



BULL CITY RACE FEST

2019 PARTICIPANT GUIDE

DURHAM, NC | OCTOBER 20, 2019



2019 BULL CITY RACE FEST PARTICIPANT GUIDE

Not registered?
Visit bullcityracefest.com for race details and registration!

A. General Information

- a. Note to Runners3
- b. Race FAQs, Rules & Regulations3-4

B. Pre-Race

- a. Bull City Race Fest Expo4
- b. Race Packet Pick-Up4-5
- c. Virtual Race Bag5

D. Race Day

- a. Race Day Timeline5
- b. Race Start Time5
- c. Race Location5
- d. Parking6
- e. Gear Check6
- f. Porta-Johns.....6
- g. Course Information7
- h. Pace Groups7
- i. Aid Stations7
- k. Medical Assistance7

E. Post-Race

- a. Post-race Party8
- b. Results8
- c. Awards9
- d. Participant Photos9
- e. Post-Race Survey9

*Please note: Athlete guide and race weekend information is subject to change.
Please refer to the most recent copy of the athlete guide on bullcityracefest.com closer to race day.*

2019 BULL CITY RACE FEST PARTICIPANT GUIDE

GENERAL INFORMATION

Note to Runners

Welcome to the 7th annual running of the Bull City Race Fest & Food Truck Rodeo! We know that you work hard to train for race day, and we work hard to ensure that your preparation is rewarded with an exceptional race experience, from the pre-race Bull City Race Fest Expo to our Post-Race Food Truck Rodeo. We hope your time running with us at the Bull City Race Fest is your best race experience yet! If we can ever do anything to improve your experience, we encourage you to [contact us](#) and let us know!

Race FAQs, 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. If you are unable to run as planned, you may defer your registration to the 2020 Bull City Race Fest through 11:59pm on October 10, 2019. Visit bullcityracefest.com for details. No refunds will be given for any reason.

Can I register on race day?

No, there will be no race day registration. Registration will close at 5:00pm on Saturday, October 19, 2019. Please plan to register in time to attend packet pick-up before the expo closes Saturday, October 19 at 5:00pm.

Is there Race Day packet pick-up?

No, there will be no race day packet pick-up. Packet pick-up will close at 5:00pm on Saturday, October 19, 2019. No exceptions can be made on Race Day. If you will be unable to attend packet pick-up during expo hours (Saturday, October 19, 11:00am-5:00pm), you may have someone pick up your packet in your place. They must show a picture of your photo ID (a picture on a phone is fine).

Am I allowed to walk?

Yes, however, you must meet the requirements of completing each race distance at a 15-minute per mile pace. The course will officially close at 10:45 AM. Any runners remaining on the course after the time limit will no longer be considered race participants and will be required to follow pedestrian laws. **Official times and post-race amenities cannot be guaranteed for runners who finish after the time limit.** If you aren't able to complete your race, aid stations will be able to help coordinate transport.

Are strollers and baby joggers allowed?

No, strollers are not allowed in any event at the Bull City Race Fest. Thanks for understanding.

2019 BULL CITY RACE FEST

PARTICIPANT GUIDE

Is there bag check?

Yes, there will be a baggage check area available at the start/finish area on Blackwell Street across from the Bullpen Brewery. Look for the sign marked "Gear Check." Additional information is listed on page 6.

Can I change my race distance?

Yes, you may change your race distance until 5:00pm on Saturday, October 19. There is no fee for downgrading your distance, and no refunds will be given for downgrading your distance. If increasing your race distance, you will be charged the difference in price. Visit bullcityracefest.com to change your race distance online. After Thursday, Oct. 25th at 11:59pm, you must change your race distance in person at the expo. Per USATF rules, if you decide to change races unofficially, you will be disqualified. You must run the race for which you registered.

Additional questions? [Contact us!](#)

PRE-RACE

Health and Fitness Expo

The [Bull City Race Fest Pre-Race Expo](#) will be a fun-filled event offering a wide variety of health and fitness related content! The expo will also serve as race packet pick-up. Please remember that there will be **NO race day packet pick-up**; you must pick up your race packet at the expo.

Expo Schedule- Saturday, October 19:

- 11:00am - Expo Opens
- 5:00pm - Expo Closes

Expo Location:

- **Address:** Durham Convention Center ([301 W Morgan St, Durham, NC 27701](#))
- **Expo Parking:** Please use the parking garage on Morgan Street. There is also street parking on all surrounding streets. Additionally, there are metered lots and paid parking spaces throughout downtown Durham.

Race Packet Pick-Up

Pick-up Procedures for 2019

Please note that packet pick-up will be divided by race distance and sorted alphabetically. All you will need to pick up your race bib is a photo I.D.

Race Packet for Someone Else

We allow you to pick up the race packet for someone other than yourself with a picture of their photo I.D. A photo on your phone is sufficient.

