



Athlete Guide

Race Schedule

Thursday, November 16th

- 4pm - 6:00pm: Early Packet Pickup at Fleet Feet Greensboro, [3731 Lawndale Dr](#)

Friday, November 17th

- 2pm - 6:30pm: Early Packet Pickup at Fleet Feet Greensboro, [3731 Lawndale Dr](#)
- 5pm - 6:30pm: Pasta Party sponsored by Fleet Feet Greensboro

Saturday, November 18th

- No Race Day Registration or Packet Pick Up
- ID Checks for Post Race Beer before the race
- 8:00 am – One Mile Fun Run Start
- 8:30 am – Half Marathon Start
 - Wave #1: Ainsley's Angel's – 8:30 am
 - Wave #2: Half Marathon Field 8:32 am
- 8:40 am – 5K Start
 - Wave #1: Ainsley's Angels – 8:40 am
 - Wave #2: 5K Field – 8:42 am
- 9:55 5K Awards (approx.)
- 11:00 am Half Marathon awards (approx.)
- 11:45 am – Course closes

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

Parking

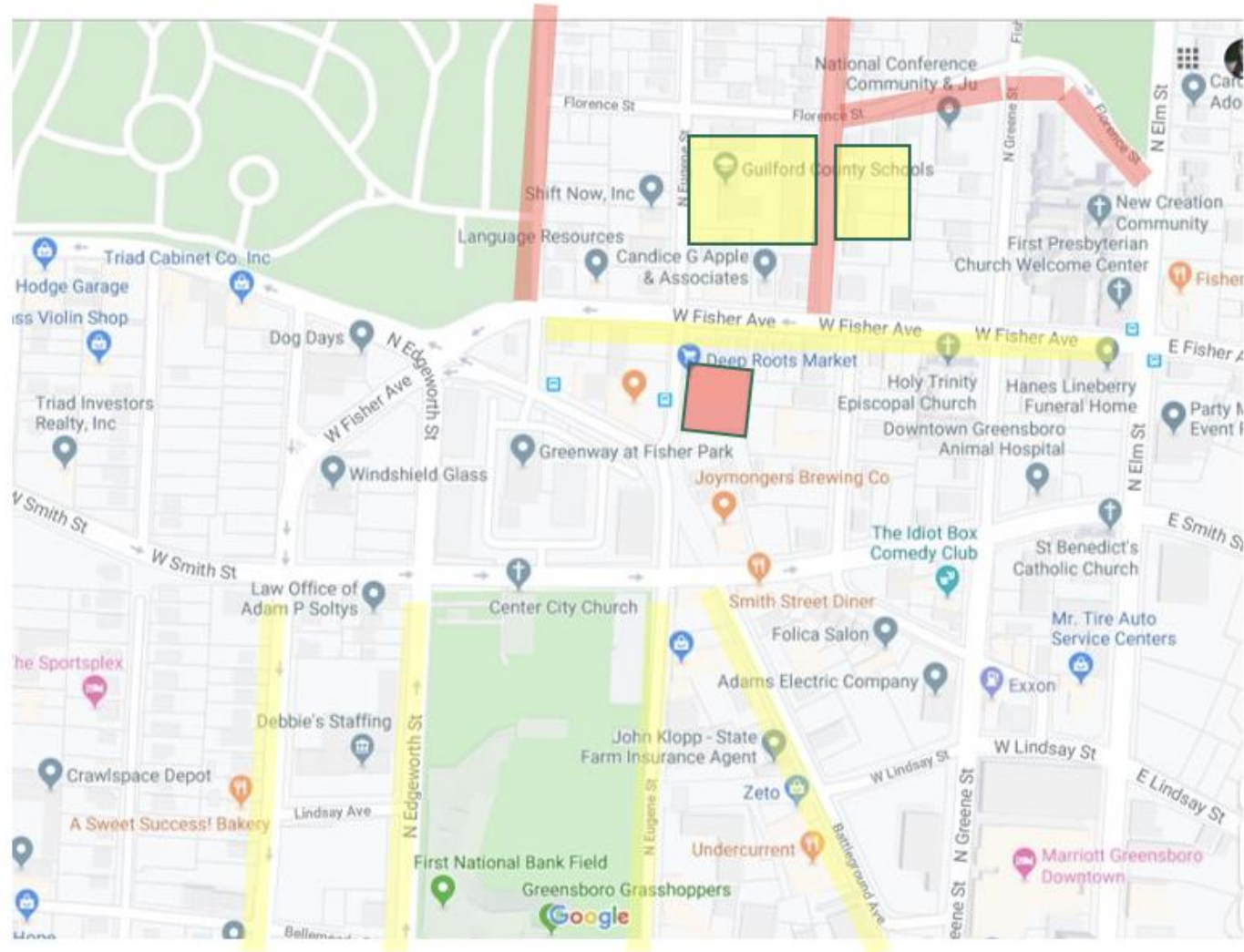
- There are plenty of metered and not metered parking spots in downtown Greensboro.
- The Guilford County Schools lot 2 blocks North of the race site is also a great location to park on Saturday morning.
- On the next page are maps showing the on street parking and Guilford County Schools lots.
- There are also parking decks a quarter mile from the race site. Please see the link: <https://www.greensboro-nc.gov/home/showdocument?id=1477>
- DO NOT: Please do not park on the course as this will narrow the area that we have for runners. Also DO NOT PARK AT DEEP ROOTS or Sage Mule This is an awesome local business next to our race site that will be open for business, but they need their parking. If you have been found to park in their lot illegally you may be disqualified from the race.

