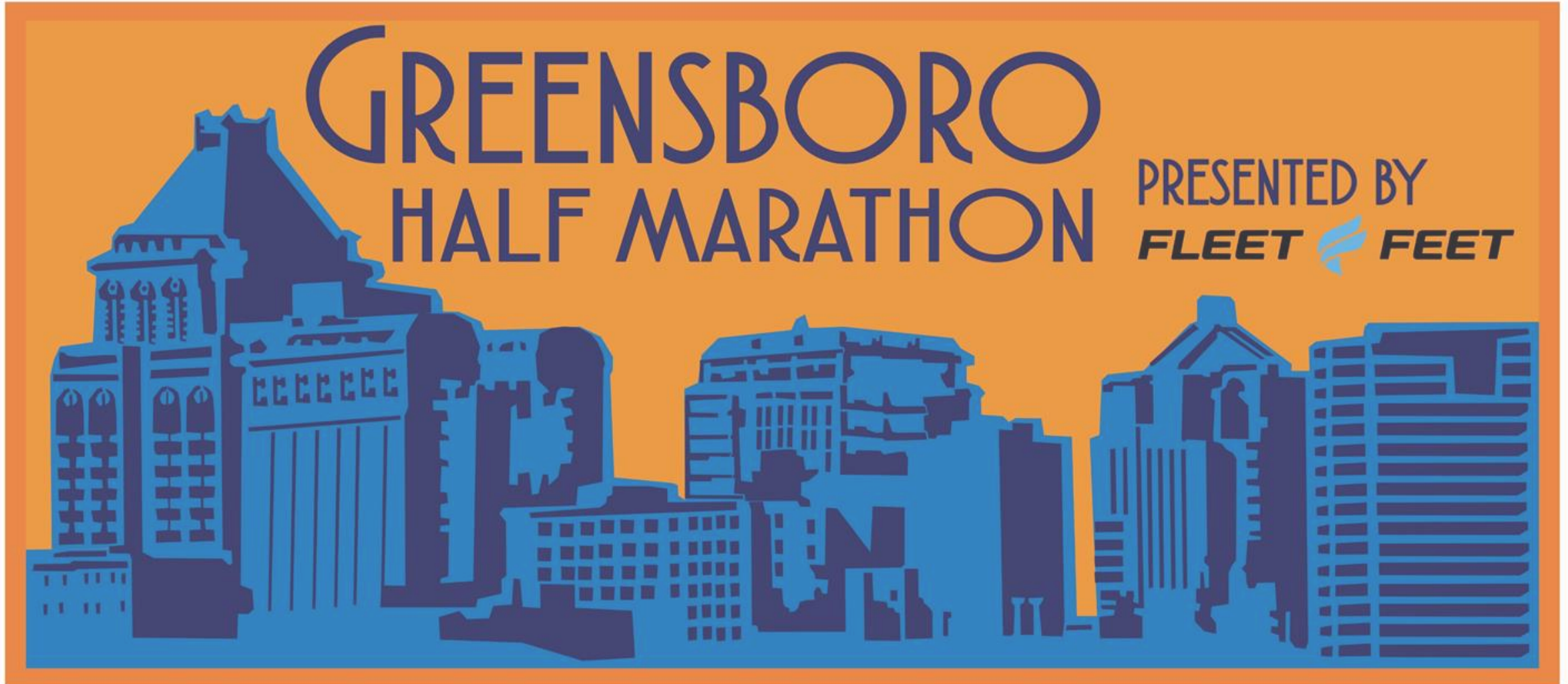


2020 Athlete Guide



Timeline of Events



Friday, November 20th, 2020

- 3:00 pm - 7:00 pm - Early Packet Pickup outside of Fleet Feet Greensboro, [3731 Lawndale Dr](#)

Saturday, November 21st, 2020

- 7:00 am - 8:15 am - Race Day Packet Pickup (*there will be no in-person registration*) –
 - 5K participants will pick up at Summerfield Community Park
 - Half Marathon participants will pick up at Latham Park
- 8:30 am - Half Marathon Start at the start line (time trail start with corrals)
- 8:40 am - 5K Start at the finish line (waves starting every 5 minutes)
- 12:15 pm - Course closes

Key Locations

Half Marathon Start Line

- Latham Park Greenway - [790 Hill St, Greensboro, NC 27408](#)

5K Start Line

- Summerfield Community Park (past the Community Center to the end of Centerfield rd)
- [5404 Centerfield Rd, Summerfield, NC 27358](#)

Finish Line for All Races

- Summerfield Community Park - [5404 Centerfield Rd, Summerfield, NC 27358](#)

Participant Rules due to Covid

Please understand that your adherence to these rules directly effects our and other groups ability to put on events in the future:

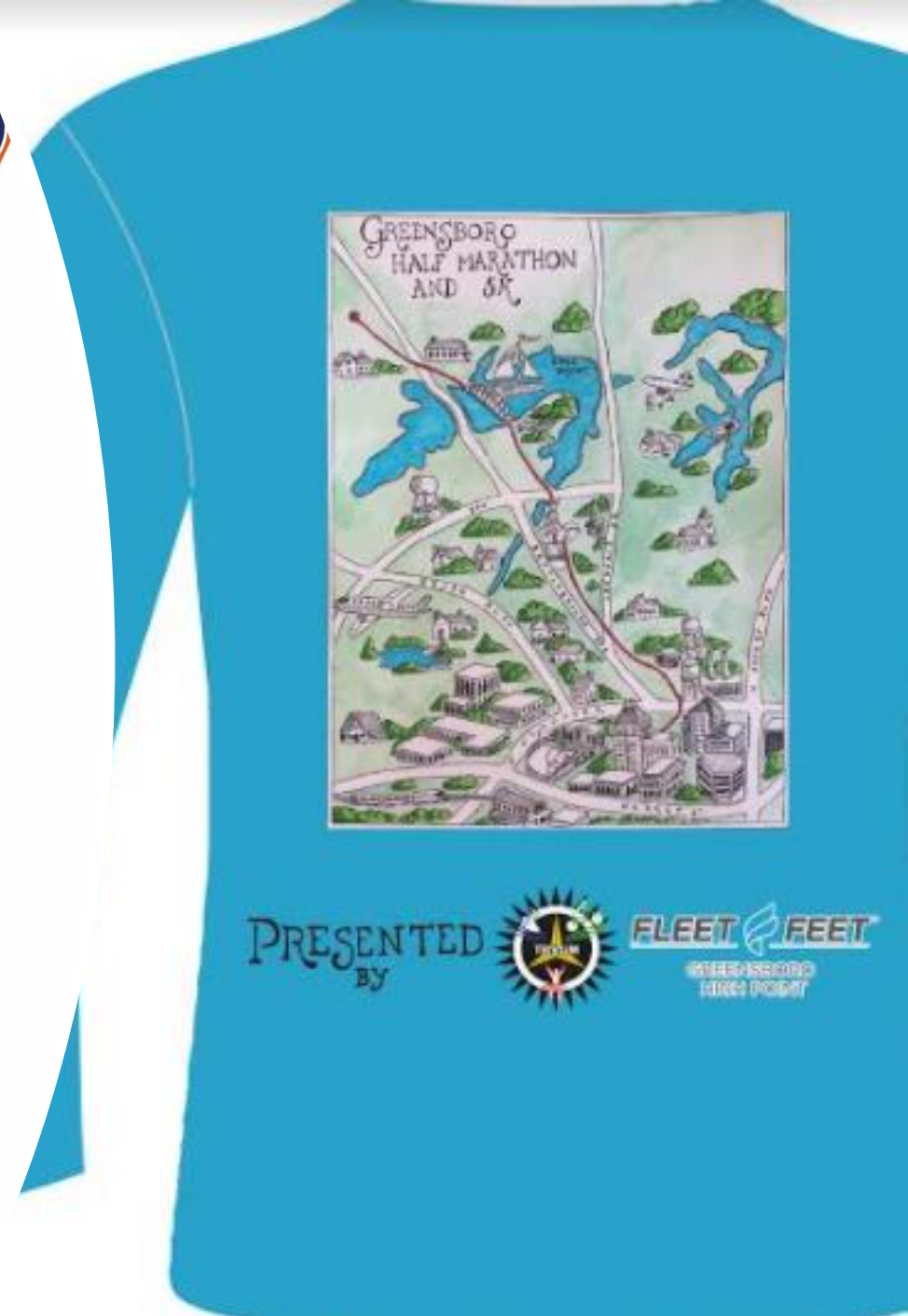
1. Social distancing of at least 6ft will be required at all times except with members of the same household prior to and following the race.
2. No headphones will be allowed on the course to allow for safe passing distance.
3. Aid Stations will be contactless. Volunteers will place aid on tables, and athletes will grab it from the table.
4. Athletes will be required to wear a face mask covering their nose and mouth prior to and following the run. *Athletes not following this rule are subject to being disqualified from the event.*
5. Anyone who is feeling sick, has a temperature on race day of 99°F or higher, who has been in contact with someone with a confirmed case of COVID-19 in the last 14 days, or who has a pending or positive COVID-19 test result within the 2 weeks before event day will not be allowed to participate.

