

# Race 13.1 Durham

Athlete Guide // December 2, 2023



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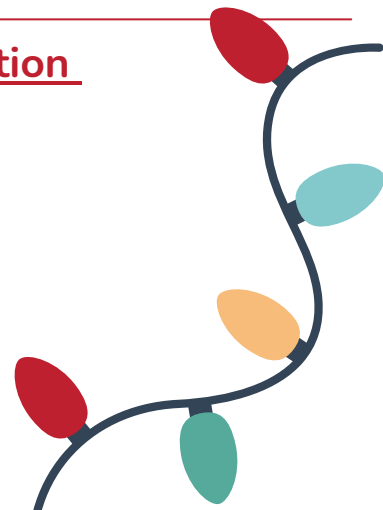
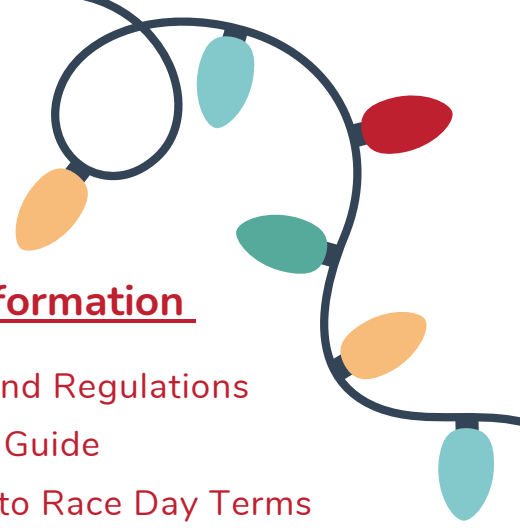
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Thank you, Sponsors!



# 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. 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 is USATF Certified (NC21018DF).

## 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?

The time limit for this event is 3 hours and 30 minutes, which is a 16-minute mile pace.

Anyone still on the course after 11:30 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 at Southpoint:

- Date: Friday, 12/1 from 12pm - 7pm
- 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.

## Are pets allowed on the course?

Pets are not allowed on the course.



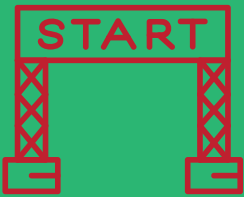
# ACCESSIBILITY GUIDE

## HANDICAP PARKING



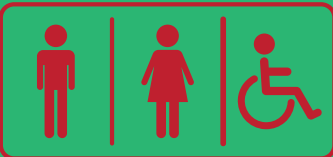
- **Packet Pick-Up:** There are handicap parking spots located near Fleet Feet in the Renaissance Shopping Center Parking Lot.
- **Race Day:** There will be designated handicap parking spots available on race morning in the parking lot at Johnson Volvo. If you have questions about where these will be located, please email us at [info@race131.com](mailto:info@race131.com).

## RACE START TIMES



- Half-marathon Wheelchair/Handcycle start: 7:55 AM
- 10k Wheelchair/Handcycle Start: 8:05 AM
- 5k Wheelchair/Handcycle Start: 8:15 AM

## ACCESSIBLE PORTABLE TOILETS



- A portable ADA toilet will be available at the **Start/Finish** line and at the half marathon turnaround on the course.

## CONTACT US

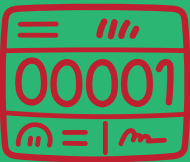


If you have a question about race weekend accessibility, please contact us at [info@race131.com](mailto:info@race131.com)!



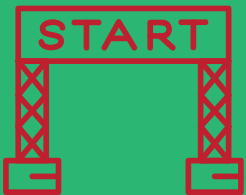
## A QUICK GUIDE TO RACE DAY TERMS

### 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.
- 

### 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.



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



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	6:00 PM on Friday, December 1	Click <a href="#">here</a> to change your distance.	<ol style="list-style-type: none"><li>1. You must fill out the change distance form online.</li><li>2. Bib Mailers, if you changed your distance after noon on 11/10/23, you will need to attend PPU to receive a new bib.</li></ol>
Bib Mailing	12:00 PM on Friday, November 10	Bib mailing is closed!	Bibs have been mailed. Please pick up your shirt after the race at Customer Service!
Deferral Deadline	11:59 PM on Wednesday, November 22	Click <a href="#">here</a> 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 race or another <a href="#">Capstone race</a> .

