

2024 Amelia Island Half-Marathon

ATHLETE GUIDE

October 12 &
13, 2024

10/12 | 5 PM
10/13 | 7:20 AM

Fernandina
Beach, FL



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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 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?

You can register for the 5k on race day. Registration will close for the ALL races on Saturday, October 12 at 3 PM.

Is there a gear check this year?

Yes, there will be a gear check for both days.

Where do I get my race bib?

If you did not pay for bib mailing, you will need to attend packet pick-up.

Where and when is packet pick-up?

Woman's Center of Fernandina Beach
Friday, 10/11 | 4 - 8PM
Saturday, 10/12 10 - 4 PM

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.

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.

Is this race a Boston qualifier?

The race is not a Boston qualifier.

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 and/or law enforcement, you are doing so at your own risk.

What is the time limit?

The time limit for this half marathon and 12k is 4 hours and 20 minutes. For the half marathon, this is a 19 minute 49 second per mile pace. For the 12k, this is a 34 minute 52 seconds per mile pace. The time limit for the 5k is one hour, which is a 20 minute per 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, the roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydration stations, and course markings.
- When the course closes at the cutoff time, any remaining participants must move off the roads and onto a sidewalk. Anyone who decides to utilize the course route 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.

Accessibility Guide



Handicap Parking

- If you need handicap parking for race morning, please contact us at info@ameliaislandhalf.com, and we will assist you!

Accessible Toilets

- Mile 4 of the 12k Course

Race Start Times

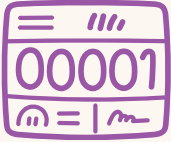
- 12k: 7:15 AM
- Please note: The terrain of the 5k and half marathon are not accessible.

Contact Us

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

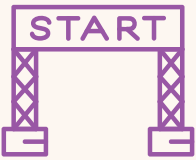
A Guide to Race Day Terms

RACE BIB



- Your race bib has a timing chip on the back of it which records your time from crossing the start line to crossing the finish line.
- Wear your bib on race day with the number facing out.
- 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 snacks after crossing the finish line.

HYDRATION STATION



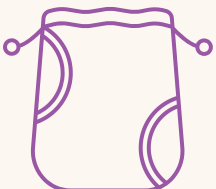
- Hydration stations will be offered on the course.
- Runners can get water and/or a sports drink at the hydration station.
- Portable toilets are available at each hydration station.

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.

GEAR CHECK



- Participants can utilize gear check to leave a bag before the race to have available for pick-up after the race. Please do not leave valuable items in the gear check bag.

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!



When lining up at the start line, please be mindful of where you are lining up. Participants who plan to walk or do a walk-run combination should line up toward the back of the corral.



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, 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 12 at 3 PM	Click here to change your distance.	<ol style="list-style-type: none">1. You must fill out the change distance form online.2. Bib Mailers, if you changed your distance after noon on 9/20/24 you will need to attend PPU to receive a new bib.
Bib Mailing	12:00 PM on Friday, September 20	Bib mailing is closed!	Bibs and safety pins will be mailed to you. Please pick up your race swag at the post-race party.
Deferral Deadline	11:59 PM on October 2, 2024	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 Amelia Island Half or another <u>Capstone race.</u>

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 should receive their bib by Friday, 10/4/24. Bibs and safety pins were mailed on Friday, 9/27/24.

If you do not receive your bib by Friday, 10/11/2024, 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 9/20/24** 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!

If you plan to use bag drop on race morning, you can pick up a bag on race morning.



Race Item	Will Receive in the Mail	Will Pick Up AFTER the Race
Bib	✓	
Safety Pins	✓	
Participant Shirt		✓
Finisher Gift (Wine Glass)		✓

Packet Pickup

All participants will need to attend packet pickup to receive their race packet UNLESS they received their bib in the mail. There will NOT be packet pickup on race morning.

5k Participants, you will need to attend Packet Pickup at the Woman's Club. Bibs will not be available at the starting area (Main Beach Park). Please plan accordingly.

When:



- Friday, October 11 | 4-8 PM
- Saturday, October 12 | 10 AM-4 PM
- Please reserve your one hour time slot to pick-up your bib [here](#) if you have not already done so.



