

The
Greenbrier[®]
HALF MARATHON
10K & 5K



PARTICIPANT GUIDE

WHITE SULPHUR SPRINGS, WV | MAY 11, 2019



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GENERAL INFORMATION

About the vineyard vines Greenbrier Half Marathon

Welcome to the third annual running of the vineyard vines Greenbrier Half Marathon, 10K, and 5k, a luxury destination race at one of the finest resorts in the world! This event is one of more than 15 marathon and half marathon races produced by Capstone Event Group! You'll run exclusively on the 11,000-acre grounds of the world-class Greenbrier Resort, which has played host to 26 of our country's 44 presidents and has long been a favorite destination of royalty, celebrities and business leaders.

[The Greenbrier](#) is widely regarded as one of the finest luxury resorts around the world. Surrounded by the wondrous Allegheny Mountains, the resort offers exclusive services and amenities such as championship golf, fine dining, more than 55 activities, designer boutiques, a world-renowned mineral spa and a 103,000-square foot gaming and entertainment venue. Find more information on all of The Greenbrier's activities and amenities, including dining options and dress code guidelines, at [Greenbrier.com](#)!

We wish you the best of luck in your race, and we hope you enjoy your time at The Greenbrier - where experiences are timeless, excitement contagious and memories last forever!

Race Weekend Timeline

Friday, May 10

2pm-7pm - Pre-Race Packet Pick-Up will be held in the Upper Lobby in the Garden Room of The Greenbrier Resort ([315 W Main St, White Sulphur Springs, WV 24986](#))

Saturday, May 11

5:30 - 6:30am - Race Day Packet Pick-Up will be held outside the Golf Club near the start line

5:30am - 7:00am - Shuttle provided for non hotel guests from the Train Lot to the Start Line area

5:30am - 11:30am - Gear check available at the near the start line

7:00am - Half Marathon Starts

7:10am - 10k Starts

7:15am - 5k Starts

7:30am - 11:30am -vineyard vines Champagne brunch in Outdoor Pool area (bib/wristband)

9:30am - 12:00pm - Post-race shuttles provided back to the Train Lot from the Finish Line

8:30am - Overall awards announced for 5k

9:30am - Overall awards announced for 10k

10:30am - Overall awards announced for the half marathon



Race Rules & Regulations

Can I wear headphones?

It is unsafe to wear headphones while running. Event organizers will not restrict headphone use and leave it up to the athlete on his/her ability to follow direction while wearing headphone devices. If you do choose to wear headphones, please keep the volume level down so you are able to hear and follow the direction of course volunteers.

Can someone else run in my place?

No, you are not allowed to transfer bib numbers to another person.

Can I register on race day?

Registration space is limited. If spots remain, you may register at packet pick-up or online on race day up until packet pick-up ends. If you plan to register either in person or online on race day, be sure to leave time to pick up your race bib by the time packet pick-up ends.

Am I allowed to walk?

Yes, however, you must meet the requirements of completing the race by 11:00am.

Are baby joggers, strollers or pets allowed during the race?

No, this is to ensure runner safety and comply with liability insurance policies.

Is there gear check?

Gear check will be offered near the start line on race morning. The race will finish in the same location, so all bags will be ready for runners to pick up after their race. Runners must use the vineyard vines bag we provide at packet pickup as their gear check bag. You may also check your room key.

PACKET PICK-UP

When and Where

All participants of The vineyard vines Greenbrier Half Marathon, 10k or 5k must attend packet pick-up at the following day and time:

- **Friday, May 10: 2pm-7pm** In the Garden Room located in the upper lobby of The Greenbrier Resort ([315 W Main St., White Sulphur Springs, WV 24986](https://www.greenbrierresort.com/315-W-Main-St-White-Sulphur-Springs-WV-24986))



Switching Race Distances

You may increase or decrease your race distance prior to the race. You can change your race distance online at Resorttraces.com/change-race-distance until Friday, May 3rd; after Friday, May 3rd prior to race day, you must change your race distance in person. This is to ensure that you race with the correct bib, as bib numbers are race specific.

RACE MORNING: PRE-RACE

Getting to the Start Line

The race will start next to the Outdoor Pool at The Greenbrier Resort. Resort guests will take the elevator to the Shop Level, "S", and exit through the North Entrance. From there, follow the signs to the Outdoor Pool/Golf Club down Springhouse Lane. A shuttle will be provided between 5:30am-7:00am for non-hotel guests the morning of the race from the Train Lot entrance to the Start Line area.

Parking

Ample parking will be available for non-resort guest participants and spectators at the Train Lot, located off Route 60. Enter [315 W Main St, White Sulphur Springs, WV 24986](#) into your GPS device and follow signs for runner parking. From the Train Lot, participants will take a shuttle to the Start Line area. Participants staying at the resort are encouraged to use either valet or self parking on resort property.

Gear Check

Gear check will be available race morning from 5:30am-11:30am near the start line inside the Pool House. Runners must use the vineyard vines bag provided at packet pick-up as their gear check bag.



