

The Greenbrier Half Marathon

ATHLETE GUIDE

Saturday,
May 10, 2025

13.1 | 6:45 AM
10k | 6:55 AM
5k | 7:00 AM

White Sulphur
Springs, WV

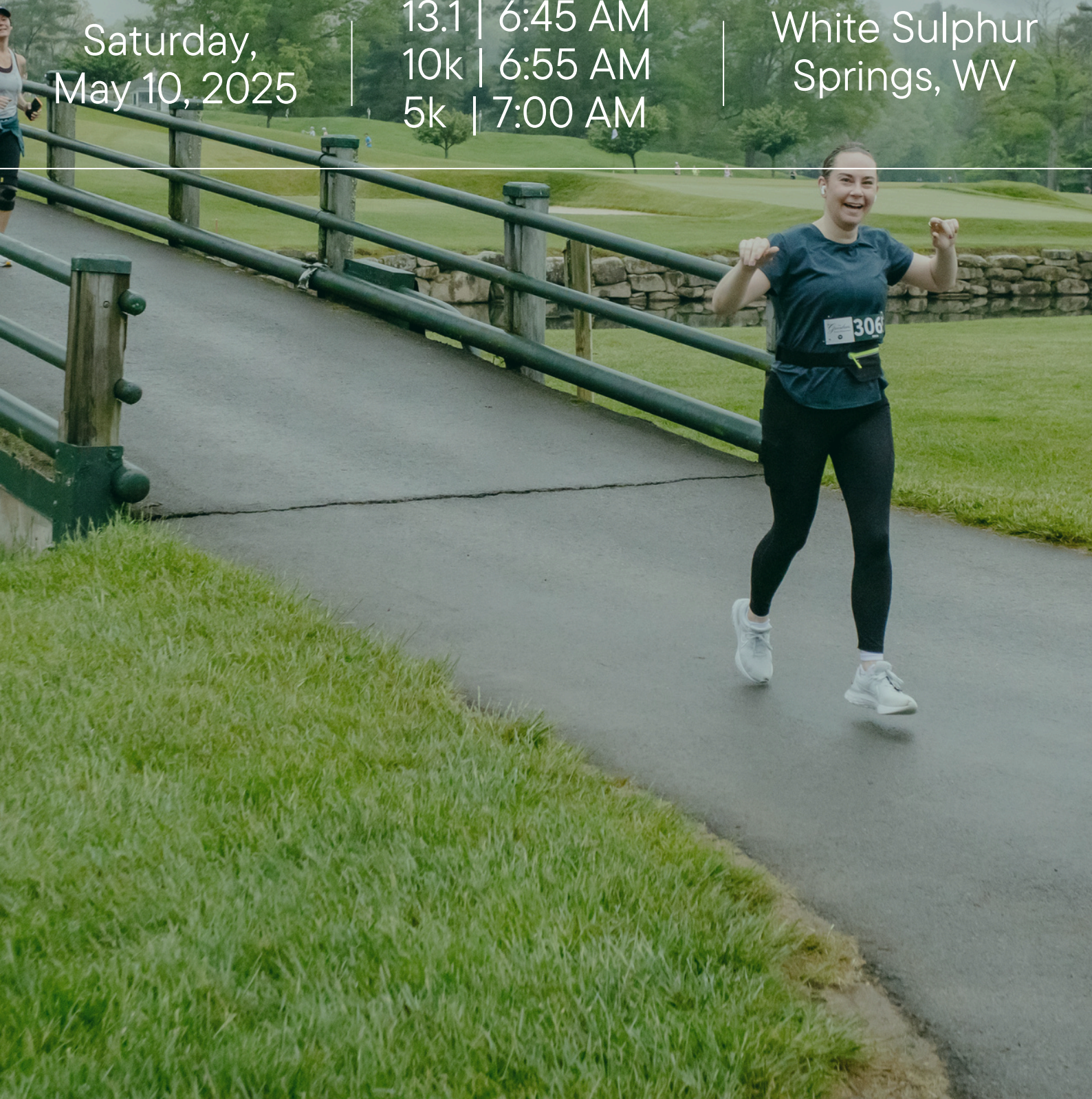


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About The Greenbrier Half Marathon

The Greenbrier Half Marathon, 10k and 5k, returns for its eighth event on Saturday, May 10, 2025! 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.