Where:

- GFCW Woman's Club of Fernandina Beach
- [201 Jean LaFitte Blvd, Fernandina Beach, FL 32034](#)



What You'll Receive:

- Bib
- Shirt
- Gear Check Bag (Optional)
- Finisher Gift (5k Only - 12k/Half/Challenge participants will pick up gift after the race on Sunday.)

Parking



- Parking is available at the Woman's Club on a first come, first served basis.
- There is also on-street parking available Jean LaFitte Blvd.
- PPU is a short walk from the Courtyard Marriott and Spring Hill Suites.
- We encourage participants to carpool if possible.

Merchandise:



- Official race merchandise will be for sale at packet pickup!
- It will also be available for purchase on race day at the post-race party.

Packet Pickup FAQs

Can someone else pick up my bib for me?

Yes, someone else can pick up your bib for you. Please have them bring a copy of your ID to packet pick-up for verification purposes. A picture on their phone is sufficient.

If I am picking up bibs for multiple people, do I need to sign up for multiple reservation spots?

No, you only need to sign up for one slot if you are picking up bibs for multiple people.

Will I be able to exchange my t-shirt size at packet pickup?

At packet pick-up, you will receive the size shirt you selected at registration which will be printed on the back of your bib. If you would like to exchange your shirt size, you can do so AFTER the race based on the availability.

Will there be a packet pickup on race morning?

No, we will not offer race morning packet pick-up. Please make plans to attend packet pick-up, or have someone attend on your behalf.



YOUR OFFICIAL
2024 RACE MERCH!



RACE WEEKEND TIMELINE

Packet Pickup

OCTOBER 11 | 4-8 PM

GFCW Woman's Club
201 Jean LaFitte Blvd,
Fernandina Beach, FL 32034



Free Beach Yoga

OCTOBER 12 | 7:30-8:30 AM

Free yoga at Main Beach.
Bring yoga mat or towel!



Packet Pickup

OCTOBER 12 | 10-4 PM

GFCW Woman's Club
201 Jean LaFitte Blvd,
Fernandina Beach, FL 32034



Gear Check Opens

OCTOBER 12 | 4:30 PM

Main Beach Park
32 N Fletcher Ave.
Fernandina Beach, FL 32034



5k Race Start

OCTOBER 12 | 5:00 PM

Main Beach Park
32 N Fletcher Ave.
Fernandina Beach, FL 32034



Gear Check Opens

OCTOBER 13 | 6:30 AM

Main Beach Park
32 N Fletcher Ave.
Fernandina Beach, FL 32034



12k & Half Marathon Start

OCTOBER 13, 2024 | 7:20 AM

Main Beach Park
32 N Fletcher Ave.
Fernandina Beach, FL 32034



12k Overall Awards Announced

OCTOBER 13, 2024 | 9:30 AM

Post-Race Party - Main Beach Park



Half Overall Awards Announced

OCTOBER 13 | 10:00 AM

Post-Race Party - Main Beach Park



Course Closes

OCTOBER 13 | 11:40 AM



Post-Race Party Ends

OCTOBER 13 | 12:00 PM



Race Day Information

Start & Finish Line Location

Start/Finish Line: Main Beach Park | [32 N Fletcher Ave., Fernandina Beach, FL 32034](#)

Start Times

Saturday, October 12

5k: 5:00 PM

Sunday, October 13

12k & Half Marathon: 7:20 AM

12k Wheelchair Division: 7:15 AM

Race Day Parking

Saturday, October 12 | 5k

Parking near the start/finish area is very limited due to the nature and location of the event. **We strongly advise that you carpool, walk, bike, or be dropped off if possible.** If you DO plan to drive, please arrive early and allow plenty of time to park.

The following parking options are available for the race:

- **Street Parking:** There is street parking throughout the area near the start/finish. Please follow all traffic/parking signs posted in the area.
- **Egan's Creek Park:** There is very limited parking available at Egan's Creek Park, which is about .6 miles from the start/finish area.

Race Day Parking

Sunday, October 13 | 12k & Half Marathon

Parking near the start/finish area is very limited due to the nature and location of the event. **We strongly advise that you carpool, walk, bike, or be dropped off if possible.** If you DO plan to drive, please arrive early and allow plenty of time to park.

