



# **NAPA VALLEY WOMEN'S**

## **HALF MARATHON & 5K**



**ATHLETE GUIDE**  
**SUNDAY, March 24, 2019**

# WELCOME

On behalf of 10xEM, Premier Event Management, The City of Napa, The County of Napa and our sponsors, first responders and volunteers, we would like to thank every athlete for joining us for the 1<sup>st</sup> annual Napa Women's Half Marathon & 5K!

The event we've planned for you sets up to be a fun day of fitness and music as the spring season kicks into high gear! In this inaugural year, the event for both half marathoners and 5K runners will start and finish in Oxbow Commons. Athletes will traverse past some of the most beautiful vineyards and wineries on your 13.1 mile tour and 5K tour of this great city!

This year's event has over 5,000 registered runners from all 50 states and 20 foreign countries joining us at the starting line.

Again, congrats to each of you for taking up the challenge of the 1<sup>st</sup> annual Napa Women's Half Marathon & 5K Road Race! Good Luck!

Sincerely,

Your Event Team

# OUR SPONSORS



# RACE WEEK SCHEDULE

**FRIDAY, March 22, 2019**

**Sports Basement- \*Presidio only\* – Old Mason St, San Francisco, CA 94129  
Napa Running Company – 942 Main St, - Napa, CA 94559  
Athletic Feat– 3367 Solano Ave. – Napa, CA 94558**

2:00 PM - 6:00 PM

Bib Pick Up, T-Shirt Pick-Up

**SATURDAY, March 23, 2019**

**Sports Basement- \*Santa Rosa only\* – 1970 Santa Rosa Ave, Santa Rosa, CA 95407  
Napa Running Company – 942 Main St, - Napa, CA 94559  
Athletic Feat– 3367 Solano Ave. – Napa, CA 94558**

12:00 PM – 6:00 PM

Bib Pick Up, T-Shirt Pick-Up

**SUNDAY, March 24, 2019**

**OXBOW COMMONS PARK, 1268 MCKINSTRY ST, NAPA CALIFORNIA**

6:00 AM – 6:30 AM

Packet Pick Up (Limited to athletes with special request ONLY)

7:15 AM

Half Marathon Runners Called into Corrals

7:25 AM

National Anthem

**7:30 AM**

**START – Napa Women’s Half Marathon**

7:35 AM

5K Runners Called into Corrals

**7:40 AM**

**START – Napa Women’s 5K Road Race - TENTATIVE START TIME**

9:30 AM

Awards Presentation - 5K

10:00 AM

Awards Presentation – Half Marathon

11:30 AM

Race Course Closes

12:30 PM

Post Event Party CLOSING DOWN

**Proxy Packet Pick Up – To pick up for another participant please bring a copy of a sign Proxy Form to any of the 4 Partner Store Locations Listed Above! [Click for Proxy](#)**

## PACKET PICK-UP INFO

The 2019 Napa Women's Half Marathon will be using direct bib assignment for race packet pick-up. Athletes can go to any of the 4 locations listed below to get their race bib assigned to them when they arrive at a location. You will need your confirmation email with the QR code.

### Packet Pick-up Locations

- **Sports Basement Presidio – FRIDAY ONLY**
  - Old Mason St, San Francisco, CA 94129
- **Sports Basement Santa Rosa – SATURDAY ONLY**
  - 1970 Santa Rosa Ave, Santa Rosa, CA 95407
- **Napa Running Company – FRIDAY & SATURDAY**
  - 942 Main St, - Napa, CA 94559
- **Athletic Feat – FRIDAY & SATURDAY**
  - 3367 Solano Ave. – Napa, CA 94558

Athlete's must have a copy of their ID, and it's very helpful to have a copy of your confirmation email from active.com when you pick up your race packet.

If you're picking a race bib for another person, you will need to have a properly filled out Proxy Form, please find link here:

<http://napawomenshalf.events/proxy/>

If you wish to partake in the wine tasting post event you can receive your wristband at packet pick up. **You must put the wristband on at the location where you have your ID checked. You will not be allowed to participate in the tasting without your wristband.**

## **TRANSFER/DEFERRAL IMPORTANT UPDATE!**

**The cutoff for transfers and deferrals has past.**

**Race management wants this to be a positive and fun experience for all. Any athlete that still wishes to change their race distance can decide on race day, but will use the original pre-registered bib.**

For example, a half marathon runner wants to switch to 5K. This runner will pick up a half marathon bib at packet pickup and will use it for the 5k road race. Upon completion, you will receive a 5K time. However, you may receive a half marathon medal so that we do not run out of 5K finisher medals. This is to ensure that all pre-registered 5K participants will receive the proper 5K medal.

## **PACER GROUPS**

Our available pacer athletes will assist every ability level of each runner to reach her potential at the 2019 Napa Women's Half Marathon.

