

**Athlete Guide** 

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# **RULES & REGULATIONS**

Can I wear headphones?

It is unsafe to wear headphones while running. Event organizers will not restrict headphone use and leave it up to the athlete on their ability to follow direction while wearing headphone devices. If you choose to wear headphones, please keep the volume down so you can hear and follow the direction of course volunteers.

Can someone else run in my place?

No, transfers of bib numbers from person to person is prohibited. Anyone racing with another runner's bib will be disqualified.

Can I register on race day?

Pending availability, registration will be open until 2 PM on Saturday, 10/18/25.

Is there a gear check this year?

Since parking is conveniently located near the start/finish area, we won't have gear check available.

Where do I get my race bib?

If you did not pay for bib mailing, you will need to attend packet pick-up.

#### Can someone else pick up my race packet for me?

Yes, someone else can pick up your packet. They will need a copy of your ID (a photo is sufficient).

Are strollers allowed on the course?

Strollers are not allowed on the course.

Are pets allowed on the course?

Pets are not allowed on the course.

#### is the race USATF certified?

Yes, both distances are certified. Half Marathon: NC25013BDS 5k: NC25014BDS

Is this an open or closed course?

The course will be closed to traffic—please follow the directions of our volunteers, staff, and course signage on race day.

What is the weather policy?

Races are held, rain or shine, unless we determine that conditions are too dangerous. This will be based on a prudent decision made on race weekend or race day by race officials and local law enforcement officials. If the race is cancelled due to inclement weather, there will be neither refunds nor transfers. This position is consistent with USA Track & Field recommendations and with the protocol of sharing the risks associated with the sport of running. In the event of inclement weather or unforeseen circumstances, Capstone Event Group reserves the right to alter, cancel or eliminate any/all portions of the race.

If there is inclement weather during the race, it is your responsibility as a race participant to follow instruction from race officials and law enforcement in regards to inclement weather. If you disregard instructions from race officials and/or law enforcement, you are doing so at your own risk.

#### What is the time limit?

The time limit for the 5k is 1 hour 45 minutes. The time limit for the half is 3 hours and 15 minutes. The course for the 5k & half will close at 11:30 AM. The cutoff time is determined by our event permit, which permits us to use the roads, police support and other city resources for a specified period of time. After the permitted period ends, roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydrations stations and course markings.

When the course closes at the cutoff time, any remaining participants must move off of the roads and onto a sidewalk. Anyone who decides to utilize the course route before or after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time

#### What will happen to clothes left at the start line or on the course?

- Start Line: Clothes that are left at the start line will be donated or discarded. Clothes will not be returned to you after the race.
- Course: Please discard any unwanted clothes during the race at aid stations. Clothes left at aid stations will be donated. Clothes will not be returned to you after the race.

# **ACCESSIBILITY GUIDE**



#### P Handicap Parking

**Packet Pickup**: There is ADA Parking in the parking lot outside of Fleet Feet.

**Race Day:** If you need accessible parking on race day, please email us at info@bullcityracefest.com by Thursday, 10/16, and we will assist you.



#### Accessible Restrooms

**Starting Area**: There will be accessible portable toilets in the start area.

**On Course:** There will be accessible portable toilets at miles 1.5 and 5.75 of the half.

#### Race Start Times

- 13.1: 7:25 AM
- 5k: 7:40 AM



#### Post-Race Party

The post-race party will be held on the green space adjacent to the finish line. There are sidewalks or pavement from the finish line to the post-race party.

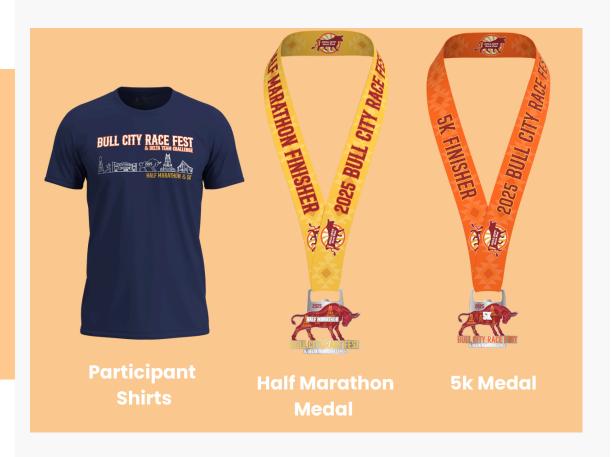
# **RACE SWAG!**

Every runner crosses the finish line in style! All participants will take home a finisher medal and a commemorative race shirt.