The following parking options are available for the race:

- **Street Parking:** There is street parking throughout the area near the start/finish. Please follow all traffic/parking signs posted in the area.
- **Egan's Creek Park:** There is very limited parking available at Egan's Creek Park, which is about .6 miles from the start/finish area.
- **Fernandina Beach High School:** There is ample free parking at the high school. Please be aware that is a **1.4 mile walk (30 minutes)** to the start line from the high school. Please do **not** park at the middle school located next to the high school, as this is used for another event.

Race Day Information

Customer Service

If you have any customer service needs before the race, we are happy to help! Customer service will be located at Main Beach Park in the start/finish area on Saturday and Sunday.

- Saturday, 10/12: 4 - 6:30 PM
- Sunday, 10/13: 6:30 AM - 12 PM

Gear Check

Gear check will be available on Saturday and Sunday. There will be a gear check tent in the Post-Race Party area at Main Beach Park.

Please make sure you use a clear bag, which will be provided at Packet Pickup. If you do not attend packet pickup, there will be clear bags available on race morning. Please write your bib number on the label provided and adhere to your bag BEFORE coming to gear check.

Gear Check Hours:

- Saturday, 10/12: 4 - 6:30 PM
- Sunday, 10/13: 6:30 AM - 12 PM

Please note the race is not liable for any items lost or damaged at gear check. Any bags not picked up by the designated time will be donated. Please do not leave items of value (cell phones, wallets, key, etc.) at gear check.

Portable Toilets

Portable toilets will be located at the start/finish area, as well as at each aid station on course.

Medical Support

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

Race Bib Guide

Half Marathon Bibs



Half Marathon Bib Key

1. **HM:** HM = Half Marathon Distance
2. **9999:** Each bib will have a unique race number that is used to identify race results.
3. **Christopher:** If the participant opted for personalization at registration, it will be here. If they did not opt for personalization, it will list the participant's name.
4. **Envelope Icon:** If you purchased bib mailing, your bib will have an envelope on it.
5. **Wave Icon:** If you are a Seaside Challenge participant, your bib will have a wave on it. Please show the icon when you collect your medal at the Seaside Challenge Medal Tent.
6. **Drink Ticket:** All Half and 12k Participants who are 21+ will receive a drink ticket which can be redeemed for a mimosa at the post-race party.

12k Bibs



12k Bib Key

1. **12k:** Indicates the race distance
2. **9999:** Each bib will have a unique race number that is used to identify race results.
3. **Christopher:** If the participant opted for personalization at registration, it will be here. If they did not opt for personalization, it will list the participant's name.
4. **Envelope Icon:** If you purchased bib mailing, your bib will have an envelope on it.
5. **Wave Icon:** If you are a Seaside Challenge participant, your bib will have a wave on it. Please show the icon when you collect your medal at the Seaside Challenge Medal Tent.
6. **Drink Ticket:** All Half and 12k Participants who are 21+ will receive a drink ticket which can be redeemed for a mimosa at the post-race party.

5k Bibs



5k Bib Key

1. **999:** Each bib will have a unique race number that is used to identify race results.
2. **Christophers:** If the participant opted for personalization at registration, it will be here. If they did not opt for personalization, it will list the participant's name.
3. **Envelope Icon:** If you purchased bib mailing, your bib will have an envelope on it.
4. **Wave Icon:** If you are a Seaside Challenge participant, your bib will have a wave on it.