## 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

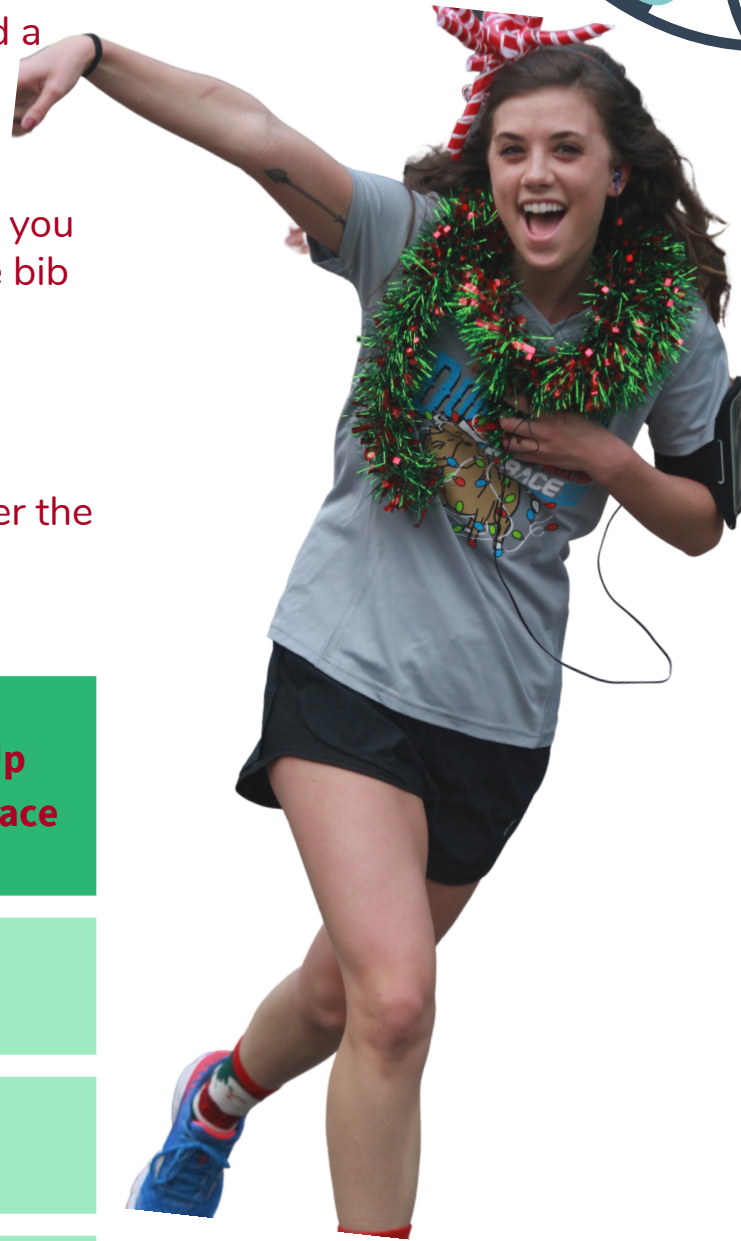
Runners who elected to have their bib mailed to them will receive their bib by Thursday, November 30. Only bibs and safety pins will be mailed!

If you do not receive your bib by Thursday, November 30, 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, November 10th**, 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

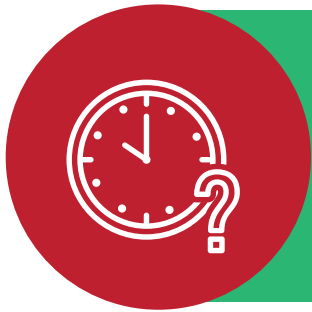


All participants who did not have their bib mailed to them need to attend packet pick-up to get their race bib. We will use a reservation system to allow us to serve you more efficiently. If you haven't reserved your spot, do so [here!](#)

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, November 10th. 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, November 30. Please attend packet pick-up and head to customer service to receive your new bib.



