

# Race 13.1 Durham

## ATHLETE GUIDE

Saturday,  
December 7th  
2024

13.1- 8:00am  
10k- 8:10am  
5k- 8:20am

Durham, NC



[HTTPS://CAPSTONERACES.COM/DURHAM/](https://capstoneraces.com/durham/)

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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?

No, registration will close one hour before the close of PPU the day before the race.

## Is there a gear check?

Due to the close proximity of parking, there will be no gear check.

## 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?

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

When: Friday, December 6th //  
2:00pm - 6:30pm

## 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 the race USATF certified?

Only the half marathon distance is USATF Certified.

Certification Number: NC21018DF

## Is this race a Boston qualifier?

No, this 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 event is 3:30, which is a 16-minute mile pace for the half-marathon.

- 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.
- 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

- 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 Toilets

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

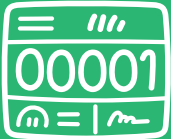
## Contact Us

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



# A 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
  - Gu will be available at miles 4 and 9 for the half marathon
- 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.

# 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!

## START

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.



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.



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



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



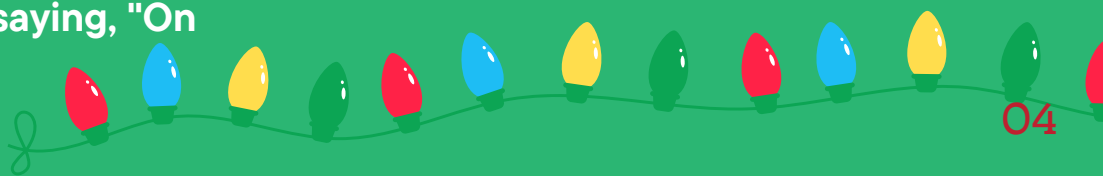
If you're running as a group, please only run 2 abreast to ensure there is enough space for other runners.

## FINISH

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



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



# Race Deadlines

Category	Deadline	Form	Details
Change Distance	Friday, December 6th // 5:30pm	<a href="#">Click here to change your distance</a>	<ol style="list-style-type: none"> <li>1. You <u>must</u> fill out the change distance form online.</li> <li>2. Bib Mailers, if you changed your distance after 11/1 at noon, you will need to attend PPU to receive a new bib.</li> </ol>
Bib Mailing	The bib mailing deadline was Friday, November 1st at noon ET.	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	The deferral deadline is Wednesday, 11/27 at midnight.	<a href="#">Click here to defer your entry</a>	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 13.1 Durham 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 race day. Bibs and safety pins were mailed the week of 11/11.

If you do not receive your bib by Thursday, 12/5, 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 11/1** 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 Pickup



## When:

Friday, December 6th, 2024 // 2:00PM - 6:30PM



## Where:

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



## What You'll Receive:

- Bib
- Safety Pins
- Participant shirt



## Parking:

There is ample parking within the shopping center!



# 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

## **Can I change my reservation time after I've already submitted the form to reserve my spot?**

Please email our customer service team at [info@race131.com](mailto:info@race131.com) and we will change your time for you.

## **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.



# Race Day Timeline

- 7:15 AM | Recommended Arrival Time
- 8:00 AM | Half-Marathon Start Time
  - ♿ Wheelchair/Handcycle Start Time: 7:55 AM
- 8:10 AM | 10k Start Time
  - ♿ Wheelchair/Handcycle Start Time: 8:05 AM
- 8:20 AM | 5k Start Time
  - ♿ Wheelchair/Handcycle Start Time: 8:15 AM
- 9:15 AM | 5k Awards Available for Pickup
  - 🏆 Award pickup is at Customer Service. Time subject to change.
- 9:15 AM | 10k Awards Available for Pickup
  - 🏆 Award pickup is at Customer Service. Time subject to change.
- 10:00 AM | Half Marathon Awards Available for Pickup
  - 🏆 Award pickup is at Customer Service. Time subject to change.
- 11:30 AM | Course Closes
- 11:30 AM | Post-Race Party Ends

# Race Day Information



## Start & Finish Line Location:

Johnson Volvo Cars Durham: [966 Southpoint Autopark Blvd, Durham, NC 27713](#)



## Start Times

Half Marathon: 8:00 AM

Wheelchair Division: 7:55 AM

10k: 8:10 AM

Wheelchair Division: 8:05 AM

5k: 8:20 AM

Wheelchair Division: 8:15 AM



## Customer Service

If you have any customer service needs before the race, we are happy to help! Customer service will be located at the start/finish area!