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.

When does registration close?

If spots remain, you may register online until 6:00pm on Friday, May 9. Be sure to leave time to pick up your race bib by the time packet pick-up ends at 7:00pm on Friday, May 9.

Is there a gear check?

There is not gear check.

Where do I get my race bib?

Packet pickup will be held Friday, May 9 from 2 PM - 7 PM in the Garden Room of the Upper Lobby of the Greenbrier.

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 course wheelchair accessible?

The 5k and 10k are wheelchair accessible. The half marathon runs on a small section of grass and gravel.

Is the race USATF certified?

Yes, the certification numbers are listed below.

Certification Number Half: WV19008MS

Certification Number 10k: WV19007MS

Certification Number 5k: WV19006MS

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

Please email us at info@resortraces.com if you need accessible parking for packet pickup and/or race day.

Race Start Times

- 10k Wheelchair/Handcycle Start: 6:50 AM
- 5k Wheelchair/Handcycle Start: 6:55 AM

Accessible Toilets

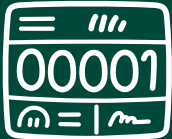
Before and after the race, the restrooms at the tennis stadium are accessible. The restrooms on the course are all accessible.

Contact Us

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



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, 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	Friday, May 9 6:00pm	<u>Click here to change your distance</u>	You <u>must</u> fill out the change distance form online.
Deferral Deadline	The deferral deadline is Wednesday, April 30 at midnight.	<u>Click here to defer your entry</u>	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 Greenbrier Half Marathon or <u>another 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.

Packet Pickup

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 9 | 2PM - 7PM



Where

- The Garden Room in the Upper Lobby of the Greenbrier Resort
- [101 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. 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.

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.

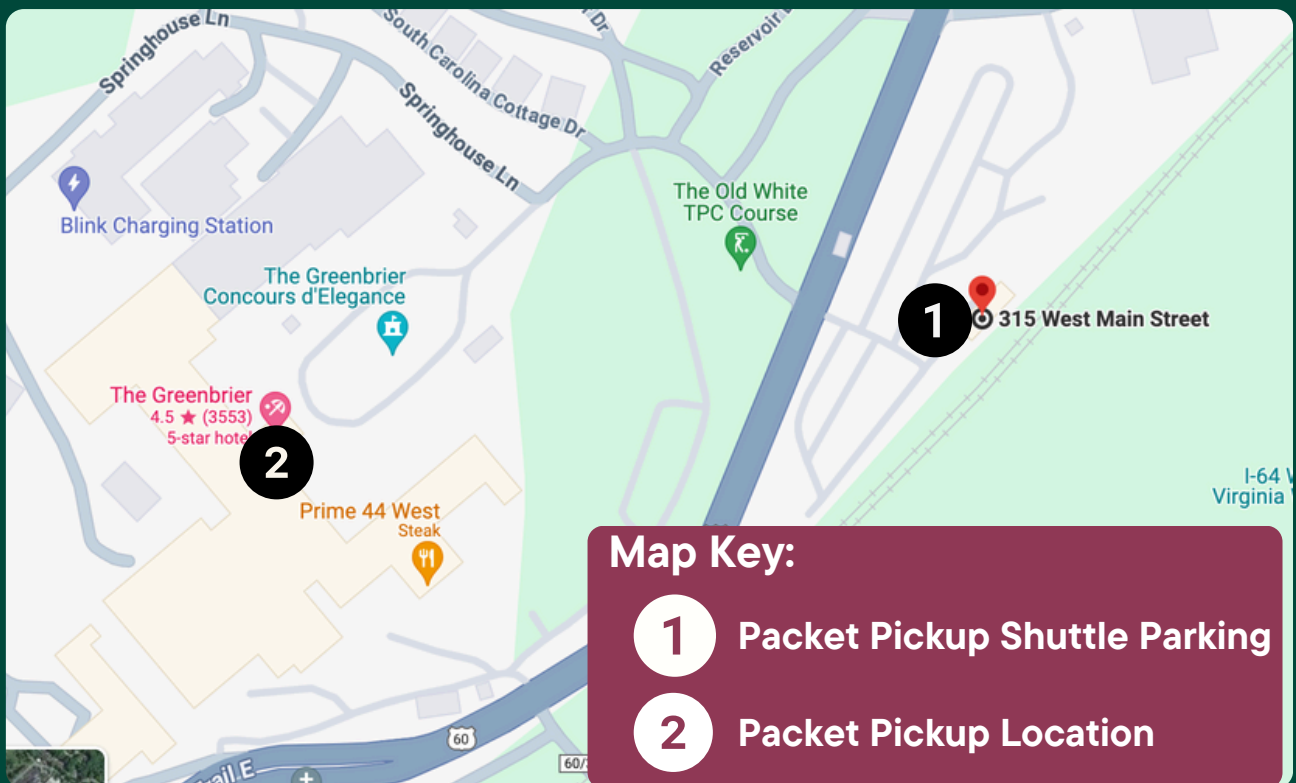
Will I be able to exchange my t-shirt size at packet pickup?

