

BULL CITY RACE FEST

2023 Athlete Guide

OCTOBER, 15 2023 |
DURHAM NORTH CAROLINA



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Thank you, Sponsors!

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 their ability to follow direction while wearing headphone devices. If you choose to wear headphones, please keep the volume down so you can hear and follow the direction of course volunteers.

Can someone else run in my place?

No, transfers of bib numbers from person to person is prohibited. Anyone racing with another runner's bib will be disqualified.

Can I register on race day?

No, registration will close the evening before the race.

Is there a gear check this year?

There will not be a gear check this year. Participants are encouraged to leave gear in their car or with family/friends.

Where do I get my race bib?

You will be able to have your race bib mailed, or you will pick it up at packet pick-up.

Is the race USATF certified?

The half-marathon will be USATF certified.

Am I allowed to walk?

Yes, you can walk, but you must complete the race by the time limit listed below.

What is the time limit?

All participants must finish by 11:00 AM. Anyone still on the course after 11:00 AM will no longer be considered a participant and will be fully responsible for their own well-being. Official times and post-race amenities cannot be guaranteed for runners who finish after the time limit.

Where and when is packet pick-up?

Packet Pick-Up will be held at Fleet Feet Durham on Friday, 10/13 from 4pm-7pm and Saturday, 10/14 from 10am-4pm.

Address: 6807 Fayetteville Rd #105, Durham, NC 27713

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.

What is the weather policy?

Races are held, rain or shine, unless we determine that conditions are too dangerous. This will be based on a prudent decision made on race weekend or race day by Race Officials and local law enforcement officials. If the race is cancelled due to inclement weather there will be neither refunds nor transfers. This position is consistent with USA Track & Field recommendations and with the protocol of sharing the risks associated with the sport of running. In the event of inclement weather or unforeseen circumstances, Capstone Event Group reserves the right to alter, cancel or eliminate any/all portions of the race.

If there is inclement weather during the race, it is your responsibility as a race participant to follow instruction from race officials and law enforcement in regards to inclement weather. If you disregard instructions from race officials, you are doing so at your own risk.

Are strollers allowed on the course?

Strollers are not allowed on the course. Thanks for your understanding.

Are pets allowed on the course?

Pets are not allowed on the course.

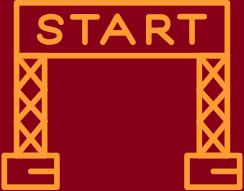
ACCESSIBILITY GUIDE

HANDICAP PARKING



- If you need handicap parking for packet pick-up and/or race morning, please contact us at info@bullcityracefest.com, and we will assist you!

RACE START TIMES



- Half-marathon wheelchair/handcycle start: 7:25 AM
- 5 Miler wheelchair/handcycle start: 7:55 AM

ACCESSIBLE PORTABLE TOILETS



- Portable toilets, including a limited number of ADA toilets, will be available at the **Start/Finish** line.

CONTACT US



If you have a question about race weekend accessibility, please contact us at info@bullcityracefest.com!

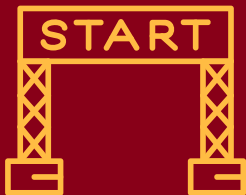
A QUICK GUIDE TO RACE DAY TERMS

RACE BIB



- Wear your bib on race day with the number facing out.
- Your race bib has a timing chip on the back of it which records your time from the point you cross the start line to when you cross the finish line.
- Please do not bend the bib or remove the timing chip.

START/FINISH LINE CHUTE



- The start line chute is where runners line up before the start of the race.
- The finish line chute is where runners receive their medal, water, and sometimes post-race food after crossing the finish line.

HYDRATION STATION



- Hydration stations will be offered on the course.
- Runners can get water and/or a sports drink at the hydration station.
- Hydration station #4 will offer Gu gels for half-marathoners

COURSE MILE MARKERS



Mile markers are posted for each mile on the course. Please note that your GPS device may not sync perfectly with the mile markers on the course.

Race Day Etiquette

It is our goal that every runner 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.



For the safety of all participants, faster runners should stay on the left of the course and walkers stay on the right.



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 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.

