

# ATHLETE GUIDE



Wendell Foster

# HALF MARATHON

OWENSBORO, KY | NOVEMBER 13, 2021

[wendellfoster.org/halfmarathon](http://wendellfoster.org/halfmarathon)

Volunteers supported by:  
**Edward Jones**

Gold Sponsors



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# WELCOME

## Dear Runners,

On behalf of the Wendell Foster Half Marathon Committee, I would like to welcome you to the friendly city of Owensboro, Kentucky. Thank you for choosing to participate in our third Wendell Foster Half Marathon. This race would not be possible if it weren't for the countless hours contributed by committee members and volunteers. Special thanks to committee members: Doug Hoyt, Kelly Turnham, Beth Shepherd, Chad Underhill, Cindy Rightmyer, Kara Howard, Karen Rednour, Erin Lee, Lacie McLaughlin, Sandy Hayden and Wes Gaynor. I also want to thank all of our sponsors, including our Premier Sponsor - Owensboro Health, Volunteer Sponsor - Edward Jones, along with Gold Sponsors - Tanner+West and Mile Wide Beer Co.

2020 brought challenges to our race, but many of you stuck with us and ran virtually. Thank you! Although this year has brought unique challenges as well, we are thrilled to bring back the live event. If you are a repeat participant, we are excited to have you back! If this is your first time with our event, we hope that you enjoy the experience.

From the quality swag to the beautiful course, we do not think that this event will disappoint! Not only is this going to be a fun day for participants, but it will also be a big day for the 2,000 people we support each year. This race helps support Wendell Foster's mission of empowering people with disabilities. At mile one, when you run past our campus, please wave to the people who live at Wendell Foster.

I would also like to thank Wendell Foster's Board of Directors, the City of Owensboro, Tim Ross, the Owensboro Police Department, the Owensboro Fire Department, AMR, and the countless city officials for their time.

Again, thank you for choosing the Wendell Foster Half Marathon! We cannot wait to see you at the Expo and on race day!

Sarah Poole  
Race Director  
spoole@wendellfoster.org  
270-852-1450

# COVID Precautions

We are dedicated to the safety of the WFHM participants, volunteers and workers. Please read thoroughly to ensure best practices are used during your time at our event.

While indoors at the Owensboro Convention Center, masks are required at the Half Marathon Expo on Friday, November 12, as well as at the packet pick-up the morning of Saturday, November 13. We will have masks available.

Although masks are not required outdoors, social distancing is recommended. Pacers will be spread out down W. Veterans Blvd. prior to the race. We encourage runners to find their pace time and start close to their pacer.

Please do not attend the event if you are feeling sick. If you are unable to attend due to being ill, please contact Sarah Poole and we will ensure that you receive your swag packet, as well as your medal, in the mail.

# EVENT SCHEDULE

## Friday, November 12, 2021

- 11 AM to 7 PM: Packet Pickup and Late Registration
  - Owensboro Convention Center – 501 West 2nd Street, Owensboro, KY 42301
  - Meet Peter Kline, Founder of Marathons with Meaning.
  - Race swag and vendor merchandise will be available for purchase.

## Saturday, November 13, 2021

- 5:45 AM to 7 AM: Packet Pickup (there will **NOT** be race day registration).
  - Owensboro Convention Center – 501 West 2nd Street, Owensboro, KY 42301
- 7:30 AM: Race Starts – Running Stroller Division will start about three minutes ahead of the group.
  - Smothers Park – 199 W Veterans Blvd, Owensboro, KY 42303
- 11:30 AM: Race Course Closes

# PACKET PICKUP

## When

- Friday, November 12 from 11 AM to 7 PM
  - Runners will receive a restaurant discount card in their swag bags.
  - Late registration available for \$90.
  - Meet Peter Kline, Founder of Marathons with Meaning.
  - Race swag and vendor merchandise will be available for purchase.
  - Take pictures at our photo stations to share on social media.
- Saturday, November 13 from 5:45 AM to 7 AM
  - No registration will be offered.

## Where

- Owensboro Convention Center – 501 West 2nd Street, Owensboro, KY 42301

## What to Bring

- Photo ID
- Proof of Registration
  - Participants can pick up someone else's packet as long as they have their proof of registration.

## Parking

Unless you are staying at the downtown hotels, you will not be able to park in their parking lots for the Expo. The Owensboro Convention Center will be hosting another event at their facility November 12 – 14 so please plan ahead for parking.