Bibs

Please wear your race bib on the front of your shirt or the front of your shorts. Please do not bend or fold the timing chip (on the back of your bib)! Each race distance will have a specified bib color:

➔ **Bibs: 5k - Blue | 10k - Red | Half Marathon - Green**



Pace Groups

We have a great group of volunteers who will be pacers for the half marathon. We plan to offer the following pace groups: **1:45 | 2:00 | 2:15 | 2:30 | 2:45 | 3:00 | 3:15 | 3:30**

If you would like to run in a pace group, please find the pace group leader holding the sign with your desired pace in the coral when lining up to start the race!

PRE-RACE DINING

Friday Pasta Party

Enjoy a pre-race day pasta dinner May 10, 2019 from **5:00pm-7:30pm** in the Chesapeake Ballroom at The Greenbrier Resort! If you would like to join us at the Friday Night Pasta Party please call the Reservation number **(855)-453-4858** to make your reservation. For more information, [click here](#).

Pre-Race Lighter Fare Start Up Breakfast

Fuel up for your race with the Pre-Race Lighter Fare Start Up Breakfast. A pre-race breakfast will be provided from **4:45-6:15am** to runners in the Chesapeake Bay room in the upper lobby of the Resort to runners who have purchased a breakfast ticket. To purchase Pre-Race Lighter Fare Start Up Breakfast, click [here](#).

Pre-Race Lighter Fare Start Up Breakfast Menu Items Include:

- Freshly Squeezed Orange and Grapefruit Juice
- Array of Fresh Fruit with Premium Yogurt and Granola
- Sliced Hardwood Smoked Atlantic Salmon Display to include: Capers, Red Onion, Lemon and Hard Boiled Egg
- Bagels, Toasted with Creamery Butter and Cream Cheese
- Bran, Strawberry & Blueberry Muffins and Assorted Pastries from The Greenbrier Bakeshop
- Freshly Brewed Greenbrier Resort Coffee Blend
- Decaffeinated Coffee and Tea Selections

** Menu is subject to change



DURING THE RACE

Course Map

The vineyard vines Greenbrier course is unlike any other Resort Race. Participants will enjoy a run through some of the country's most renowned golf courses while alongside pristine free-flowing creeks and view of the Allegheny mountain.

Click the map image to view a larger version online!





Hydration Stations

There will be plenty of hydration and aid stations along the course. There will be indoor restrooms with running water accessible before the race and throughout the course. Port-a-johns will be marked with signage along the course. Only half marathon runners will receive an energy gel. Sports drink provided to all distances. The locations of the hydration & aid stations are marked by mileage:

Half Marathon Mile: 1.5, 4.25, 6, 7.25, 9, 11

10K Miles: 1.5, 3.5, 5

5K Mile: 2

Important Course Information

All three distances will start and finish by the Greenbrier Outdoor Pool. You can review the course map and course preview video online at GreenbrierHalfMarathon.com.

- **Course Directions:** There have been a couple of changes made to the course this year! Now all distances will run through the golf courses with less than 600 feet of elevation gains. An elevation map can be found [here](#).
- All distances will have clearly marked signage and course monitors along the way. Please pay close attention to the signage and monitors along the course directing runners.

Time Limits

All runners must be finished by 11:00am. Half marathon runners have 4:00 to complete the race, 10k runners have 3:50 to complete the race, and 5k runners have 3:45 to complete the race. The post-race party will be held at the Outdoor Pool from 7:30am-11:30am.

Medical Support

We will have medical professionals on site throughout the race, including a medical support tent at the start/finish area.

If you have a medical emergency while on the course, please notify the nearest volunteer or police officer so that we can dispatch proper assistance to you as quickly as possible.

Recommended Spectator Locations

The best place to cheer on participants is on Resort property at either the resort's main circular driveway or at the start/finish line by the outdoor pool. please be respectful of all runners and be careful to allow runners the right of way at all times along the course.



AFTER THE RACE

Finisher Medals

Every half marathon, 10k and 5k finisher will be presented with a finisher medal after they cross the finish line!

Awards

Age group and overall awards for the 10k and 5k will be announced on the stage at 9:15am. Age group awards may be picked up at the Customer Service Tent following the awards presentation. Overall awards for the half marathon will be announced at 10am on the stage, and age group awards may be picked up at the Customer Service Tent following the awards presentation. Winners must be present to receive their prize; awards will not be mailed out.

Age groups are as follows: 19 & under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; and 70-up.

Overall Awards

	5k	10k	Half Marathon
1st	Medal	Medal	Medal
2nd	Medal	Medal	Medal
3rd	Medal	Medal	Medal

Age Group Awards

	5k	10k	Half Marathon
1st	Medal	Medal	Medal

Results

Results will be posted in real time online to ResortRaces.com/Results during the race. Results will also be available at the results tent in finish area where all runners will be able to print out their results after finishing the race!