Parking

 = parking lot

 = Parking on streets

 = No Parking



A note on Running Etiquette and Headphones

- **Headphones:**

This course is a two loop course with multiple narrow(ish) bridges. 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.

Half Marathon Pacers

Our 2023 Greensboro Half Marathon Pacers are running to help you meet your race day goal!

Pacers will be wearing yellow pacer shirts and carrying pace signs. Find your pace goal sign when lining up for the start and stay with the pacer to meet your time goal.

2023 Half Marathon Pacer Times:

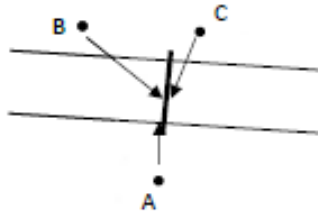
- 1:30 6:51/per mile
- 1:40 7:40/per mile
- 1:50 8:23/per mile
- 2:00 9:09/per mile
- 2:15 10:18/per mile
- 2:30 11:27/per mile
- 2:45 12:32/per mile
- 3:00 13:44/per mile
- 3:15 14:50/per mile (Sweeper at the cutoff time)

Half Marathon Course

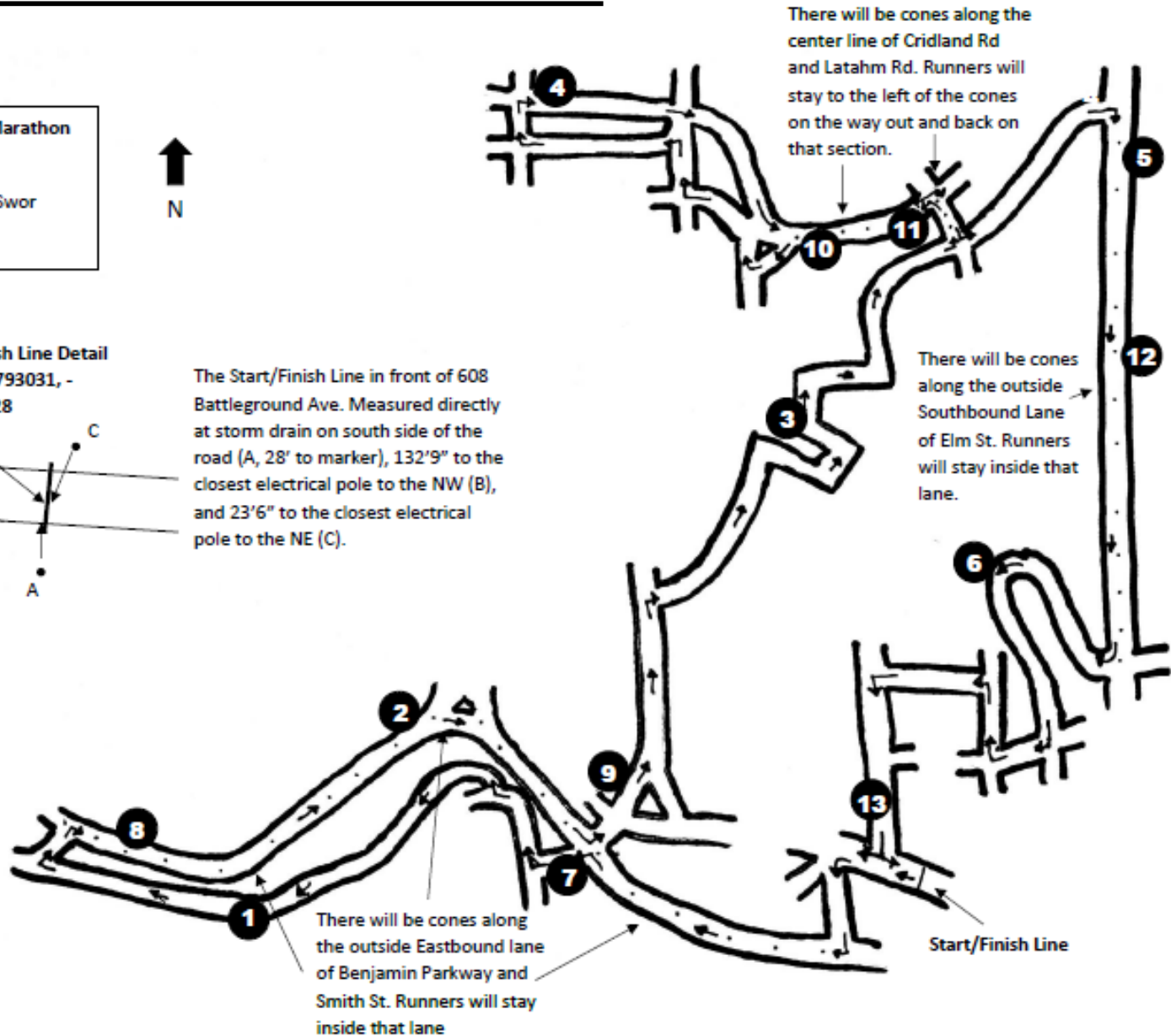
Greensboro Half Marathon
13.1 Mile Course
Greensboro, NC
Measured by Rich Swor
On 11/09/2021
(313) 304-0903