What's in Your Packet?

Your packet will include your custom race bib, shirt, and safety pins, as well as your finishers medal. Due to Covid, we will not be handing medals out at the finish line.

If you do not attend early packet pick up, packets will be pre packed at the start line and labeled with participant's name and bib number. Please plan to find your packet in your assigned corral group.

If you are taking the pre-race shuttle, your packet will be available at the shuttle stop.



Shuttles



[5404 Centerfield Rd, Summerfield, NC 27358](#)

We will have a Half Marathon shuttle pick up in the Summerfield Community Center Parking lot near the finish line. Athletes taking the bus will pick up their packets there, and then load up onto the bus.

Please remember that you must always wear your mask over your mouth and nose on the bus and sit one person per bench.

Buses will load up between 7:00am and 7:15am. They will leave promptly at 7:15am in order to get athletes to the start line on time. **Check in (including temp checks and packet pick up) will start at 6:30am in front of the Community Center.**

If you miss the shuttle, you will be responsible for getting yourself to the start line.

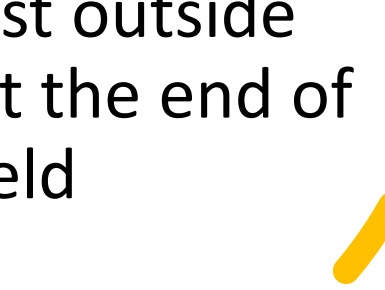
Pre registration for the shuttle is required as space is limited. If you did not initially sign up for the shuttle, but would like to add it now, just follow [these instructions](#).



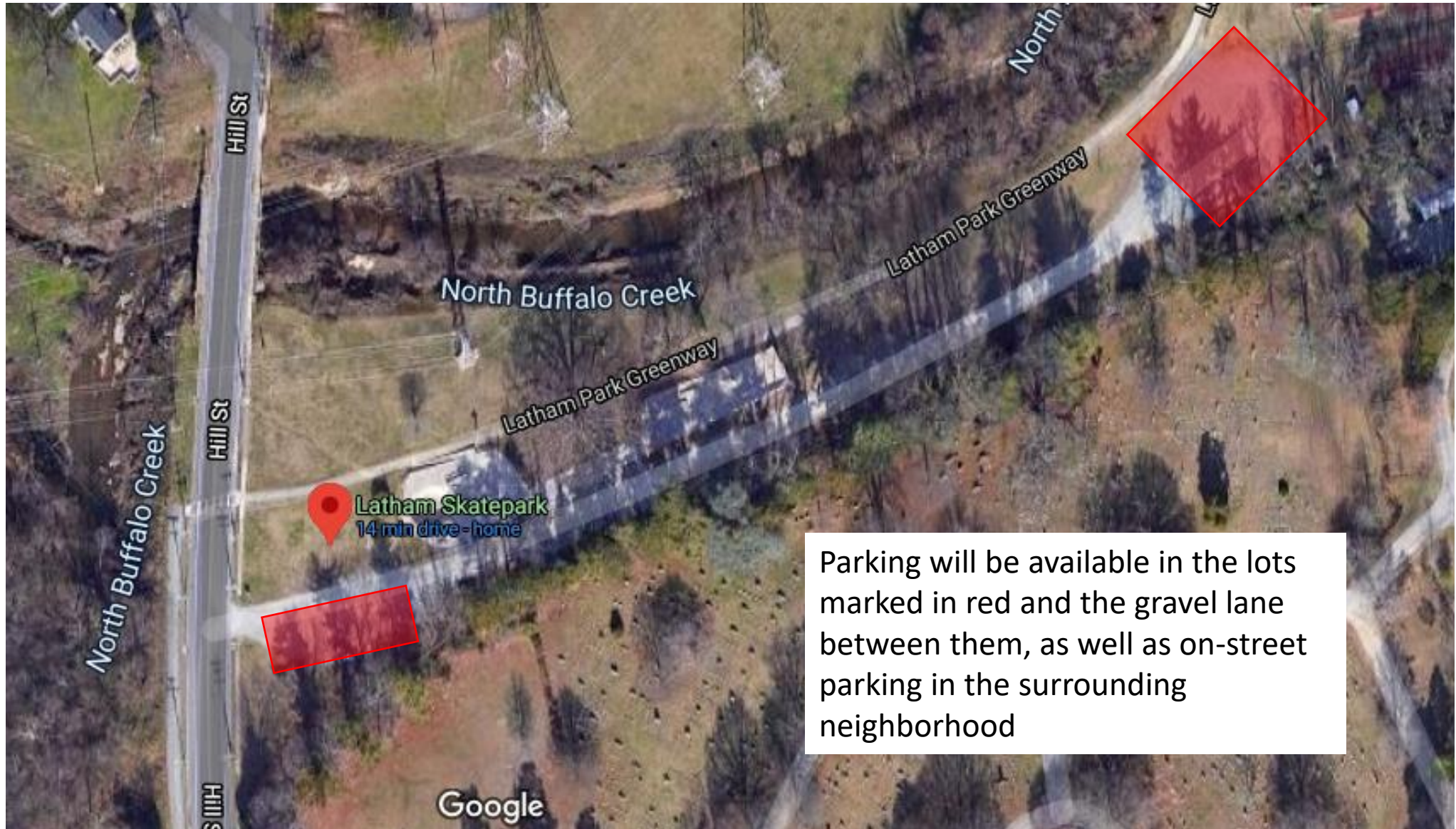
Parking

If you are parking at the starting line of the Half Marathon, please leave enough time to find street parking nearby. There are about 50 parking spots in the Latham Park lot, but those will fill up quickly.

5k and Half finish line parking will be available at the lots within Summerfield Community Park, including at the Community Center. Overflow parking will be available at Summerfield Elementary School just outside the park. The 5k start line will be at the end of Centerfield Rd, past the Summerfield Community Center.



Half Marathon Start Parking



Parking will be available in the lots marked in red and the gravel lane between them, as well as on-street parking in the surrounding neighborhood

Finish Line/5k Parking

Parking will be available in any of the lots marked in red, as well as on Greenlawn Dr



5k Start and Both Finish Line

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!



Aid Stations

- **Aid Station #1:** Mile 2.1 – Water/Breakthrough Nutrition
- **Aid Station #2:** Mile 4 – Water/Huma Gels (assorted flavors)
- **Aid Station #3:** Mile 6.2 – Water/Breakthrough Nutrition
- **Aid Station #4:** Mile 8.1 – Water/Huma Gels (assorted flavors)
- **Aid Station #5:** Mile 9.7 – Water/Breakthrough Nutrition
- **Aid Station #6:** Mile 11.7 (Mile 1.55 of 5k Course) - Water



5K
Course Details



5k Corrals and Start Plan

- Athletes not warming up must remain in their corrals (marked by cones and Wave # signs) with a mask on, until they are moved up to the starting corral.
- Packets will be available in the starting corral in alphabetical order. (Remember to get to your corral with plenty of time to get your gear and run stuff back to the car if necessary)
- Each wave of 50 people will line up individually on cones spaced out by 6ft and will have 5 minutes for everyone to start, staying spaced out as they cross the line. This is plenty of time, so there's no need to rush the line.
- Starting Wave times are as follows –
 - Wave 1: 8:40am
 - Wave 2: 8:45am
- All finish times and awards will be based on chip time (your individual time starts when you physically cross the start line and ends when you cross the finish line).

Mile #1

- Mile one is mostly within the park as athletes will do a clockwise loop around Summerfield Community Park before turning left onto Centerfield Dr. and leaving the park
- Mile #1 is mostly flat, but has a steep 50 ft uphill over the last .2 miles.



Mile #2

- Mile number two takes place on the beautiful roads of Summerfield NC. Athletes will be able to get water at the halfway point at the corner of Oak and Summerfield Rd. Athletes will be in the Northbound lane while running on Summerfield Rd. Mile two is mostly flat.



Mile #3 and the Finish

- 5K athletes will continue on Summerfield Rd. before turning back onto Centerfield. Once at the end of Centerfield runners will complete a counterclockwise lap of the park before finishing next to the lake! Mile 3 is flat with much more downhill than up!





Half Marathon Course Details

Port o Potty Locations

- Start Line
- Mile 2.8 (Markland Rd. and Entrance to Greenway)
- Mile 4.9 (On Greenway near where Westridge and Old Battleground meet)
- Mile 8.1 (On Greenway at crossing of Owls Roost Rd.)
- Mile 10.4 (At Summerfield Rd. and the Exit of the Greenway)

Greensboro Half Marathon Corral's

- Athletes not warming up must remain in their corrals (marked by cones and signs) with a mask on, until they are moved up to the starting corral.
- Packets will be available in the starting corral in alphabetical order. (Remember to get to your corral with plenty of time to get your gear and run stuff back to the car if necessary)



Half Marathon Start Line

Each corral will be labeled with numbered signs. Packets not picked up at early packet pickup or on a shuttle bus will be found inside of those corrals. Keep in mind, that your packet will include your race shirt and finisher medal, so you will need to leave time to take it back to your car or give it to whoever drops you off.