Race Deadlines

Category	Deadline	Form	Details
Change Distance	Saturday, October 14 at 3:00 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. We will communicate the bib printing deadline closer to race day.3. Bib Mailers, if you changed your distance after noon on September 22nd, you will need to attend PPU to receive a new bib.
Bib Mailing	Friday, September 22 at noon	Click here to add bib mailing to your registration!	Bibs will be mailed approximately two weeks before race day. Only bibs and safety pins will be mailed. Shirts will be picked up at the post-race party.
Deferral Deadline	Thursday, October 5th 2023 at 11:59 PM	Click here to defer your entry.	You will be issued a race credit for the amount you paid at registration excluding handling fees that can be applied toward registration for next year's Bull City Race Fest 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.

Bib Mailing

Runners who elected to have their bib mailed to them will receive their bib by Thursday, October 12. Only bibs and safety pins will be mailed!

If you do not receive your bib by Thursday, October 12, please come to packet pick-up and head straight to customer service to be assigned a new bib.

Runners with bib mailing, if you changed your distance **after noon on Friday, September 22**, you will need to attend packet pick-up to receive the bib for the correct distance. Please head straight to customer service so we can assist you!

Check out the chart below to see what you will receive in the mail and what you will pick up after the race!

Race Item	Will Receive in the Mail	Will Pick Up AFTER the Race
Bib		
Safety Pins		
Participant Shirt		



Packet Pick-Up

All participants who did not have their bib mailed to them need to attend packet pick-up to get their race bib. We will use a reservation system to allow us to serve you more efficiently. If you haven't reserved your spot, do so [here](#)!

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!

If you opted for bib mailing, you do not need to attend packet pick-up unless:

1. You **changed your distance** after noon on Friday, September 22. The bib you received in the mail will not be for the correct distance. Please head straight to customer service, so you can be assigned a new bib.
2. Your **bib did not arrive** in the mail by Thursday, October 12. Please attend packet pick-up and head to customer service to receive your new bib.

When



- Friday, October 13 // 4PM - 7PM
- Saturday, October 14 // 10AM - 4PM

Where



- Fleet Feet Southpoint Durham
- 6807 Fayetteville Rd #105, Durham, NC 27713

What You'll Receive



- Bib
- Safety Pins
- Participant Shirt

Parking



There is ample free parking in the Fleet Feet shopping center.

Race Day Information

RACE DAY TIMELINE



7:30 AM

HALF-MARATHON STARTS



WHEELCHAIR PARTICIPANTS WILL
START AT 7:25 AM



8:00 AM

5 MILER STARTS



WHEELCHAIR PARTICIPANTS WILL
START AT 7:55 AM



9:30 AM

5 MILER AWARDS AVAILABLE FOR PICK-UP AT CUSTOMER
SERVICE

*TIME SUBJECT TO CHANGE



10:00 AM

HALF MARATHON AWARDS AVAILABLE FOR PICK-UP AT
CUSTOMER SERVICE

*TIME SUBJECT TO CHANGE



11:00 AM

COURSE CLOSES FOR ALL PARTICIPANTS!