HALF | 12K | 5K | CHALLENGE

Amelia Island, FL

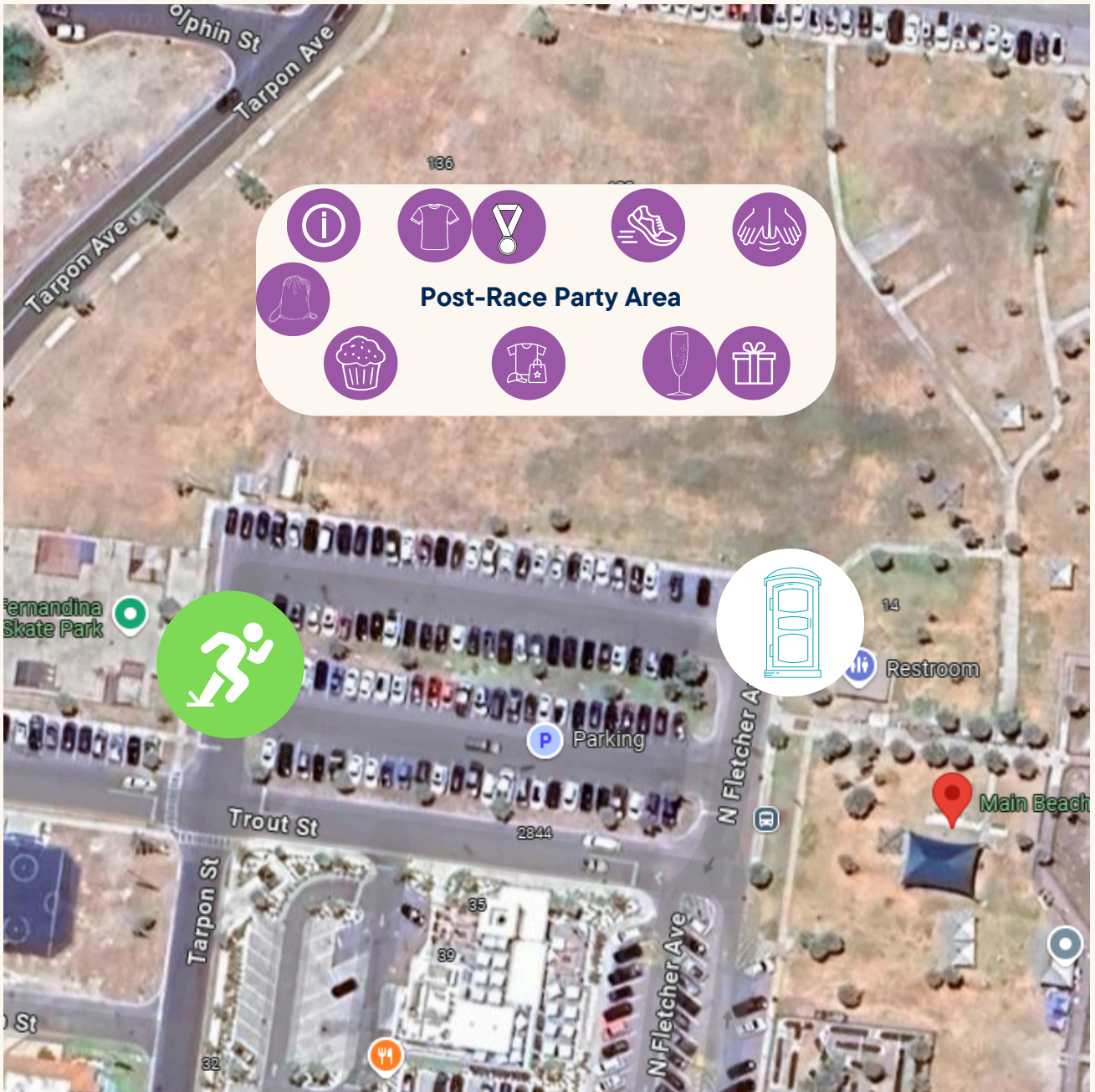


YOUR OFFICIAL 2024 RACE MERCH!



Visit the Official Merch Store at Packet Pick up on Friday, Oct 11 from 4pm - 8pm
Saturday, Oct 12 from 10am - 4pm and on Race Day in the post race party
to grab your commemorative gear!

Race Day Start/Finish Area Map



Map Key



Race Start & Finish Line



Portable Toilets



Merchandise



Post-race Food



Gear Check



Customer Service



Race Shirts



Seaside Challenge Medals



Game Changers



Post-Race Massage



Finisher Gift



Mimosas

Time Limits

The time limit for this half marathon and 12k is 4 hours and 20 minutes. For the half marathon, this is a 19 minute 49 second per mile pace. For the 12k, this is a 34 minute 52 seconds per mile pace. The time limit for the 5k is one hour, which is a 20 minute per 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, the roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydration 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.