Half Marathon Start

- The race start will be broken into 6 waves of 50 people, each corralled in a separate area. Once athletes move up to the starting corral, they will individually stand next to cones more than 6 ft apart until the start of the race. Within the wave athletes will start in a time trial format 1 at a time every 5 seconds as directed by a staff person.
- Athletes should sign up for waves based on their estimate finish time.
 - **Wave #1:** Estimate Finish Time: **Less than 1 hour and 45 minutes**
 - **Wave #2:** Estimate Finish Time: **1:46 – 1:55**
 - **Wave #3:** Estimate Finish Time: **1:56 – 2:10**
 - **Wave #4:** Estimate Finish Time: **2:11 – 2:25**
 - **Wave #5:** Estimate Finish Time: **2:26 -2:40**
 - **Wave #6:** Estimated Finish Time: **More than 2:41**
- All finish times and awards will be based on chip time (your individual time starts when you physically cross the start line and ends when you cross the finish line).

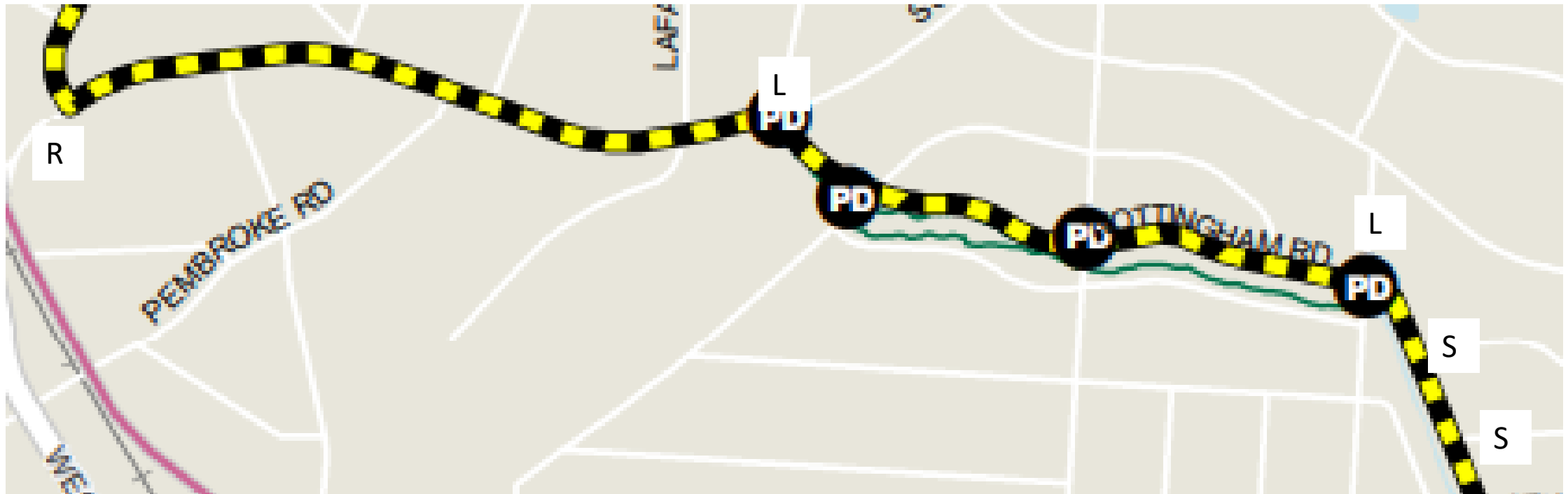
Mile #1:

- Half Marathoners first mile starts with .8 miles on the greenway, followed by the start of their tour of the Latham Park/Greensboro Country Club neighborhood.
- **Start:** Latham Park Greenway
- **Left:** at .24 miles to stay on Greenway
- **Left:** at: .4 miles to stay on Greenway
- **Left:** at .76 miles onto Cridland Rd.
- **Left:** at .8 miles onto Latham Rd.
- **Left:** at .92 miles onto Nottingham Rd.



Mile 1 – 2.3

- Athletes will continue their run through this relatively flat neighborhood
- **Left:** at 1.6 miles onto Sunset Drive
- **Right:** at: 2.12 miles onto Dellwood Drive



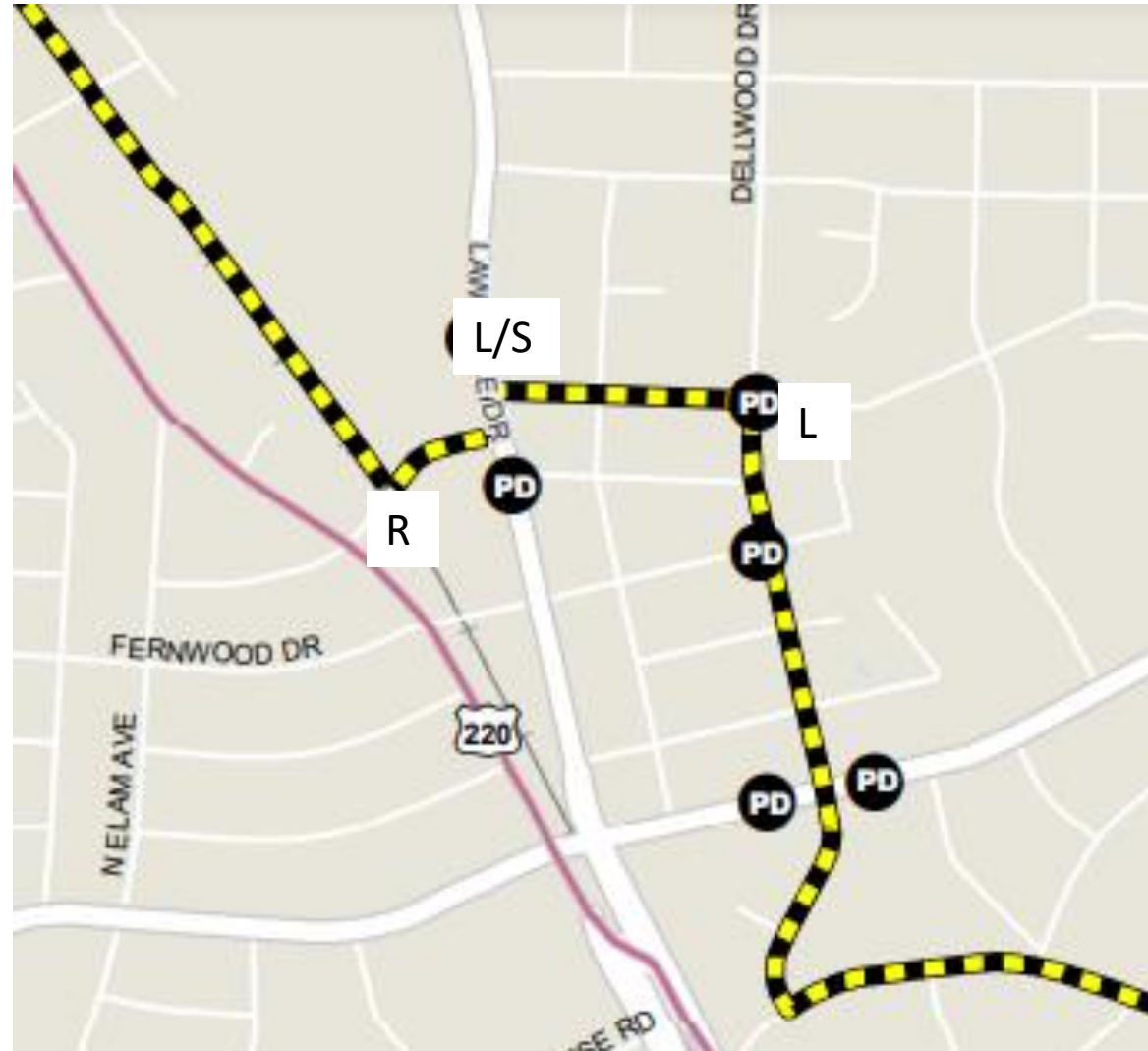
Mile 2.3 miles to 3.1 miles

Miles 2.3 to 3.1 will get you to the Atlantic and Yadkin Greenway. This section is a bit hillier, but short.

Turn Left: at Mile 2.67 onto Liberty Street

Slight Left/Straight: at Mile 2.72 across Lawndale onto Markland in the coned lane.

Turn Right: at Mile 2.76 onto the Greenway



Mile 3.1 – Mile 5.5

This is the beginning of your tour North on the Greenway. This section of the greenway is relatively flat with a few rolling hills. At this point you have climbed about 100 ft and while there is still a bit of up (with one significant hill) this is a net down section of the course.