## Portable Toilets

We will have portable toilets located at the start / finish line as well as at each hydration station.



## Medical Support

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

# A Guide to Your Bib

Race Distance

Bib Number: This is how you will look up your results and photos



Beer eligibility for 21+ runners. Runners under the age of 21 will have a “U21” icon

Bib mailing indicator: if you have this, you will pickup your shirt after the race

Optional personalization added at registration

**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!**



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# Find Your Perfect Fit

Whether you love to walk, run or just need comfortable shoes, we can help! Visit Fleet Feet to find the shoes and gear to support you best. Join our community for fun runs, training groups, events and more.

**We can wait to run with you.**

***FLEET***  ***FEET***  
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# Parking & Road Closures



## Parking

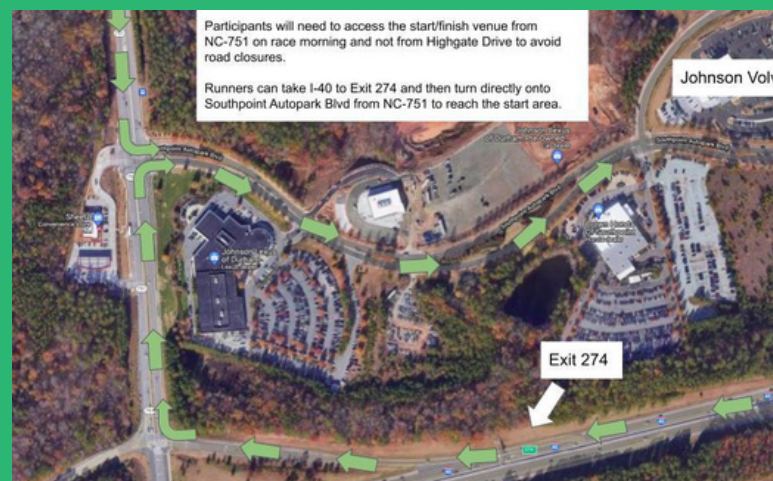
Plenty of parking will be available at Johnson Volvo Cars Durham: [966 Southpoint Autopark Blvd, Durham, NC 27713](#)



## Road Closures

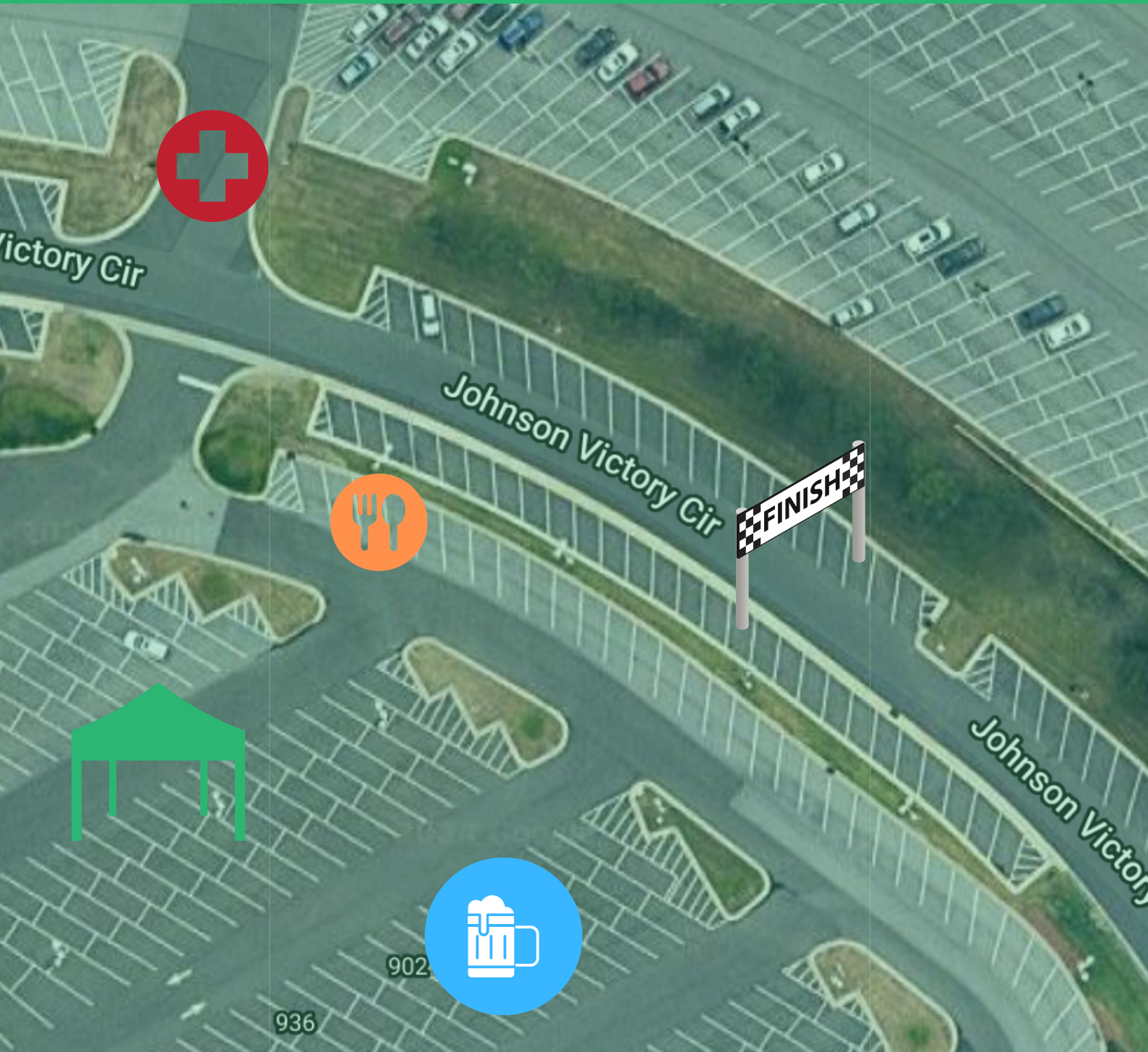
Participants will need to access the start/finish venue from NC-751 on race morning and not from Highgate Drive to avoid road closures.