Pace Groups

We are proud to partner with Galloway Pace Groups for the Amelia Island Half Marathon. We plan to offer pacers for the half marathon for the following finish times:

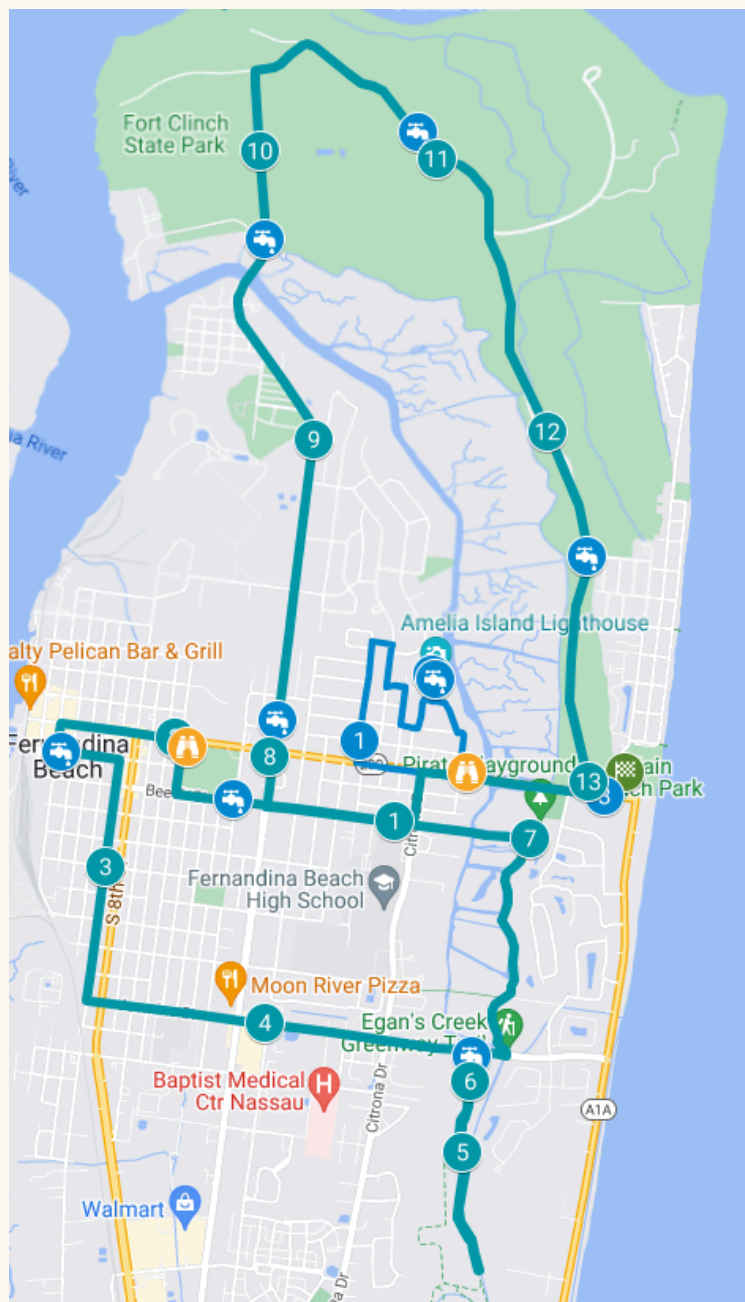
- 1:50, 2:00, 2:15, 2:30, 2:45, 3:00, 3:15, & 3:30

To run with a pace group, look for the pacer sign and flag in the start line chute!

Live Tracking

Live tracking will not be available.

Half Marathon Course Info



Course Details

The half marathon runs on pavement and a dirt/grass greenway trail. *Due to the unevenness of the terrain, the course is **not** wheelchair accessible.*

The course is open to traffic, so please be mindful of your surroundings. There will be police positioned at key intersections to direct traffic.

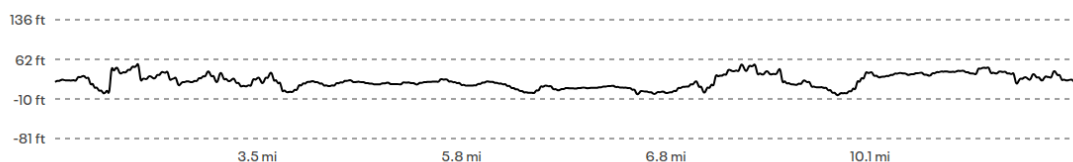
Wildlife Reminder

Please know that the course runs through areas in which wildlife are seen and live, so please be mindful of your surroundings and respectful of their environment.