Start/Finish Line Detail
GPS: 36.0793031, -
79.7943828



The Start/Finish Line in front of 608 Battleground Ave. Measured directly at storm drain on south side of the road (A, 28' to marker), 132'9" to the closest electrical pole to the NW (B), and 23'6" to the closest electrical pole to the NE (C).



There will be cones along the center line of Cridland Rd and Latahm Rd. Runners will stay to the left of the cones on the way out and back on that section.

There will be cones along the outside Southbound Lane of Elm St. Runners will stay inside that lane.

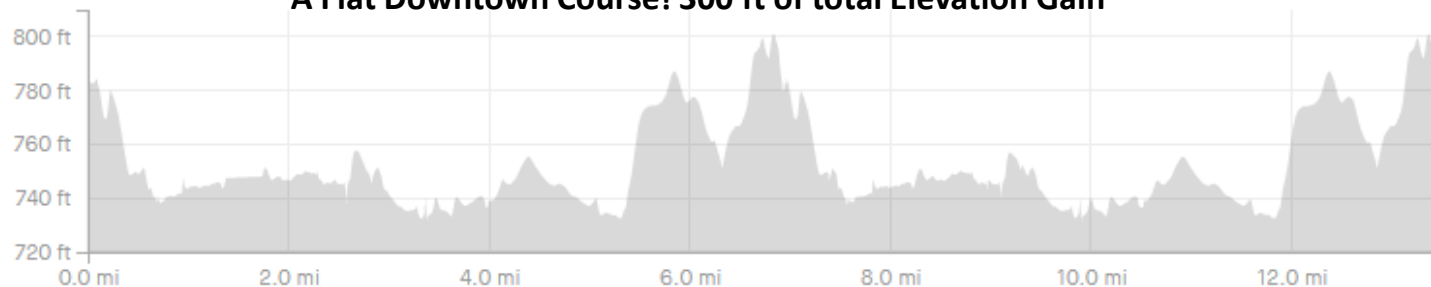
There will be cones along the outside Eastbound lane of Benjamin Parkway and Smith St. Runners will stay inside that lane