## When

- Friday, December 1 // 12 PM - 7PM



## Where

- Fleet Feet Southpoint Durham
- [6807 Fayetteville Rd #105, Durham, NC 27713](#)



## What You'll Receive

- Bib
- Safety Pins
- Participant Shirt

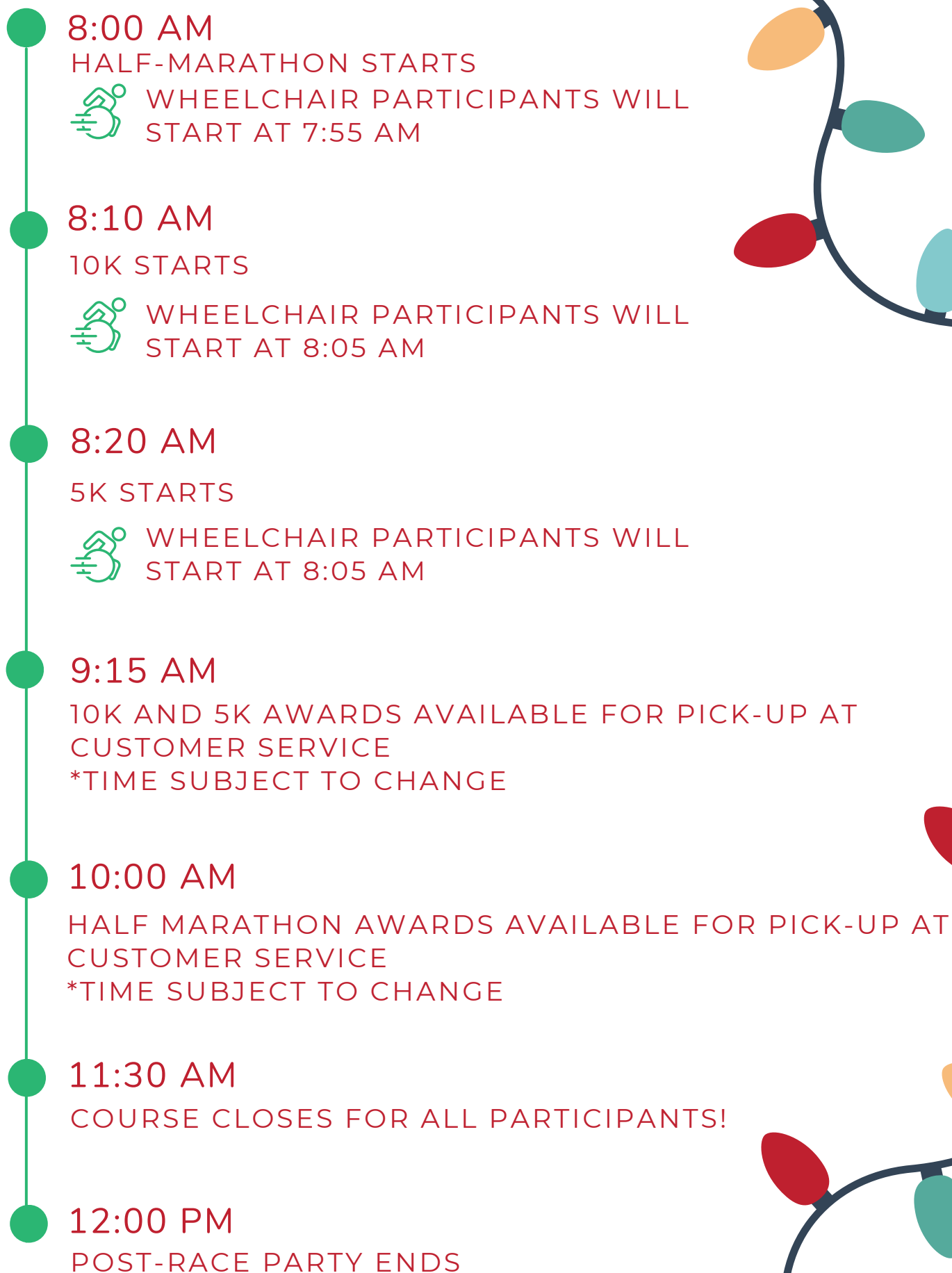





## Parking

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

# Race Day Information

## RACE DAY TIMELINE

- 
- 8:00 AM**  
HALF-MARATHON STARTS  
 WHEELCHAIR PARTICIPANTS WILL START AT 7:55 AM
  - 8:10 AM**  
10K STARTS  
 WHEELCHAIR PARTICIPANTS WILL START AT 8:05 AM
  - 8:20 AM**  
5K STARTS  
 WHEELCHAIR PARTICIPANTS WILL START AT 8:05 AM
  - 9:15 AM**  
10K AND 5K 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
  - 11:30 AM**  
COURSE CLOSSES FOR ALL PARTICIPANTS!
  - 12:00 PM**  
POST-RACE PARTY ENDS

# Race Day Information

## Parking on Race Morning

On race morning, runners can park at the Johnson Volvo parking lot adjacent to the start/finish line and post-race party area.