[Click for an interactive version of the course map.](#) To view one distance, use the filter feature.

Elevation

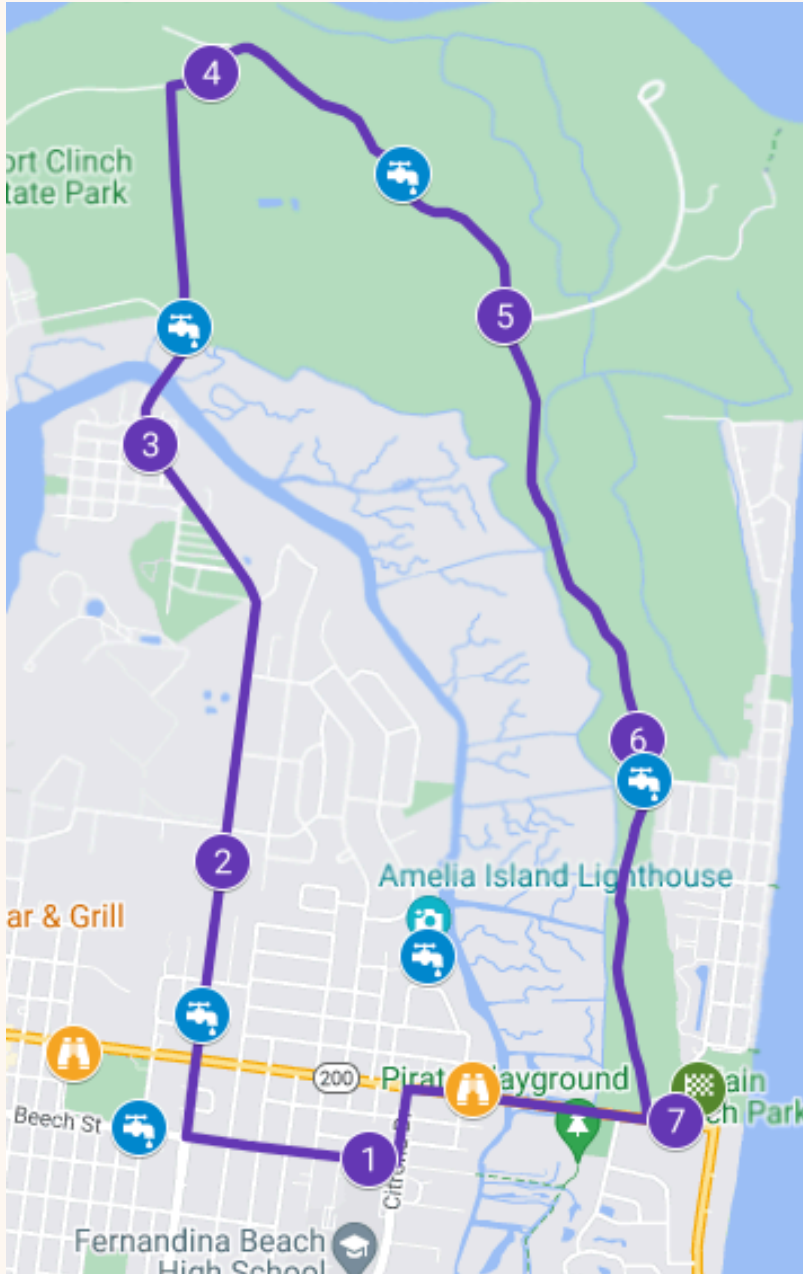
Start	Max	Gain
24 ft	54 ft	251 ft



Hydration Stations: Mile 1.5, 2.5, 5, 6, 8, 9, 11, 12

- Water and sports drink will be provided at each station.
- Gu will be available at miles 5 and 6.
- There will be portable toilets available at each hydration station.

12k Course Info



Course Details

The 12k is run on pavement/road. **The 12k course is wheelchair accessible.**

The course is open to traffic, so please be mindful of your surroundings. There will be police positioned at key intersections to direct traffic.