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 each map to view a large image.**

# Finisher Area Map



## KEY:



Beer



Customer Service



Finisher  
Food



Medical



# Time Limits

The time limit for this event is 3 hours and 30 minutes for all distances. This is a 16 minute/mile pace for the half-marathon.

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

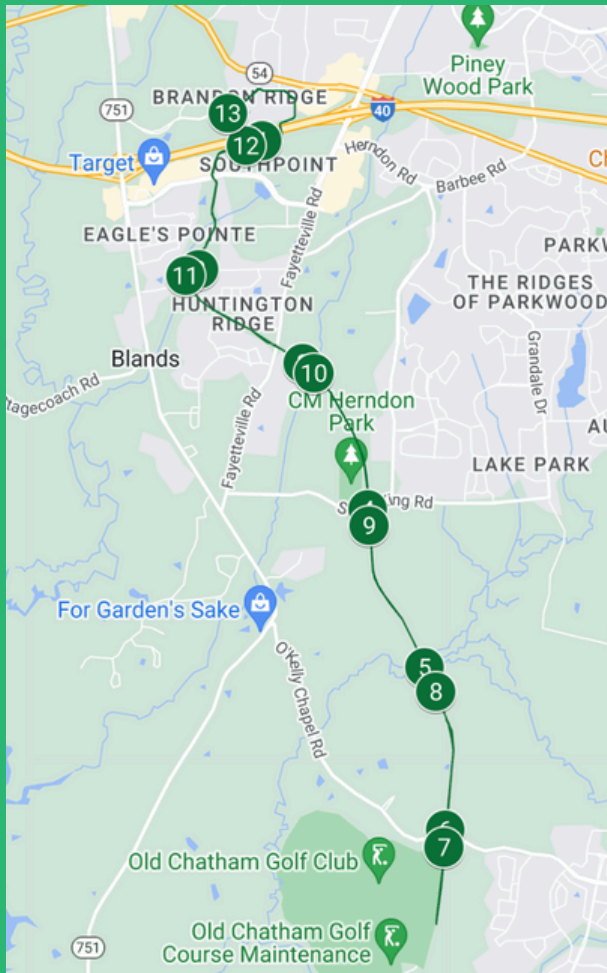
The following pace groups will be available for the half-marathon:

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

## Live Tracking

There will not be live tracking available for this race.

