

Wendell Foster

HALF MARATHON & 5K

PRESENTED BY  Owensboro Health

2024 ATHLETE GUIDE

wendelfoster.org/halfmarathon



Volunteer Sponsor

Edward Jones

Steps Division Sponsor



Finish Line Sponsor



WELCOME

Dear Runners,

On behalf of the Wendell Foster Half Marathon and 5K Committee, I would like to welcome you to the friendly city of Owensboro, Kentucky. Thank you for choosing to participate in the Wendell Foster Half Marathon & 5K, Owensboro's only Half Marathon. This race would not be possible if it weren't for the countless hours contributed by committee members and volunteers. We also want to thank all of our sponsors, including our Presenting Sponsor - Owensboro Health, Volunteer Sponsor - Edward Jones, Finish Line Sponsor - Southern Star, Steps Division Sponsor – Boardwalk Pipeline Partners and all other businesses who sponsored at different levels.

It's been over a year since we came together to run or walk for Wendell Foster. As you may be aware, the COVID-19 pandemic affected both large and small races all across the country, impacting in-person events and participation numbers. Our race was no different. We made the decision of shifting the Wendell Foster Half Marathon & 5K back to its inaugural month of March, National Disability Awareness Month, a time so important to our mission of empowering people with disabilities. As you may know, this decision resulted in no race for 2023.

As race day nears, we are excited to share our participation numbers are higher than they have been in the past few years! It is because of your commitment that we are able to bring together so many to significantly support over 2,000 people with disabilities. Thank you for waiting for us. Thank you for believing in us. We are ecstatic to be back and can't wait for you to experience the WFHM & 5K, whether it's your first time or fifth time.

We 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 countless city officials for their time.

Again, thank you for choosing the Wendell Foster Half Marathon and 5K!



Kara Howard

Kara Howard
Race Director
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EVENT SCHEDULE

Friday, March 22, 2024

- 12 PM to 7 PM: Packet Pickup and Expo Registration
 - Owensboro Convention Center – 501 West 2nd Street, Owensboro, KY 42301
 - Race swag and vendor merchandise will be available for purchase.

Saturday, March 23, 2024

- 5:45 AM to 7 AM: Packet Pickup (there will **NOT** be race day registration).
 - Owensboro Convention Center – 501 West 2nd Street, Owensboro, KY 42303
- 7:00 AM: WFHM participants start lining up at the start line. 5K participants start lining up on Veterans Blvd, behind the Bluegrass Museum.
- 7:30 AM: Race starts for Running Stroller Division – Running Stroller Division will start one minute ahead of the individual WFHM participants
 - Smothers Park – 199 W Veterans Blvd, Owensboro, KY 42303
- 7:31 AM: Race starts for all other WFHM participants
 - Smothers Park – 199 W Veterans Blvd, Owensboro, KY 42303
- 7:35-7:40 AM: 5K starts for 5K participants
 - Smothers Park – 199 W Veterans Blvd, Owensboro, KY 42303
 - The 5K will start 3 minutes after the last half marathon runner crosses the start line.
- 11:35 AM: Race Course Closes (4-Hour Course Time Limit)

Important Note:

No transfers, deferrals, or changes to registration will be accepted after March 18, 2024.

PACKET PICKUP

When

- Friday, March 22 from 12 PM to 7 PM
 - Runners will receive a restaurant discount card in their swag bags.
 - Expo registration is available for \$90, unless spots are sold out.
 - Race swag and vendor merchandise will be available for purchase.
 - Take pictures at our photo stations to share on social media.
- Saturday, March 23 from 5:30 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 other events at their facility, so please plan ahead for parking.

- Half Marathon & 5k Expo – Friday, March 22
 - Owensboro Convention Center – 501 West 2nd Street, Owensboro, KY 42301
 - 2nd and Locust Parking Garage – 215 Locust Street, Owensboro, KY 42301
 - Street parking on W. 2nd Street

RACE DAY INFO

Race Morning Procedure

- Participants who are picking up their packet on the morning of the race may do so between 5:30 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:
 - <https://owensborocenter.com/parking-directions/>
 - 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 other events at their facility, so please plan ahead for parking.
- Athletes will want to arrive at 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 7:31 AM. Your bib is chipped, so your time will not begin until you cross the start line.
- 5K Participants will line up on Veterans Blvd, behind the Bluegrass Museum. As soon as the half marathon participants have all crossed the start line, 5K participants will move up to the start line. The 5K will start 3 minutes after the last half marathon runner crosses the start line.
- **Course closes at 11:35 AM.**

Steps Division Participants Info

- Steps Division participants will meet at the fountain at 9:00am on race day.
- Directions will be provided to participants at this time by race director and other race officials.

POST RACE INFO

Athlete Nutrition Tent

The athlete post-race food tent opens at 7:45 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 contact Sarah Poole at spoole@wendellfoster.org

Timing/Results

If there is an issue with your timing, please email crossroadseventsandtiming@gmail.com

Photography

Get your personal race photos with Inzaption Photos! 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 FREE personal race photos will be available at <https://photos.inzaption.com/>

For questions regarding race photos, please contact Phil Weinzapfel at phil.weinzapfel@inzaption.com



RULES

- 1) Awards are based on chip timing, NOT gun time.
 - i) Awards are based on the participant's age as of March 23, 2024.
 - ii) The top 3 males and females of the half marathon and 5K divisions 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 half marathon age group awards, there will NOT be a ceremony. Age group winners will receive their awards in the mail after the results have been finalized.
 - iv) There are **NOT** age group awards for the 5K division. Results will be available after the race.
- 2) Participants must follow instructions as given by 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 refreshments 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) Runners must stay in the right lane of the road, unless instructed to do otherwise.
 - i) On Ford Avenue, runners will be instructed to stay inside of the cones.
- 10) Participants can only cross the finish line once. Spectators are not allowed to cross the finish line or it can lead to disqualification.
- 11) 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.

WFHM 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.



WF5K COURSE

Two Water Stations will be available for the 5K

