

The background of the entire page is a photograph of a resort pool area. In the foreground, a large, curved swimming pool with blue water and lane lines is visible. To the right of the pool is a paved deck with several wooden tables and chairs, some of which are occupied by people. In the background, there are many tall palm trees and a building with a tiled roof. The sky is clear and blue.

Sea Island®

HALF MARATHON

presented by



vineyard vines

PARTICIPANT GUIDE

SEA ISLAND, GA | NOVEMBER 16, 2019



[Haven't registered yet? Click here to register!](#)

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GENERAL INFORMATION

About the Sea Island Half Marathon, Presented by Vineyard Vines

Welcome to the third annual running of the Sea Island Half Marathon and 10k, presented by Vineyard Vines - a luxury destination race at one of the finest resorts in the world!

The Sea Island Half Marathon and 10k, presented by Vineyard Vines, is run on the private grounds of the world-class Sea Island Resort and surrounding area – the only resort in America to receive four Forbes Five-Star awards for 11 consecutive years. Runners will be treated to a course with minimal elevation gain, running through the Avenue of the Oaks, pristine golf courses and Sea Island Drive.

Located on the southeastern coast of Georgia, Sea Island features five miles of private beach, tennis center, Yacht Club, shooting school, and a 65,000-square-foot spa. Sea Island is steeped in golf tradition and home to three championship golf courses, including Seaside and Plantation, home of the PGA TOUR's RSM Classic, as well as the nation's finest Golf Performance Center.

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





Race Weekend Timeline

Friday, November 15

2:30pm - 4:30pm - Packet pick-up at The Inn ([100 Salt Marsh Dr, St Simons, GA 31522](#)). Any runner can pick up their packet at this time.

5:30pm - 7:30pm - Packet pick-up at The Georgian Room Library at The Cloister ([100 Cloister Dr, Sea Island, GA 31561](#)). Only runners staying at The Inn, The Cloister or Sea Island members can pick up their packets at this time.

Saturday, November 16

4:45am - 6:30am - Shuttles will run to the start line from both The Inn and The Cloister beginning at 4:45am. **All runners must shuttle to the start line at The Lodge. There will be no parking at the start line near The Lodge.** All non-resort guests will need to park at The Inn and take the shuttle to the start line.

5:15am - 6:30am - Gear check will be available near the start line at The Lodge. Gear can be picked up following the race at The Beach Club.

7:15am - Half marathon starts.

7:30am - 10k starts.

8:00am - 11:30am - Vineyard Vines Post-Race Champagne Brunch at the Beach Club (Pre-purchased wristbands are required for all non-runners).

8:30am - 12pm - Post-race shuttles will run from The Cloister to take guests back to The Inn.

9:30am - Overall awards announced for the 10k

10:00am - 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?

Yes, 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 allow enough 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 the completing the race by 10:30am.

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 near the start line at The Lodge. The race will finish in a different location, so all bags will be moved to the finish area (where the post-race party will be held) for runners to pick up after their race at The Beach Club. Bags for belongings will be provided at the gear check table.



PACKET PICK-UP

When and Where

Friday, November 15:

- **2:30pm - 4:30pm** - Packet pick-up at The Inn ([100 Salt Marsh Dr, St Simons, GA 31522](#)). Any runner can pick up their packet at this time.
- **5:30pm - 7:30pm** - Packet pick-up at The Georgian Room Library at The Cloister ([100 Cloister Dr, Sea Island, GA 31561](#)). Only runners staying at The Inn, The Cloister or Sea Island members can pick up their packets at this time.

Saturday, November 16 (Race Day):

- **5:15am - 6:15am** near the start line at The Lodge ([100 Retreat Ave, St Simons, GA 31522](#)). Runners are *strongly* encouraged to pick up their packets on Friday to avoid lines and ensure a smooth race morning.

All runners will receive the 2019 participant tech shirt at packet pick-up!



SWITCHING RACE DISTANCES

You may increase or decrease your race distance [online at this link](#) up until 72 hours prior to race day. Following this deadline, you must change your race distance in-person during packet pick-up. This is to ensure you race with the correct bib, as bib numbers are race-specific.



RACE MORNING: PRE-RACE

Getting to the Start Line

The Half Marathon will start in front of The Lodge ([100 Retreat Ave, St Simons, GA 31522](#)). Shuttles will be provided to the start line between 4:45am - 6:30am, picking runners up at the main entrances of The Inn and The Cloister the morning of the race. **Please note: There will be no parking available at The Lodge.** Guests must take the shuttles from either The Inn or The Cloister to the start line.

Parking

Ample parking will be available at The Inn for all non-guests. Shuttles provided from The Inn will be the only way to access the start line for non-Cloister guests.

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 corral when lining up to start the race!

Gear Check

Gear check will be available race morning from 5:15am - 6:30am near the start area. Bags for belongings will be provided. You may also check your room key.

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:

➔ **Bib Colors: Half Marathon - Green; 10k - Blue**



DURING THE RACE

Important Course Information

Both the half marathon and 10k will start at The Lodge and finish at The Beach Club ([400 Beach Club Lane, Sea Island, GA 31561](#)). You can review the course map and course highlights [video on our website](#).

- **Course Directions:** All distances will also have clearly marked signage and course monitors along the way. Please pay attention to the signage and monitors along the course directing runners.

From The Lodge, half marathon runners will do a turnaround on The Avenue of the Oaks and continue their run on Sea Island golf courses. Following their run through this section of the course, they will return to The Lodge and continue onto the 10k route.

10k Runners will run straight through the Avenue of the Oaks and onto the sidewalk of Frederica Road, where they will follow the course through the roads of St. Simons Island and onto Sea Island Road, where they'll take in breathtaking views of the island on their way to the finish line at The Beach Club.