Parking Location: [966 Southpoint Autopark Blvd., Durham, NC 27713](#)

Participants will need to access the start/finish venue from NC-751 on race morning and not from Highgate Drive to avoid road closures. Runners can take I-40 to Exit 274, and then turn directly onto Southpoint Autopark Blvd from NC-751 to reach the start area.



[Click the maps to view a larger image.](#)

## Start/Finish Line Location

The route will start and finish at Johnson Volvo Durham | [966 Southpoint Autopark Blvd., Durham, NC 27713](#)

## Portable Toilets

There will be portable toilets available in the start/finish area before the race.

## Customer Service

Customer service will be located in the start/finish area.

## 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 Day Information



## 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!

- Half Marathon // Miles 4 & 9 // ATT Entrance on Scott King Road -- Take 751 South S to Fayetteville Road then right onto Scott King Road
- Half Marathon // Miles 6 & 7 // ATT Entrance on O'Kelley Chapel Road -- Take 751 South to O'Kelley Chapel Road

## Time Limits

The time limit for this event is 3:30, which is a 16-minute mile pace. The cutoff time is determined by our event permit, which permits us to use the roads, police support and other city resources for a specified period of time. After the permitted period ends, roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydrations stations and course markings.

When the course closes at the cutoff time, any remaining participants must move off of the roads and onto a sidewalk. Anyone who decides to utilize the course route before or after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time

## 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.

## Pacers

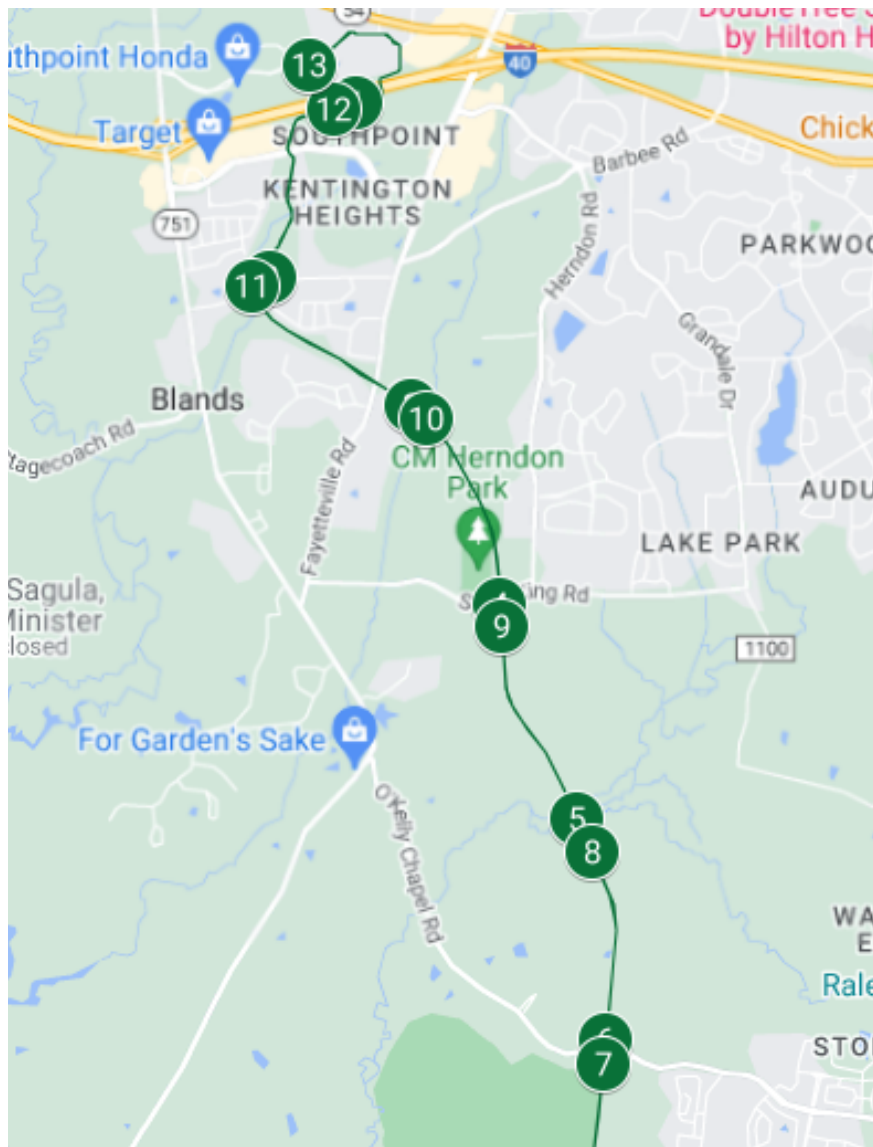
We have a great group of volunteers who will be pacers for the half marathon. We plan to offer the following pace groups:

