

Runner Instructions



Expo & Packet Pickup

[The Rickhouse](#) - 609 Foster Street, Durham NC 27701

Friday, November 9:

11 am - 7 pm - Pickup your packet for any events: Marathon, Half Marathon, 10k & 5k and Challenges.

From 3pm - 7pm - **Enjoy the Music!!** Jeremy Burns of Raleigh, featuring modern and traditional Country/Rock/Americana music, will be there entertaining us with acoustic music. Find out more on his [Facebook page](#).

Saturday, November 10

8 am - 11am - Pickup your packet for the Marathon and Half Marathon

RACE-MORNING PACKET PICKUP OPTION FOR THE 5K AND 10K ONLY: Saturday, November 10, 5:30am - 7:45 am - Race Site (The Streets at Southpoint)

ADDITIONAL PACKET PICKUP FOR THE HALF-MARATHON AND MARATHON (No Expo) - Saturday, November 10, [Fleet Feet Sports RDU](#) (Durham location) from 1-5 pm.

NO RACEDAY PICKUP FOR THE MARATHON OR HALF MARATHON

Sunday - 7:00 am Marathon and Half Marathon Start

[Email](#) if you have any issues

Start: All races start @ The Streets at Southpoint, behind the AMC Movie Theatre.

The 10K starts at 6:30 AM on Saturday

5K starts at 8:00 AM on Saturday

FULL and HALF MARATHON begins at 7:00 am Sunday

All throw-down shirts, etc. will be donated to Goodwill, but please toss them at the starting line.

End: The course closes at 2pm. Any runners on the course after 2pm will be picked up by one of the SAG wagons and brought to The Streets at Southpoint mall. The finish line will be turned off by 2:15 and no other times will be recorded.

No Littering: PLEASE no littering! Garbage cans will be provided before and after each aid station. If you cannot drop your cup or gel pack and tab there, hold it until the next water stop. We want to leave the trail cleaner than we found it. If you see someone littering - call them out.

Course: **STAY RIGHT** on the American Tobacco Trail at all times and do not run more than 2 abreast. Follow the signs and volunteer instructions, as we must allow room

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for 2-way traffic on the trail at all times. We have a very fast field of elite runners - watch for the lead bikers as they clear the course. Failure to keep right and impeding other runners can result in disqualification.

Parking: Free on-site parking is available. There are over 6400 parking spaces available at The Streets at Southpoint.

Key and Bag check: There will be **no bag check** since parking is close to the race site.

Spectators: Spectators will be able to park onsite.

Accommodations: The Streets at Southpoint has several onsite hotels to choose from - The Hyatt Place, Hilton Garden Inn, and Fairfield Inn & Suites. Please see the Travel tab for rates and booking. No transportation is provided between the hotels and the race site.

Lost and Found: If you lose items check with bag check before you leave or email info@runrdc.com to see if it was turned in.

Timing: The timing device is attached to the back of your bib - **DO NOT REMOVE THIS** or you will not get a time. Do not bend or fold the bibs!! You do not have to attach anything to your shoe. You will only be timed for your registered event. You will only receive a finisher's medal for your registered event.

Results: Results will be updated throughout the day on www.runrdc.com. Awards ceremony for the Half will be at 10am and 12 for the full.

Refreshments: Water and refreshments at the end of the finish chute are for runners only. Other items for spectators will be outside this area. Beer garden is hosted by Bull Durham Beer Company

Water: Water and Hoist energy drink will be provided approximately every 2 miles through the 20-mile point, and every mile from that mile 20-25. Energy Gels will be provided at the later aid stations.

Medical: Red Cross and EMS will have medical assistance at a central place on the course and the finish line. If you need assistance, or see somebody that does, find a volunteer and they will get help. Vaseline will be available at water stops. If you cannot finish and need a ride, try to make it to one of the road crossings and contact a volunteer there. There will be EMS members on bikes patrolling the trail for emergencies.

Port-a Potties: At the race site and near every water station on the course

Medals: All finishers for each event will receive a custom RDC finishers' medal based on the event bib you are wearing.

Awards: Awards ceremony will be in the tent near the DJ booth. Please see Finisher Village Layout for details. Awards will be announced for the overall winners of the half and full marathon. Age group winners may check the results and then pick up their awards at the awards table. We will not be announcing age group awards during the award ceremony. ***No one can receive more than 1 award**

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5K and 10K Overall and Age Group Awards: Gift cards to Fleet Feet

Overall Awards: Marathon and Half Marathon- Custom awards to top 3 men and women overall/masters.

Age Group Awards: Top 3 in each age group from the marathon and half-marathon; age groups are: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Thank the 100s of volunteers it takes to make this event great and have a great run!