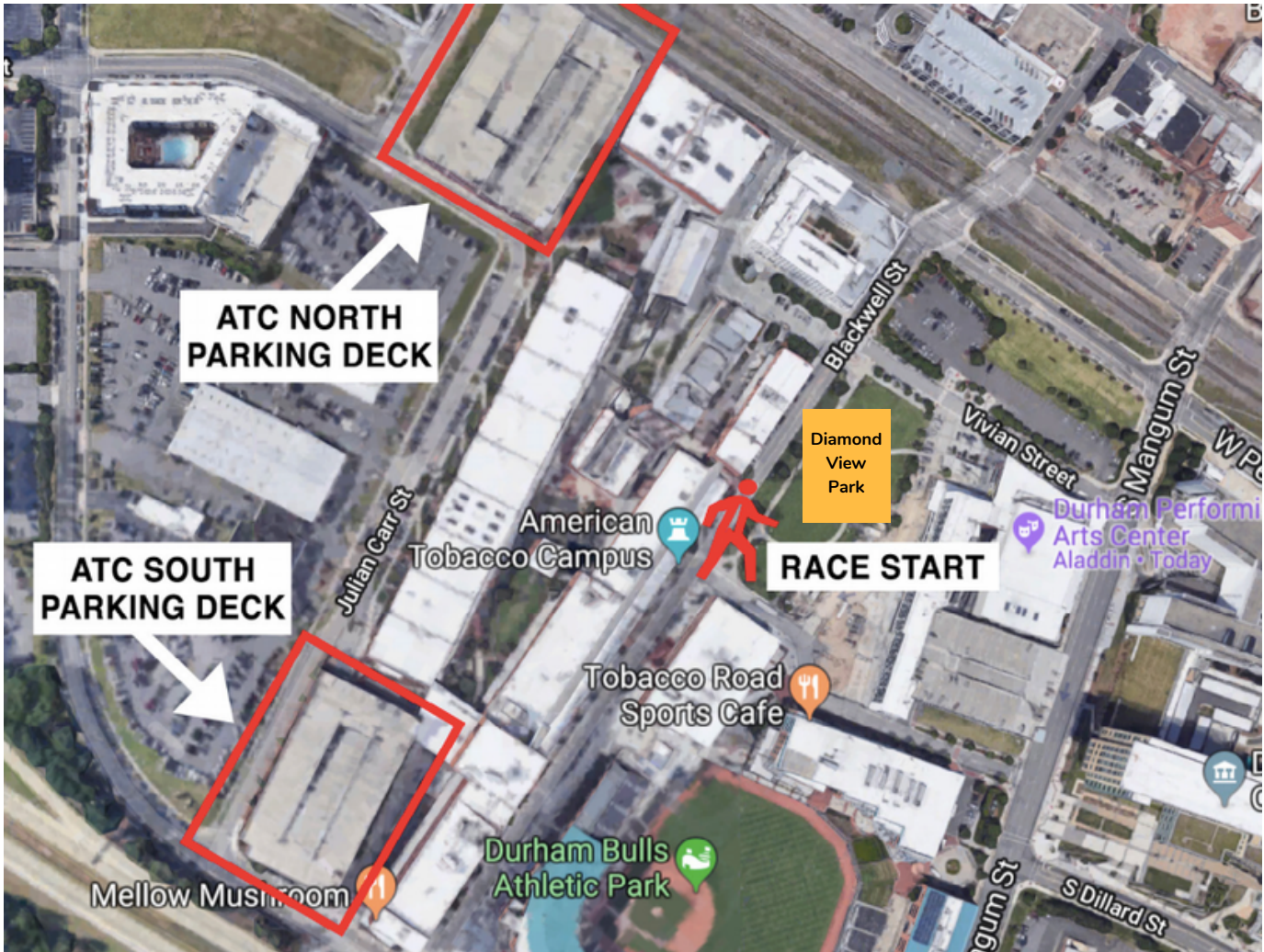
12:00 PM

POST-RACE PARTY ENDS

Race Day Information

Parking on Race Morning

On race morning, runners can utilize parking at the American Tobacco Campus North and South Parking Decks.



Start/Finish Line Location

318 Blackwell St., Durham, NC 27701

Portable Toilets

There will be portable toilets available at Diamond View Park before the race.

Customer Service

Customer service will be located within the post-race party area at Diamond View Park.

Race Day Information

Gear Check

Gear check will **not** be available. Participants are encouraged to leave any gear in their 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, which is on the back of your bib!**



Spectator Locations

For all distances, guests may cheer on their runners at the Start Line or at the Finish Line!

Time Limits

All participants must finish by 11:00 AM.

- Half-Marathon: 3.5 Hours // 16 minute pace per mile
- 5 Miler: 3 Hours // 36 minute pace per mile



Anyone still on the course after 11:00 AM will no longer be considered a participant and will be fully responsible for their own well-being. Official times and post-race amenities cannot be guaranteed for runners who finish after the time limit.