Start/Finish Line

Half Marathon Turn by Turn & Elevation

- **Greensboro Half Turn by Turn**
- Left onto W Fisher Ave
- Right onto W Smith St
- Left onto Hill St
- Right onto Mendenhall St.
- Right onto Greenway
- Straight for Half & Right for 5K
- Right to continue on greenway
- Left, Right, Straight, Right (all on greenway)
- Right to turn off greenway onto Benjamin pkwy
- Straight to stay on Benjamin Pkway
- Left onto Hill St.
- Straight on Hill St when cross over battleground to stay on road
- merge right/straight from westside to right side of Hill st.
- Right onto Latham Greenway
- Left to continue on Greenway
- Left to continue on greenway
- Left onto Cridland Rd
- Coned lane Left onto Lath
- Right onto Hammel Rd
- Right onto Briarcliff Rd
- Left onto Blair St
- Right on Cleburne
- Right onto Nottingham Rd
- Straight on Nottingham
- Straight on Nottingham, Straight on Nottingham
- S & V Left onto Latham Rd
- Right onto Cridland Rd
- Left onto Latham Greenway
- Right onto N Elm St
- Right onto Fisher Park Cir
- Left at Carolina to continue to circle
- Left at parkway
- Right onto Florence St
- Right onto Simpson St
- Left onto Cleveland St
- Left onto Wharton St (cones and volunteer w/vests)
- Turn Right to start second lap, turn Left to Finish
- (Repeat for 2nd lap) Left to finish

A Flat Downtown Course! 300 ft of total Elevation Gain



Half Marathon Aid Stations

Half Marathon

Mile 1.7: Water and Tailwind Hydration

Mile 2.9: Water and Tailwind Hydration

Mile 4.9: Water and Tailwind Hydration

Mile 6.05: Water and Huma Gels

Mile 8.3: Water and Tailwind Hydration

Mile 9.5: Water and Tailwind Hydration

Mile 11.5: Water and Tailwind Hydration

Mile 12.6: Water and Tailwind Hydration

Port O John Locations

Port O John Location

Location #1 – Starting Line

Location #2 – Mile #1/Mile #7.55 Garland Rd. @ Lake Daniels Greenway Crossing

Location #3 – Mile 3.3/Mile 9.85 Cridland Rd and Exit of Greenway

Location #4 – Mile 4.1/Mile 10.65 Nottingham at Craft Park

Location #5 – Mile 4.7/Mile 11.25 Cridland Rd. and Exit of Greenway

Location #6 – Mile 6/Mile 12.55 Fisher Park Circle

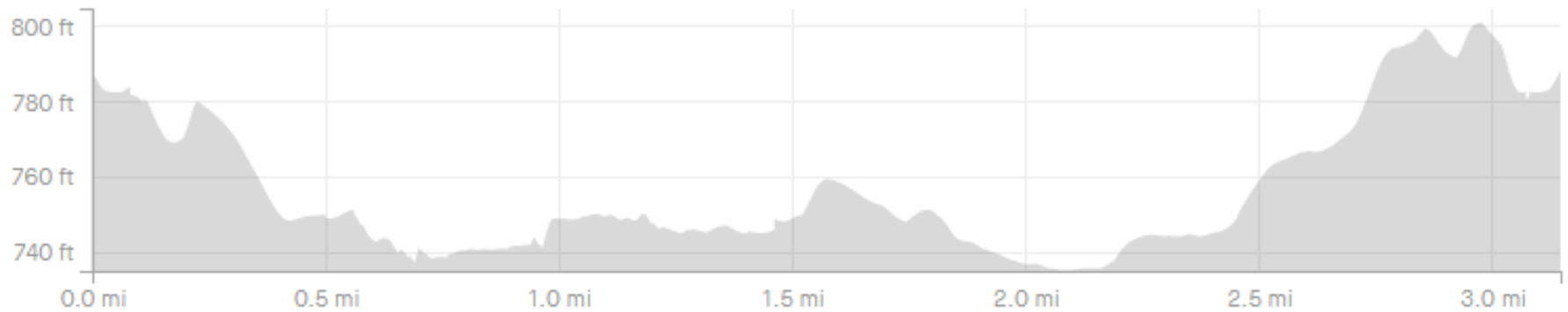
Timing Points

- For the Half Marathon there are 7 timing points on the course. Many of these are not round numbers because it is a two loop course, and these timing points are used to ensure each athlete completes the USATF certified course correctly.
 - Start Time
 - 1.4 Miles
 - 4 Miles
 - 6.6 Miles
 - 7.9 Miles
 - 10.55Miles
 - Finish Time

Course Cutoffs

- This event has a 3 hour and 15 minute cutoff for the Half Marathon and a 3 hour 3 minute cutoff for the 5K. 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 cutoff pace. There will be hard cutoffs at the halfway point (6.55 miles) and at the 7.9 mile timing point. Those cutoff times will be:
 - **Halfway – 10:09 AM**
 - **10.55 miles – 11:10 AM**

