



**DSM  
W5K**

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

## Des Moines Women's Half Marathon, 5K and Team Relay May 6th, 2018

Hello **Beautiful**,

Before we jump in to the details of your 5K, 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 to create community, inspiration and a tradition of empowerment through fitness. You've said from the beginning that this is about more than a race. This is a movement of fierce and powerful people and we're just so thankful to have you as part of this journey. We cannot wait to watch you shine.

Cheering You On,  
**Team RipRoar**

### **Picking Up Your Packet:**

**Location: Jasper Winery, 2400 George Flagg Parkway, Des Moines, IA**  
**Time: Saturday, May 5th 8:30am-3pm + Sunday, May 6th 6:30-7:30am**

Each athlete will be assigned their own unique bib number at packet pick-up, 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 in the FAQ section of our website.

### **Parking for Saturday Packet Pick-Up:**

Parking for packet pick-up on Saturday will be at Jasper Winery and accessible from George Flagg Parkway off Fleur Avenue. Jasper Winery is located roughly 1 mile south of Interstate 235 off the MLK (DSM Airport) exit. Follow signs for event parking. Please note, this parking is different from race morning parking.

### **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 a single tear tab on them to be used to pick up your glass of wine at the finish line. You will also need your bib to get athlete food after the race.

**The Expo:**

We are so excited to have partnered with amazing businesses in the Des Moines community, some of which will be featured at the Saturday Expo are:

- The seriously talented hair stylists from Salon Spa W will be offering free hair braiding to anyone on Saturday. Stop by to get your hair braided and get your fierce look ready for Sunday. Plus, all tips go to charity, so it's a win-win.
- Power Life Yoga will be leading a short yoga session to help all the athletes get stretched out and ready for race day. Yoga will be on the Jasper Winery lawn at 10am, be sure to bring your mat!
- Our friends at Fleet Feet will be there to help you get equipped with all the race day essentials including race belts and energy gels.
- Hello and High Five is an amazing fitness greeting card company based in Des Moines. They have some great card designs and love empowering women to live their best lives. They will also be cheering on athletes on race day, so be sure to give them a high-five on course.
- Basic Blooms will have some beautiful floral arrangements to purchase for your favorite athlete—they deserve it after their big run. On Saturday, athletes and spectators will be able to pre-purchase flowers to pick up on Sunday.
- The amazing ladies at FemCity Des Moines will be at the Expo to talk all things women in business in the greatest city in the universe: Des Moines.

**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 a post race packet pickup at 321 E Walnut, Des Moines, on May 17<sup>th</sup> from 4-6 PM. For a fee, we are able to send race swag in the mail.

**Race Morning Parking:**

All 5K athletes will be required to park within Water Works Park off the Gray's Lake Drive entrance off Fleur Drive. Parking will be entirely inside Water Works Park and there is absolutely no parking at Gray's Lake Park for athletes or spectators. There will be parking attendants to help you find the perfect spot so please be patient and follow their instructions. We suggest arriving no later than 7AM because there is one entrance into Water Works Park and we want you to have the smoothest parking situation possible. By arriving prior to 7AM you will have an ample amount of time to park, get acquainted with the starting line, and meet some other amazing athletes.

**Please note: Fleur Drive will be closed from 7:35AM-8:30AM on race day. There will be no access to this parking area at that time.**

**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 results tent at the post-race party 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 the race.

**Course Entertainment:**

There will be upbeat music, a DJ and multiple cheer squads located throughout the course to help keep you going 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 and their finisher medal. There is on-site medical in the case that an athlete needs medical attention.

**Post Race Party:**

After completing the race, 5K athletes will receive a medal, bottle of water, and access to the athlete food tent. They will also then be able to claim a complimentary glass of wine. The wine pouring stations require the removal of the tab on the athlete race bib. 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 Decoy play and the 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 leaving cell phones, money or valuables in the gear check area.

**Award Ceremony:**

The award ceremony is scheduled for 11:30AM 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 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](http://riproarevets.volunteerlocal.com/volunteer/?start_over&id=19869)

**Race Day Photos:**

One of the most important elements of race day is capturing photos to remember the accomplishments and friends made. Our friends at Converging Photography will be taking photos to capture the event. Follow us on Facebook and Instagram to get a behind the scenes look of the event.

We would also love to see your photos! Tag us on Facebook, Instagram, or Twitter and use the hashtags #DSMWHM, #SHAPEActivewear, and #IAMMORE.