



**NOVEMBER 12, 2023**

**Virtual and Youth Runs  
November 12-26**



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.

Learn more at  
[nrg.com/gives](https://nrg.com/gives)

# WELCOME TO PRINCETON!

## GET READY TO RUN!

Now in its 11th 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 runners.



**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 12, 2023**

**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.

\* 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+. A special award will be presented honoring Sammy Bhatia.

At Otsuka, we hold a deep respect for the value of every mind.

We will not rest until mental illnesses and brain diseases are approached with the same priority and urgency as our physical health and recognized as chronic diseases that warrant early, equitable, and accessible intervention.

Through products, programs, policies, and advocacy, Otsuka-people will defy any limitation that stands in their way until every mind is valued.



Discover our commitment to health for every mind



## BATHROOMS AND WATER STOPS

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! There will be 5 clocks along the course for time checks.

- Mile 2.75 Einstein & Olden: Water & Bathroom
- Mile 5.25 Boathouse: Water, Power Bar Nutrition, Bathroom
- Mile 6.5 Wiggins Street: Water & Wegman's Zero Water
- Mile 8 Rollingmead Street: Water & Bathroom
- Mile 9 Smoyer Park: Water & Power Bar Nutrition
- Mile 10 Stone Hill Church: Water, Wegman's Zero Water, 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.

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**Proud to help support the  
2023 HiTOPS Princeton Half Marathon!**

**Mike Gola**

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## COURSE RECORDS AND AWARDS

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

Female Record: 2022, VALENTYNA VERETSKA, 32 of Staten Island: 1:18:06 / 5:57 min/mile

Non-Binary Record: 2022, AMY READ, 28 of Pennington: 1:52:43 / 8:33 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](https://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 coupon.

**YOUR  
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TO A LIFE  
FULFILLED.**

**Contact us today  
609.524.3500**

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# THANK YOU TO OUR PROUD SPONSORS



GILEAD





## 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.

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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!*



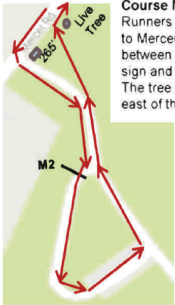
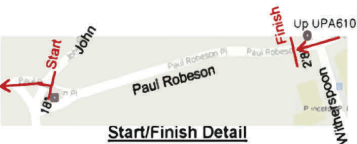
# HiTOPS PRINCETON HALF MARATHON

PRESENTED BY  nrg

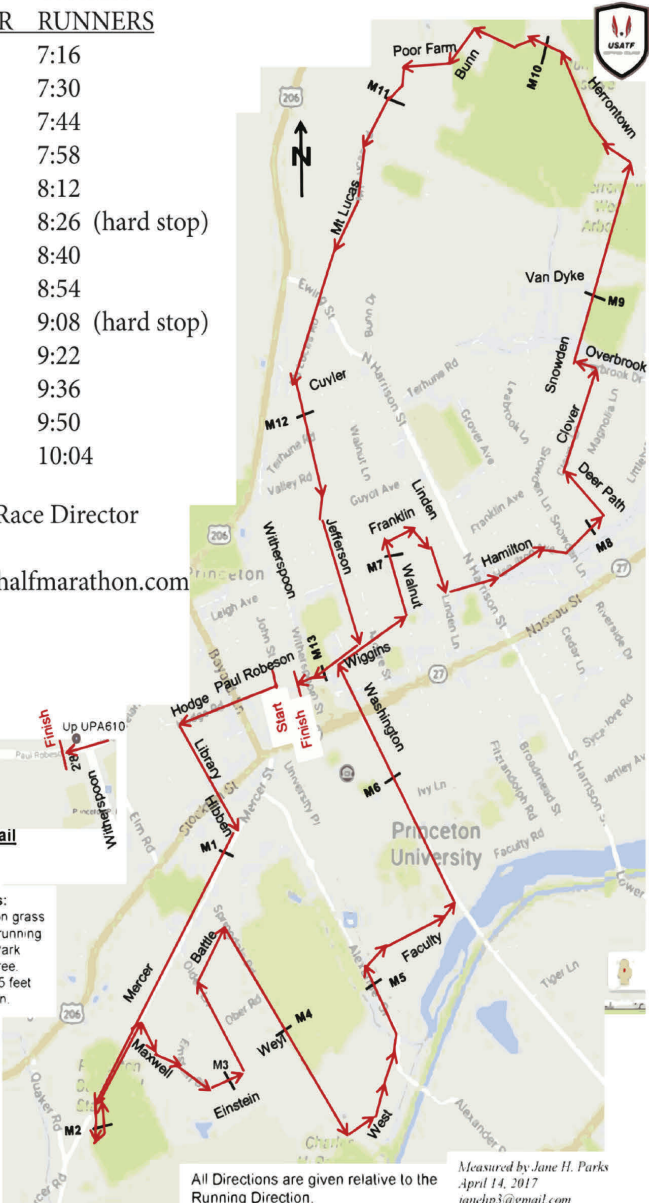
## PrincetonHalfMarathon.com • Race Info • Course

