



**DSM
W5K**

**Des Moines Women's Half Marathon
5K Athlete Guide**

Des Moines Women's Half Marathon, 5K and Team Relay
May 7th, 2017

Hello **Beautiful**,

Before we jump in to the details of our team relay, we want to take a moment to say a very genuine, thank you. Because of you women from all over the midwest are coming together in unbelievable numbers of create community, inspiration and a tradition of empowerment through fitness. You've said from the beginning that this about more than a race. This is a movement of fierce and powerful people and we're just so thankful that you are part of that. We cannot wait to watch you shine.

Cheering You On,
Team RipRoar

Picking Up Your Packet:

Location: Jasper Winery, 2400 George Flagg Parkway, DSM

Time: Saturday, May 6th 11am-5pm + Sunday May 7th 6:30-7:30am

Each athlete will be assigned their own unique bib number, their own swag and must sign their own waiver (we require a hard copy at the race). We encourage you to come to packet pick-up on Saturday if possible as it's much less stressful than arriving extra early on race morning. If you are unable to pick up your packet, you may have another runner pick up your packet for you **ONLY** if you complete the "proxy pick-up form." There is a link to this form on your Athlete Email.

Parking for Saturday Packet Pick-Up:

Parking for packet pick-up on Saturday will be at Jasper Winery accessible from George Flagg Parkway off Fleur Ave. Jasper is located roughly 1 mile south of Interstate 235 off the MLK (DSM Airport) exit.

How the bib numbers work:

Your bib number is not only our way of identifying you on the course, but also your timing chip. It's important that this number is worn on the outer-most layer of clothing you're running in and can be worn on the front of your pants, shorts, or top. The bib numbers will have different self-explanatory tear tabs on them to be used to pick up your shirt, wine and athlete food.

If you cannot run, here are your options:

If you're unable to come to the event, we are unfortunately unable to refund or transfer your registration. If you're unable to attend our event because of a military deployment, please send us your rank and department information and we will happily defer your registration to next year (and we thank you for your service). Following the event we will have open hours at a future determined site for athletes to come pick up their race swag, and for a fee we are able to send race swag in the mail.

Free Printed Race Weekend Photos:

As far as we know, we're the first ever running event to use Photoboxx technology to allow us to print photos at the race for athletes- FOR FREE! Starting at packet pick up and going all the way through the end of the race, athletes who post a photo on Instagram or Twitter (sorry no Facebook) with either the hashtag #shapeactivewear OR #dsmwomenshalf will have a copy of their photo waiting for them at our "Photowall" at Jasper Winery. You can leave your photos or come and claim them! Super cool, right?

Race Morning Parking:

All 5K athletes will be required to park within Water Works Park at the "Gray's Lake Dr." entrance off Fleur Drive. Parking will be on a grass field roughly 500 meters from the winery. Please note: Fleur Drive will be closed from 7:45AM-8:30AM on race morning so we highly recommend getting in early. There will be no access to this parking area at that time. There will be staff with lights directing traffic.

Lining Up For The Start:

Athletes will begin lining immediately following the start of the half marathon. Athlete's are encouraged to line up based on their estimated pace within the starting area.

Aid Stations:

There will be **2** aid stations throughout the 5K course. All aid stations will have water and at least 1 restroom.

Timing:

Timing will be available at our timing tent throughout race day, or viewable online. We will post a link on the website prior to race start for your squad to follow your splits if they're unable to be at your race.

Course Entertainment:

There will be music, a DJ and cheer squads located throughout the course to help entertain athletes on race day. It doesn't make the miles hurt less, but it might help to distract enough to forget the pain.

Finish Line:

Immediately after crossing the finish line athletes will be given a bottle of water as well as their finisher medal. There is on-site medical in the case that an athlete needs medical attention.

Post Race Party:

After completing their race, athletes will have access to our post race food tent as well as their complimentary glass of wine. These areas require the removal of the tab on the athletes race bib associated with the area. Additional glasses of wine and food will be available onsite for purchase (cash and credit will be taken). All athletes and spectators are encouraged to bring a blanket and a change of clothes to enjoy the live band and relaxed ambiance of Jasper Winery. There will be a gear check area for you to drop dry clothes off on-site prior to the race. We do not recommend you leaving cell phones, money or valuables in the gear check area.

Award Ceremony:

The award ceremony is scheduled for 11:30 am and will last about 20 minutes. We'll recognize the top 5 overall for the 5K with a limited edition bottle of wine.

Volunteers:

This race is not possible without the helpful hands of the nearly 200 volunteers. Please be sure to thank a volunteer you see on race weekend--a little gratitude goes a long way! If you are interested in volunteering you can do so by registering on Volunteer Local at http://riproarevets.volunteerlocal.com/volunteer/?start_over&id=19869