Time Limits

All runners must be finished by 10:45am. Half marathon have 3 hours and 30 minutes to complete the race, and 10k runners have 3 hours and 15 minutes to complete the race. The Vineyard Vines Champagne Brunch will be held at The Beach Club from 8am -11:30am.

Medical Support

We will have medical professionals on site throughout the race, including a medical support tent at the finish line at The Beach Club.

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

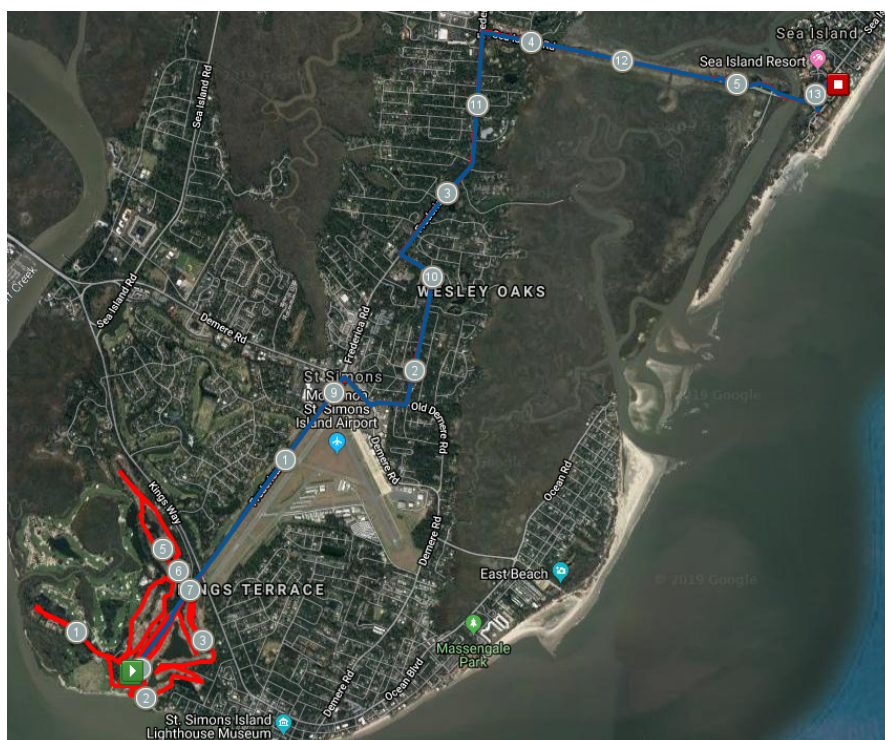
Spectators staying at The Cloister can watch runners as they run along Sea Island Drive. Spectators can also cheer on runners as they follow the sidewalk along Frederica Road! If you are spectating, please be respectful of all runners and be careful to allow runners the right of way at all times along the course. Please remember that friends and family must [purchase a ticket](#) by November 11 to be admitted entrance to the Vineyard Vines Champagne Brunch. All runners will receive free entry to the post-race party.

Hydration Stations

There will be plenty of hydration stations along the course, each with a bathroom available to runners. There will also be indoor restrooms available to runners both before and following the race. Restrooms are marked on the course map below and will be marked with signage along the course. Hydration stations will be available for half marathon runners at Miles 2, 4, 6, 8, 10 and 12. Stations will be available for 10k runners at Miles 1, 3 and 5.

Course Map

Click the map image to view a larger version online and be sure to [check out the course highlight video here!](#)





AFTER THE RACE

Finisher Medals

Every half marathon and 10k finisher will be presented with this beautiful finisher medal after they cross the finish line!



Finishers will also be greeted at the finish line by the emcee skills of [DJ Pdogg!](#)



Awards

Overall awards for the 10k will be announced on the stage at 9:30am, and half marathon awards will be announced on the stage at 10am. Age group awards may be picked up at the Customer Service Table beginning at 9am for the 10k and 9:30am for the half marathon. 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

| | 10k | Half Marathon |
|-----|-------|---------------|
| 1st | Medal | Medal |
| 2nd | Medal | Medal |
| 3rd | Medal | Medal |

Age Group Awards

| | 10k | Half Marathon |
|-----|-------|---------------|
| 1st | Medal | Medal |
| 2nd | Medal | Medal |
| 3rd | Medal | Medal |

Vineyard Vines Champagne Brunch and Post-Race Party

After your race, sit back, relax and enjoy the oceanside views while celebrating at the Vineyard Vines Champagne Brunch, prepared by Sea Island's exquisite culinary team! One ticket to the post-race party and brunch is included in each registration, and [additional tickets are available for purchase](#) for any spectators wishing to join the fun. The post-race party will be held from 8:00am to 11:30am.

Food and Beverage Options

- Individual and Assorted Yogurts and Granola
- Whole Fruit
- Scrambled Eggs
- Hash Brown Casserole
- French Toast Sticks with Powdered Sugar and Berry Syrup
- Chef's Choice of Smoothies
- Assorted Juice Station (Orange and Grapefruit)
- Sweetened and Unsweetened Tea Station
- Freshly Squeezed Lemonade Station
- Lemon-Infused Water Station
- Sea Island Resort Blend Regular and Decaf Coffee Station
- Mighty Leaf Premium Tera Station
- Champagne and Beer



Results

Results will be posted in real time online to <https://racesonline.com/events/sea-island-half-marathon/results/2019> during the race. Results will also be available at the results table in finish area!

Participant Photos

Professional photographers will be along the course as well as at the start and 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 following the race. Your feedback is appreciated and allows us to make improvements for future races so that we can continue to provide an extraordinary race experience. Thanks in advance!



Have a question? We're here to help! Please contact us at info@resortraces.com or visit our website at SealslandHalfMarathon.com.