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.

Packet Pickup Map



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



Wheelchair/Handcycle Start Time: 6:50 AM



7:00 AM

5K STARTS



Wheelchair/Handcycle Start Time: 6:55 AM



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 CLOSSES

Race Day Information

Start Line Location

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.

Start Times

Half Marathon: 6:45 AM

10k: 6:55 AM

Wheelchair Division: 6:50 AM

5k: 7:00 AM

Wheelchair Division: 6:55 AM

Customer Service

If you have any customer service needs before the race, we are happy to help! Customer Service will open at 6 AM and be located under the Awning at the Golf Clubhouse.

Pre-Race Restrooms

Restrooms will be available before and after the race at the Golf Clubhouse, Tennis Stadium and Outdoor Pool.

Medical Support

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

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 Day Parking

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:

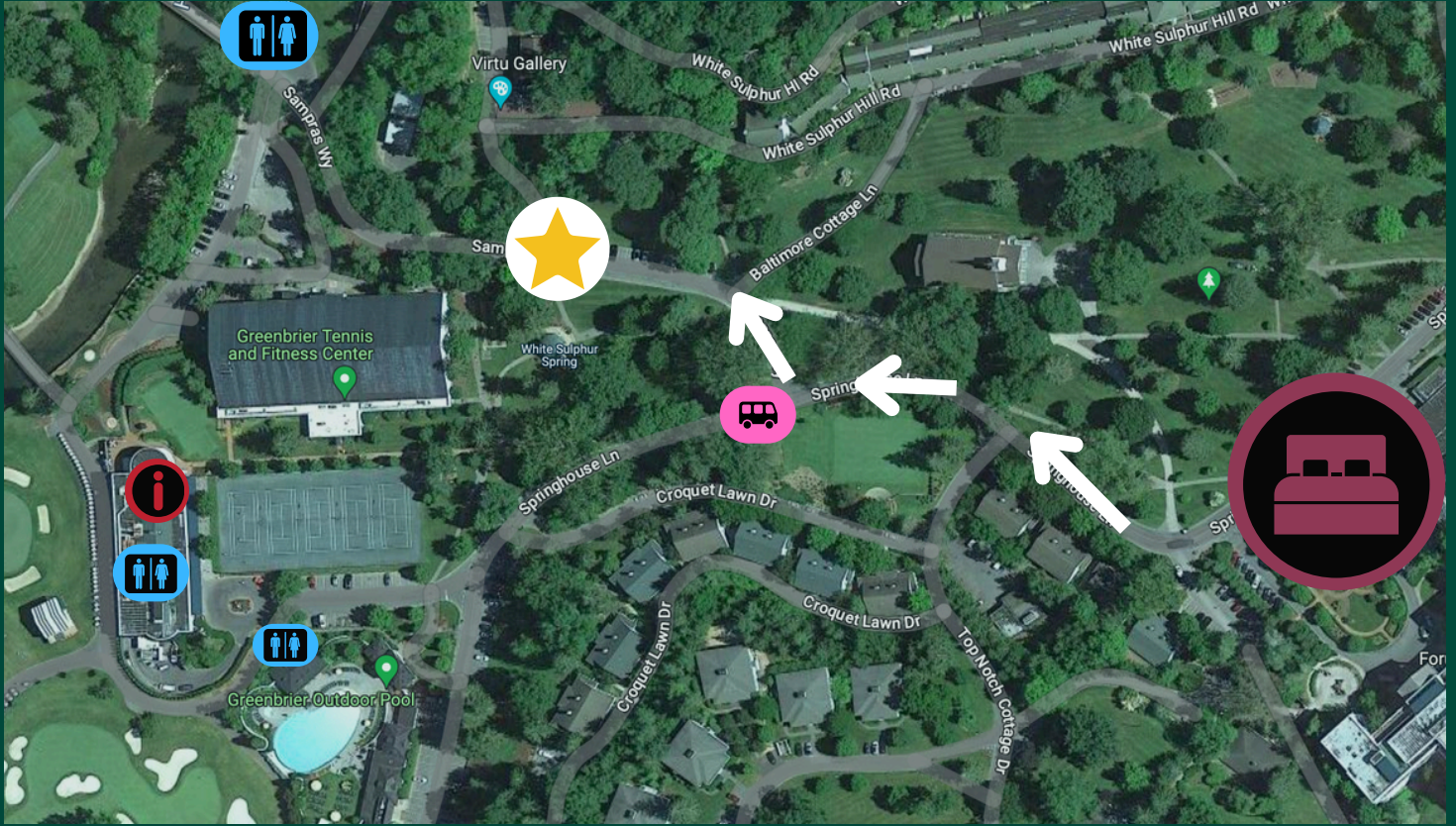
- From the Train Lot, participants and spectators who are not staying at the resort will take a shuttle to the Start Line area.
- A shuttle will be provided between 5:15 AM - 6:45 AM from the Train Lot to the Start Line area for non-resort guests.
- Participants are encouraged to arrive early for a smooth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