- Half Marathon Expo – Friday, November 12
  - Owensboro Convention Center – 501 West 2nd Street, Owensboro, KY 42301
  - 2<sup>nd</sup> and Locust Parking Garage – 215 Locust Street, Owensboro, KY 42301
  - Street parking on W. 2<sup>nd</sup> Street

# RACE DAY INFO

## Race Morning Procedure

- Participants who are picking up their packet on the morning of the race may do so between 5:45 AM and 7 AM. Race day packet pickup will close promptly at 7 AM. **Do not miss this window.**
- Arrive early enough to find a good parking spot.
  - Race Day Parking: Parking will be very limited. Please visit: <http://www.owensborocenter.com/directions-parking/>
  - Unless you are staying at the downtown hotels, you will not be able to park in their parking lots for the race. The Owensboro Convention Center will be hosting another event at their facility November 12 – 14 so please plan ahead for parking.
- Athletes will want to arrive to the starting line by no later than 7:15 AM for important announcements.
- Race will start promptly at 7:30 AM. We will wave start the Running Stroller Division. They will start promptly at 7:30 AM with all others starting at 7:33 AM. Your bib is chipped, so your time will not begin until you cross the start line.
- Course closes at 11:30 AM.

# POST RACE INFO

## Athlete Food Tent

The athlete post-race food tent opens at 8 AM. This area is located near the finish line and is for **athletes only**. Your race bib will provide access to the area.

## Volunteers

Please remember to thank all of the volunteers. For information on volunteering at the Wendell Foster Half Marathon, please visit <https://www.signupgenius.com/go/60B0C4BADAF29A5F94-2021> or contact Sarah Poole at [spoole@wendellfoster.org](mailto:spoole@wendellfoster.org)

## Timing/Results

If there is an issue with your timing, please email [crossroadseventsandtiming@gmail.com](mailto:crossroadseventsandtiming@gmail.com)

## Photography

Get your personal race photos with FinisherPix! Our official photo service takes care of your race memories. Make sure your bib number is visible at ALL times in front of your body and SMILE when you cross the finish line!

Your personal race photos will be available at [www.finisherpix.com](http://www.finisherpix.com). Stay up to date and LIKE FinisherPix on Facebook: [Facebook.com/finisherpix](https://www.facebook.com/finisherpix)

For questions regarding 2021 photos, athletes can contact [support@finisherpix.com](mailto:support@finisherpix.com).





# RULES

- 1) Awards are based on chip timing, NOT gun time.
  - i) Awards are based on the participant's age as of November 13, 2021.
  - ii) The top 3 males and females will receive a cash prize that will be given out shortly after the top athletes complete the course. If you are a top finisher, please wait in the finish line area to receive your award.
  - iii) For all other awards, there will NOT be an awards ceremony. Age group winners will receive their awards in the mail after the results have been finalized.
- 2) Participants must follow instructions as given from all event officials, including race staff, volunteers, medical personnel, security officers, and city officials throughout the duration of the event.
- 3) All participants must enter their Start Corral at the designated entry points. Any person who climbs the fence or otherwise enters improperly will be disqualified from the event.
- 4) All participants must be positioned behind the official start line prior to the start of the race.
- 5) Any participant who has been found by a course marshal, event official, or surveillance equipment to have gained an unfair advantage by intentionally shortening the route of the race ("cutting the course") will be disqualified from the event.
- 6) No persons are authorized to be on the course unless they are registered participants or authorized event staff. Therefore, no person shall be allowed to accompany a participant if he/she is not registered in the event, nor shall any participant be allowed, without the permission of the event management, to receive assistance or refreshment from anyone during the progress of the event. Any person not properly displaying an issued current official event bib number will be directed to leave the course.
  - i) No participant shall be paced or followed by an "outside" runner, bicycle, or pedestrian.
- 7) All finish times are reviewed before times are deemed official.
- 8) Event officials reserve the right to modify, supplement, or waive all or part of the event rules.
- 9) There is a 4 hour cutoff to complete the course. There will be a bus following the race. Those going slower than 18:19/mile, will be asked to exit the race and board the bus.
  - i) Course cut-off time for this event is 4 hours, along with participants being required to reach the following cut-off locations:
    - (1) The 3.5-mile mark at Legion Park by 8:40 AM.
    - (2) The 8.6-mile mark at the Owensboro Healthpark by 10:25 AM.
- 10) Runners must stay in the right lane of the road, unless instructed to do otherwise.
  - i) On Ford and Griffith Avenue, runners will be instructed to stay inside of the cones.
- 11) Participants can only cross the finish line once. Spectators are not allowed to cross the finish line or it can lead to disqualification.
- 12) In order to be in the "Running Stroller Division" the participant must have a disability that prevents them from completing the half marathon distance on their own. Please do not enter this division if you do not have a disability. This allows everyone the opportunity to win an award.

# COURSE

\*Number of Water Stations is Subject to Change\*

Gatorade will be offered at every even-numbered water stop.

Energy gels will be offered shortly after mile 8.