2019 BULL CITY RACE FEST

PARTICIPANT GUIDE

Race Packet Items

When you come to packet pick-up at the expo, you will receive the following items:

- Race Bib (with gear check tag attached **must bring on race day if you plan to check your gear!**)
- Participant shirt

Virtual Race Bag

Every participant will receive an email with virtual event deals which will be sent to the email they used when registering. The virtual race bag will feature great offers from many of our sponsors and partners. We strongly encourage you to visit our many partners who have made many contributions to help us produce a great event.

RACE DAY

Race Day Timeline

- 6:00am -10:50am - Gear Check open
- 7:30am - Half Marathon starts
- 8:00am - 5 Mile Run starts
- 8:05am - 1 Miler starts
- 10:30am - Overall awards
- 10:45am - Race Finish
- 10:50am - Costume Contest Awards
- 12:00pm - Bull City Race Fest & Food Truck Rodeo ends

Race Start Time

Race Day is Sunday, October 20, 2019. The half marathon will start promptly at 7:30am. The 5 Mile Run will start at 8:00am, and the 1 Miler will start at 8:05am.

Race Location

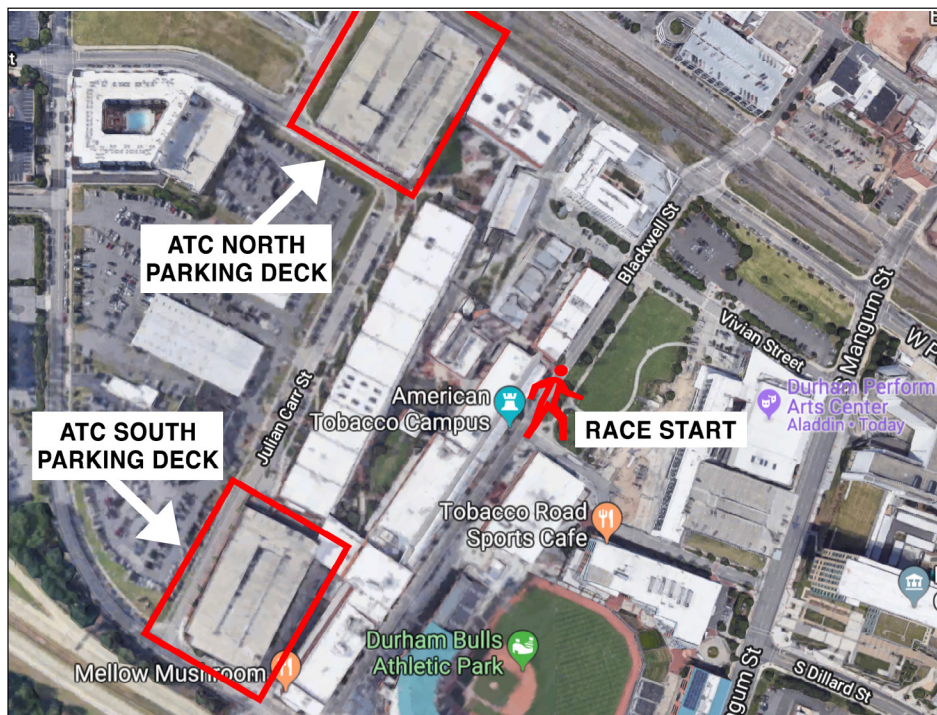
All distances will start and finish at the American Tobacco Campus ([318 Blackwell Street](#)).

2019 BULL CITY RACE FEST PARTICIPANT GUIDE

Parking

There are two parking decks available within a 5-minute walk of the start/finish area for runners and spectators. The best parking is available at:

- **ATC North Parking Deck:** [305 West Pettigrew Street](#)
- **ATC South Parking Deck:** [705 Willard Street](#)
- **Uber/Lyft/Drop-off Location:** Please direct your Ubers / Lyfts / people dropping you off to the parking deck addresses above. Parking decks are less than a five minute walk to the start line.



Gear Check

There will be a baggage check area available at the start/finish area on Blackwell Street outside the Bullpen, a brewery next to the Durham Bulls Baseball Stadium 3rd base entrance. The race is not responsible or liable for items placed in your bags and left at the bag check. Bag Check will close at 10:50am and any remaining bags will be taken to the American Tobacco Campus lost-and-found at the security desk located inside the ATC lobby near Cuban Revolution. Please strive to leave large belongings in your car if you drive.

Porta-Johns

There will be 60 Port-A-Johns at the start / finish area along Blackwell Street for runners to use both pre- and post-race.

There will also be a Port-A-John at each aid station.

2019 BULL CITY RACE FEST

PARTICIPANT GUIDE

Course Information

The half marathon is a USATF-certified distance. USATF certification numbers and course maps for the race can be found at bullcityracefest.com. There will be plenty of signage and course monitors along the route to help direct runners.