Athletes can find several pacers and a pacer captain in the following finish pace times:

<b>6:30 pace to 7:00 pace</b>	<b>1:28:29</b>
<b>7:00 pace to 7:30 pace</b>	<b>1:35:03</b>
<b>7:30 pace to 8:00 pace</b>	<b>1:41:36</b>
<b>8:00 pace to 8:30 pace</b>	<b>1:48:09</b>
<b>8:30 pace to 9:00 pace</b>	<b>1:54:42</b>
<b>9:00 pace to 9:30 pace</b>	<b>2:01:15</b>
<b>9:30 pace to 10:00 pace</b>	<b>2:07:49</b>
<b>10:30 pace</b>	<b>2:17:39</b>
<b>11:30 pace</b>	<b>2:30:45</b>

## **COURSE SUPPORT**

**Water Stations are located at miles 2, 4, 6, 8, 10, 12, NUUN will be offered at every other stop (4, 8, 12)!**

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

**Cliff Gel's will be offered at mile 6. If you are going to carry energy gels during the event, please do not litter! THANKS!**

**UCSF Medical staff will also be located at ALL water station locations on the 13.1-mile route and at the finish line.**

## **TIME LIMIT - HALF**

The 2019 Napa Valley Women's Half Marathon has a 4 Hour Time Limit. If you cannot keep the cutoff pace, you will be moved up on the course by someone on the race staff. You will still be allowed to finish but you will not receive an official race time.

## **GEAR CHECK**

Athletes wishing to drop off a gear bag at the starting line in the gear check area may do so before 7:00am. If you do not have a bag, gear bags will be available at Gear Check. 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.

# PARKING

There is plenty of parking available for free in downtown Napa for the Napa Valley Women's Half Marathon & 5K Road Race. There are several parking structures and lots. Please keep in mind roads will begin to close at 6:30AM. Please plan accordingly. [Napa Parking Map](#)