5K Course Map & Elevation



Now Even Flatter: 100 ft of total Elevation Gain

**Greensboro Half Marathon
5KM Course**
Greensboro, NC
Measured by Rich Swor
On 11/10/2021
(313) 304-0903

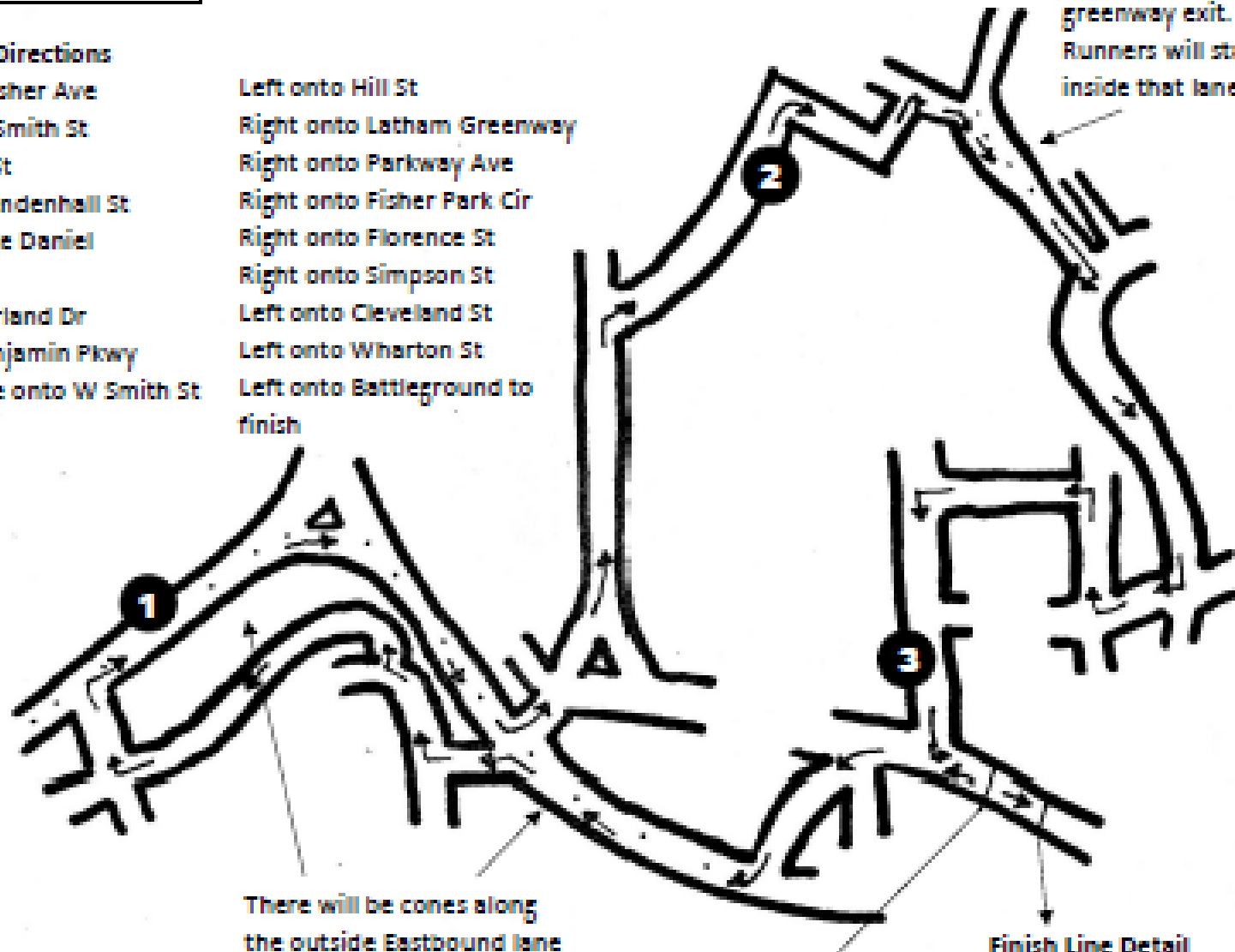


There will be cones along the double yellow line on Parkway Ave starting at the greenway exit. Runners will stay inside that lane

Turn By Turn Directions

Left onto W Fisher Ave
Right onto W Smith St
Left onto Hill St
Right onto Mendenhall St
Right onto Lake Daniel Greenway
Right onto Garland Dr
Right onto Benjamin Pkwy
Right to merge onto W Smith St