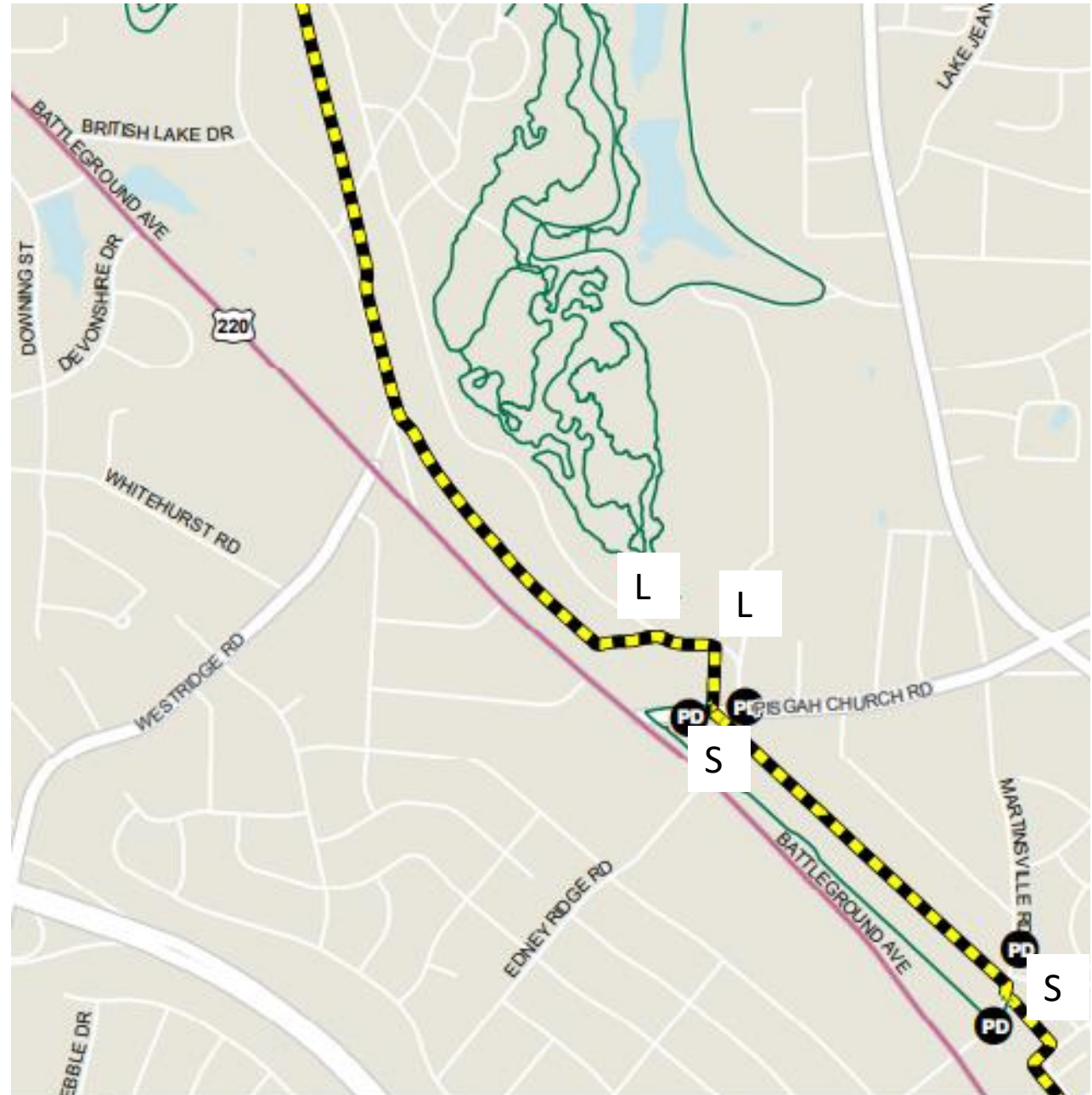
Mile 3.8: Continue straight from Greenway onto Isaacs Place

Mile 4.4: Continue Straight across Pisgah Church onto Greenway

Mile 4.5: Turn Left from Greenway onto Forest Lawns

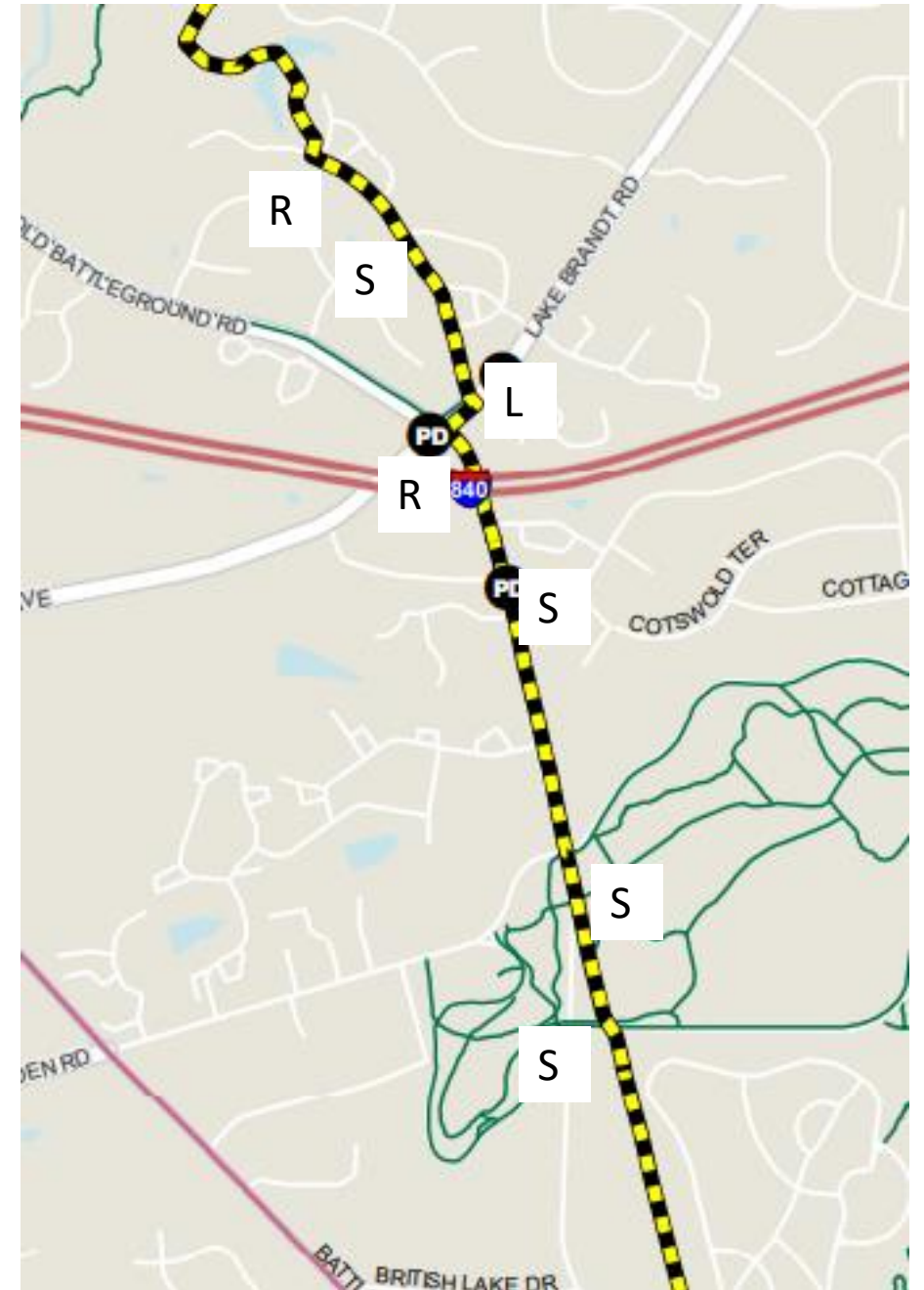
Mile 4.55: Turn Left from Forest Lawns back onto Greenway