# Half Marathon Map



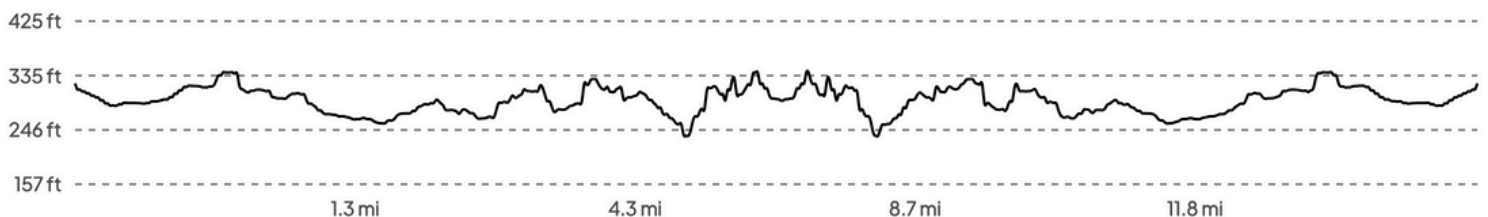
The race will take place on the American Tobacco Trail. This course allows runners to explore the landscape of Durham, NC without worry of the busy city traffic.

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](#)

Elevation

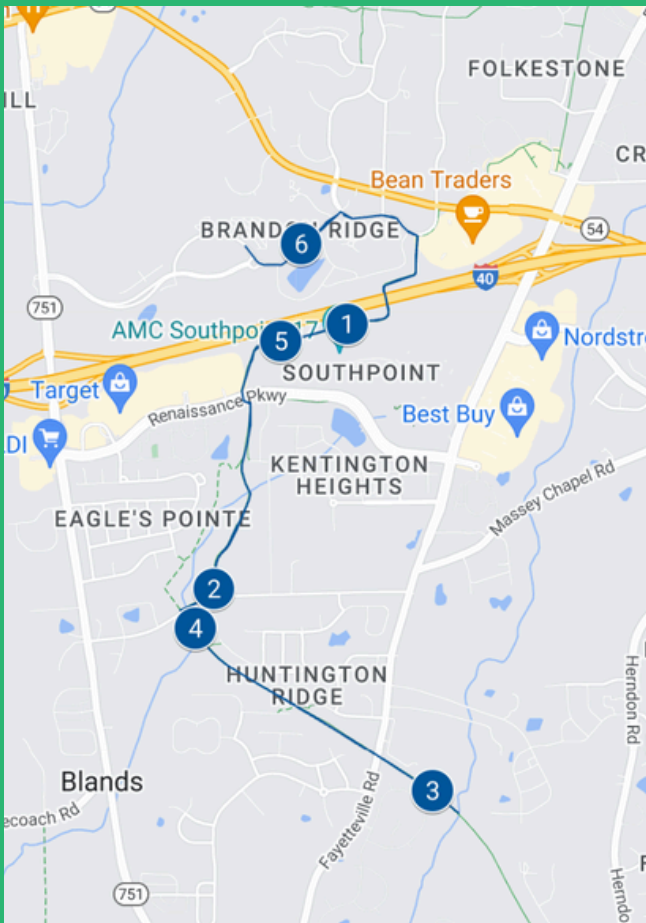
Start	Max	Gain
325 ft	343 ft	534 ft



## Hydration Stations:

- Approximate Mileage: 1.5, 4, 6, 7, 9, 11.5
  - *Locations may be subject to change*
- Water and sports drink will be provided at each station.
- There will be portable toilets available at each hydration station.

