



HiTOPS
PRINCETON
HALF MARATHON
2022

Presented by 
nrg

Go The Distance For All Youth



NOVEMBER 13, 2022

Virtual and Youth Runs
November 13-27



NRG.COM

MEASURE THIS RACE
BY LIVES CHANGED,
NOT TIME ELAPSED

NRG is a longtime sponsor of the HiTOPS® Princeton Half Marathon. We're honored to support the HiTOPS® organization and its mission to build affirming communities to foster strong and healthy young people of all identities.

nrg.com/gives

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WELCOME TO PRINCETON! GET READY TO RUN!

Now in its 10th year, the HiTOPS Princeton Half Marathon (HPHM) presented by NRG Energy has become historic Princeton's largest scale annual running event. To date, the race has raised over \$1,000,000 net funds for race producer and benefactor, Princeton-based non-profit, HiTOPS.

The iconic course begins and ends in the heart of historic Princeton. Landmarks include the Princeton Battlefield, Institute for Advanced Study, the home of Einstein, Princeton University, the Princeton Boathouse on Lake Carnegie, Westminster Choir College, Mount Lucas, and Herrontown Woods.

We are excited to welcome a full field of 1,800 runners back after the pandemic.



ABOUT HiTOPS: HiTOPS is a Princeton, NJ based 501(c)(3) organization that empowers youth with sex education, social support and communities that affirm them.

HiTOPS offers direct support to young people and their families with groups, youth-focused programming, free clothing for all in The Closet, the Trans Youth Forum (created by and for trans youth), and a variety of leadership development opportunities.

HiTOPS also provides sexual health education and training in schools, as well as DEI training with a focus on Gender Identity and sexual orientation for businesses, parents, and community groups.

SCHEDULE OF EVENTS

Sunday, November 13, 2022

Princeton YMCA, 59 Paul Robeson Place, Princeton, NJ

5:30 AM Packet Pick-Up for those who chose that option
6:30 AM 1st Call for Runners to Start Line Intersection Paul Robeson Place & Chambers Street
7:00 AM Race Begins
9:15 AM Awards Ceremony*
9:00-12:00 “Kegs & Eggs” Post-Race Celebration
Alchemist & Barrister, 28 Witherspoon Street
\$12 for runners, \$15 for spectators. Cash Only. You must enter via Witherspoon Street due to construction.

* Awards will be presented to the top three overall male, female and non-binary runners. They will also be presented to the top three male and female finishers in each age group in 5-year increments from 14 to under to 85+.



RUN FOR GOOD!

We are grateful to everyone who participated in our fundraising efforts. You trained hard for the half marathon but also reached into your personal network to raise funds in support of the programs offered by HiTOPS.

Participants can continue to raise funds through December 1st to be eligible for prizes. Simply go to HiTOPSPrincetonHalf.com and click Become A Fundraiser to get started.

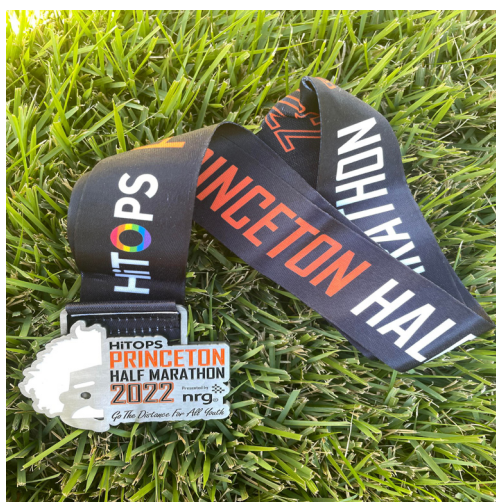
BATHROOMS AND WATER STOPS

BATHROOM FACILITIES

All start/finish bathrooms can be found in our Victory Village located at the Princeton YMCA, 59 Paul Robeson Place. Need a restroom while running? There are 4 bathroom locations on the course with 2 units each. See water stop detail below for specifics. Reminder: In an effort to reduce our environmental impact, you were invited to carry your own hydration. 26% of you said yes! PLEASE dispose of all trash in the multiple trash cans along the course for the safety of all runners. There will be clocks at Mile 1, 3, 6, 9 and 12.