1:45 | 2:00 | 2:15 | 2:30 | 2:45 | 3:00 | 3:15



# Race Day Information

## Half Marathon Course Map (USATF Certified)



The race will take place on the American Tobacco Trail. This course allows runners to explore the landscape of Durham, NC without worry of the busy city traffic.

All three distances will run out and back along the American Tobacco Trail, so please be aware and cautious of runners coming in both directions. Any crossing of roads or crosswalks will be clearly marked.

[Click for an interactive course map.](#)

**Hydration Stations: Approximate Mileage 1.5, 4, 6, 7, 9 and 11.5 (Locations subject to change!)**

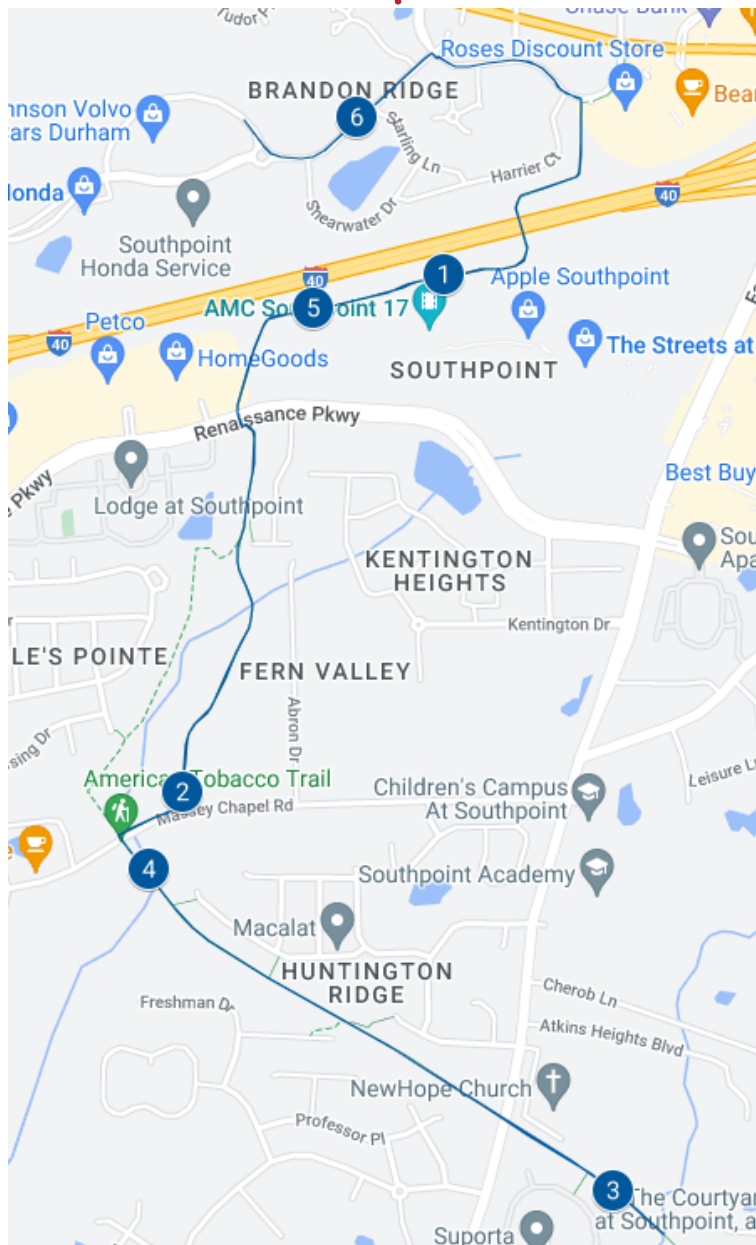


- Water and sports drink will be provided at each station.
- There will be portable toilets available on the course.