Medical Support

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

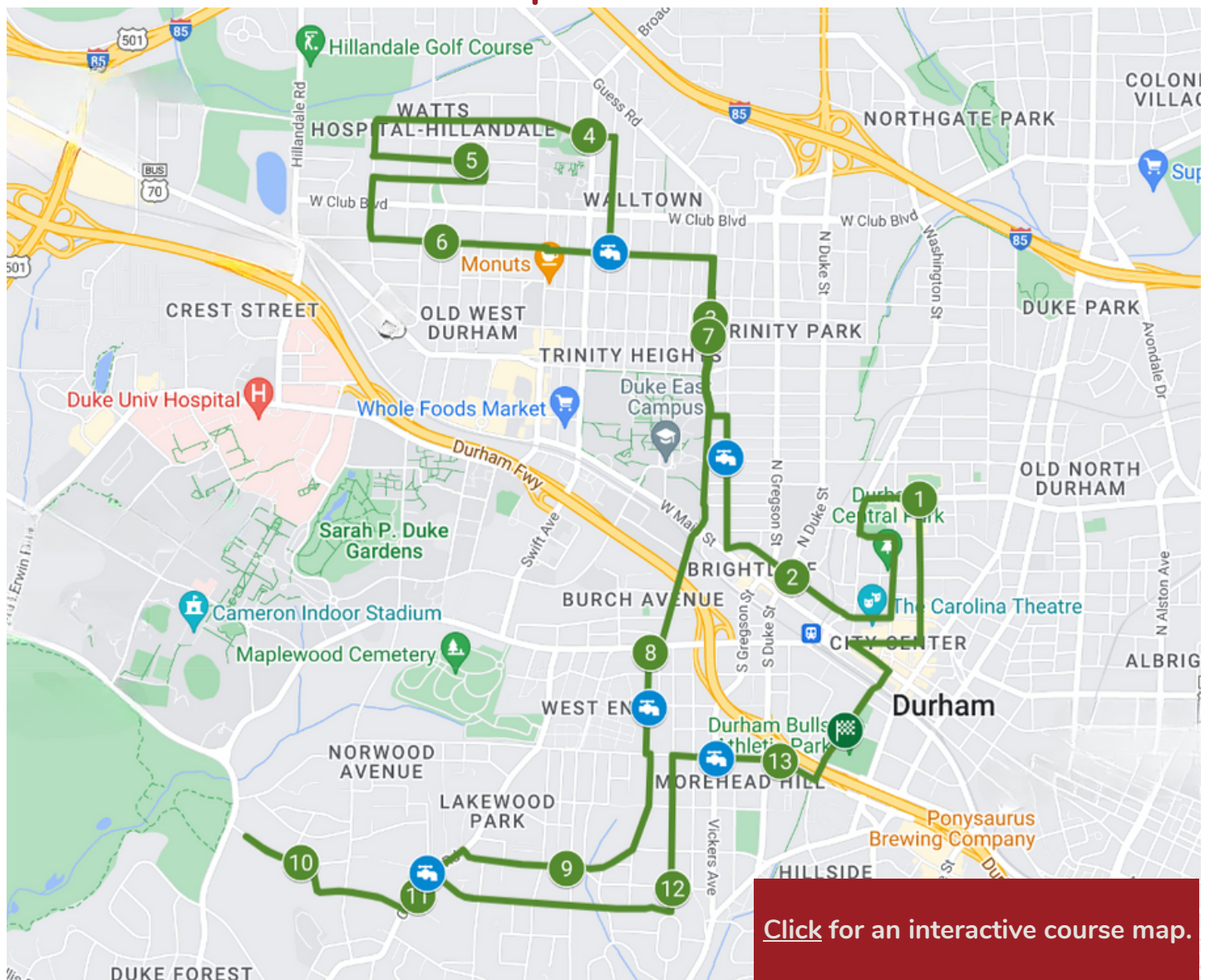


Pacers & Live Tracking

There will be **NO pacers** or **live tracking** at this year's event.

Race Day Information

Half Marathon Course Map



Hydration Stations: Approximate Mileage 2.5, 6.5, 8.25, 11, and 12.5 (Locations subject to change!)