- Mile 2.75 Einstein & Olden: Water & Bathroom
- Mile 5.25 Boathouse: Water, Fleet Feet's Nutrition, Bathroom
- Mile 6.5 Wiggins Street: Water & Wegman's MVP
- Mile 8 Rollingmead Street: Water & Bathroom
- Mile 9 Smoyer Park: Water & Fleet Feet's Nutrition
- Mile 10 Stone Hill Church: Water, Wegman's MVP, Bathroom
- Mile 12 Mt. Lucas & Jefferson: Water

PLEASE dispose of all trash in the multiple trash cans along the course for the safety of all runners.



COURSE RECORDS AND AWARDS

Male Record: 2021, ALEXANDER ROTH, 23 of Princeton: 1:08:06 / 5:11 min/mile

Female Record: 2018, ERIKA MELING, 29 of North Brunswick: 1:24:55 / 6:28 min/mile

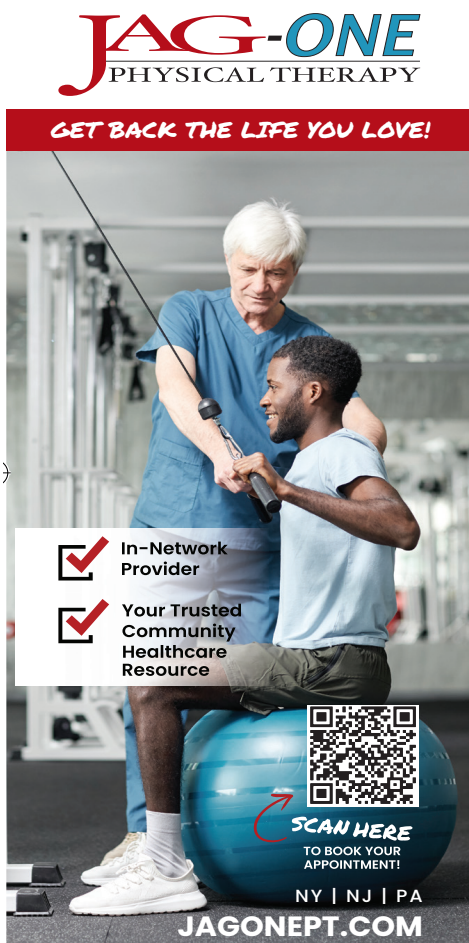
Awards for top 3 (male, female, nonbinary), 5-year age groups from 14 and under to 85+ (male, female), top Princeton employee (male, female) name to be engraved on the Mayor's Cup.

See the complete history of results at HiTOPSPrincetonHalf.com > Race Info > Results.

Have a running goal?

The RACE DAY PACE TEAM is provided by Fleet Feet Princeton. There will be 2 pacers for every 5-minute increment between 1:35 and 2:20.


Fleet Feet invites you to stop by the store for all your race day running needs from apparel to nutrition. Be sure to check your bib for your \$10 off a \$20 purchase coupon.



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RULES OF THE ROAD

14 MINUTE MILE PACE: This race runs through the heart of historic Princeton, and as a result, the Police require a maximum pace of 14-minute/mile. The Police will open roads to traffic at pre-determined specific times, and any runner behind the prescribed pace will be informed that they are disqualified for safety reasons.

CUTOFF TIMES TO KNOW: 8:26 a.m. at MILE 6 and at 9:08 a.m. at MILE 9. Staff are authorized to request bibs from runners not meeting the pace requirement. Those reaching MILE 11 at 9:25 a.m. or after will be directed to the sidewalk to finish.

Participants not meeting the pace at MILE 6 and 9 will be disqualified. You will hear the following announcement, “You are now behind the 14-minute mile pace and you’ve been disqualified. The roads are now open to traffic.”

For your own safety we ask that you please get on the bus provided. If you choose to continue, you are on your own. The roads are open to traffic and there is no police protection or course marshals to direct you. We appreciate your cooperation.