While the course is certified, there will be a detour on the half marathon and 5 Mile Run courses due to emergency road maintenance. This detour will take the course off of Watts Street starting at Trinity Avenue and the half marathon course will resume at Englewood Avenue & N. Buchanan. The 5 Mile Run will continue along the detour until the finish line. All distances will be correct, however, the detour will not be certified - this change has been made to keep our runners as safe as possible.

Course Video: A [Bull City Race Fest course video](#) is available for viewing! You can visualize the race route before you run! [Click here to watch!](#) ****Please note, there have been a few minor course changes that are not represented in the video.****

Spectator Locations:

Spectators, please see the stops below so you can plan ahead to be at each stop to cheer your runner on!

- Diamond View Park ([318 Blackwell Street](#))

Pace Groups

Pace groups will be offered for the half marathon events for the mile times listed below.

- **Half marathon:** 6:30 | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 12:00

Aid Stations

Water and sports drink will be provided at all aid stations. Assorted Gu flavors will be available at Aid Station #5 for half marathoners. **Please help us keep the greenway clean by not dropping your Gu tabs on the ground.**

Aid Station Locations:

- Aid Station #1: Mile 2 @ W. Morgan St & Morris St
- Aid Station #2: Mile 4/6 @ Berkley St & Englewood Ave (**HALF MARATHON ONLY - runners will pass by this out and back**)
- Aid Station #3: Mile 7 & 8 @ Jackson St & Carroll St
- Aid Station #4: Mile 9/10 @ Bivins St, Jersey Ave & Chapel Hill Rd (**HALF MARATHON ONLY, Gu - runners pass by this out and back**)
- Aid Station #5: Mile 12 @ Vickers St & Morehead Rd

2019 BULL CITY RACE FEST

PARTICIPANT GUIDE

Medical Assistance

A medical tent at the finish line and an ambulance will be available at the main start/finish line. Self-service first aid kits will be available at every aid station. There will be two medical bike teams patrolling the course - one dedicated to the half marathon and one dedicated to the 5 Mile Run.

POST-RACE

Post-Race Party

We're excited to announce that the 2019 Post-Race Party will be better than ever! After you finish conquering your race, join us in Runners Village where you can enjoy all of these great amenities:

- Live music brought to you by Liquid Pleasure
- Free beer for runners thanks to [R&D Brewing](#) (21 years and older; you must bring your photo ID)
- Finisher food for runners
- Food Truck Rodeo
- Awards
- Vendors and more!

Food Truck Rodeo

The Bull City Race Fest features a Food Truck Rodeo as part of our post race festival. Curious on what local eats you'll be able to try after the race? Check out the list below!

- 454 Grill: featuring gourmet grilled sandwiches!
- The Rockin Moroccan: featuring falafel, gyros, & more!
- Thangs, Wangs, & Waffles: featuring whole wings, unique waffles, & more!
- Ecology Coffee: featuring speciality coffee drinks!
- Corner Boys BBQ: featuring innovative BBQ!
- Gnam Gnam Gelato: featuring decadent, authentic Italian gelato!

Check out [our website](#) for more information on the Food Truck Rodeo!

Results

Results will be posted in real time online to the [Bull City Race Fest Results](#) page during the race . Results will also be available in Runners Village at the results tent (Start 2 Finish tent).

2019 BULL CITY RACE FEST

PARTICIPANT GUIDE

Awards

Overall Awards

All overall awards are based on gun time. Top finishers will receive overall awards. Overall awards will be presented at the DJ Booth in Runners Village to the following top finishers:

- **Half Marathon:** Top three overall male and female finishers will receive a custom medal and a pint glass. This will be presented at 10:30am.
- **5 Mile Run:** Top three overall male and female finishers will receive a pint glass. This will be presented at 10:30am.

Age Group Awards

All age group awards are based on chip time. In addition to all finishers receiving a race-specific finisher medal, there will be awards for the top age group finishers.

Awards will be given to the top finishers listed below in each age group: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over. Age group awards may be claimed at the customer service tent in Runners Village after the times listed below; there will not be an awards ceremony for age group awards.

- **Half Marathon:** (Pick up in Customer Service tent after 10:30am) Top three male and female finishers in each age group will receive a custom medal and a pint glass.
- **5 Mile Run:** (Pick up in Customer Service tent after 9:30am) First place male and female finishers in each age group will receive a pint glass

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 seven days of the race.

Post-Race Survey

You will receive a link within a few days after the race for a post-race survey. Your feedback helps us make improvements for future races so that we can continue to produce a fantastic event! To show our appreciation for you taking the time to fill out the survey, we will randomly select two runners to receive a FREE RACE ENTRY to the 2020 Bull City Race Fest! Thanks in advance!