

THE GREENBRIER HALF MARATHON

Athlete Guide

MAY 13, 2023 | WHITE SULPHUR SPRINGS, WEST VIRGINIA



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About The Greenbrier Half Marathon

The Greenbrier Half Marathon, 10k and 5k, returns for its sixth event on Saturday, May 13, 2023! Runners will be treated to a course along some of the country's best golf courses at the base of West Virginia's most breathtaking mountain ranges. Run exclusively on the 11,000-acre grounds of the world-class Greenbrier Resort that has played host to 26 of our country's 46 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 Greenbrier 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.



Race Rules and 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.

When does registration close?

If spots remain, you may register at online until 6:00pm on Friday, May 12. Be sure to leave time to pick up your race bib by the time packet pick-up ends at 7:00pm on Friday, May 12.

Can I change my distance?

Yes, you can change your distance. You are able to change your distance until Friday, May 12 at 6:00Pm using the Change Distance Form.

Please note: Anyone who runs a distance with the incorrect distance timing chip will be disqualified.

Where and when is Packet Pick-Up?

Packet Pick-Up will be held on Friday, May 12 from 2:00Pm - 7:00PM in the Garden Room in the Upper Lobby of the Greenbrier Resort.

Can someone else pick up my race packet for me?

Yes, someone else can pick up your packet. They will need a copy of your ID (a photo is sufficient).

Is there race day Packet Pick-Up?

No, there is not race day Packet Pick-Up.

Am I allowed to walk?

Yes, you can walk, but you must complete the race by the set time limit, which is 10:15 AM.

What is the time limit?

- All participants must finish the race by 10:15AM.

Are strollers allowed on the course?

Strollers are not allowed on the course.

Are pets allowed on the course?

Pets are not allowed on the course.

Race Deadlines

Category	Deadline	Form	Details
Change Distance Information	Friday, May 12 at 6:00 PM	Click here to change your distance.	<ol style="list-style-type: none">1. You must fill out the change distance form online.2. If you change your distance after bibs are printed, you will need to pick up a new bib at Customer Service.3. We will communicate the bib printing deadline closer to race day.
Deferral Deadline	Wednesday, May 3, 2023 at 11:59 PM	Click here to defer your entry.	You will be issued a virtual credit that can be applied toward registration for next year's Greenbrier Half Marathon or another Capstone race .

Please Note:

- Anyone who runs a distance with the incorrect distance timing chip will be disqualified from the race.
- You are not allowed to transfer your bib to another runner.

Packet Pick-Up

All participants need to attend Packet Pick-Up to get their race bib the day before the race. If you are unable to attend, you can have someone else pick up your bib for you. They will need a copy of your ID (a picture is sufficient). There will be no race day bib pick up!



When

- Friday, May 12
- 2PM - 7PM



Where

- The Garden Room in the Upper Lobby of the Greenbrier Resort
- [315 W. Main St., White Sulphur Springs, WV 24986](#)



What You'll Receive

- Bib
- Participant Shirt
- Finisher Gift (Glassware)
- Additional Brunch Tickets (If Purchased)



Shuttles (Non-Resort Guests)


Non-resort guests will take the shuttle from the Train Lot (315 W Main St, White Sulphur Springs, WV 24986) to the hotel for packet pick-up on Friday, May 12. The shuttle will run through the duration of Packet Pick-Up every 10 - 15 minutes.



Parking (Resort Guests)

Participants staying at the resort are encouraged to use either valet or self-parking on resort property.

RACE DAY TIMELINE

- 
- 5:15 AM- 6:45 AM**
FOR NON-HOTEL GUESTS, A SHUTTLE WILL BE PROVIDED FROM TRAIN LOT TO START LINE. SHUTTLE WILL RUN APPROXIMATELY EVERY 10 MINUTES.
 - 6:45 AM**
HALF MARATHON STARTS
 - 6:55 AM**
10K STARTS
 - 7:00 AM**
5K STARTS
 - 7:30 AM**
POST-RACE CHAMPAGNE BRUNCH STARTS
 - 8:30 AM**
5K & 10K OVERALL AWARDS ANNOUNCED AT STAGE
 - 9:30 AM**
HALF MARATHON OVERALL AWARDS ANNOUNCED AT STAGE
 - 11:30 AM**
POST-RACE CHAMPAGNE BRUNCH CLOSES



Getting to the Start Line Area on Race Morning

Non-Resort Guests

Parking:

- Please park at the Train Lot, located off of Route 60.
- Enter [315 W Main St, White Sulphur Springs, WV 24986](#) into your GPS device and follow signs for runner parking.



