



WILMINGTON WOMEN'S

HALF MARATHON & 8K

A NATIONAL WOMEN'S HALF MARATHON SERIES EVENT

Run with Heart



ATHLETE GUIDE

SATURDAY, SEPTEMBER 14, 2019

WELCOME

On behalf of Premier Event Management, The City of Wilmington, our sponsors, first responders and volunteers, we would like to thank each and every athlete for joining us for the running of the Wilmington Women's Half Marathon & 8K!

The event will start and finish in Tubman Garret Riverfront Park and run along the Jack Markell Trail.

This year's event has over 1,500 registered runners from 38 states and 7 countries joining us at the starting line for both the Half Marathon & 8K Road Race!

Again, congrats to each of you for taking up the challenge of the Wilmington Women's Half Marathon & 8K Road Race! Good Luck Ladies!

Sincerely,

Bill Burke
President / CEO
Premier Event Management



PHILADELPHIA RUNNER



EVENT SCHEDULE

FRIDAY, SEPTEMBER 13, 2019

**Delaware Running Company– 4021 C Kennett Pike – (302) 655-7463
Philadelphia Runner – 3621 Walnut Street – (215) 662-5100**

11:00 PM – 6:00 PM	Packet Pick Up, T-Shirt Pick-Up
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SATURDAY, SEPTEMBER 14, 2019

TUBMAN GARRETT RIVER FRONT PARK

5:00 AM – 7:00 AM	Morning Packet Pick Up
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6:45 AM	Half Marathon Runners called into corrals
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7:25 AM	National Anthem
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7:30 AM	START – WILMINGTON Women’s Half Marathon - TENTATIVE
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7:30 AM	START – WILMINGTON Women’s 8K - TENTATIVE
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9:45 AM	Awards Presentation - 8K
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10:45 AM	Awards Presentation – Half Marathon
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11:30 AM	Race Course Closes
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12:00 PM	Post Event Party CLOSING DOWN
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Please make sure you have a Proxy Pick up form filled out and a copy of the athlete’s ID to pick up another athlete’s bib, shirt & bag!

PACKET PICK-UP INFO

The 2019 Wilmington Women's Half Marathon & 8K will be using direct bib assignment for race packet pick-up. Athletes can go to either Delaware Runner at 4021 C Kennett Pike or Philadelphia Runner at 3621 Walnut Street from 11 AM – 6 PM on Saturday, September 13, 2019.

Athlete's must have a copy of their ID, and it's very helpful to have a copy of your confirmation email from active.com when you pick up your race bib.

If you're picking a race bib for another person, you will need to have a properly filled out Proxy Form, please find link here:

<http://wilmingtonwomenshalf.events/race-proxy/>

COURSE SUPPORT

Water Stations are located at miles 2, 4, 6, 8, 10, 12,
Gatorade & Water are available at each stop!

(Portable Restrooms are also located at or near each Water Station for your convenience)

Energy gels will only be located at the water station near mile six. If you are going to carry this product during this event, please do not litter on the Jack Markell Trail and the city streets. Thanks!

PARKING

Parking is available at specific locations near the start of the event on race morning. There are a parking garages located on E Front Street, S French Street, and Martin Luther King Drive. All of these lots mentioned are within

a three block walk to the start and finish of the race. Remember, the start and the finish line are on Rosa Parks Drive across from Tubman Garrett Riverfront Park.

TIME LIMIT - HALF

The 2019 Wilmington Women's Half Marathon has a 4 Hour Time Limit

GEAR CHECK

Athletes wishing to drop off a gear bag at the starting line in the gear check area may do so before 7:15am. There will be gear bags in the Gear Check Corral. Extra gear bags will be available at Gear Check (NOTE: To pick up this bag post event, you will need to have your bib number on for proper identification to the volunteers working in the gear check area.)
THANKS!