Left onto Hill St
Right onto Latham Greenway
Right onto Parkway Ave
Right onto Fisher Park Cir
Right onto Florence St
Right onto Simpson St
Left onto Cleveland St
Left onto Wharton St
Left onto Battleground to finish



There will be cones along the outside Eastbound lane

Finish Line Detail

5K Aid Station

Aid Stations 5K

Mile 1: Water and Tailwind Hydration

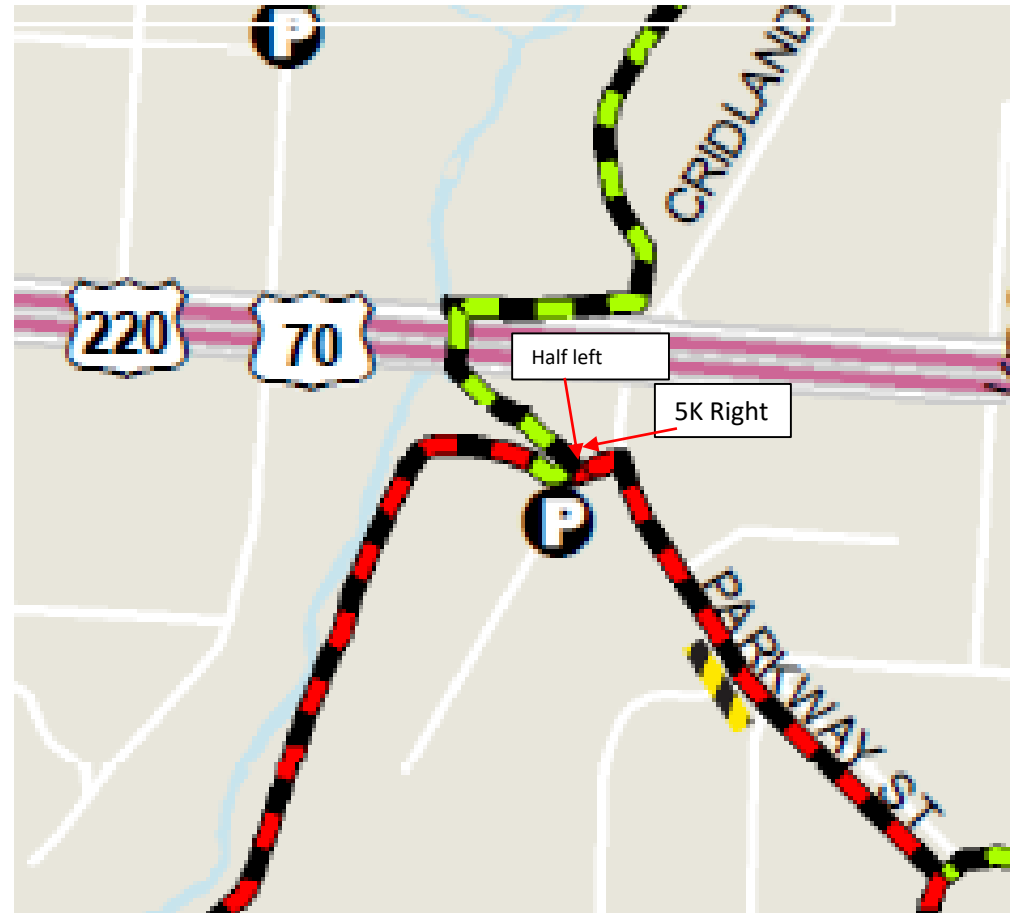
Mile 2.3: Water

Half Marathon & 5K Split



