



ALHARETTA WOMEN'S HALF MARATHON & 5K

PRESENTED BY



7:00 AM **Alharetta Women's Half Marathon**

7:15 AM **Alharetta Women's 5K**

8:00 AM **Post Event Party Kicks Off**



ATHLETE GUIDE
SUNDAY, NOVEMBER 5, 2023

WELCOME

On behalf of 10xEM, The City of Alpharetta, The Alpharetta CVB, our sponsors, first responders and volunteers, we would like to thank every athlete for joining us for the fifth annual Alpharetta Women's Half Marathon & 5K Presented by Altra!

The event we've planned for you sets up to be a Women's Weekend of fun & fitness as the fall season kicks into high gear! Athletes will race past some of the most beautiful communities in north Georgia on this rolling course that will finish in the heart of Avalon!

Congratulations to each of you for taking up the challenge of the 2023 Alpharetta Women's Half Marathon & 5K Presented by Altra!
Good Luck Ladies!

Sincerely,

Your Event Team,



EVENT SPONSORS



EVENT SCHEDULE

SATURDAY, NOVEMBER 4, 2023

Big Peach Running Company – 5530 Windward Pkwy Alpharetta – 678.739.4616

10:00AM – 5:00PM	Packet Pick Up: Bib and T-shirt Pick-Up
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SUNDAY, NOVEMBER 5, 2023

HALF MARATHON & 5K START - AVALON

6:00 AM–6:45 AM	Packet Pick Up (Limited to athletes with special request ONLY, email info@race10x.com for assistance)
6:00 AM-7:00 AM	Gear Bag Drop Off-Starting Area
6:55 AM	National Anthem
7:00 AM	HALF MARATHON START –time change from last year’s 7:30 start
7:15 AM	5K Start-Tentative
8:00 AM	Post Event Party STARTS – In the Plaza at Avalon
10:00 AM	Awards Presentation – Half Marathon Only Presented on Stage
11:00 AM	Racecourse Closes
12:00 PM	Post Event Party CLOSES DOWN

PACKET PICK-UP INFO

The 2023 Alpharetta Women's Half Marathon, Presented by Altra, will be using direct bib assignment for race packet pick-up. **Athletes can go to Big Peach Running Company anytime from 10am-5pm Saturday to pick up their packets. Packet includes running bib and race shirt.**

It's very helpful to have a copy of your confirmation email from active.com when you pick up your race packet. **We will be sending an email with the QR code out the morning of Saturday November 4th, so please look for that before you arrive.** For a quick check-in please have your email open on your phone with the QR code visible and ready to scan. You may pick up packets for other people (no signed proxies or IDs needed). Please let us know upon arrival who you are also picking up for and we will get their packet to you.

COURSE SUPPORT

Water Stations are located at miles 2, 4, 6, 7.5, 9.5, 11.5.
Water is available at each stop. Gatorade and Water will be at stops 4, 8 and 11.5.

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

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 Greenway and City Street! THANKS!

PARKING

ATTENTION RACE PARTICIPANTS! PLEASE ARRIVE EARLY!

Please review the map and road closure/detour information below. All runners should arrive early, be parked, get to the start line, and ready to run by 6:45AM. Parking lots in Avalon open at 5:00AM.

Please allow plenty of time to access Avalon and find a parking space in one of the blue lots marked on the map.

Please note the different parking lots located around the Avalon property on the map. There are seven different access points to the property from Old Milton Parkway and Westside Parkway as indicated by the red arrows on the map. For an enlarged map please click here:

<https://alpharettawomenshalf.events/parking-road-closures/>

Parking in the Whole Foods parking lot and Avalon resident parking lots are off-limits to race participants. Race participants parked in those lots are subject to towing or a fine.



STARTING PROCEDURE

The Alpharetta Women's Half Marathon & 5K will have a wave start system in place to start the event. Runners will self-seed into groups according to their estimated finish time. Each group will be staged in a holding corral prior to the start of their group.

Reminder to Runners: The bib tag timing system will not record a starting time for a runner until that runner has crossed the timing mats at the start line. Time spent waiting to cross the start line is NOT included in the scored finish time for a runner.