Shuttle to Start:

- From the Train Lot, participants and spectators who are **not staying at the resort** will take a shuttle to the Start Line area.
- A shuttle will be provided between **5:15 AM - 6:45 AM** from the Train Lot to the Start Line area for non-resort guests.

Participants are encouraged to **arrive early** for a smooth race morning.

Resort Guests

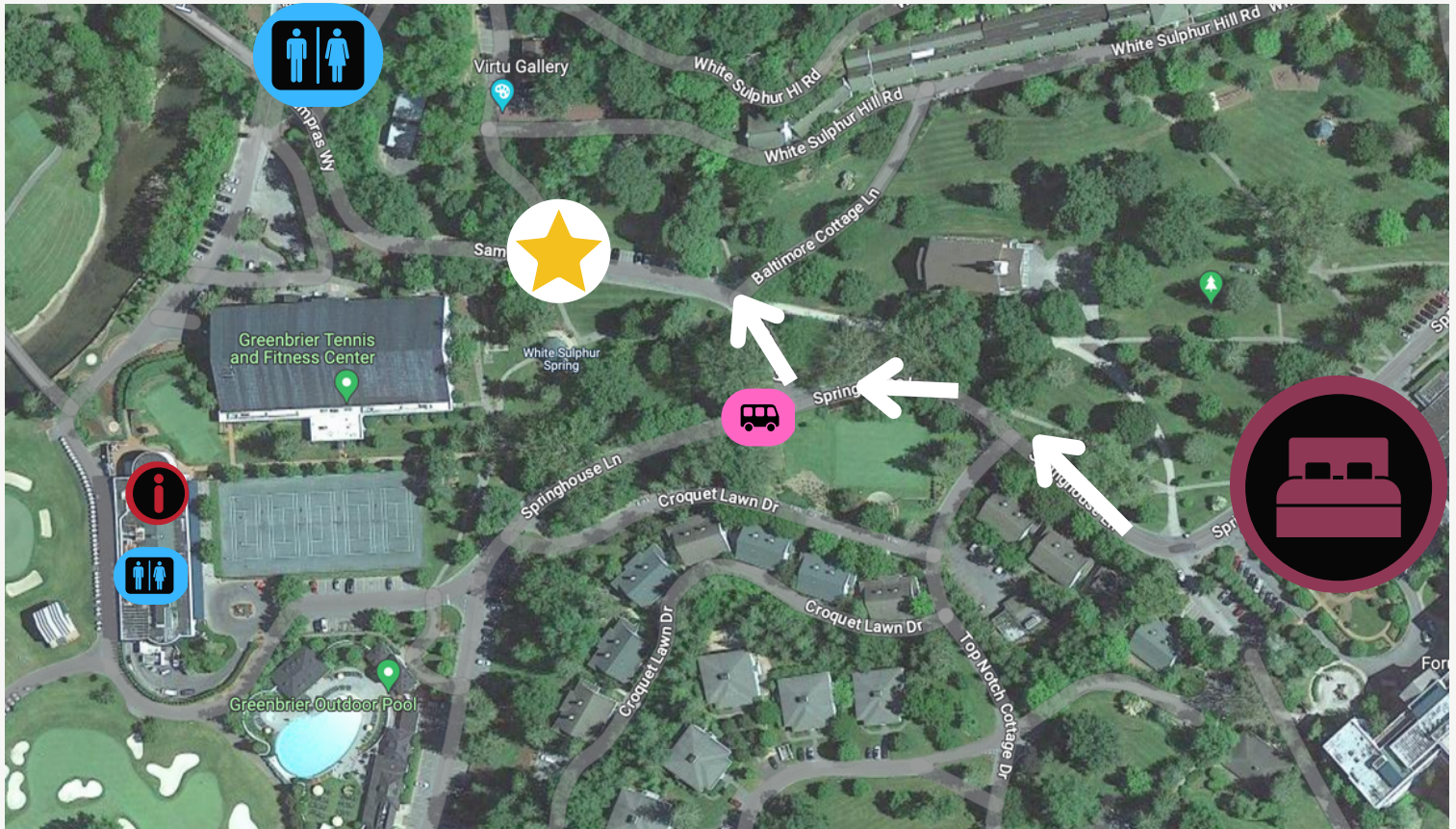
Participants staying on the resort will make the **short, scenic walk** from their accommodations to the start line on race morning. To walk to the start, please exit the hotel through the north entrance and proceed down Spring House Lane toward The Greenbrier Chapel, and then onto Sampras Way.