Getting to the Start Line Area on 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

Pre-Race Area Map



The Greenbrier Hotel



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



Race Start and Finish Line (on Sampras Way)



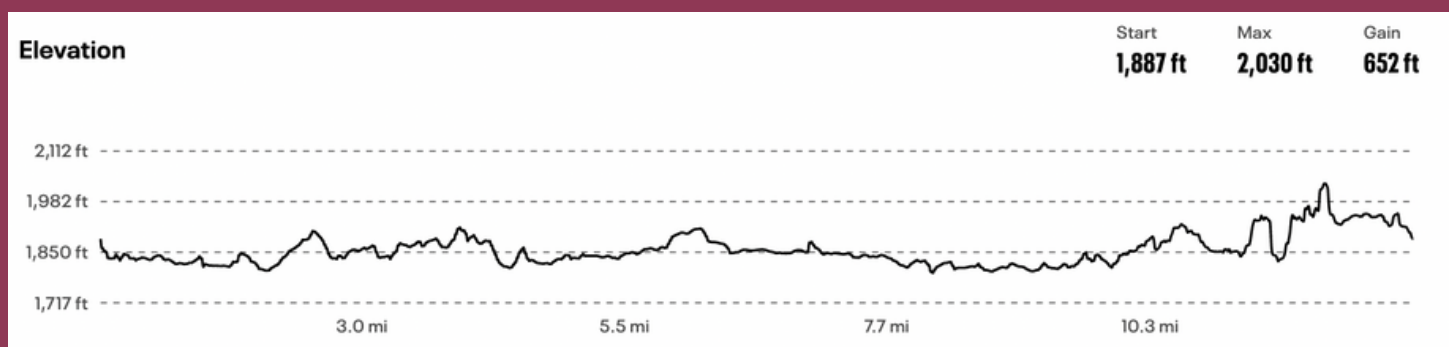
Race Day Customer Service (Under the Awning at the Golf Clubhouse)



Restroom Access:

- Golf Clubhouse
- Outdoor Pool
- Tennis Stadium

Half Marathon Map

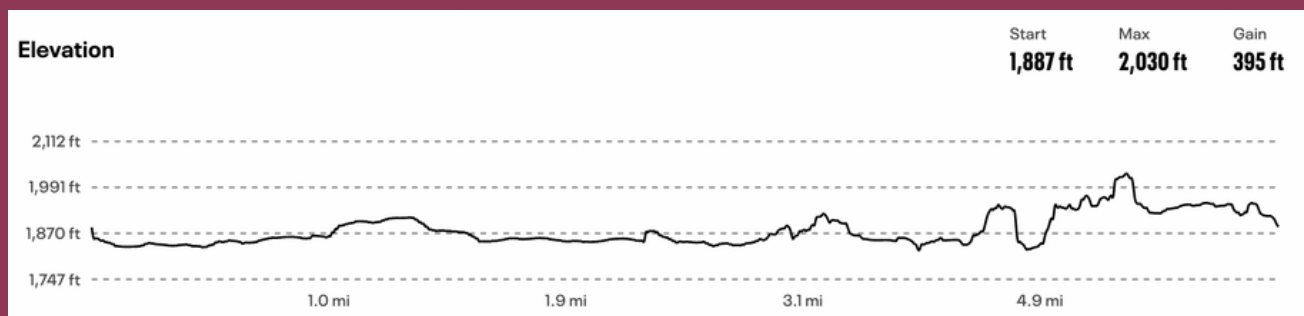


Hydration Stations: Miles 2.5, 4.5, 6, 8.5, 10.5, 12



- 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 Map

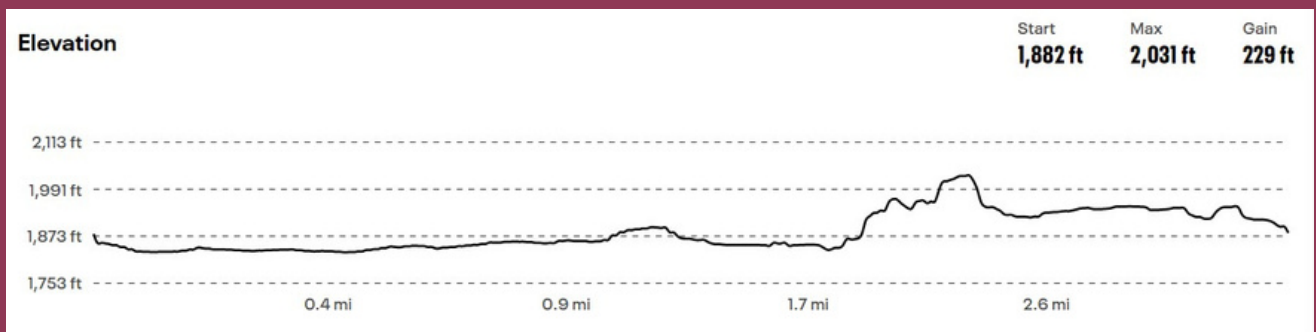


Hydration Stations: Miles 1.5, 3.5, 5



- 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 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.

Post-Race Info

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

The winner must be present after the race to claim their medal. Awards will not be mailed out.

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

Age group awards for the 5k and 10k will be available at the Customer Service Table any time after 8am. Age group awards for the Half Marathon will be available at the Customer Service Table any time after 9am. Winners must be present to receive their medal; awards will not be mailed out.

Participant Photos

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

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.