A finish line medal will not be available to disqualified runners on race day. Please email the race director to request that one be mailed to you following the event. This policy is strictly enforced for the safety of our runners.

HiTOPS is grateful to all the people and entities involved in the success of this event. **However, we’d like to share our heartfelt appreciation for the Princeton Police Department.** While we see their presence in full force race day, they are very much a part of the race planning in the months leading up to the race.

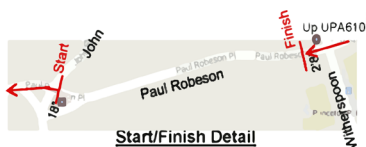
Thank you for your time, your expertise, and for keeping Princeton safe on race day!

PRESENTED BY: **nrg**[®]

NOVEMBER 13th, 2022

	FIRST <u>RUNNER</u>	TRAILING <u>RUNNERS</u>
MILE 1:	7:05	7:16
MILE 2:	7:10	7:30
MILE 3:	7:15	7:44
MILE 4:	7:20	7:58
MILE 5:	7:25	8:12
MILE 6:	7:30	8:26 (hard stop)
MILE 7:	7:35	8:40
MILE8:	7:40	8:54
MILE 9:	7:45	9:08 (hard stop)
MILE 10:	7:50	9:22
MILE 11:	7:55	9:36
MILE 12:	8:00	9:50
MILE 13:	8:05	10:04

Courtney Newman, Race Director
908-872-0217
courtney@princetonhalfmarathon.com



ELEVATION MAP



PARKING

There are a variety of options for parking in Princeton. We encourage you to visit Princeton Parking Authority website (www.princetonnj.gov/departments/parking-operations) for available parking places and downtown parking maps.

Payment will be required at parking meters and pay stations Sundays from 1:00 p.m. to 8:00 p.m. Payment is required all day every day at the 15 minute Wawa meters.

Parking garages tend to fill up quickly, and access from the garages closest to the Start/Finish area may be delayed due to sections of town being closed for the event.

Runners and their families and friends are asked to park in lots listed below. All lots have exits that are open through the duration of the event:

- Chambers Street Parking Garage will have some restricted access after 6:00 am so we ask all runners and their families to arrive prior to 6:00 am.
- Spring Street and Hulfish Parking Lots will remain open during the race.

We encourage those who have to leave immediately after the race to consider parking outside the center of Princeton.

Be aware of downtown traffic delays – especially between 7:00 and 8:30 AM, when runners will be crossing some of the major entry roads into Princeton – Route 206, Alexander Street, and Washington Road.

VIRTUAL HALF MARATHON & YOUTH RUN

We'd like to give a huge welcome to all who are participating virtually. We might not see you in Princeton on November 13, but you are still such a huge part of this event.



You can complete your 13.1 miles at once or cumulatively between November 13 and November 27. Miles can be completed at any time during this period and at any place of your choosing. Enjoy our interactive online results

tracking that will virtually move you around the HiTOPS Princeton Half Marathon course.

Best of luck to our youth runners who will be rewarded for running any distance between November 13 and 27. We hope you enjoy your commemorative youth medal!

INSTRUCTIONS FOR LOGGING RESULTS

Logging your miles is simple. Go to HiTOPSPrincetonHalf.com > More > Results. At the very top of the screen, you'll see an orange button reading Submit Virtual Results. Click this button, find yourself and enter your miles.

UPLOAD YOUR #RUNFIES

We want to see you! Please remember to share pictures of your participation in this event. Go to HiTOPSPrincetonHalf.com



YOU DID IT!

Once you reach the finish line, you will be greeted with water and a finisher's medal. Please do your best to keep moving through the finish line and meet your fans outside the finish area.

Our awards ceremony will take place in Victory Village at 9:15 AM.

Need Medical Assistance?

Upon crossing the finish line, a medic tent and ambulance will be on hand to respond to any medical needs.

On the course, first aid kits are available at each water station, a trained EMT is in the sweep bus, and all course marshals have been trained in our emergency response protocol.



Hungry?