Continue following Greenway past Battleground Park



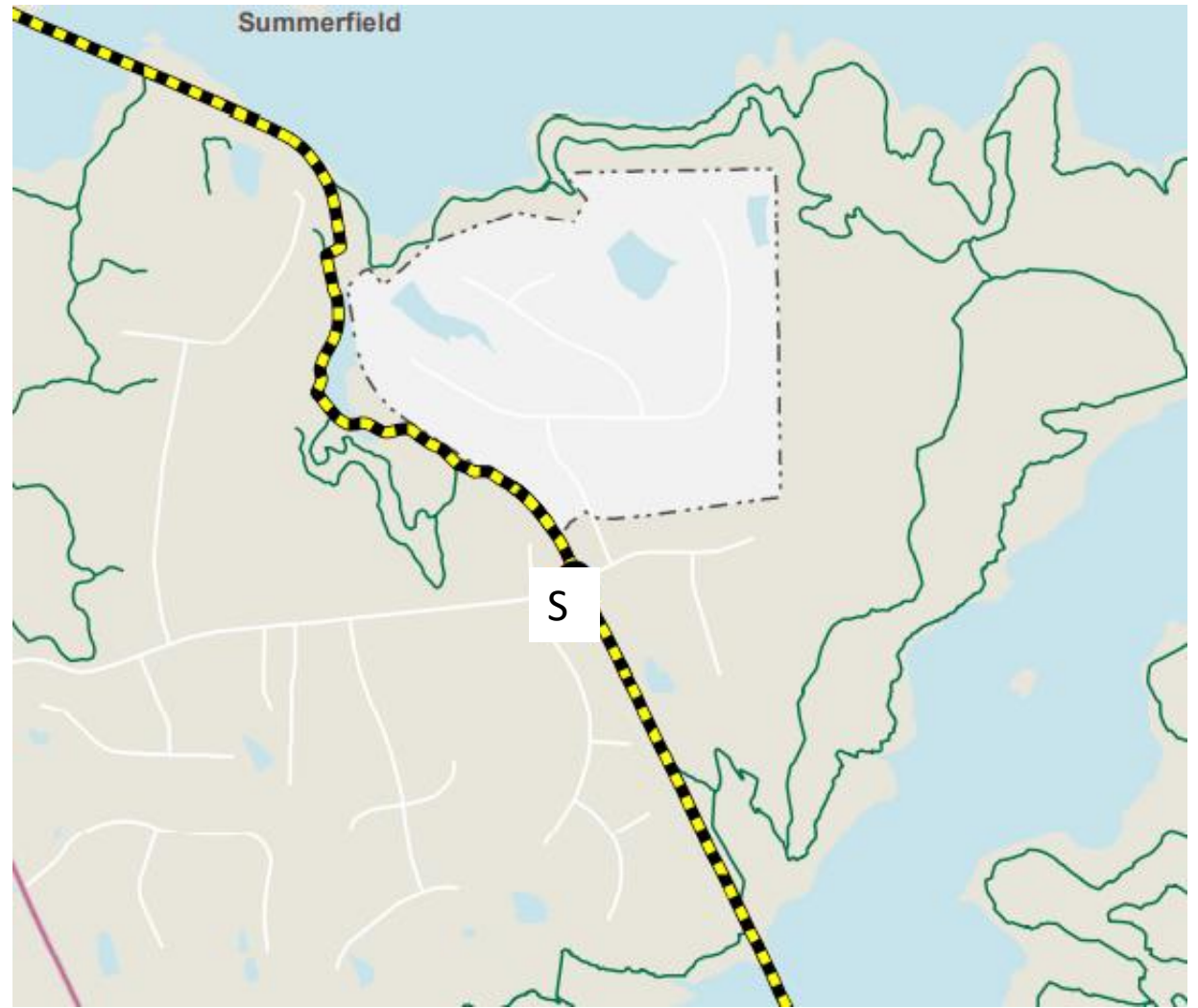
Mile 5.5 - 6.8

- This section will take you past Battleground Park, across the new highway and back onto the Greenway behind the Lake Brandt Apartments. This is again, almost fully downhill and should be a screaming fast section of the course.
- **Mile 6.2:** Turn Right onto Lake Brandt Drive
- **Mile 6.22:** Turn Left back onto Greenway
- **Mile 6.7:** Turn Right to stay on Greenway



Mile 6.8 – 8.5

- This section has a slight uphill to it. Do not get discouraged if your pace drops a bit.
- **Mile 8.15:** Continue Straight across Owls Roost Rd. and stay on the greenway.

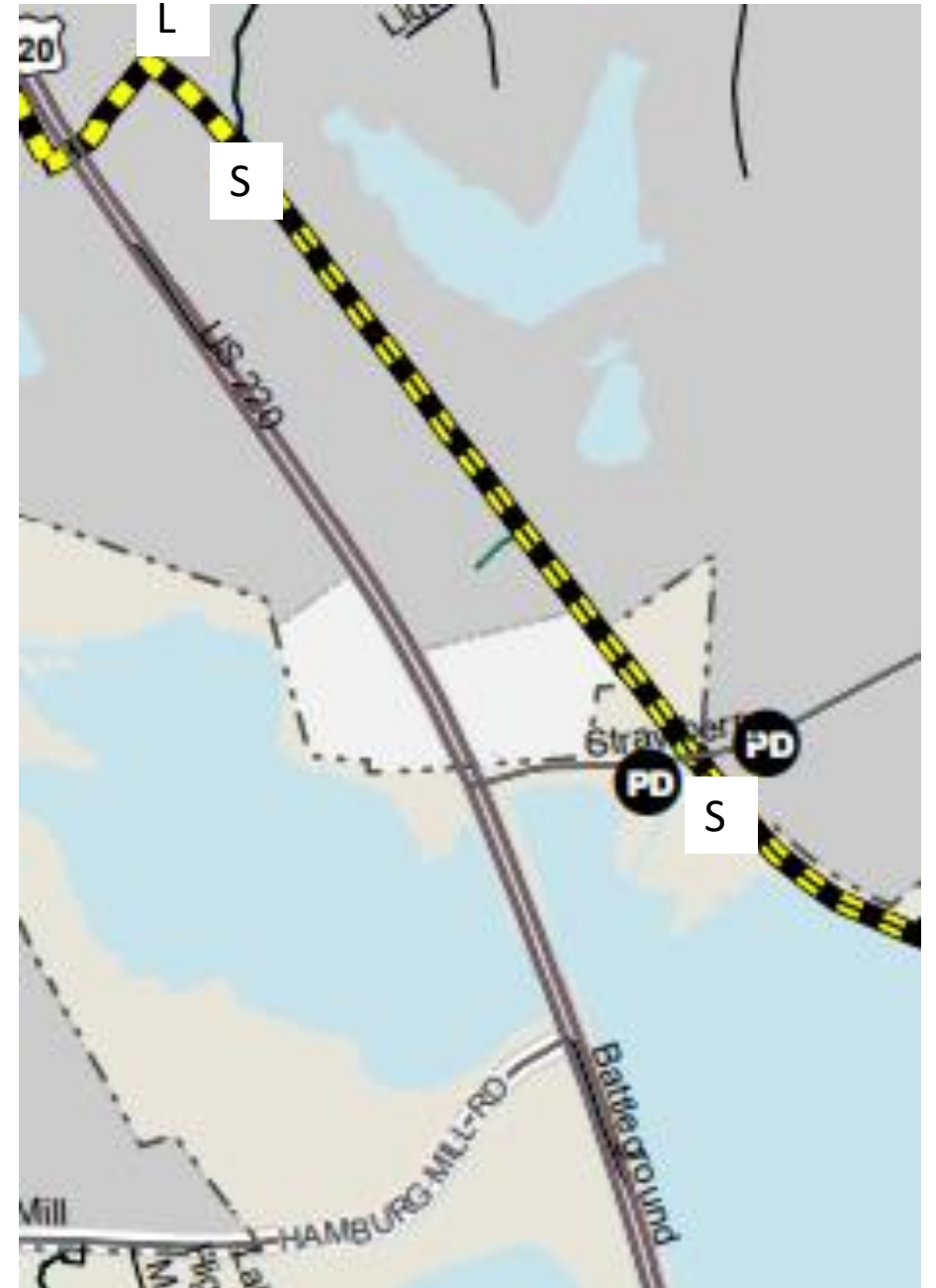


Mile 8.5 – 10.4

This is where you will start to work. For most of this section it is flat or slight up. The last half mile of this section has a significant uphill to leave the greenway and enter the city of Summerfield