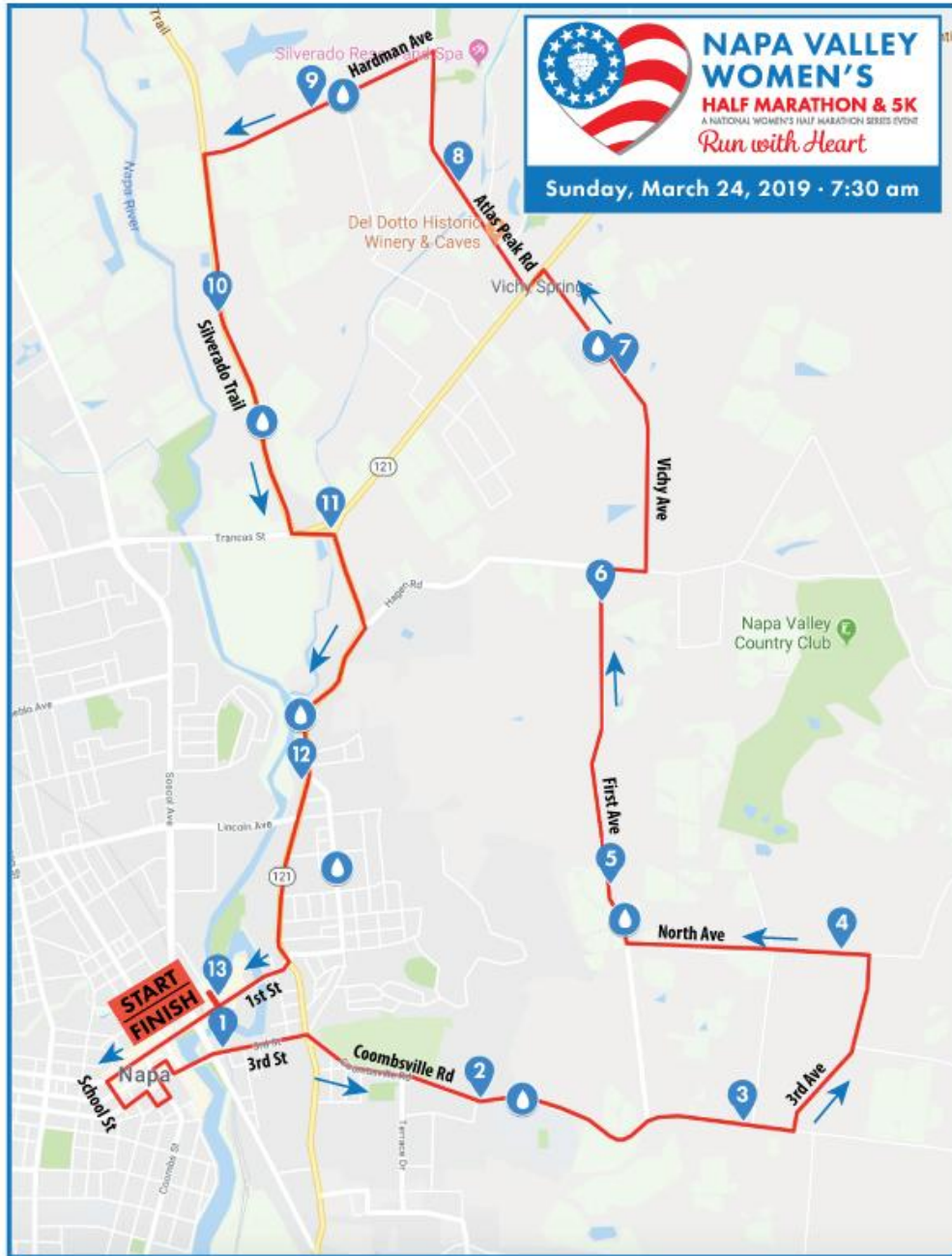
# DROP-OFF & RIDE SHARE

For anyone who is planning to be dropped off or is using a ride-share option to arrive at the, please have your driver drop you off at the parking lot at 825 Pearl Street.

**GETTING TO THE START:** The quickest way to get to the starting area in the Oxbow District is to walk down First Street. There is a pedestrian walkway under Soscol Ave. Remember: ROAD CLOSURES BEGIN AT 6:30am SHARP.



# COURSE & ELEVATION MAPS





# WINE TASTING

We are pleased to announce our wine tasting will be offered from 9am-noon or until we run out of wine. We would like to thank all of our wine partners for coming out to support the event. Each participant is allowed to pick up their commemorative wine glass from the wine glass tent on the North side of the venue. All participants over the age of 21 will need to show their ID's to receive a wristband allowing them to sample wine.

We'd like to thank all of our wine partners for supporting the Inaugural Napa Valley Women's Half Marathon:

➤ **NakedWines.com**

Nakedwines.com put together an exclusive offer for Napa Valley Women's Half Marathon & 5K athletes – just because you love running doesn't mean you should run out of wine!

Visit [nakedwines.com/nvm](http://nakedwines.com/nvm) to claim your special \$100 wine voucher.

Great quality wine for less is what nakedwines.com is all about. By supporting talented indie winemakers up-front, they cut out the middleman – so customers get world-class wines for wholesale prices, like 40-60% off.



➤ **Clif Family Winery**

Clif Family celebrates wine, food and adventure in all that we do.

Visit us and share our love of artisan wines, handcrafted food and authentic experiences.

We welcome all Napa Valley Women's Half Marathon and 5k participants to our organic farm and estate vineyards located high atop Howell Mountain provide a bounty of grapes, olives, fruit and vegetables to fuel our journey. Fill your glass and spend an afternoon with us.



➤ **Avinodos**

Friendships form the foundation of [AvinoDos](#), friendships that start over good wine. Our founder, Dan Dexter enjoys everything about wine, from working the earth to labeling bottles. But mostly he enjoys sharing wine with friends. That's the fun part.



We invite all Napa Valley Half Marathon & 5k participants to join us at our tasting room for a private tasting of our four current releases: Sauvignon Blanc, Malbec, Zinfandel, and Cabernet Sauvignon, as well as barrel tastings of its yet to be released vintages. Reserve your appointment today through [CellarPass](#) and you'll get a 2 for 1 tasting!

➤ **Robert Craig**

Located on the summit of Howell Mountain, [Robert Craig Winery](#) has produced vineyard expressive, monumental Cabernet Sauvignons from exceptional mountain vineyards for over 25 years.



ROBERT CRAIG WINERY

Step back in time at the Robert Craig Tasting Salon and enjoy an intimate, friendly unhurried tasting in a peaceful setting adjacent to the Napa River while sipping Robert Craig's silky-smooth mountain Cabernets.

Located just 2 blocks from the finish festival, all Napa Valley Women's Half Marathon & 5k participants can enjoy a Salon Tasting of 5 Robert Craig Wines for \$10 (regular price \$25) Friday, March 22<sup>nd</sup> - Monday, March 25<sup>th</sup>.

## RESULTS

Race results will be posted at <http://napawomenshalf.events/race-results/>

## PHOTOS



Get your personal race photos with FinisherPix!  
FinisherPix is the official photographer at **Napa Valley Women's Half Marathon & 5K**. Your personal race photos will be available at [www.finisherpix.com/e/2839](http://www.finisherpix.com/e/2839). 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!

### YOUR BEST PHOTOS!

- Ensure you have your race number facing front and visible at all times
- Look out for our FinisherPix photographers on course and SMILE 😊
- Look up when you cross the finishline and smile BIG!

### ALREADY CONNECTED?

[Email](#) | [Website](#) | [Facebook](#) | WeChat: finisherpix

## 2020 EVENT

**SAVE THE DATE** - the 2020 Napa Valley Women's Half Marathon will be held on Sunday, March 22, 2020. Registration will open the week after the event – mark your calendars!

## CONTACT US

For any additional questions, please email [napawomenshalf@race10x.com](mailto:napawomenshalf@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 #NapaWomensHalf!



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