



**DSM
WHM**

**Des Moines Women's Half Marathon
Athlete Packet**

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

Hello **Beautiful**,

Before we jump in to the details of our half marathon, 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. We'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 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, 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 given 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 on the Athlete Email.

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 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 a single tear tab that will be used to claim your complimentary glass of wine after the race. You will also need your bib to enter the athlete food tent.

If you need to change to the 5K:

Sometimes things come up or circumstances change- we get it! If you're not feeling up to the half marathon, but would still like to come join the event, you're more than welcome to run the 5k. The change is easy- simply let us know at packet pick-up and we'll get you changed over. If you'd like to keep your half marathon top, you're welcome to. Or, if you'd like a 5K top instead we can make that work.

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:

- The seriously talented hair stylists from Salon Spa W will be offering free hair braiding on Saturday. Stop by to get your hair braided, get your fierce look ready for race day and talk to the Salon Spa W Team. Plus, all the tips go to charity, win-win.
- Power Life Yoga will be leading a short yoga session at 10am on Saturday to help all the athletes get ready for race day. Yoga will be on the Jasper Winery lawn, be sure to bring a 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 you on as you race on Sunday, 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 and reward them with as they cross the finish line. 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 at all, 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.

Race Morning Parking:

All half marathon athletes will be required to park within Water Works Park off the Gray's Lake Dr. entrance off Fleur Drive. Parking will be entirely throughout Water Works Park.

There will be absolutely no parking at Gray's Lake for athletes or spectators. There will be parking staff to help you find the perfect spot and we suggest arriving no later than 7AM. You will then have an ample amount of time to park, get acquainted with the starting line, and meet some other amazing athletes! Arriving after 7AM may have you waiting in a line prior to starting your race.

Please note: Fleur Drive will be closed from 7:35AM-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 directing traffic.

Lining Up For The Start:

Athletes will begin lining up at 7:30AM for an 8:00AM start. Athletes are encouraged to line up based on their estimated pace in the corral respective to their expected pace per mile. Note: this pace is not enforced.

Aid Stations:

There will be **11** aid stations throughout the 13.1 mile course. All aid stations will have water and at least 1 restroom. In addition, aid stations at miles 3.5, 4.5, 8.5, and 12 will have Gatorade. Mile 10 will have bananas and hard candy. Finally, the aid station located at mile 6.5 will have athlete nutrition in the form of hard candy, animal crackers and Twizzlers.

On Course Timing:

There will be two timing splits on the course as well as at the finish line. Course splits 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 multiple cheer stations, DJ's and drum lines located throughout the course to help keep you moving 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 the race, athletes will have access to the post race food tent as well as their complimentary glass of wine. A Half Marathon bib is required to be admitted to the food tent. The pull tab at the bottom of the bib is required to claim a complimentary glass of wine. 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 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 you leaving cell phones, money or valuables in the gear check area.

Award Ceremony:

We're giving out a ton of awards to our Half Marathon event. The award ceremony is scheduled for 11:30AM and will last about 20 minutes. We'll recognize the top 5 from every age division (19 and under, 20-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65 +up) with a limited edition bottle of wine.

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.

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