Inspired by Durham's most beloved landmarks—the Lucky Strike Tower, DPAC, Durham Bulls, and Duke Chapel—this year's race shirt is a true tribute to the Bull City.

Your finisher medal reflects that same Durham pride, a lasting reminder of your remarkable accomplishment.

Don't forget to grab your swag before you go! All race goodies must be picked up on-site and will not be mailed afterward.





We're always working to make race weekend even better, and this year brings some exciting updates you won't want to miss:

**New Half Marathon Course** | Enjoy a fresh course incorporating the Ellerbee Creek Greenway and views of the golf course!

New Distance Added - 5k | Designed to make race day more accessible for all

**Delta Team Challenge** | The Delta Team Challenge lets you run with friends, family, or colleagues on race day, build team pride, and enjoy the experience together!

Distributing Award Medals on Race Day | We're now giving age group awards on race day so you can celebrate your achievement immediately, enjoy the recognition in person, and share the moment with fellow runners.

# **RACE DAY TERMS**

#### Race Bib

Your race bib has a timing chip on the back that records your start-to-finish time. On race day, wear your bib with the number facing forward, and don't bend or remove the chip.

#### Start Line Chute

The start line chute is where runners gather before the race begins.

#### **Hydration Station**

Hydration stations on the course will offer water, sports drinks, and portable toilets.

#### **Mile Markers**

Mile markers are posted along the course. GPS devices may not align exactly with them.

#### Finish Line Chute

The finish line chute is where runners collect their medal, water, and postrace snacks.

#### **Post-Race Party**

A post-race party is a celebration held after the race where runners and supporters gather to enjoy food, drinks, and festivities to celebrate their accomplishments.



# **RACE DAY ETIQUETTE**

#### **Start Line**

To keep everyone moving comfortably, please line up toward the back if you plan to walk or do a walk-run.

#### **Hydration Stations**

At hydration stations, keep moving while grabbing your cup. If you need to stop, glance behind you or step to the side so everyone stays safe and flowing

#### **Passing**

If possible, pass on your left and alert the runner by saying, "On Your Left."

#### **Respect Others**

Avoid sudden stops or weaving; be predictable in your movements.

#### Garbage

Keep the Amelia Island beautiful—please put all trash in the bins, not on the course.

#### **Follow Instructions**

Listen to volunteers & race staff, and obey signs or course markings.

#### **Show Gratitude**

Don't forget to thank the volunteers, police, and EMS who are helping make race day safe and fun!

#### **Finish Line Chute**

For everyone's safety, please keep moving through the finish line.



# RACE DEADLINES

DEADLINE	FORM	DETAILS
REGISTRATION  10/18/25 at 2:00 PM EST	Join the fun!	Registration will close one hour prior to the end of packet pickup, unless the race sells out sooner.
BIB MAILING 9/12/25 at 12:00 PM EST	Form Closed	Only bibs and safety pins will be mailed to you. You will pick up your shirt at the post-race party.
CHANGE DISTANCE 10/18/25 at 3:00 PM EST Distance changes are subject to availability.	<u>Change</u> distance here!	You must fill out the change distance form online.  Bib Mailers, if the bib you receive is for the incorrect distance, you will need to get a new one at PPU.
DEFERRAL  10/9/25 at 11:59 PM EST	<u>Defer your</u> <u>race!</u>	You will be issued a race credit for the amount you paid at registration (excluding handling fees) that can be applied toward next year's race or another Capstone Race.

# **BIB MAILING**

- Bib were mailed the week of 9/29 from our timing company Start2Finish. If yours hasn't arrived by 10/17, visit packet pick-up and head straight to customer service for assistance.
- If you changed distances after 9/12, double check to make sure your bib reflects the distance change. If it doesn't, please visit the customer service at packet pickup for a new bib.
- You will pick up your race shirt after the event at Customer Service.