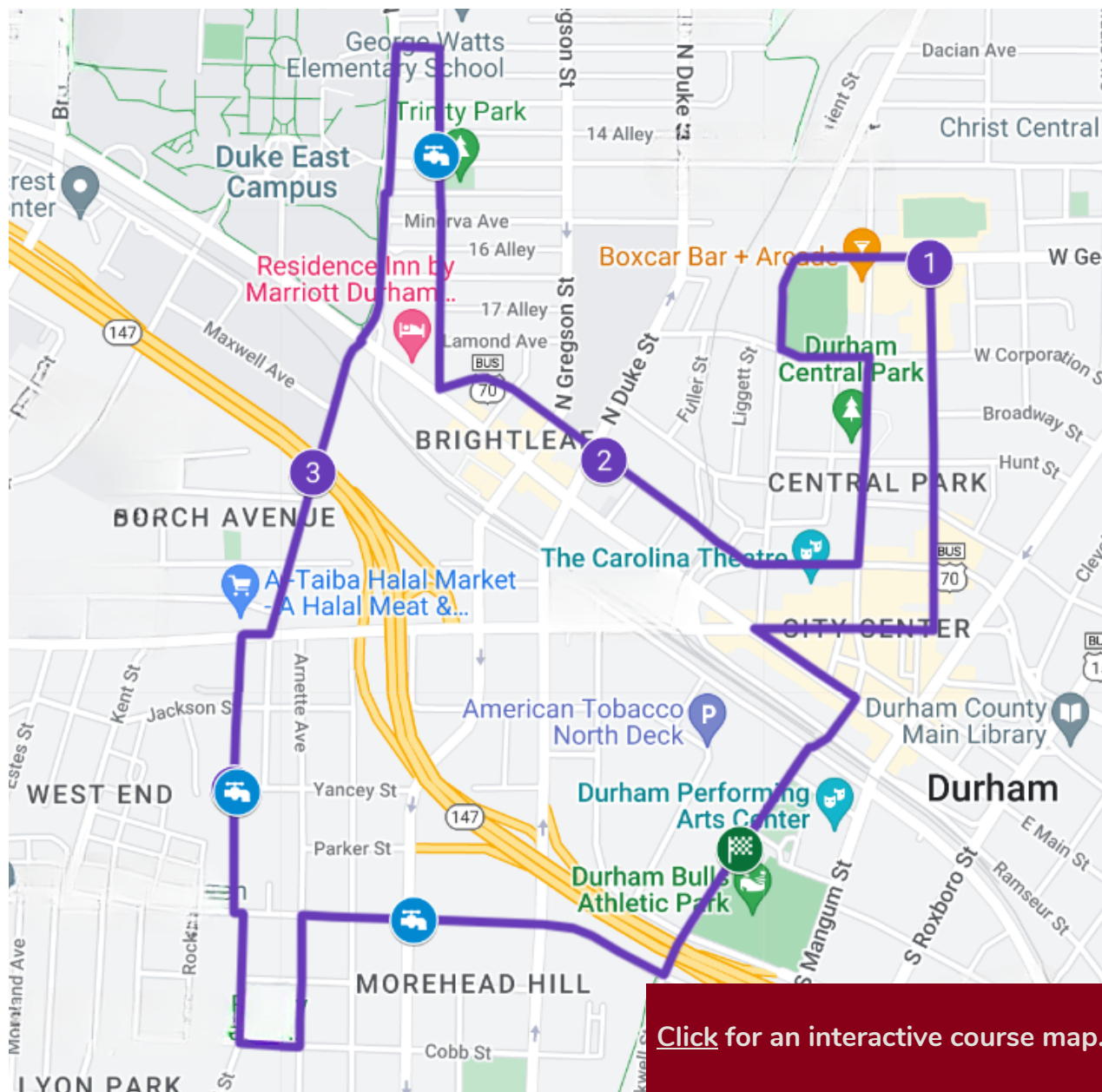


- Water and Sports Drink will be provided at each station.
- There will be portable toilets available at each hydration station.



Race Day Information

5 Miler Course Map



Hydration Stations: Approximate Mileage 2.5, 4, 4.5 (Locations subject to change!)

- Water and Sports Drink will be provided at each station.
- There will be Porta-Johns available at each hydration station.



Post-Race Information

Post-Race Party Brought to You by Publix!



After the race, meet up with friends and family at **Diamond View Park on ATC Campus (located at Blackwell Street & Diamond View Park)** and

enjoy the Food Truck Rodeo in Diamond View Park, directly next to the finish line! Interact with sponsors, grab a beer from the beer garden, and get a bite to eat from one of the on-site food trucks!

The post-race party will end promptly at 12:00 PM.

Finisher Medals

All participants will receive a finisher medal after crossing the finish line!

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.

Swag

All participants will receive a race shirt and finisher medal.



Post-Race Information

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 and Age Group Awards

Half Marathon Awards:

Overall Award Medals will be given to the **top three male and female finishers** in the **half marathon** and **5 miler** based based on gun time.

Age Group Award Medals will be given to the top three male and female finishers in the half marathon and the five miler based on chip time in the following age categories to the right.

Overall and age group award medals will be available for pick-up at the Customer Service tent starting at the following times:

- 5 Miler: 9:30 AM
- Half Marathon: 10:00 AM

Please note the time may change based on when results are finalized.

Award medals will not be mailed out; you must pick it up on race day.

Age Groups		
19 & Under	35-39	60-64
20-24	40-44	65-69
25-29	45-49	70-74
30-34	50-54	75 & Up
	55-59	



Partners and Sponsors 2023



Duke Cancer Institute



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