Mile 9.7: Continue Straight across Strawberry Rd. to stay on Greenway

Mile 10.2: Turn left to continue following Greenway under Battleground Avenue



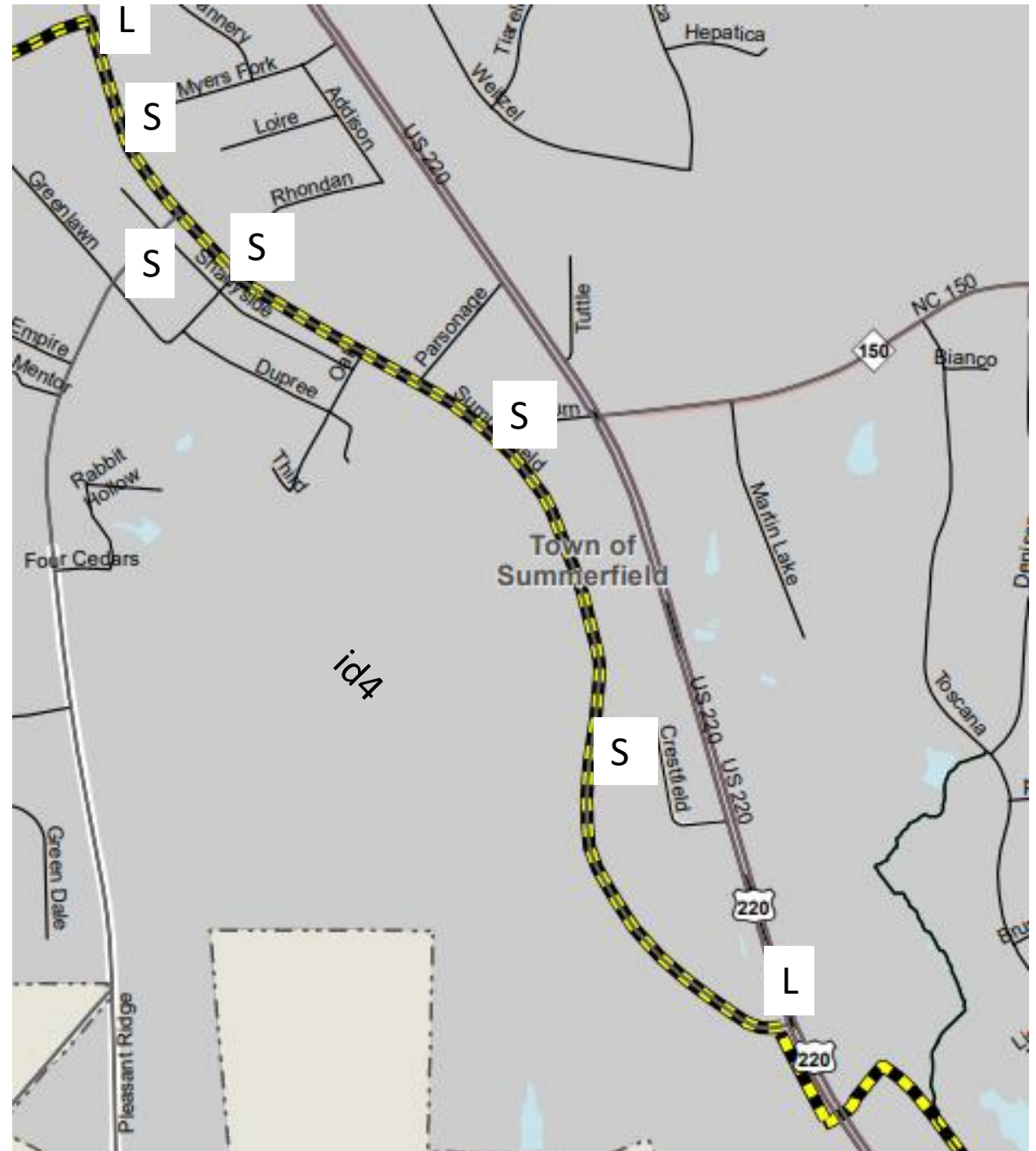
Mile 10.4 -12.3

Once you have exited the Greenway onto Summerfield Rd. You will stay in the Northbound lane (runners only) and continue on to Summerfield Community Park.

Mile 10.6: Turn Left from Greenway onto Summerfield Rd.

Mile 10.6 – 12.2: Continue straight, in the Northbound lane on Summerfield Rd.

Mile 12.2 Turn Left onto Centerfield Rd.



Mile 12.3 – 13.1

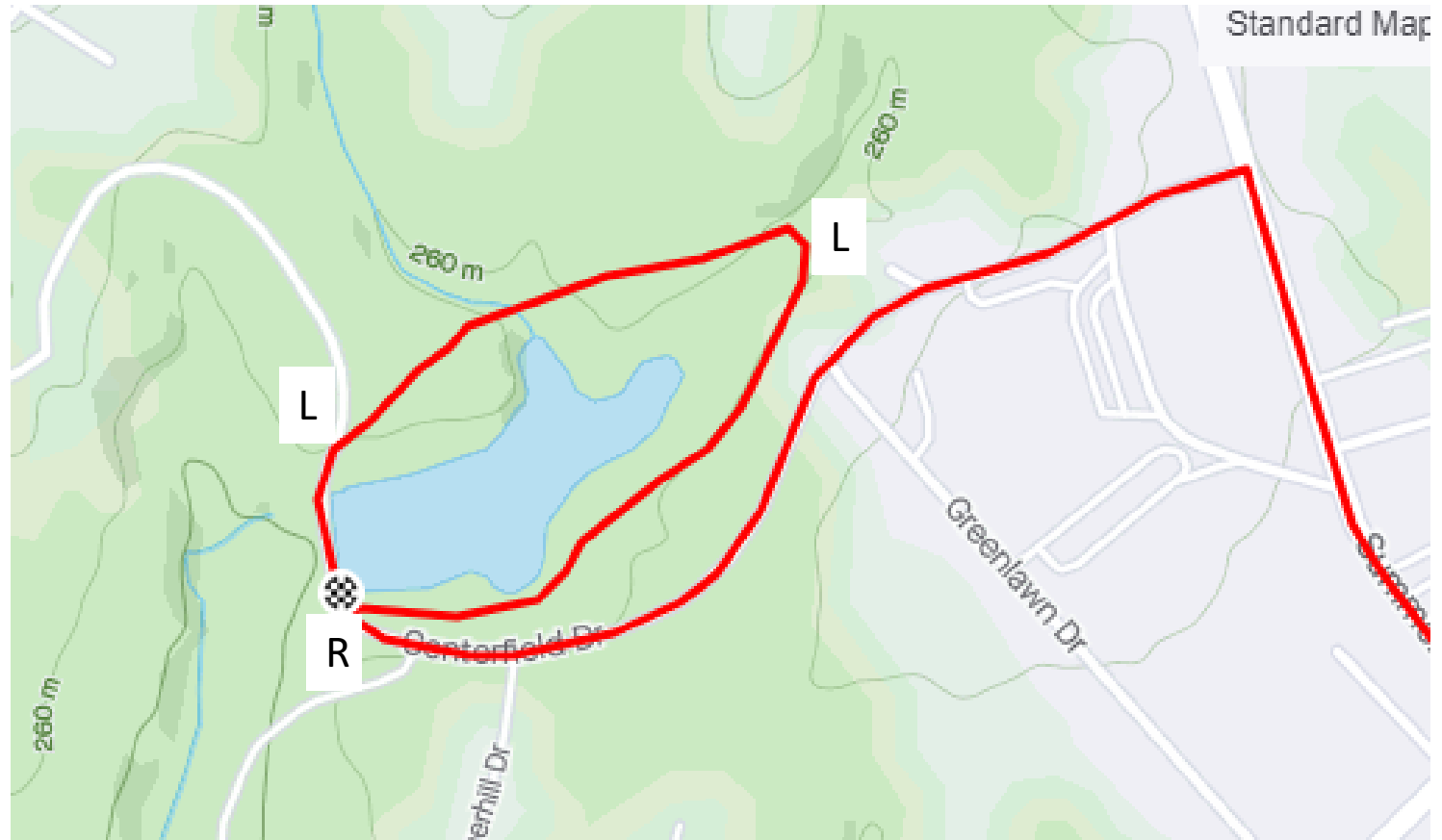
To get the distance right athletes will come within about 25 meters of the finishline before doing a counterclockwise loop around the gorgeous Summerfield Community Park and finishing along the lake

Mile 12.55: Turn Right at the Parking lot at the end of Centerfield Dr. to enter Park

Mile 12.85: Turn left to continue around the Park

Mile 13.0: Turn Left along the lake and see the finish line!

Mile 13.1: FINISH!!!



Post Race and other General Rules

- Finishers are required to wear a facemask at the finish line once they have caught their breath.
- No spectators are allowed at the finish line or on the course.
- All post race foods will be prepackaged and drinks will be in sealed individual bottles
- Results will be available online only, there will not be any results Kiosks onsite and finish line staff will not be able to give anyone their final times.
- There will be no award ceremony after the race, awards will be mailed out or available for pick up at Fleet Feet Greensboro between 11/24 and 12/13.
- Participants are asked to limit their time at the finish line to 20 minutes to ensure that the number of people in that area does not exceed 50 people at any time.



Course Cut-Offs

- We have had a few questions about how we are managing course cut-offs and being fair with a time trial start. We are starting athletes every 5 seconds with currently 270 athletes that gets everyone off the start line within 23 minutes.
- The course cutoff is 12:15 pm. This is due to police, road closure allowances and many other things. Our cut off is based off of a 15 minute mile average pace starting at **9:00 am**. This means most likely athletes will get a bonus few minutes since we will have everyone started well before 9:00 am. Our course cutoffs will be at aid station #3 and at aid station #5.
 - Aid Station #3 Cut Off: 10:33am
 - Aid Station #5 Cut Off: 11:25am
- If you are cut off, you will be given a ride to the finish line. You ***must*** wear a mask while in the car and we will also drive with the windows down and the air blowing.

FAQ's

There were a lot of good questions on our Zoom pre-race meeting, we are responding to those here so everyone can see the information requested:

When do I have to wear a mask and what qualifies as a mask?

- Masks must be worn until you start running and as soon as you cross the finish line (ideally just before but not required) to keep everyone safe.
- You should keep your mask with you during the race so you have it as you cross the line. We have a few spares if you drop yours or it gets destroyed during the event
- A mask can be a buff, cloth mask or surgical style mask that covers your mouth AND nose

What is the best way to get to the Finish Line from the Start Line?

