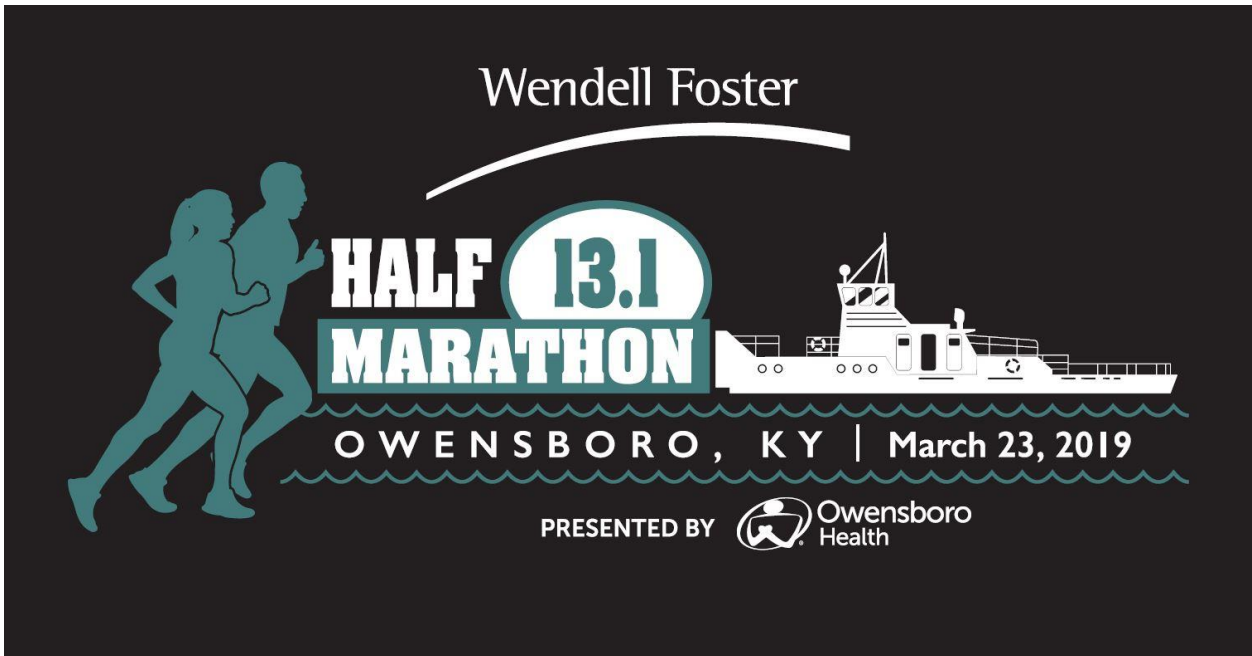


ATHLETE GUIDE



WELCOME

Race Director

On behalf of the Wendell Foster Half Marathon Committee, I would like to welcome you to the friendly city of Owensboro, Kentucky. We are glad that you chose to run with us on our inaugural year for the Wendell Foster Half Marathon. This race would not be possible if it weren't for the countless hours from committee members and volunteers. We are truly grateful for their time. We also want to thank all of our sponsors, including our Premier Sponsor, Owensboro Health.

Whether this is your first half marathon or your fiftieth, we hope you find this to be an impressive race. From the cool race swag to the flat and beautiful course, we are proud to call this our race. Not only is this going to be a fun day for participants, but it will also be a big day for the 1,300 people we support each year. This race helps support Wendell Foster's mission of empowering people with disabilities and follows our vision of becoming the region's resource for those with disabilities. At mile one, when you run past our campus, please say a hearty "hello" to the people that live at Wendell Foster.

I would like to thank our CEO – Eric Scharf, CPO – Kelly Turnham, CFO – Beth Shepherd, the City of Owensboro, Mayor Tom Watson, Tim Ross, the Owensboro Police Department, the Owensboro Fire Department, and the countless city officials for their time. While you're visiting the booths at the expo and while you're out on the course, please take time to thank a Wendell Foster Half Marathon Committee Member, city official, and a volunteer.

I hope you'll see why I'm proud to call Owensboro home. I hope you'll see why I'm proud to call Wendell Foster my place of employment. Now, it's time to race. It's time to enter #BeastMode.

Best of luck and safe travels,

John Gleason

Race Director & Community Outreach Specialist

jgleason@wendellfoster.org

270-852-1486

EVENT SCHEDULE

Friday, March 22, 2019

- 11 AM to 8 PM: Packet Pickup and Late Registration
 - Owensboro Convention Center – 501 West 2nd Street, Owensboro, KY 42301

Saturday, March 23, 2019

- 5:30 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
 - Smothers Park – 199 W Veterans Blvd, Owensboro, KY 42303
- 11:30 AM: Race Course Closes

PACKET PICKUP

When

- Friday, March 22 from 11am to 8pm
 - Come for three \$100 cash door prizes
 - Restaurant coupons to local restaurants will be given
 - Expo registration available for \$85
- Saturday, March 23 from 5:30am to 7am
 - No cash prizes, restaurant coupons, or 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

- Expo Parking: Owensboro Convention Center – 501 West 2nd Street, Owensboro, KY 42301
- Race Day Parking: Parking will be very limited. Please visit:
<http://www.owensborocenter.com/directions-parking/>

RACE DAY INFO

Race Morning Procedure

- Participants who are picking up their packet on race morning, may do so between 5:30 AM and 7 AM. Race morning packet pickup will close promptly at 7 AM. **Do not miss this window.**
- Arrive early enough to find a good parking spot.
- 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
- 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. Once you've exited, there will be a no reentry policy.