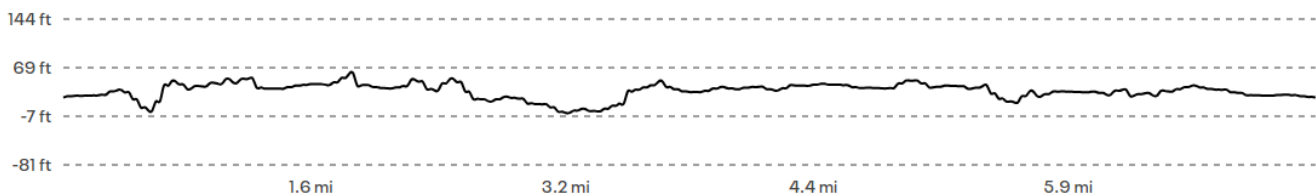
Wildlife Reminder

Please know that the course runs through areas in which wildlife are seen and live, so please be mindful of your surroundings and respectful of their environment.

[Click](#) for an interactive version of the course map. To view one distance, use the filter feature.

Elevation

Start 25 ft Max 62 ft Gain 153 ft

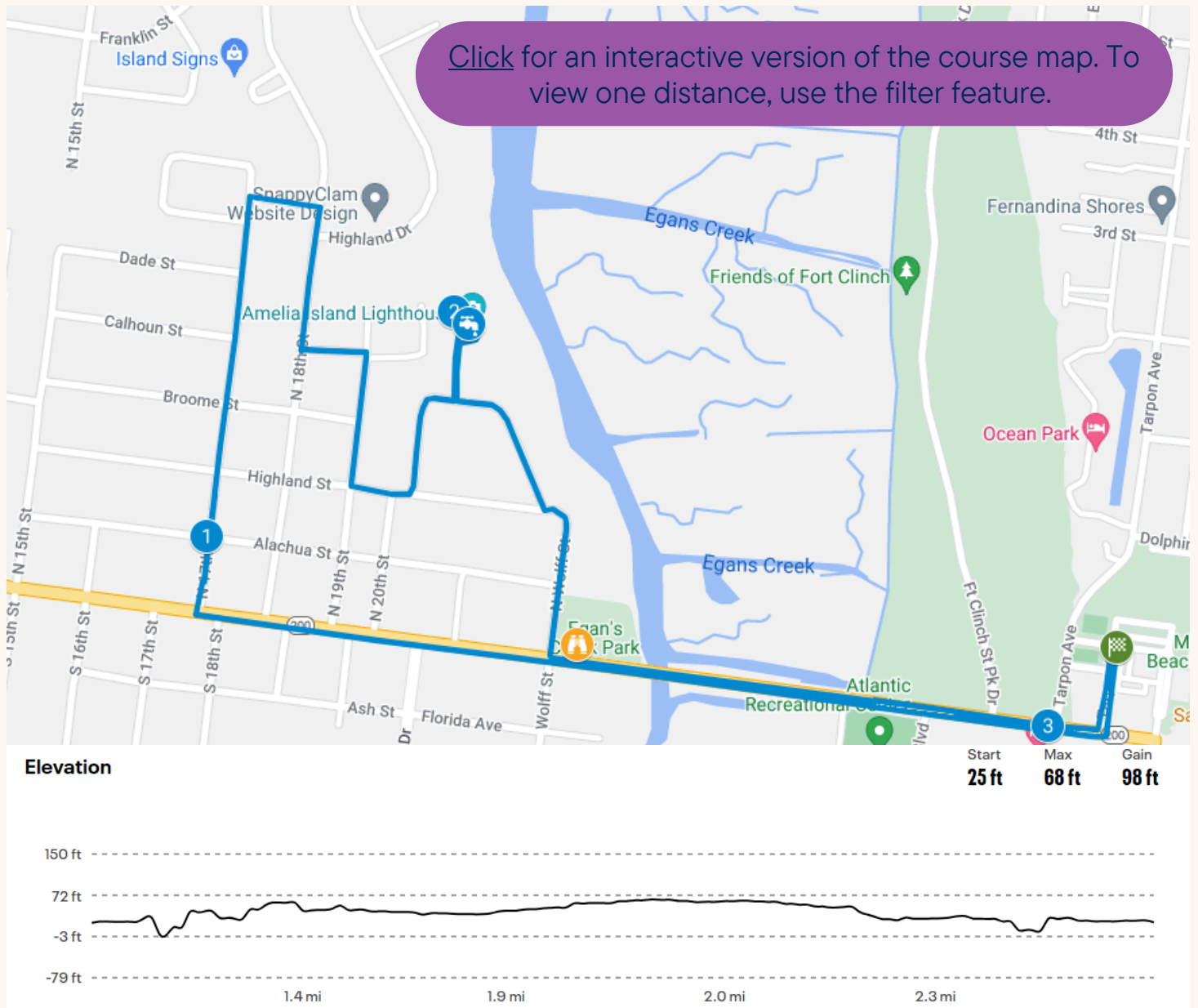


Hydration Stations: Mile 1.5, 4, 5, 7

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

5k Map

[Click for an interactive version of the course map.](#) To view one distance, use the filter feature.



Hydration Station

- Water and sports drink will be provided at Mile 2.

Course Details

- The 5k is mostly run on pavement, but there is a small grass section and a small gravel section. *Due to the unevenness of the terrain, the course is not wheelchair accessible.*
- The course is open to traffic, so please be mindful of your surroundings. There will be police positioned at key intersections to direct traffic.

Wildlife Reminder

Please know that the course runs through areas in which wildlife are seen and live, so please be mindful of your surroundings and respectful of their environment.

Post-Race Details

Post-Race Party

Celebrate your accomplishment at the Post-Race Party which will include:

- Music
- Post-Race Food (participants only)
- Mimosas (21+ will have one mimosa ticket attached to their bib)
- Free Post-Race Massages (Based on availability)
- Merchandise

Please note the post-race party will only be held on Sunday for the half marathon and 12k.

Post-Race Massage Details

There will be free 3-5 minute post-race massages at the post-race party that are offered on a first come, first served basis. If you would like to schedule a longer pre or post-race massage, please contact the massage therapists using the information below for prices and availability.



relaxedfitmassage



(904) 712-1785

Results

Results will be available online after the race. There will not be a results tent at the post-race party.

If you agreed to receive text messages at registration, you will receive a text message with your results shortly after finishing.

Results Correction

If your race results are inaccurate or missing, please complete the race corrections form that will be emailed to you after the race.