# Race Day Information

## 10k Course Map



The race will take place on the American Tobacco Trail. This course allows runners to explore the landscape of Durham, NC without worry of the busy city traffic.

All three distances will run out and back along the American Tobacco Trail, so please be aware and cautious of runners coming in both directions. Any crossing of roads or crosswalks will be clearly marked.

[Click for an interactive course map.](#)



**Hydration Stations: Approximate Mileage 1.5, 4.5 (Locations subject to change!)**

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







# Post-Race Information

## Post-Race Party

After the race, celebrate your accomplishment with pizza, bananas, and a refreshing beverage from Michelob Ultra (Must be 21 -ID required!

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

## Photo Contest

Snap a picture on race day and tag us for a chance to win a free entry to the one Triangle Race of your choice (Tar Heel 10 Miler, Bull City Race Fest, City of Oaks, Race 13.1 Durham).



@Race131



@Race13.1

## Swag

**New for 2023!** All participants will receive a finisher medal after crossing the finish line! All participants will also receive a race shirt.



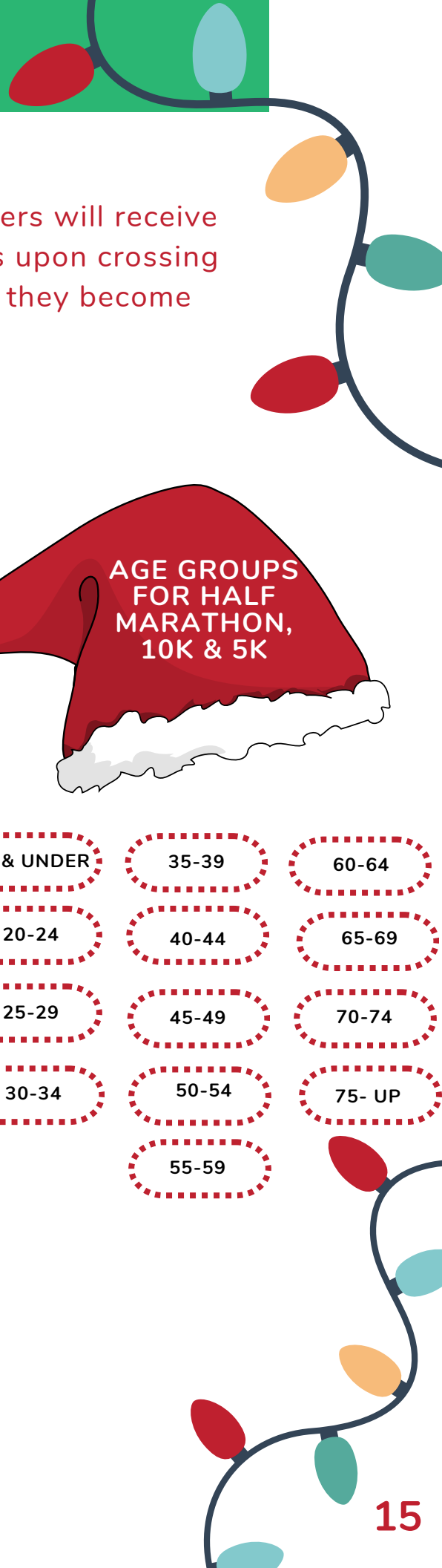
## Participant Photos

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. **14**



# 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 Awards

**5k & 10k:** Overall awards will be given to the **first** male and female in the **5k & 10k**.

**Half Marathon:** Overall awards will be presented to the **top 3 male and female finishers** in the **half marathon**.



## Age Group Awards

Age group awards will be given to **first male and female finisher** listed in each group for the **10k and 5k**.

Awards will be given to the **top 3 male and female finishers listed** in each age group for the **half marathon**.

**5k & 10k award medals** will be available for pick-up at customer service at **9:15 AM**.

**Half marathon award medals** will be available for pick-up at customer service at **10:00 AM**.

Award times are subject to change based on the finalization of results.

Award medals must be picked up at the post-race party. Awards will **NOT** be mailed after the race.

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	



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