Volunteers

Please remember to thank all of the volunteers. For information on volunteering at the Wendell Foster Half Marathon presented by Owensboro Health, please contact Sarah Poole at spoole@wendellfoster.org

POST RACE INFO

Timing/Results

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

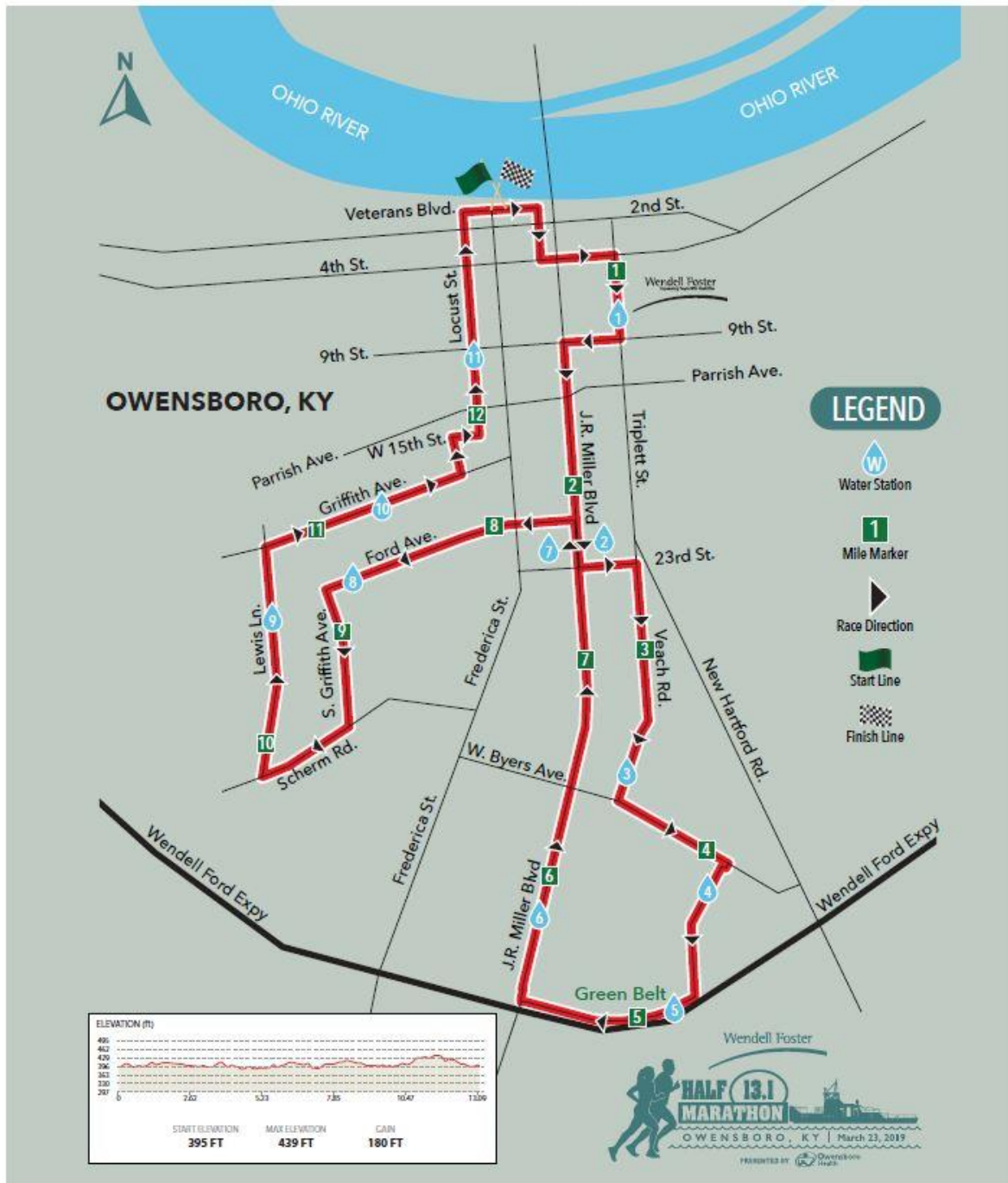
RULES

- 1) Awards are based on chip timing, NOT gun time.
 - i) Awards are based on the participant's age as of March 23, 2019.
 - ii) Top 3 of male & female will be given out shortly after the top athletes complete the course. If you're a top finisher, please wait in the finish line area to receive your awards.
 - iii) All other awards, there will NOT be an awards ceremony. Age group winners will receive their medals 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 another 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 number water stop.

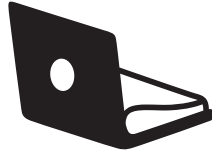



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# Owensboro Health

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