# 10k 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](#)

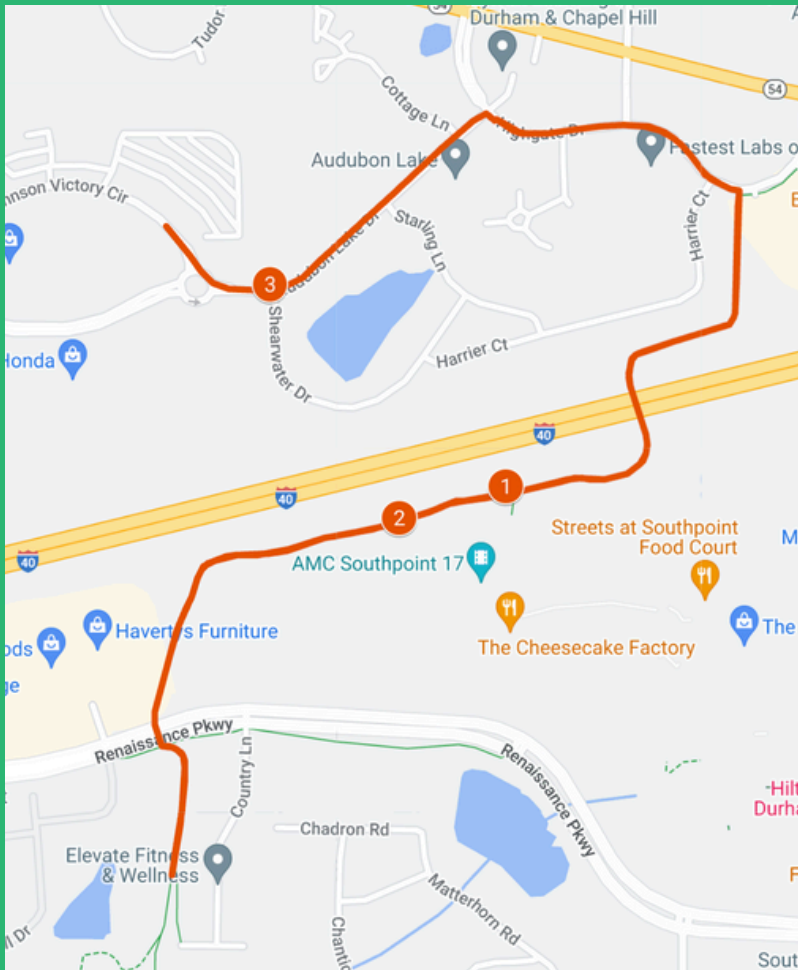


## Hydration Stations:

- Approximate Mileage: 1.5, 4.5
  - *Locations may be subject to change*
- Water and sports drink will be provided at each station.
- There will be portable toilets available at each hydration station.



# 5k Map

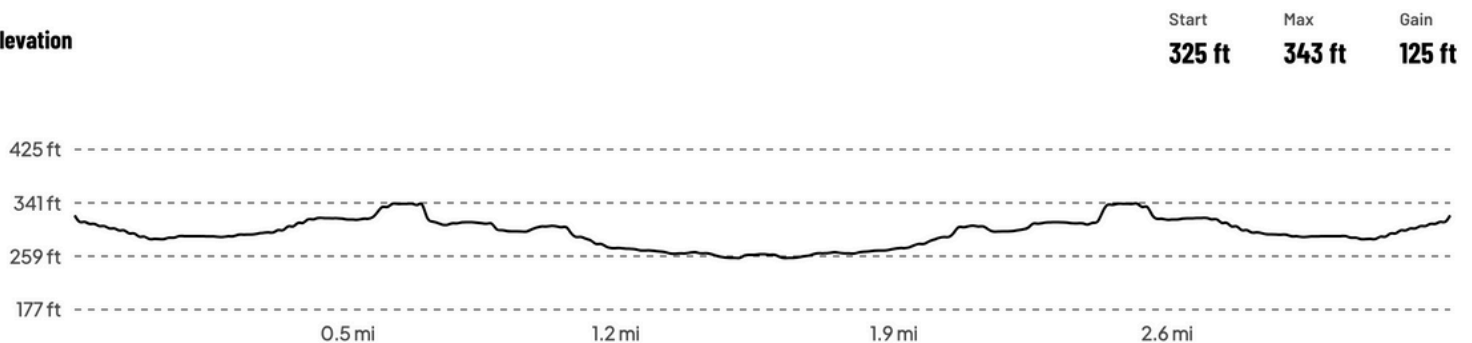


The race will take place on the American Tobacco Trail. This course allows runners to explore the landscape of Durham, NC without worry of the busy city traffic.

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](#)

## Elevation



## Hydration Stations:

- Approximate mileage: 1.5
  - Location may be subject to change
- Water and sports drink will be provided at each station.
- There will be portable toilets available at each hydration station.

# Spectator Locations

## All Distances

Start and Finish Line // 966 Southpoint Autopark Blvd, Durham, NC 27713

## Half-Marathon:

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



# Post-Race Details

## Post-Race Party

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



## Overall Awards

Overall Award Medals will be presented to the **top three male and female finishers** in the half-marathon, and the **1st place male and female finishers** in the 10k and 5k based on **gun time**.

## Age Group Awards

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

Age Group Awards medals will be given to the **first place male and female finisher** in each age group for the **5K and 10k**.

**Both Overall and Age Group awards will be available for pickup at customer service at the following times:**

9:15 AM: 5k and 10k overall awards

10:00 AM: Half marathon overall awards

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

**Please Note: Awards must be picked up at the post-race party. Awards will NOT be mailed after the race.**



### 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 and medal. **Bib mailers will pick up their race shirt after the race at the post-race party!**

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.



## Participant 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.



## 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.



**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.**

**Follow Us!**





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