Race Day Information

Start/Finish Line Information

The race will start on Sampras Way, past The Greenbrier Chapel and next to The Greenbrier Tennis Club & Fitness Center. Resort guests can exit the hotel through the north entrance and proceed down Spring House Lane towards The Greenbrier Chapel.



The Greenbrier Hotel



Pre-Race Shuttle Stop (Non-Resort Guests Only)



Race Start and Finish Line (on Sampras Way)



Race Day Customer Service (Under the Awning at the Golf Clubhouse)



Restroom Access at Golf Clubhouse



Restroom Access at Tennis Stadium

Race Day Information



Gear Check

Gear check will **not** be available. Participants are encouraged to leave any gear in their rooms, cars or with a friend/family member near the start/finish line.

Race Bibs

Please wear your race bib on the front of your shirt or the front of your shorts with the numbers facing out. **Please do not bend or fold the timing chip** (on the back of your bib)!

Course Description

Participants will enjoy a run through some of the country's most renowned golf courses alongside pristine, free-flowing creeks and views of the Allegheny mountains. See the maps on the next few pages for more information!

Spectator Locations

For all distances, guests may cheer on their runners in front of the resort main circular driveway, at the start Start Line or at the Finish Line by The Greenbrier Tennis Club and Fitness Center!

Time Limits

All participants needs to complete the race by 10:15AM.

Medical Support

We will have medical professionals on-site throughout the race, including 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.

Race Day Etiquette

It is our goal that every runner participating in the Greenbrier Half Marathon event has an enjoyable, safe race experience! To support this goal, we ask that all participants follow the running etiquette below! Thank you for your cooperation!



Please be mindful of where you are lining up in the start line chute. Participants who plan to walk or do a walk-run combination should line-up toward the back of the start line chute.



If you will be using a walk-run method, please signal verbally or by raising your hand to other participants around you when you will be switching from running to walking.



If you're running as a group, please only run 2 abreast to ensure there is enough space for other runners.



If possible, pass on your left and alert the runner by saying, "On Your Left."



At a Hydration Station, try to keep moving while grabbing your hydration. If you need to stop, look behind you before stopping or move to the side.



To help keep the course and resort property clean, please dispose of your cup/trash in the dedicated waste cans near the hydration stations.



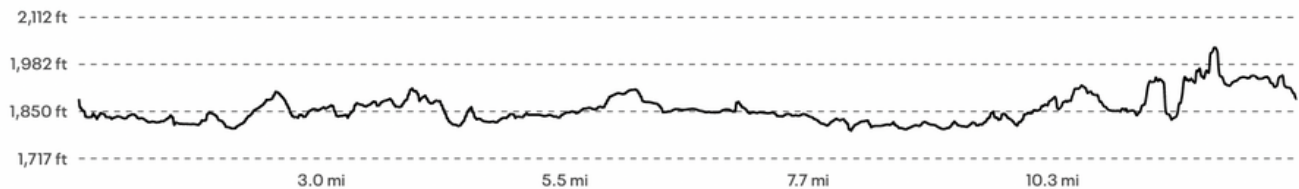
For your safety and the safety of others, please keep moving through the finish line.