PACER GROUPS

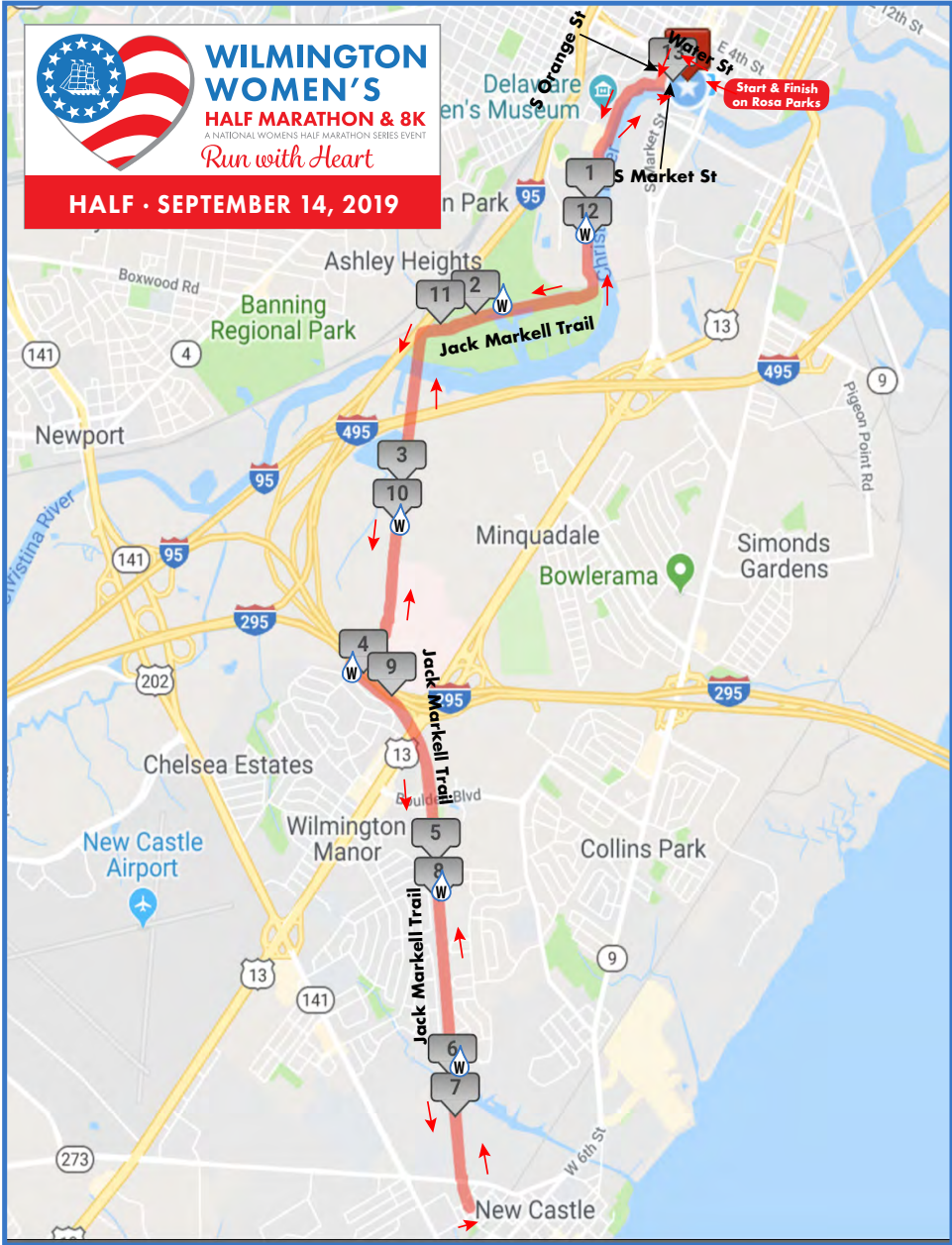
The 2019 Wilmington Women's Half Marathon will have several pacers assisting you along your trek through the half marathon course only! These groups will be comprised of two runners to each group, so you can follow them as they drive you towards your half marathon goals!

1:35 – Half Marathon Finish Time
2:00 – Half Marathon Finish Time
2:20 - Half Marathon Finish Time
2:45 – Half Marathon Finish Time