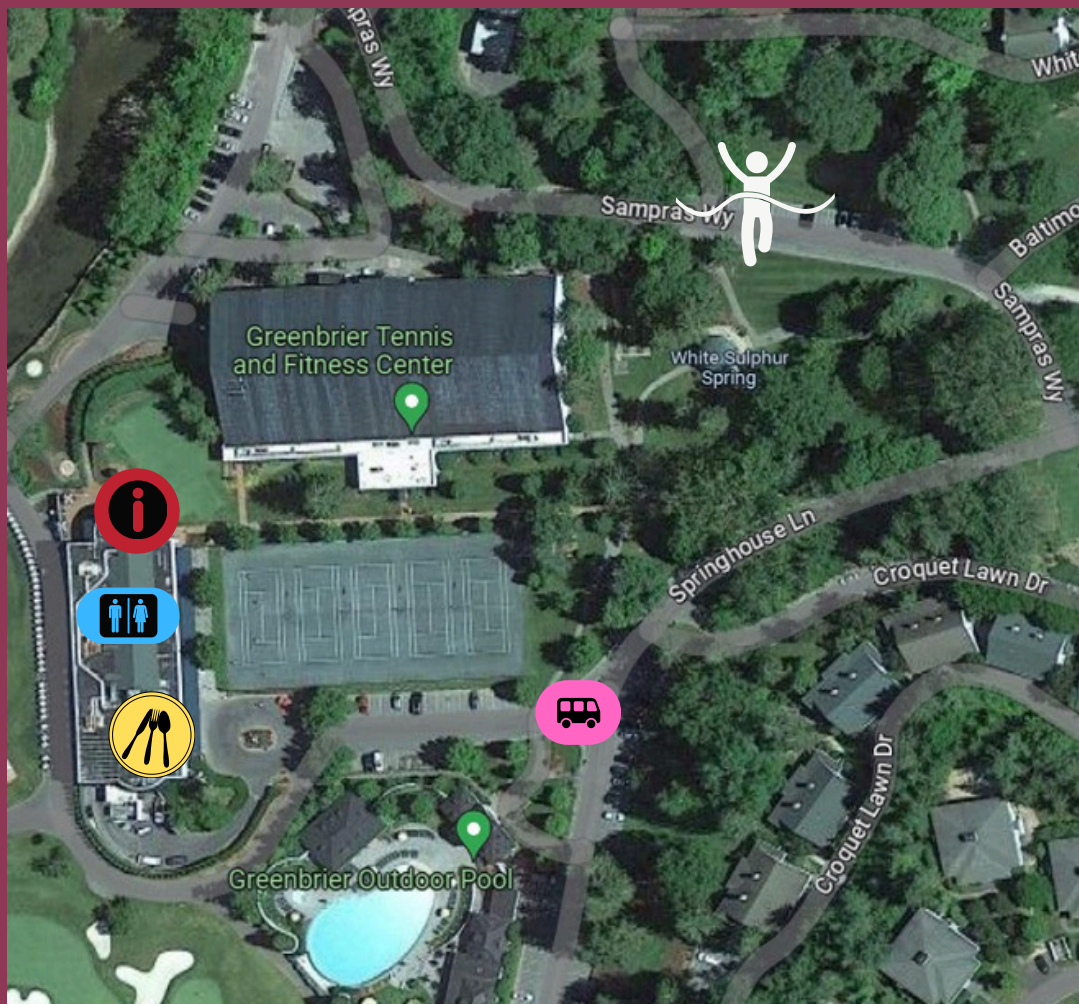
Post-Race Info

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 Party Map



Finish
Line



Restroo
ms



Bar



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



Champagne
Brunch



Customer
Service



Live Music

Post-Race Info

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! **Registered runners receive entry to the brunch as part of their registration. Please bring your bib to brunch for verification purposes.** Spectators may purchase a brunch ticket [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!



- Chunked Summer Fruit (GF, V)
- Assorted Greek Yogurts (GF, V)
- Assorted Granola
- Large Blueberry Muffins (GF)
- Chocolate and Plain Croissants
- Cinnamon Rolls
- Banana Coffee Cake
- Hard Boiled Eggs (pre-peeled) (GF)
- Pepperoni Rolls
- Baked Brioche French Toast, Maple Syrup, Butter
- Vegan Yogurt (V)
- Assorted Kind Bars (GF)
- Overnight oats with berries (V)
- Beverages: Coffee, Juice, Sodas, Water, Iced Tea, Champagne (Must be 21+), Beer (Must be 21+)

GF - Item is Gluten Free

V - Item is Vegan.



Runner Swag

All participants of the will receive:

- Participant T-Shirt (Receive at Packet Pick-Up)
- Runner Gift (Receive at Packet Pick-Up)
- Finisher Medal



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 9th – Sunday, May 11th

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.**

Partners and Sponsors



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!