The vineyard vines Champagne Brunch

After your race, enjoy a delicious vineyard vines champagne brunch prepared by The Greenbrier's exquisite culinary team. One entry to the post-race party brunch is included with registration, any additional tickets can be purchased [here](#). The post-race party will be held from 7:30am – 11:30am on Greenbrier's Outdoor Pool Grounds.

Post-Race Brunch Menu Items Include:

- Seasonal Fruit Display w/ Fresh Berries, Yogurt and Granola
- Cinnamon Rolls and Chocolate Croissants
- Selection of Bagels with Greenbrier Jams, Preserves, Creamery Butter and Cream Cheese
- Virginia Ham, Mushroom and Egg Casserole
- Baked Brioche French Toast with Vanilla Sauce
- Pepperoni Bread: Ricotta Cheese, Mozzarella, Served with Marinara Dipping Sauce
- Water, Coffee, Decaf Coffee, Iced Tea and Coke Products. Plus champagne and beer!

*Menu items are subject to change

The Greenbrier Resort Offers for Runners

The Greenbrier Resort, is proud to offer all race participants the discounts below to take advantage of during race weekend! These offers are available to all participants even if you are not staying at the resort during race weekend. Majority of the offers are valid May 10-12, 2019.

- **Complimentary Dessert with Purchase of a Dinner Entree** - From bananas foster at Prime 44 West to a homemade milkshake at Draper's, The Greenbrier's mouthwatering deserts will satisfy any sweet tooth!
- **20% Discount on All Activities** - Enjoy all activities that The Greenbrier has to offer including, bowling at The Greenbrier, carriage rides, fitness and yoga classes; etc.
- **10% Discount on a Sulphur Soak** - After crossing the finish line enjoy a Sulphur Soak to ease tired and sore muscles. This offer is only valid on Saturday, May 11th.
- **15% Discount on product and services at The Greenbrier MedSpa**
- **10% off a Bunker Tour or Off-Road Excursion** - Take a tour of the declassified Cold War bunker that was built to house Congress in the event of a national emergency, or take a Jeep Rubicon through the rugged terrain of Kate's Mountain.
- The Outdoor Pool Grounds will be open to **ONLY** The vineyard vines Greenbrier Half Marathon event Saturday, **May 11th** until **5pm**.

*All guests staying within our Room Block for the event will receive a branded key card which will be necessary to present in order to redeem each offer.



Participant Photos

Professional photographers will be along the course as well as at the start/finish area to take pictures of every runner throughout the race. A link to purchase and view photos will be emailed to you from our photographer within 7-10 days of the race.

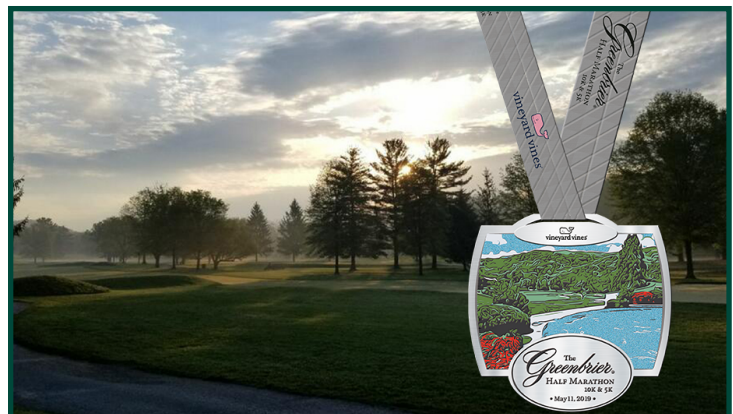
Post-Race Survey

You will receive a link to complete a post-race survey within a few days after the race. Your feedback helps us make improvements for future races so that we can continue to provide an extraordinary race experience. Thanks in advance!

The vineyard vines Greenbrier Half Marathon Amenities

All The vineyard vines Greenbrier Half Marathon participants will receive:

- Entrance to the post-race party and vineyard vines Champagne Brunch
- vineyard vines Participant Performance Tee
- Finisher medal
- Finisher Champagne Flute
- Pre-race gear check
- Access to activities and amenities offered by the resort, including golf, the spa, dining, and more!





Share Your Race Day Photos for a Chance to Win a Trip to Next Year's Race!

Registration will open soon with priority registration for the 2020 vineyard vines Greenbrier Half Marathon, but you can enter to win a **free trip to next year's race**, including:

- One-night stay at The Greenbrier
- Free race entry
- Extra post-race champagne brunch ticket

#GreenbrierHalf



Just share your race day photos on social media! Use the hashtag **#GreenbrierHalf** and tag **@ResortRaces** in your photos on Facebook, Instagram and Twitter to enter the contest. We'll notify the winner by email by May 15!



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Do you have any additional questions? Check out our [FAQ page](#) for Race Day questions! We are here to help if you have more questions. Contact us at info@resortraces.com and we will respond as soon as possible!

#GreenbrierHalf

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