***Please note the race time change from last year. The Half starts at 7AM. The course time limit is 4 hours.**

***Please also note that Saturday night is daylight savings time and clocks will be set back one hour!**

GEAR CHECK

Athletes wishing to drop off a gear bag in the gear check area on Second St. between Avalon Blvd. and the start line may do so before 7AM. There will be extra gear bags in the Gear Check Corral. (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.)

PACER GROUPS

The 2023 Alpharetta Women's Half Marathon Presented by Altra 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!

1:45 – Half Marathon Finish Time
1:55 – Half Marathon Finish Time
2:00 – Half Marathon Finish Time
2:10 – Half Marathon Finish Time
2:20 – Half Marathon Finish Time

2:40 – Half Marathon Finish Time
2:55 – Half Marathon Finish Time
3:00 – Half Marathon Finish Time

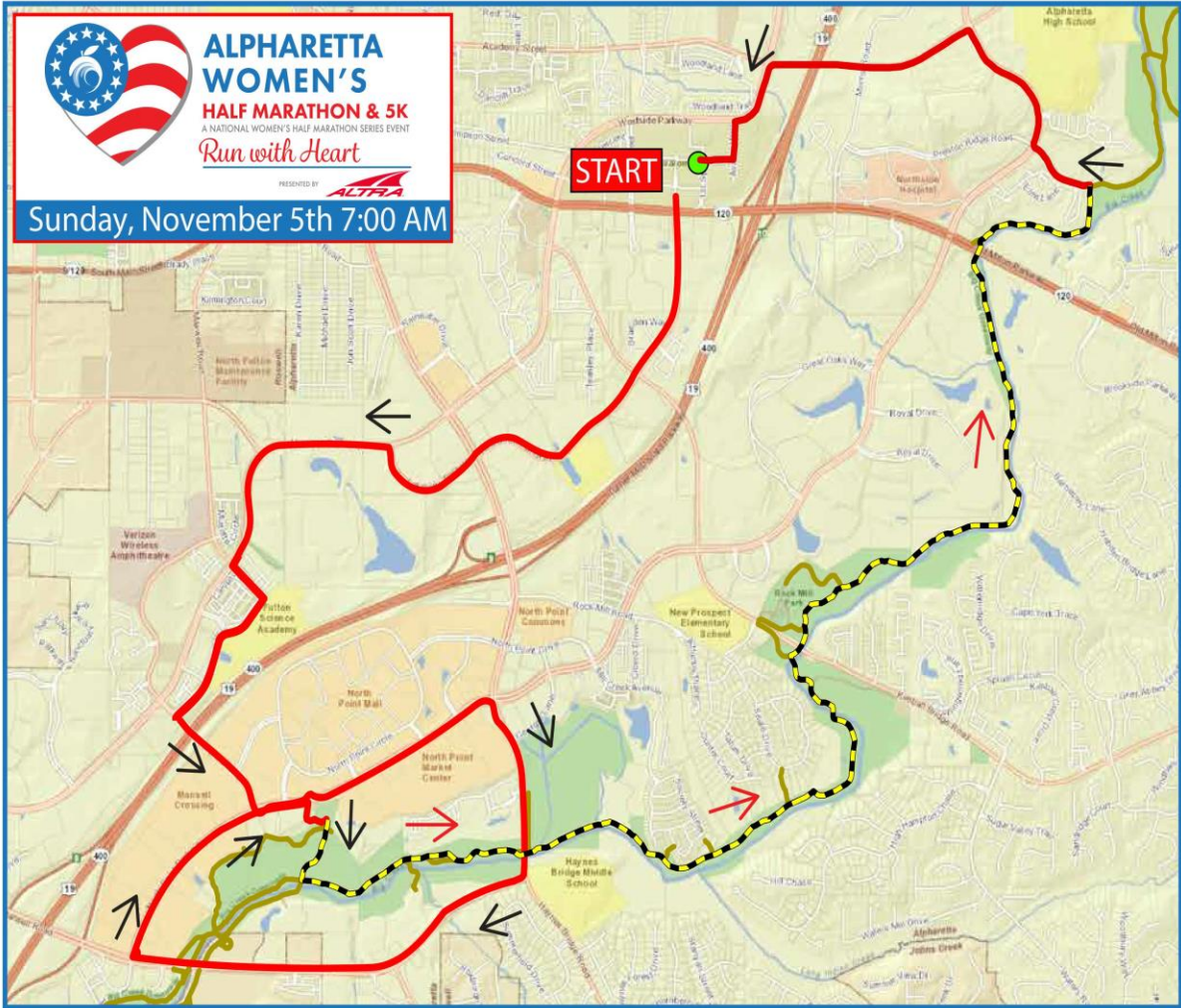
A special thanks to Betsy Magato from Strong Run Coaching, for her assistance throughout the entire marketing, promotional and planning process for this event!