- Check out the maps on the following pages for the best ways to drive up to the finish and not get stopped by running traffic.
- Remember to tell your ride/crew/loved one to plan on it taking 20 minutes (ish) to drive from the start of the half to the finish of the half.

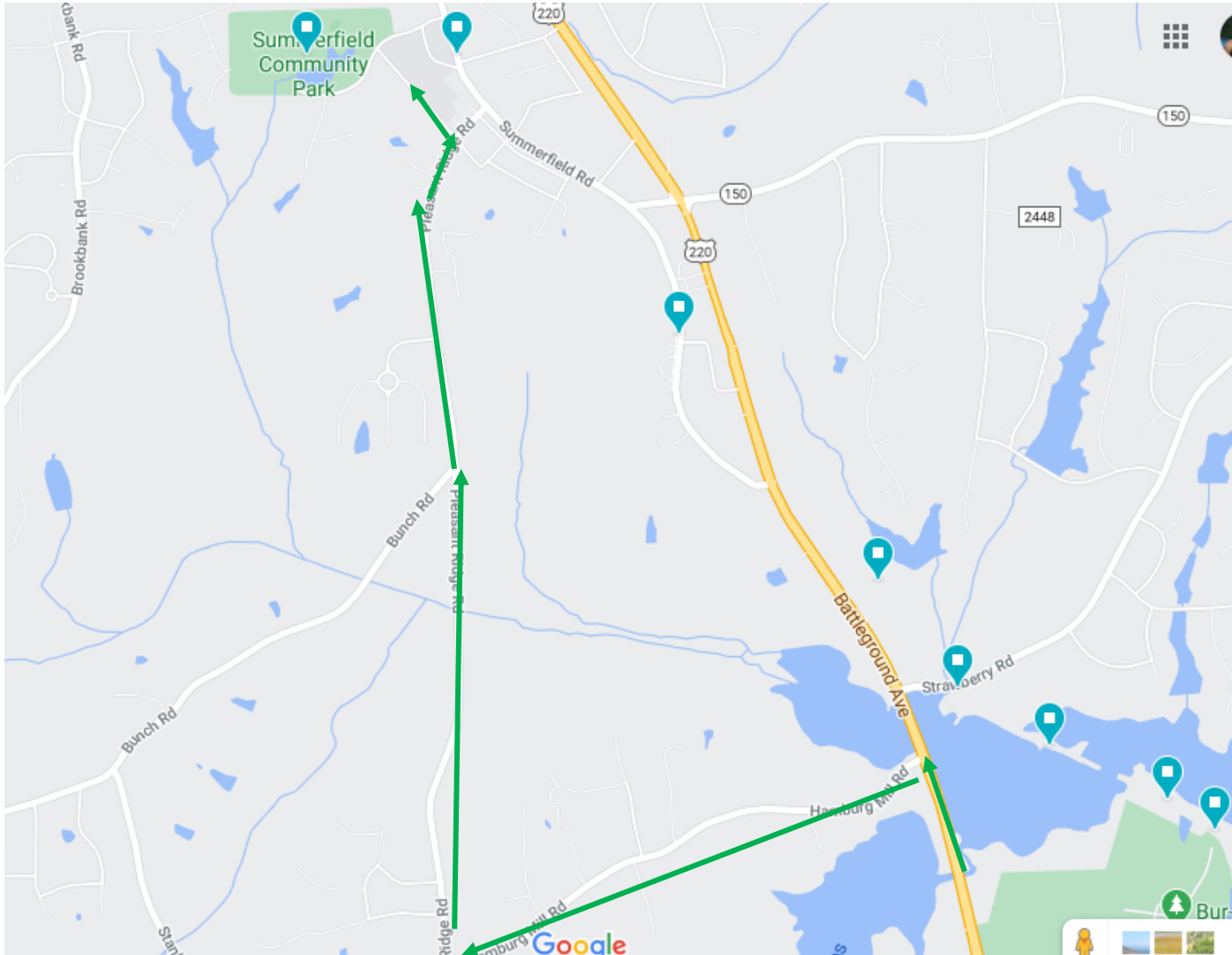
What happens to things I leave behind at the Half Marathon Start Line?

- We will have a donation bin and anything collected from the starting line, in good condition, will be donated. Nothing will be brought from the Start Line to the Finish Line.

Can someone else pick up my packet for me at Fleet Feet on Friday?

- Absolutely! Always easier to get the packets early!

How to get to the Finish line by Car during the Race (option #1)



Remember that Summerfield Rd. NORTH is shutdown for the race

The simplest way to get to the finish line to pick up your athlete is to avoid the half marathon course all together and come in from the back. It will save you time and hassle!

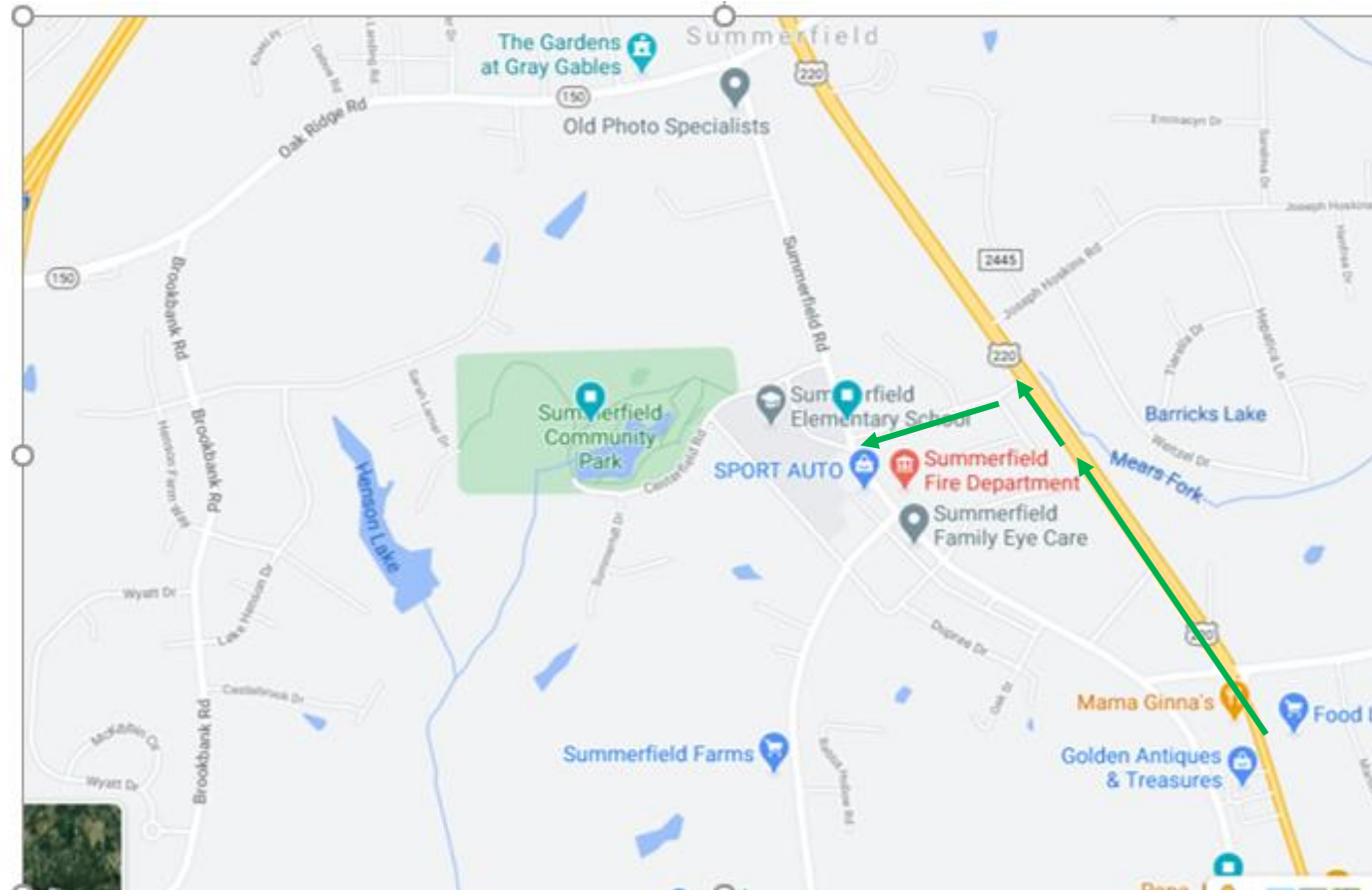
- Head north on Battleground/220
- Turn left onto Hamburg Mill Rd.
- Turn Right onto Pleasant Ridge
- turn Left onto Greenlawn.
- Find parking at Summerfield Elementary or other surrounding areas.