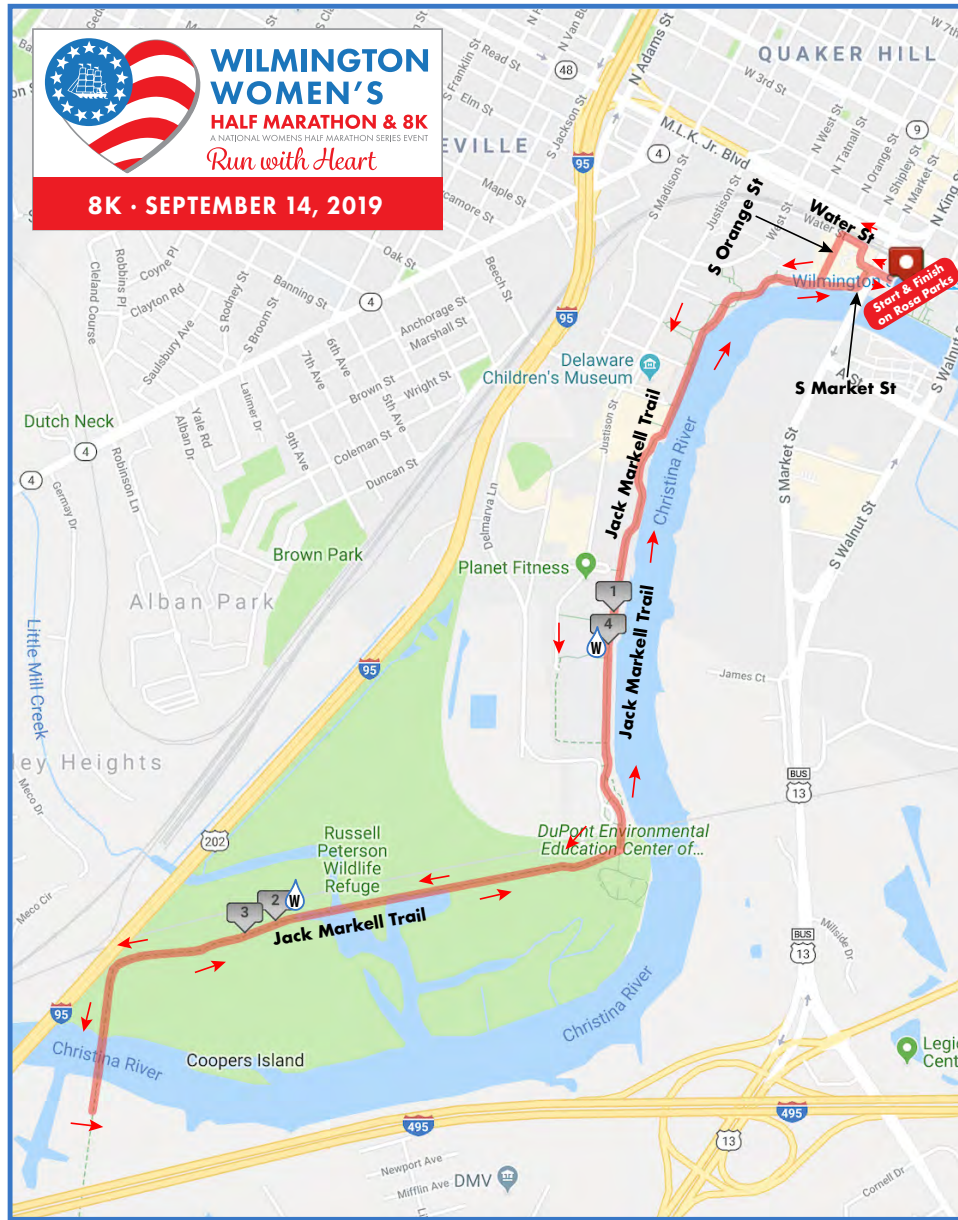
1:45 – Half Marathon Finish Time
2:10 – Half Marathon Finish Time
2:30 – Half Marathon Finish Time

A special thanks to Mike Monagle and the team from Delaware Running Company for providing the pace teams for the 2019 Wilmington Women's Half Marathon & 8K!

Half Marathon Course and Elevation Map



8K Course and Elevation Map



If your company is interested in sponsorship for this event in 2019 please contact us at sponsorship@pem.events or call direct bill Burke at 504-628-3155 or email at billpemusa@gmail.com

SOCIAL MEDIA

We would love to have copies of your fun photos and any videos.

Please post on the race Facebook page at [https://www.facebook.com/WilmingtonWomensHalfMarathon/!](https://www.facebook.com/WilmingtonWomensHalfMarathon/)

Email them to info@pem.events.

Please follow us and use the **#WilmingtonWomensHalf**

Facebook: www.facebook.com/pemraces

Twitter: www.twitter.com/pemraces

Instagram: www.instagram.com/pemraces

RESULTS

Race results will be posted at <http://wilmingtonwomenshalf.events/race-results/>

PHOTOS

Document your fun and your accomplishment! FinisherPix (www.finisherpix.com) will be photographing athletes along the course and at the finish line.

<http://wilmingtonwomenshalf.events/photos/> will provide a link to your photos once they are ready to view!