	FIRST RUNNER	TRAILING RUNNERS
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
MILE 8:	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



**Course Notes:**  
Runners run on grass to Mercer Rd running between the Park sign and the tree. The tree is 265 feet east of the sign.



Measured by Jane H. Parks  
April 14, 2017  
janehp3@gmail.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/203/Parking-in-Princeton](http://www.princetonnj.gov/203/Parking-in-Princeton)) 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 12, but you are still such a huge part of this event.



You can complete your 13.1 miles at once or cumulatively between November 12 and November 26. 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 12 and 26. We hope you enjoy your commemorative youth medal!

## INSTRUCTIONS FOR LOGGING RESULTS

Logging your miles is simple. Go to [HiTOPSPrincetonHalf.com](https://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](https://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! Back at the YMCA, Wegmans has generously donated a boat load of post-race goodies to help replenish your energy. Please also enjoy one of Sammy's favorite fresh bagels donated by the family of Sammy Bhatia.

### **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. Proceeds from this race benefit HiTOPS' mission to empower youth with sex education, social support, and communities that affirm them.

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, all our volunteers, and of course our Race Director, Courtney Newman, who make this event possible.

## CONGRATS 11-PETES!

Congrats to runners who have participated for **all 11 years** of the race! What an awesome accomplishment!

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







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## **Sammy Bhatia**

**Dec. 3, 1996 – May 18, 2023**

We are so lucky to have known Sammy for 26 years. Sammy was born with a magnetic personality. Everyone he encountered felt it. He drew people in, and people wanted to be close with him.

The people here today might know Sammy different contexts. At Cranbury School, you might remember that he played the saxophone. Every time he did in the school band, he got people on their feet. Sammy also loved his time at Lawrenceville. There, he had the opportunity to lead the school newspaper as Editor-In-Chief. He took great pride in his role as Editor-in-Chief and loved every minute of it. He pursued his passion for writing further in college as he went on to major in Writing Seminars at Johns Hopkins University. Around the area, you might have seen Sammy at an open tennis court or at Hoagie Haven.

He ran the Princeton Half in 2022. It was an achievement he was very proud of. He is not here in person but his presence is here. As you run your last mile today, run it for Sammy. Thanks for taking a moment to get to know him a bit better.

**SAMMY BHATIA**  
**FOREVER**





Princeton

**Good Luck Runners and Pacers!**  
**Join us year round for fun runs and events!**

108 Nassau Street Princeton New Jersey / 609-252-9110



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# TAKE US ON YOUR NEXT RUN



## DOWNLOAD THE 94.5 PST APP TO LISTEN LIVE



## The HPHM 2023 Race Logo

Y'all loved the black squirrel theme the first time, so we went ahead and brought them back in 2023! Why the black squirrel? You can almost always find one in Princeton, which is incredible, considering only 1 in 10,000 squirrels have black fur! While squirrels only travel a half mile per year, we hope you find enough motivation in this cute face to run 13.1 miles in a day.



Special thanks to DOT MATRIX DESIGN GROUP for this design.

**Congratulations race participants!**

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YOUR COMPLETE GUIDE

# Creating a Healthier World for All People

Gilead Sciences is a proud supporter of the 2023 HiTOPS® Princeton Half Marathon. We are honored to run beside HiTOPS® as they drive their mission to foster strong and healthy young people of all identities.

**For more information,  
please visit [www.Gilead.com](http://www.Gilead.com).**



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