Half Marathon Course Map



Elevation

Start 1,887 ft Max 2,030 ft Gain 652 ft

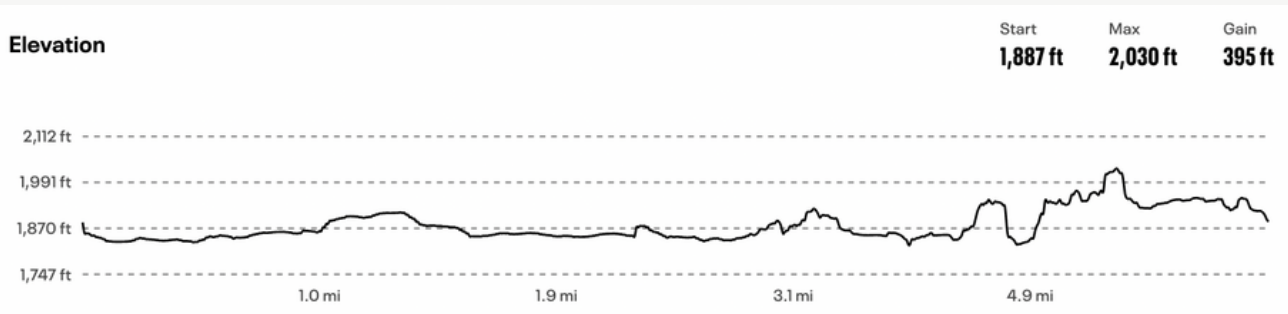


Hydration Stations: Miles 2.5, 4.5, 6, 8.5, 10.5, 12



- Water and Sports Drink will be provided at each station.
- The golf course restrooms will be available at the first 5 hydration stations. A porto-john will be available at the final station.

10k Course Map

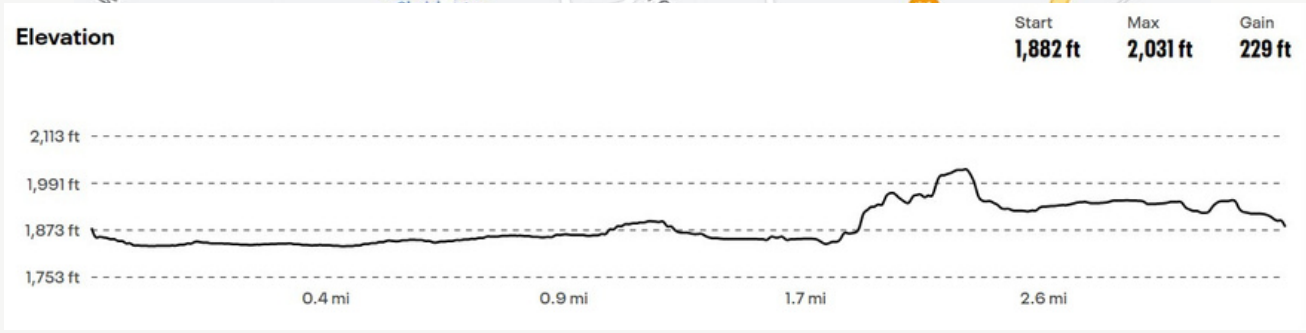


Hydration Stations: Miles 1.5, 3.5, 5



- Water and Gatorade will be provided at each station.
- The golf course restrooms will be available at the first 2 hydration stations. A porto-john will be available at the final station.

5k Course Map



Hydration Stations: Mile 2

- Water and Gatorade will be provided at the water station.
- A Porto-John will be available at the water station.



Finisher Medals

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

Results

There will be no results tent at the finish line. Runners will receive a text message with a link to their individual results upon crossing the finish line. [Results](#) will also be posted online as they become available.

Overall Awards

Overall awards will be presented to the top three overall male and female finishers in each distance based on gun time. Overall awards will be announced on the stage at approximately the following times:

- 5k & 10K: 8:30 AM
- Half Marathon: 9:30 AM

If the winner is not present to claim their award medal, it will be mailed out approximately two weeks after the race.

Age Group Awards

Age Group Awards will be given to the top three male and female finishers in each distance in the following age categories:

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

To ensure the accuracy of the age group awards, awards will be mailed to each age group winner approximately two weeks after the race. Age group awards will not be announced or given out on race day.