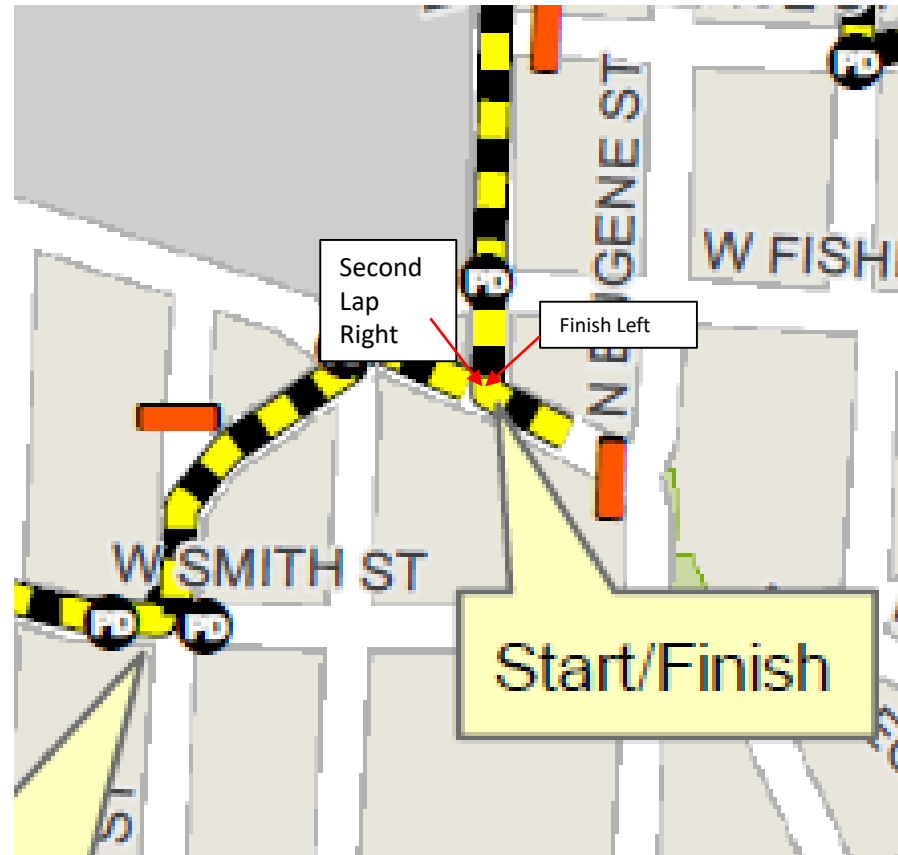
5K and Half Marathon Split Points

- Second Split Point: This split happens just before the Half Marathoners go under Wendover Bridge.
- This is 2.9 miles into the Half and 2.1 miles into the 5K. There will be two signs that say "Half Marathon Left" and two signs that say "5K Right". There will also be a volunteer with a bullhorn!

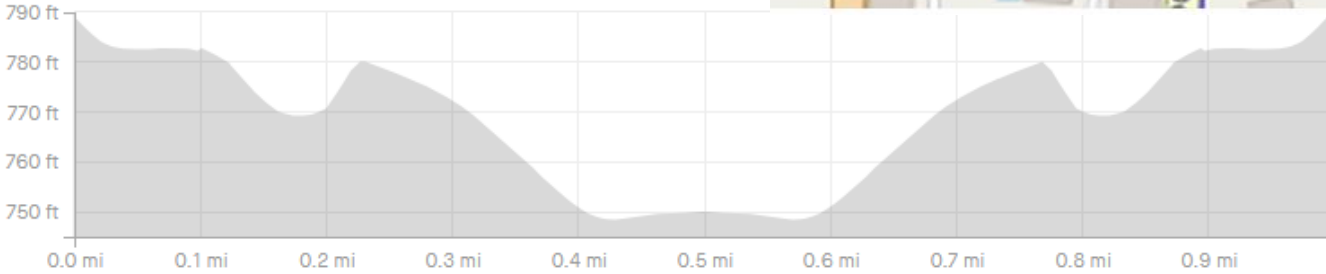
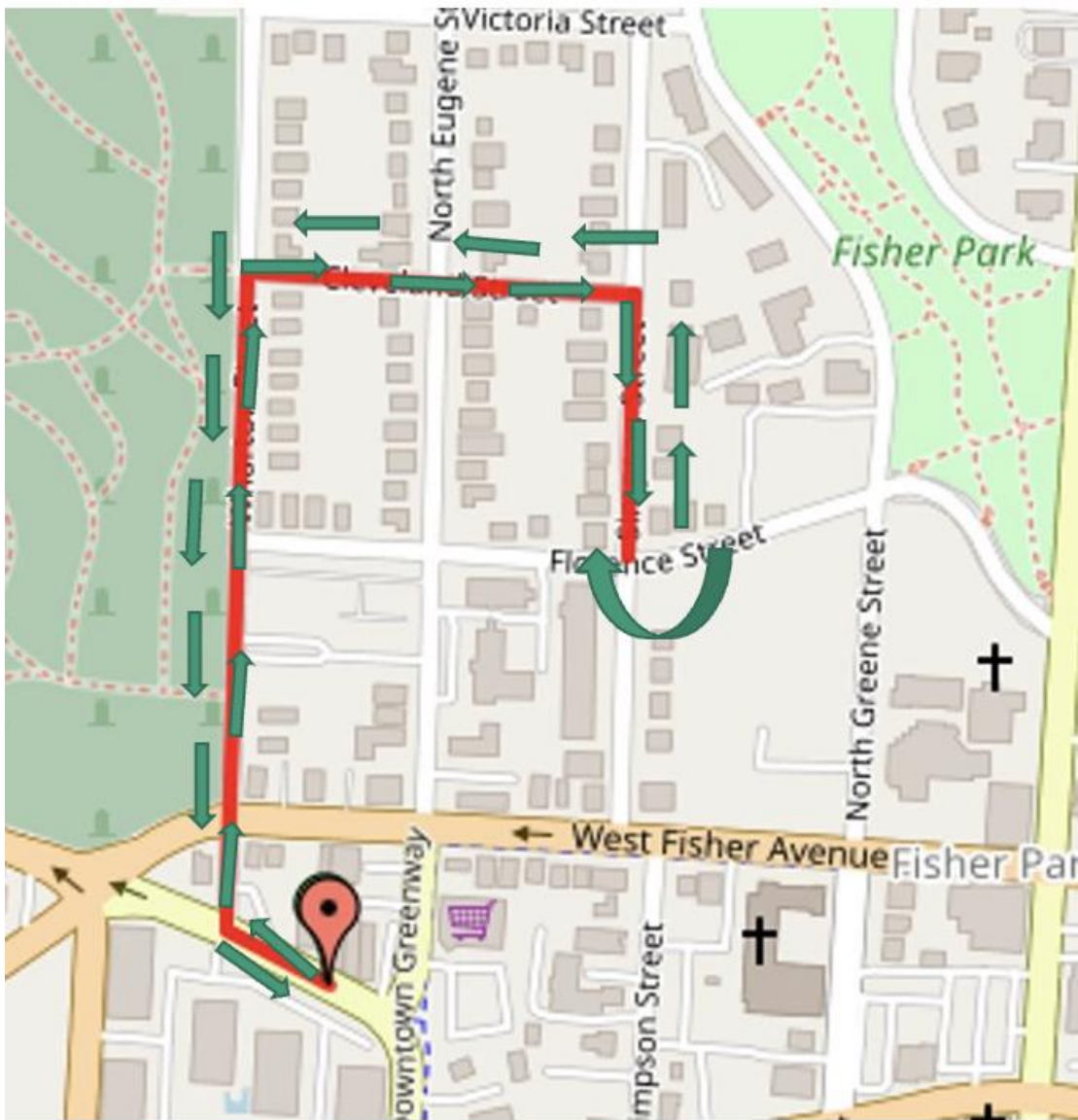