How to get to the Finish line by Car during the Race (option #2)

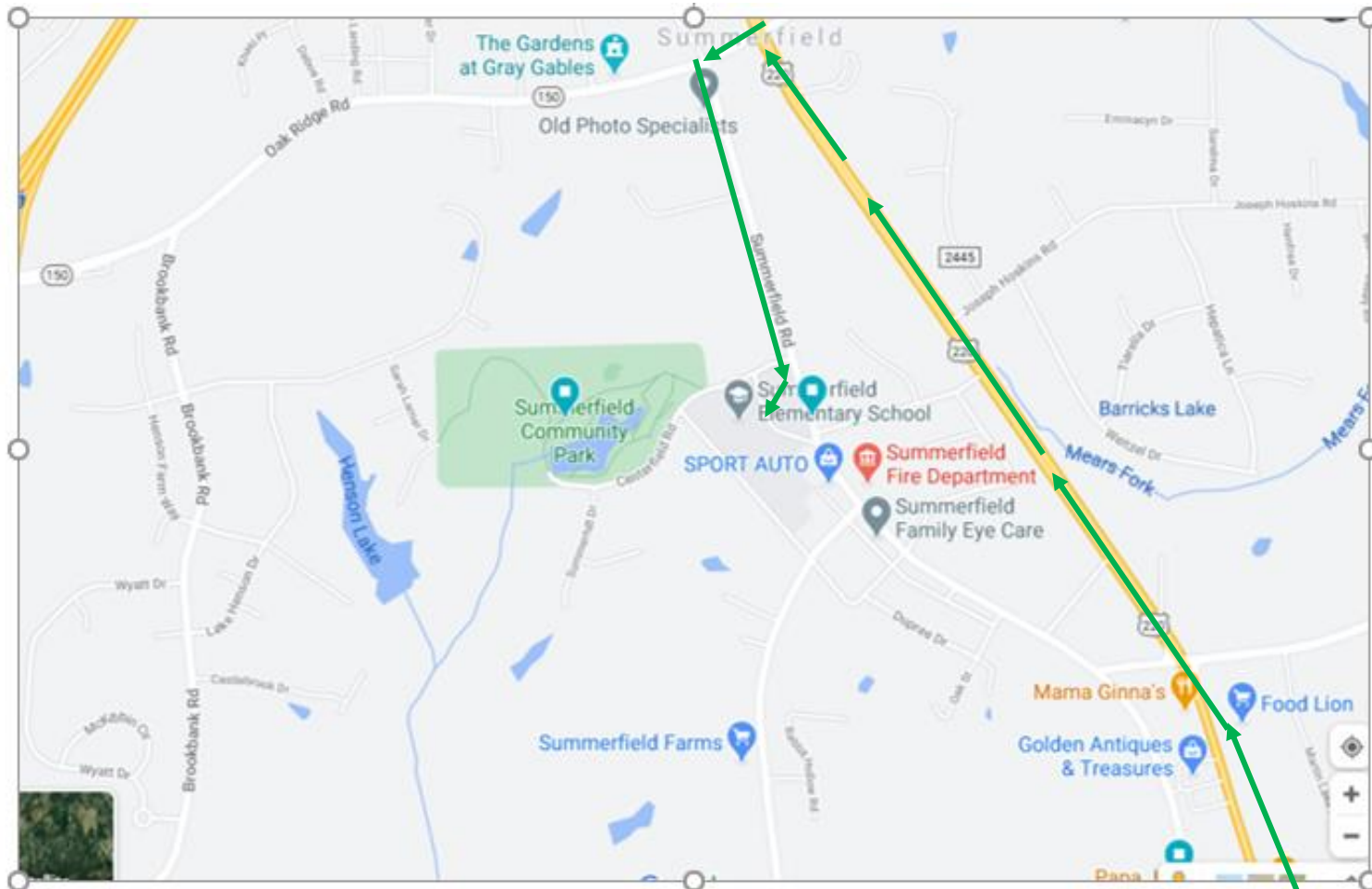
Remember that
Summerfield Rd. NORTH is shutdown for the race

The next best option would be to:

- Take Battleground/220 North
- Turn left onto Myers Fork.
- Turn slight right onto Summerfield
- Turn immediately into Summerfield Elementary parking.



How to get to the Finish line by Car during the Race (option #3)



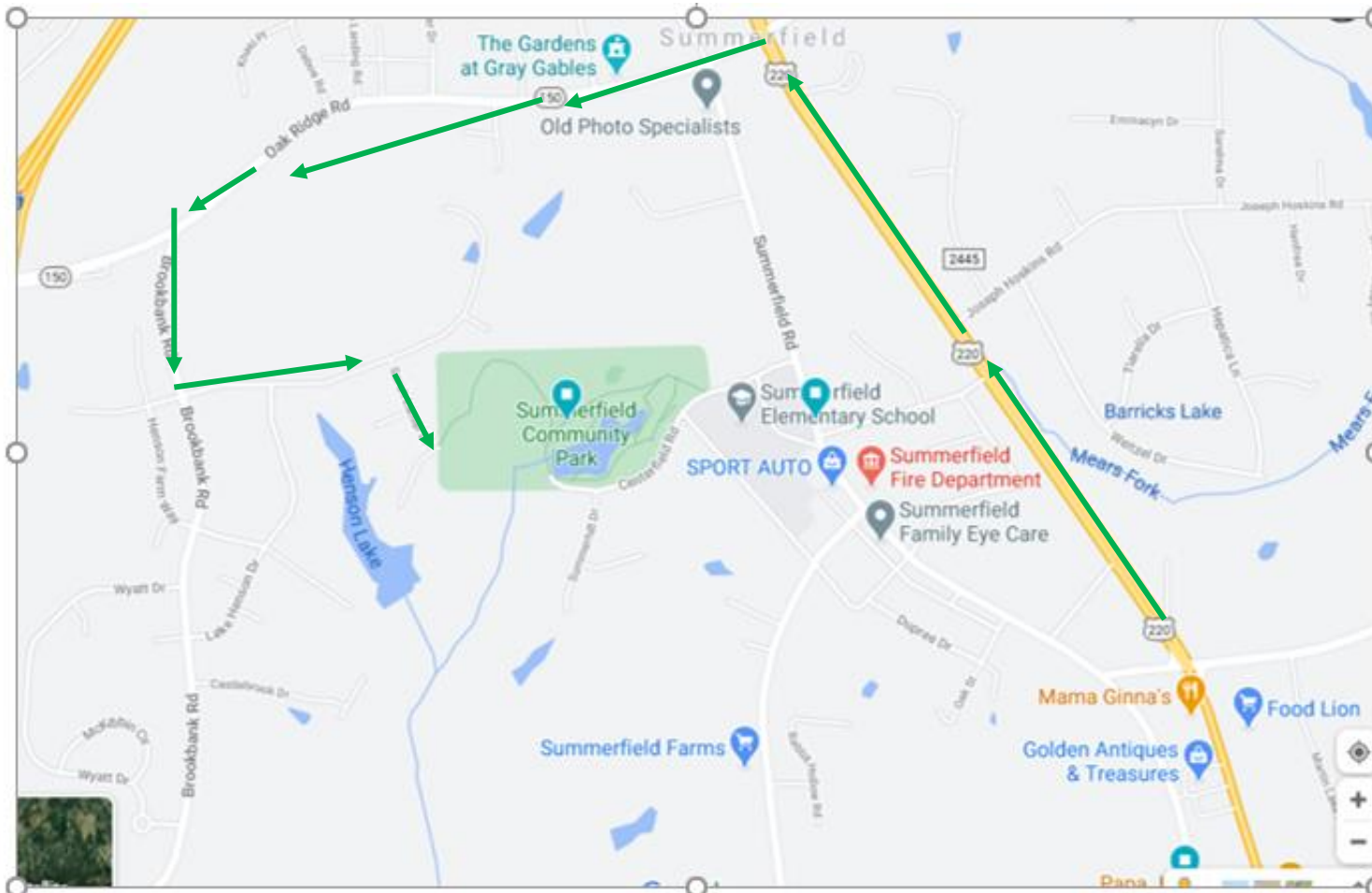
 Remember that Summerfield Rd. NORTH is shutdown for the race

If you are struggling to find Myers Park you can:

- Continue North on 220
- Turn left onto Oak Ridge Rd.
- Turn Left onto Summerfield Rd. (note: there will be delays as runners will be headed the opposite direction.
- Turn left into Summerfield Elementary Parking Lot

Remember that Summerfield Rd. North will be closed to traffic. There are multiple other ways to get into the park for the event. Please see the next few slides for the easier ways in.

How to get to the Finish line by Car during the Race (option #4)



Remember that Summerfield Rd. NORTH is shutdown for the race

If you miss your turn into Summerfield from Oak Ridge there is another back way into the park that does not interfere with the race. It will require a bit more walking as you will have to walk in on a trail from the back of the park.

- 220 Battleground North
- Left on Oak Ridge
- Left on Brookbank
- Left onto Snow Hill Dr.
- Right onto Sarah Lamar Drive
- Right onto Harriet Ct. (walk down path)

Remember that Summerfield Rd. North will be closed to traffic. There are multiple other ways to get into the park for the event. Please see the next few slides for the easier ways in.