Race Item	Will Receive in the Mail	Will Pick Up AFTER the Race
ejia	Ø	
Safety Pins	Ø	
Participant Shirt		Ø

# **PACKET PICKUP**

- Location: Fleet Feet Durham at Southpoint | 6807 Fayetteville Rd #105, Durham, NC 27713
- Date & Time:
  - Friday, 10/17 | 3-6:30 PM
  - o Saturday, 10/18 | 10 AM 3 PM
  - Please reserve your spot if you haven't already done so!
- Parking:
  - There is ample parking at the shopping center outside of Fleet Feet.
- You'll Receive:
  - o Bib, safety pins, participant shirt

## **PACKET PICKUP FAQ**

#### Can someone else pick up my bib for me?

Yes, someone else can pick up your bib—just have them bring a copy or photo of your ID for verification.

#### Will there be a packet pickup on race morning?

There will not be packet pick-up on race morning. Please make plans to attend beforehand, or have someone attend on your behalf.

#### Will I be able to exchange my t-shirt size at packet pickup?

At packet pick-up, you will receive the size shirt you selected at registration. If you would like to exchange your shirt size, you can do so AFTER the race based on the availability.

### If I am picking up bibs for multiple people, do I need to sign up for multiple reservation spots?

No, you only need to sign up for one slot if you are picking up bibs for multiple people.



# DELTA TEAM CHALLENGE PACKET PICK-UP

- Location: Fleet Feet Durham at Southpoint | 6807 Fayetteville Rd #105, Durham, NC 27713
- Date & Time:
  - Friday, 10/17 | 3-6:30 PM
  - Saturday, 10/18 | 10 AM 3 PM
  - o Please reserve your spot if you haven't already done so!
- Parking:
  - There is ample parking at the shopping center outside of Fleet Feet.
- You'll Receive:
  - Bib, safety pins, participant shirt

# Here's everything you need to know to make packet pickup easy for you and your team:

- Teams of 10+ by October 5 at 11:59 PM: One team rep can pick up all bibs and shirts for the entire team.
   Your items will be pre-packaged for easy pickup.
- Teams of 9 or fewer (by October 5 at 11:59 PM): Each runner must pick up their own bib and shirt.
- We'll confirm teams eligible for team packet picket by October 8 via email.



# **BIB GUIDE**

All participants must wear their bib on the outside of their shirt with the race number facing forward.





that will feature a logo and color of their choice.





Whether you love to walk, run or just need comfortable shoes, we can help! Visit Fleet Feet to find the shoes and gear to support you best. Join our community for fun runs, training groups, events and more.

We can't wait to run with you.



### LEARN MORE

fleetfeetcarrboro.com

# RACE WEEKEND TIMELINE

Packet Pickup

OCTOBER 17 | 3-6:30 PM

Fleet Feet Southpoint



Packet Pickup

OCTOBER 18 | 10-3 PM

Fleet Feet Southpoint

**Half Race Start** 

OCTOBER 19 | 7:30 AM
WHEELCHAIR START | 7:25 AM

359 Blackwell, Durham, NC 27701L



**5k Race Start** 

OCTOBER 19 | 7:45 AM
WHEELCHAIR START | 7:40 AM

359 Blackwell, Durham, NC 27701L

**5k Overall Awards Announced** 

OCTOBER 19 | 8:45 AM

Post-Race Party | Diamond View Park



**Half Overall Awards Announced** 

OCTOBER 19 | 9:30 AM

Post-Race Party | Diamond View Park

**Delta Team Awards Announced** 

OCTOBER 19 | 9:30 AM

Post-Race Party | Diamond View Park

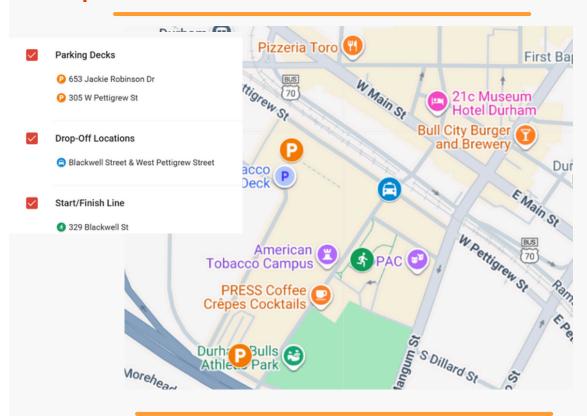


Post-Race Party Ends
OCTOBER 19 | 12:00 PM

# **RACE DAY PARKING**

Runners have access to two free parking garages, both with plenty of spaces:

- American Tobacco Campus South Deck | 653 Jackie Robinson <u>Dr., Durham</u>: Closest to the highway exit; may have a line in the morning.
- American Tobacco Campus North Deck | 305 W Pettigrew St., Durham: Only 0.2 miles away and typically has hundreds of available spots. We encourage runners to use this garage for a quicker and easier arrival.



**Drop Off**: If you're being dropped off, please get dropped off at the intersection of Blackwell & W Pettigrew to avoid road closures.

While ample free parking is available, we encourage you to arrive early. This year's Bull City Race Fest is expected to be the largest yet, so <u>allow extra time for potential congestion near the parking areas.</u>

# **PRE-RACE INFO**

Start Line

329 Blackwell Street, Durham, NC

#### Start Times

- Sunday, October 19
  - o Half: 7:30 AM
    - Wheelchair Division 7:25 AM
  - o 5k: 7:45 AM
    - Wheelchair Division: 7:40 AM

#### Packet Pick-Up

**Location:** Fleet Feet Durham at Southpoint

- Friday | 3-6:30 PM
- Saturday | 10-3 PM
- Packet pickup is unavailable on Sunday. Please plan accordingly.

Portable Toilets **Location:** Diamond View Park | Adjacent to the start/finish line

Customer Service Customer service will be available at 6:30 AM at the lawn at Diamond View Park

**Pacers** 

Pacers will not be offered.

Living Tracking Live tracking will not be available.

PRE-RACE MAP ON THE NEXT PAGE!

# DELTA TEAM CHALLENGE RACE DAY

#### Team Tents

- If you're team qualified for a team tent, find your tent in the Delta Team Challenge tent zone, located in Diamond View Park.
- Tents will have the team's name on the outside of the tent.
- You can use this tent as a gathering space before, during or after the race.

Team Awards The team awards will be announced at **11:00 AM** on the stage at Diamond view Park.

The three teams with the highest points will be recognized at the ceremony, earning a team trophy and, of course, ultimate bragging rights!

The team scoring system is below!



#### 2 Distances

- Half
- Marathon
- 5l

#### 3 Gender Categories

- Man
- Woman
- Nonbinary



#### 14 Age Group Categories

- Under 10 40-44 11-14 • 45-49
- 11-14 45-49
- 20-24 55-5
- 30-34 65-69
- 35-39



#### **Point System**

All finishers will earn at least one point for their team!

Overall and age group winners will earn extra points for their team.



#### **Overall Points**

gender & distance category will earn 10 points for their team!

#### Age Group Points (Per Distance)

2nd Place: 4 Points 3rd Place: 3 Points

# **PRE-RACE MAP**

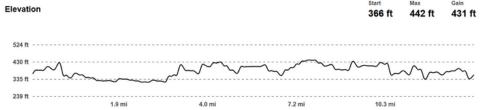


- Start & Finish Line
- 2 Portable Toilets

- 3 Customer Service
- Delta Team
  Challenge Tents

# HALF MARATHON COURSE MAP





#### **Hydration Stations**

Half marathon runners will find 6 hydration stations along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.25 mile.

#### **Locations:**

1.5, 3.75, 5.75, 7.5, 9.5, 11.25, 12

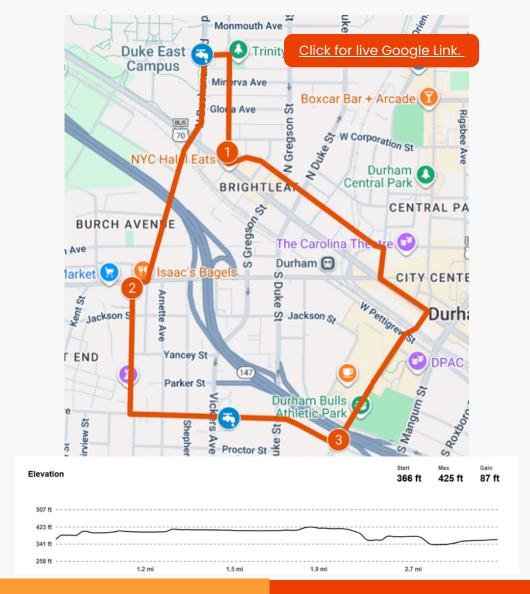
#### On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Gu will be offered at miles 7.5 and 11.25.