Additionally, extra thanks to Betsy for getting the Pacer Groups (Pace Team Powered by Lululemon!) ready to roll in the 2023 Alpharetta Women's Half Marathon Presented By Altra!

[TheStrongRun - coachbetsy@thestrongrun.com](mailto:coachbetsy@thestrongrun.com)

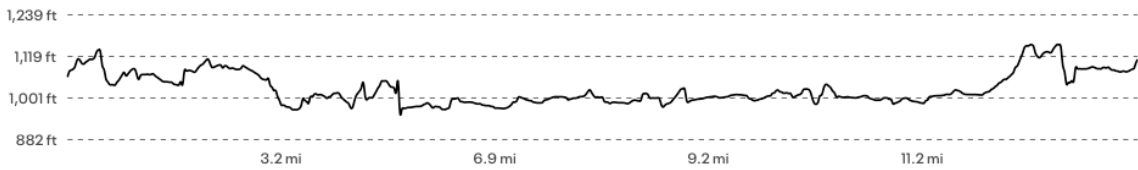
www.thestrongrun.com / [FB](#) / [Instagram](#) @strongruncoach / #mystrongrun

HALF MARATHON MAP

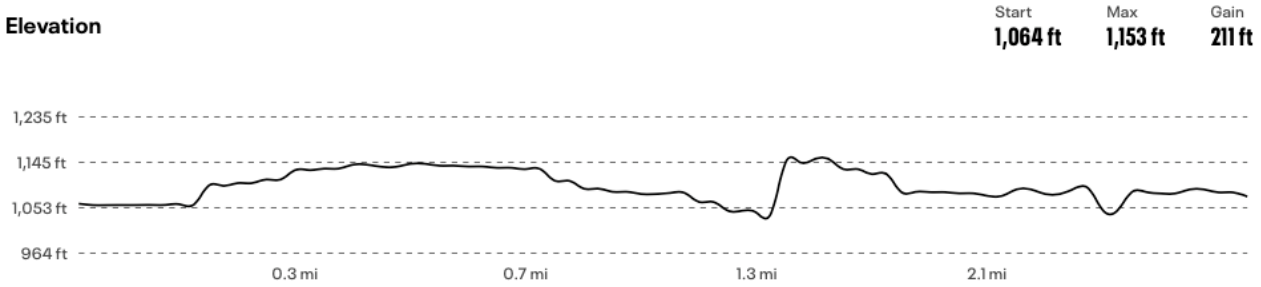
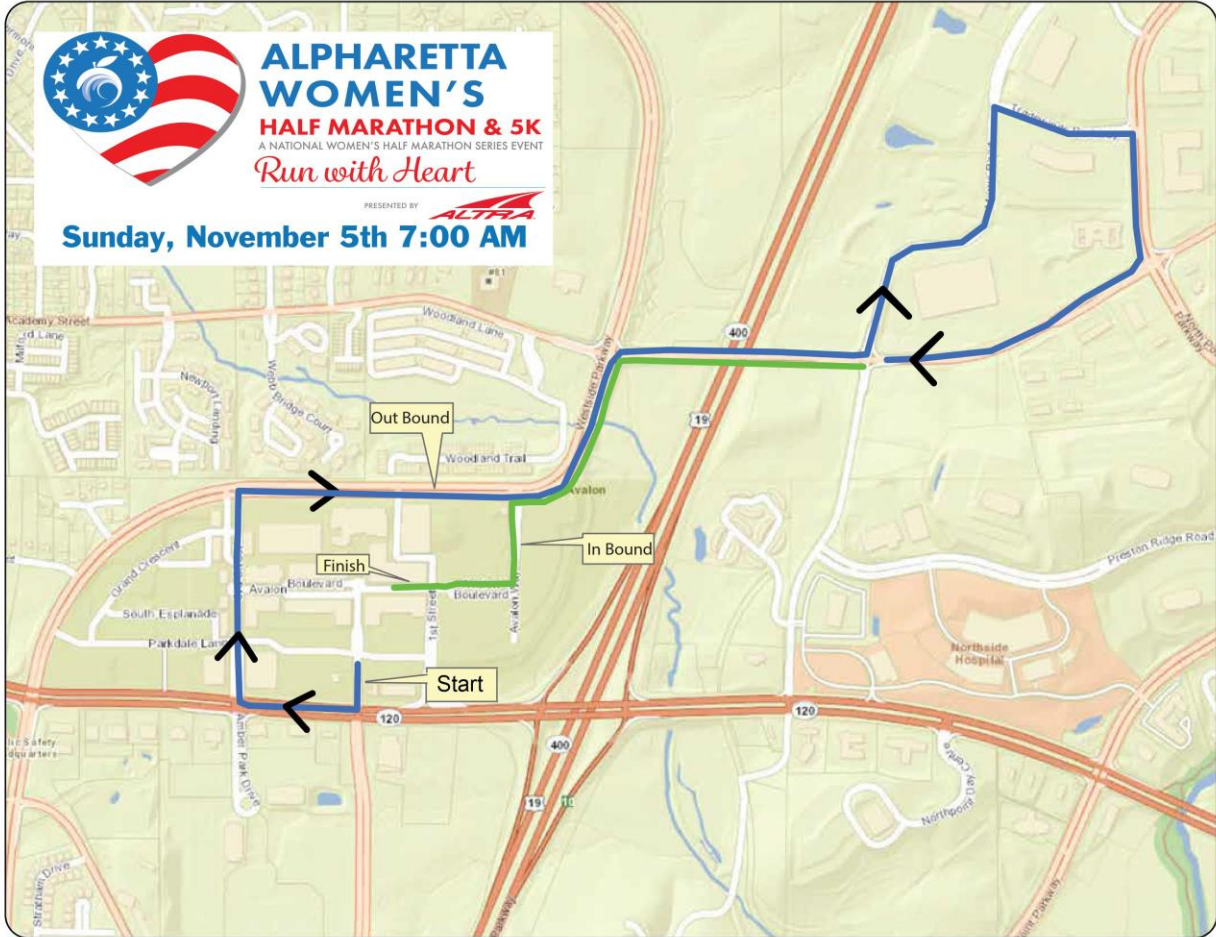


Elevation

Start **1,063 ft** Max **1,157 ft** Gain **656 ft**



5K MAP



RESULTS

Race results will be posted on our website following the race at:
<https://alpharettawomenshalf.events/race-results/>

PHOTOS

All racers get a free photo package courtesy of Awesome Alpharetta!
Your personal race photos will be available
at http://truespeedphoto.com/Races/Index.cfm?Race_ID=1455.
Make sure your bib number is facing front at all times and don't forget to
smile when you cross the finish line. Have a great race!

To search for yourself by Finishing Time: Search!!
http://truespeedphoto.com/Races/Index.cfm?Race_ID=1455#Finishing_Time

The Highest Rated pictures can be seen here: Highest Rated
http://truespeedphoto.com/Races/View_Race_Picture_Rating.cfm?Race_ID=1455

All Pictures in chronological order can be seen here: All Pictures.
http://truespeedphoto.com/Races/View_Race.cfm?Race_ID=1455



CONTACT

For any additional questions, please email info@race10x.com

We would love for you to follow us on our social media channels. Check out our Facebook & Instagram accounts and tag us in your race day photos with #AlpharettaWomensHalf!



[@AlpharettaWomensHalf](https://www.facebook.com/AlpharettaWomensHalf)



[@AlpharettaWomensHalfMarathon](https://www.instagram.com/AlpharettaWomensHalfMarathon)



ARE YOUR KIDS & ASSETS PROTECTED?

LET'S WORK TOGETHER!

A good estate plan equals peace of mind and peace in the family. There's no greater peace of mind than knowing that your assets and loved ones will be protected, no matter what happens!



Contact Emily Napier, Esq. at
404-671-4603
www.napierlawga.com