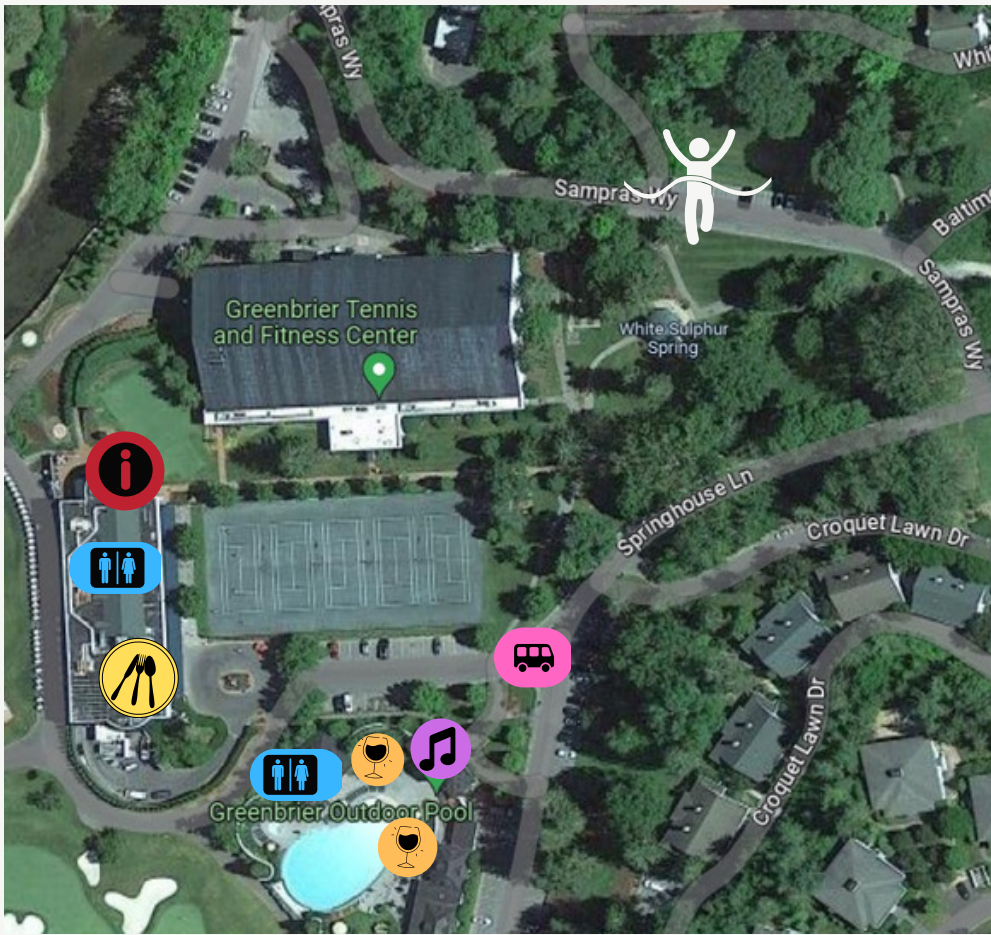
Participant Photos

Professional photographers will be along the course as well as the start/finish area to take pictures of every runner throughout the race.

When they become available, a link to the race photos will be posted on our [website](#). FinisherPix, the race photographer, will email a link to runners. To see your pictures, please follow the directions provided by FinisherPix.

Post-Race Information

Finish Area Map



Finish Line



Restrooms



Bar



Post-Race Shuttle
Pick-Up for Non-
Resort Guests (to
return the Train
Lot)



Champagne Brunch



Customer
Service



Live Music

Post-Race Shuttle for Non-Resort Guests

A shuttle will run for **non-resort guests** after the race from the Finish Line to the Train Lot until 12:00pm.

Guests staying on the property will take the short, scenic walk to and from the race. The shuttle will only be available for non-resort guests, as it will only have two shuttle stops: the Train Lot (outside of the resort) and the Start/Finish Area.

Post-Race Champagne Brunch



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

Below is a representative menu of what will be served at the post-race brunch, along with bottomless champagne and beer!



- Summer Fruit- GF/V
- Yogurt- GF
- Granola
- Scrambled Eggs- Gf
- Large Blueberry Muffins- GF
- Chocolate and Plain Croissants
- Cinnamon Rolls
- Banana Coffee Cake
- Baked French Toast



GF - Item is Gluten Free

V - Item is Vegan.

Runner Amenities

All participants of the 2023 Greenbrier Half Marathon race will receive:

- Participant T-Shirt (Receive at Packet Pick-Up)
- Runner Gift (Receive at Packet Pick-Up)
- Finisher Medal
- Entrance to the Post-Race Party and Champagne Brunch



Access to amenities offered by the resort, including golf, the spa, dining and more!



Resort Offers for Runners

The Greenbrier Resort is proud to offer all race participants the discounts below to take advantage of during race weekend!

- **15%** Discount on the Following Greenbrier Activities: Bunker Tours, Escape Room, Bowling, Croquet, and Pickelball
 - Valid Friday, May 12th -Sunday, May 14th

These offers are available to all participants even if you are not staying at the resort during race weekend. Runners will need to **show their bib in order to receive the discounts.**

Click the Picture to Share Your Story for a
Chance to Win a Getaway to Myrtle Beach!



Post-Race Information

Post-Race Survey

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

Partners and Sponsors