You bet, you just burned some serious calories! Wegmans has generously donated a boat load of post-race goodies to help replenish your energy. Come back to the YMCA to refuel.

Runners Fest - "Kegs & Eggs"

There is a post-race celebration at The Alchemist & Barrister, 28 Witherspoon Street, from 9 AM to 12 PM. Entry is \$12 with your bib, \$15 for spectators (CASH ONLY).

Need protein and carbs? You're covered with all you can eat eggs, sausage, bacon and breakfast potatoes. Need hydration? Enjoy celebratory drink specials with music, prizes, and giveaways!

This event is coordinated entirely by the A&B. Please enter at 28 Witherspoon Street as the Palmer Square entrance is closed due to construction.

SPECIAL THANKS

A race of this magnitude is nothing short of a miracle to pull off. This is an event where the net proceeds benefit HiTOPS programs and special care is taken to ensure the most funds possible go to helping young people develop healthy relationships, reduce health risks, and build supportive and inclusive environments. Special thanks to the following:

The Municipality of Princeton and Mayor Mark Freda, Princeton Police, Princeton Health Department, Princeton University, The Princeton Clergy Association, Princeton Public Works, Princeton First Aid & Rescue Squad, Princeton Fire & Police, Mercer County Sheriff's Office, Fire Police Officers, Westminster Choir College Security, Medcycle, Volunteer Coordinator Clare Millington, all our volunteers, and of course our Race Director, Courtney Newman, who make this event possible.

CONGRATS 10-PETES!

Congrats to runners who have participated for **all 10 years** of the race!

Alexei Wedmid,
Alison Lockman,
Andrew Gow, Daniel
Dart, Eric Hamblet,
Ferran Valldosera,
Gareth Funka-Lea,
Gillian Cannon,
Jonathan Daly, Larry
Kanter, Leslie Rowley,
Leticia Fraga, Mark
Boulding, Matias
Zaldarriaga, Ned
Weiss, Rick Herwig,
Veronica Monroy.





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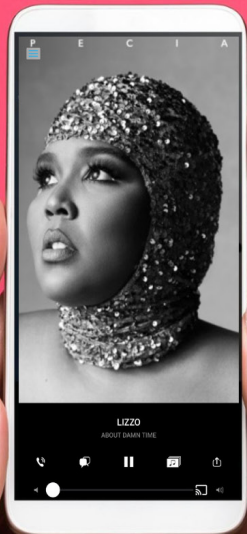
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www.fleetfeet.com/s/princeton



Congratulations Runners
HiTOPS Princeton Half Marathon



LIFE FROM INSIDE

The HPHM 2022 Race Logo

This 10th anniversary year, we celebrate Princeton's most iconic resident: Albert Einstein. Einstein is beloved, not only for his brilliance and impact on science, but for his devotion to civil rights and tolerance.

We can't wait to celebrate your HALF MARATHON accomplishment with our HALF EINSTEIN shirt and finisher's medal.

Special thanks to Mark Hayes of NRG, the Presenting Sponsor of our race, for designing the 2022 shirt.



**Proud to help support the
2022 HITOPS Princeton Half Marathon!**

Mike Gola

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Congratulations race participants!

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to dining, family, health, schools, shopping, and much more!



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A message from Lisa Shelby HiTOPS Executive Director

Congratulations to all the participants in the 10th annual HiTOPS Princeton Half Marathon, and a huge thank you to our sponsors, fundraisers and volunteers. We appreciate your support for HiTOPS.

We are thrilled to be in our new home at 300 Witherspoon Street and welcoming young people to our After-School Drop-In Center and LGBTQ+ Social Support Groups, holding events for youth, facilitating educational workshops, and connecting with community members.

HiTOPS staff work with school districts throughout the state to create affirming school environments. We train and coach educators on sexual health and SOGIE (sexual orientation, gender identity and expression), and provide sex ed for students. HiTOPS also works with community groups as well as non-profits and businesses, offering diversity training with an affirming SOGIE lens.

We are happy and proud to be cooking on all burners. We hope you will stay connected with us, and continue to support our work. Here's to a terrific race for all!

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