5K and Half Marathon Split Points

- Split Point #3: This last split point is 100 yards from the finish. 5K athletes will “Finish Left” and Half Marathon athletes will start “Second Lap Right” and then “Finish Left”. There will be signs and volunteers stating this as well. Also athletes who have only finished half their distance and **can see the finish line should know not to finish yet.**



1 Mile Fun Run Course



Tunnel



- The tunnel is a 20 foot long section of the greenway where the greenway goes under Wendover. One of the signs says 5"7 clearance. This is extremely inaccurate. The clearance is over 7 ft easily. (corny Race Director photo for proof (I am 5"8))

HOKA CHEER STATION!

- On November 18th's race day, you'll find a HOKA cheer station on the course! If you're racing the Half Marathon, you'll pass by this cheer station at mile 1.75 and mile 8.6. 5K runners and walkers will experience HOKA's cheer station at mile 1!



HOKA FLY HUMAN FLY

HOKA CHEER STATION ON COURSE





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



Fleet Feet will also be providing pancakes and bacon after the race! You will be able to smell it from mile 2 on!



GREENSBORO
HIGH POINT

Post Race Beer



- Make sure to get ID Checked prior to the race at the Trivium Racing tent. Athletes will get one complimentary beer following the race!



We're partnering with [A Simple Gesture](#) for 2023's race month! From Wednesday, November 1 until Friday, November 17 (Greensboro Half Marathon's early packet pickup), sponsors HOKA and Fleet Feet will be hosting a food drive to benefit A Simple Gesture. You can drop off items at Fleet Feet Greensboro anytime between November 1-November 17 and you'll be entered into a raffle to win prizes from Fleet Feet, HOKA, & Greensboro Half Marathon/Trivium Racing!

Check out the foods that they are in greatest need of [here!](#)

In addition to the food drive, you also have the opportunity to make a donation to our charity partner through our [website](#). If you make a financial donation, you will also be entered into the raffle.