Post-Race Details

Race Photos

Professional photographers will be along the course as well as the start/finish area to take pictures 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.

Overall Awards

Overall Award Medals will be presented to the **top three male and female finishers** in the half marathon, 12k, and the 5k based based on **gun time**.

Overall awards will be announced at approximately 9:30 AM for the 12k and 10:00 AM for the half marathon. Award time is subject to change based on the finalization of results.

If you are unable to pick up your overall award on race day after the award announcement, we will mail it to you approximately two weeks after the race. Award medals will only be shipped to address within the contiguous United States.

Age Group Awards

Age Group Awards are based on **chip time** and will be awarded to the the **top three male and females in each age group** for the half marathon, 12k, and 5k.

Age group awards will **not** be announced or available for pick-up on race day. To ensure the accuracy of age group awards, the age group awards will be mailed approximately two weeks after the race.

Award medals will only be shipped to address within the contiguous United States.

Age Group Categories:

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

Post-Race Details

Participant Swag

All participants will receive a race shirt, finisher gift, and medal. **Bib mailers will pick up their race shirt after the race at the Post-Race Party.**

Finisher Gift:

- If you are a 5k participant only, you will receive your finisher gift at Packet Pick-up.
- Half, 12k, or Seaside Challenge Participants will receive their finisher gift at the post-race party.

Seaside Challenge Participants:

- You will pick up your extra medal at the Seaside Challenge Medal Tent in the post-race party area on Sunday after the race.

Please make sure to get all of your swag before you leave the event. We will not be able to mail any swag after the race.





Your feedback matters! Please complete the post-race survey, so we know what we did well and how we can improve. We will email you the post-race survey after the race.

— Thank You to Our 2024 Sponsors! —



Follow Us!