Portable toilets will be located at each aid station.

# **5K COURSE MAP**



#### **Hydration Stations**

5k runners will find two hydration station along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.25 mile.

**Location:** 1.25, 2.5

#### On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Portable toilets will be available at each hydration station.

# **COURSE DETAILS**

**5k:** The 5k takes you through the American Tobacco Campus, Downtown Durham, Trinity Park, and more! The course starts with a gentle incline, evens out through the middle, and wraps up with a few rolling hills.

**Half Marathon**: Starting at the American Tobacco Campus, the route moves through Downtown Durham and Trinity Park before heading onto the scenic Ellerbee Creek Trail and alongside the lush fairways of Hillandale Golf Course.

Runners will face some steady inclines, some flat stretches, and many rolling hills, making for a scenic yet demanding course from start to finish.

**Train Crossing**: Runners will cross a train track during the course. If a train passes during the race, we'll record your time on each side of the track to ensure your results are accurate.

For your safety, do not attempt to cross the tracks if the train arms are coming down or the signals are on.



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# **POST-RACE PARTY**

**Location** Diamond Park at American Tobacco Campus

**Hours** 8:15 AM - 12:00 PM

Details

After the race, meet up with your friends and family to enjoy the post-race party in Diamond View Park, directly next to the finish line! Grab a beer from the beer garden (ID required), check out the sponsor tents, and enjoy your finisher snacks and food vendors!

Overall Awards Overall awards for each distance will be presented to the top 3 male, female, and nonbinary finishers, based on gun time. Awards will not be mailed.

Award

Overall Overall awards will be announced at the stage at Diamond View Park.

Award

**Award** • 5k: 8:30am

Time

• Half Marathon: 9:30am

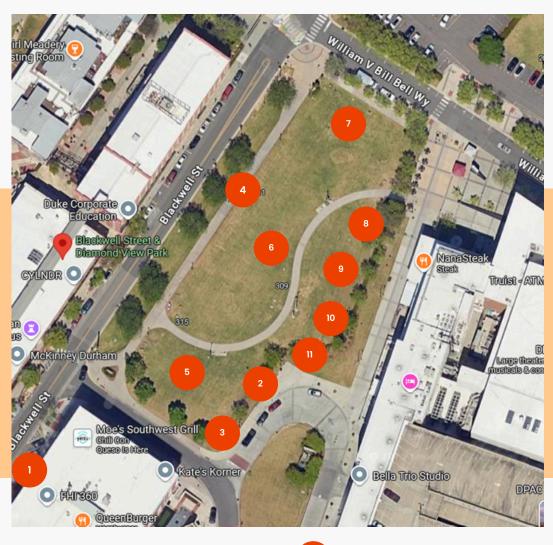
Age Group Awards

Age group awards will be given to the top 3 male, female, & nonbinary finishers in each age group for both distances based on chip time. Age group awards will be available for pick-up at customer service after the announcement of the overall awards. **Awards will not be mailed.** 

Age Groups 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over



# **POST-RACE PARTY MAP**



- Finish Line
- 2 Customer Service
- 3 Race Shirts
- 4 Portable Toilets
- Delta Team
  Challenge Tents

- 6 Sponsor Zone
- Beer Garden (ID Required)
- 8 Fleet Feet
- 9 Delta VIP Zone
- Playa Bowls
- 11 Press

# **POST-RACE**

Race **Photos**  Within 2-3 days of the race, you will receive an email from the race photographer, Finisher Pix, with race photos.

Results

There will not a results tent at the finish line, but a results link will be shared via email before the race.

Results

We will share information about how to correct your results Correction after the race.

Survey

We value your feedback! After the race, you'll receive an email with a short survey link. Taking a few minutes to share your thoughts helps us improve and make next year's event even better.



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