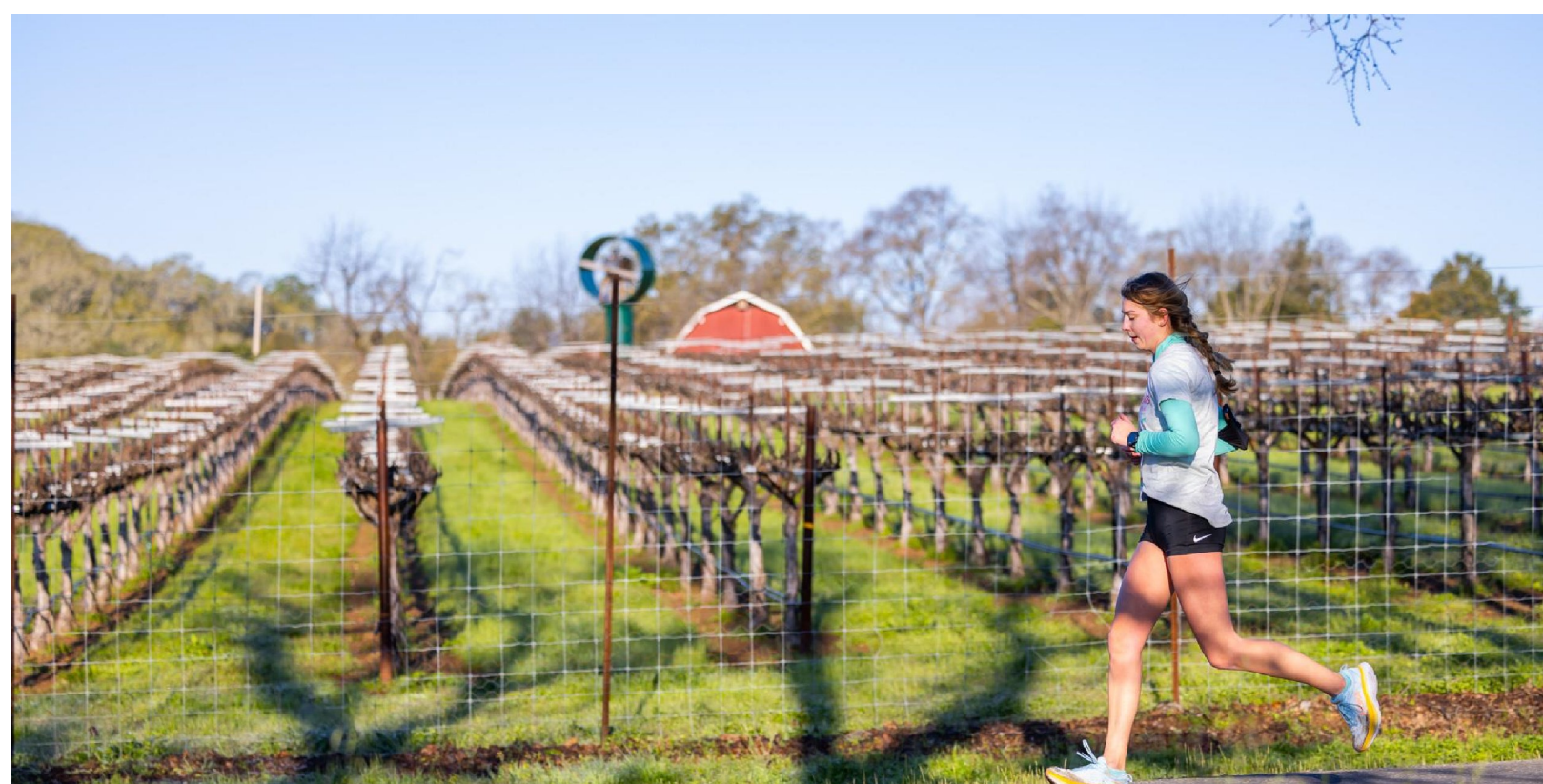




NAPA SPRING

HALF MARATHON  5K



ATHLETE GUIDE
SUNDAY APRIL 28, 2024

WELCOME

On behalf of 10xEM, The City of Napa, The County of Napa, Napa Running Company and our sponsors, first responders and volunteers, we would like to thank every athlete for joining us for The 2024 Napa Spring Half Marathon & 5K!

The event we've planned for you is guaranteed to be a fun day of fitness and music as the spring season kicks into high gear! The event for both half marathoners and 5K runners will start and finish in Oxbow Commons. Athletes will race past some of the most beautiful vineyards and wineries in Napa Valley on their 13.1-mile tour and 5K journey of this great city!

This year's event has over 2,000 registered runners, from all 50 States and 5 foreign countries, joining us at the starting line.

Again, congrats to each of you for taking up the challenge of The Napa Spring Half Marathon & 5K Road Race!
Good Luck!

Sincerely,

Your Event Team



OUR SPONSORS



RACE WEEKEND SCHEDULE

FRIDAY, April 26, 2024

Napa Running Company – 942 Main St, - Napa, CA 94559

2:00 PM - 6:00 PM	Bib Pick Up, T-Shirt Pick-Up
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SATURDAY, April 27, 2024

Napa Running Company – 942 Main St, - Napa, CA 94559

11:00 AM – 6:00 PM	Bib Pick Up, T-Shirt Pick-Up
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SUNDAY, April 28, 2024

OXBOW COMMONS PARK, 1268 MCKINSTRY ST, NAPA CALIFORNIA

5:45 AM – 6:15 AM	Packet Pick Up
6:45 AM	Half Marathon Runners Called into Corrals
6:55 AM	National Anthem
7:00 AM	START – Napa Spring Half Marathon
7:10 AM	HALF MARATHON START CUTOFF
7:10-7:15 AM	START – Napa Spring 5K Road Race - TENTATIVE START TIME
8:00 AM	Awards Presentation - 5K
9:30 AM	Awards Presentation – Half Marathon
11:00 AM	Race Course Closes
12:00 PM	Post Event Party CLOSSES DOWN

The last wave for the half marathon starts at 7:05 AM. The start line for the half marathon WILL CLOSE at 7:10 AM SHARP! If you do not start by 7:10 AM, you will be forced to run the 5K. **PLEASE ARRIVE EARLY.**

PACKET PICK-UP INFO

The 2024 Napa Spring Half Marathon & 5K, will be using direct bib assignment for race packet pick-up where we will assign your bib number at pick up. It is best to have your confirmation email with the QR code at the time of pick up. We will be emailing a copy of your QR code Friday morning (4/26) which we will scan for a quick check in.

Packet Pick-up Location

- **Napa Running Company – FRIDAY & SATURDAY**
 - 942 Main St, - Napa, CA 94559

Athletes may pick up for other racers without a proxy form. If you plan to pick up for large groups you must email us and let us know before packet pick up weekend.

If you wish to partake in the wine tasting post event you can receive your wine glass at the wine glass tent. **YOUR BIB IS YOUR ID.**

Additional wine glasses and entry into the post-race wine festival will be sold at the wine glass tent for \$30.

If you purchased an additional wine festival glass, you **MUST** have the guest with you for an ID check at the wine glass tent.

PACER GROUPS

Our available pacer athletes will assist every ability level of each runner to reach their potential at the 2024 Napa Spring Half Marathon & 5K. Athletes can find several pacers and a pacer captain in the following finish pace times:

1:40 – Half Marathon Finish Time
1:50 – Half Marathon Finish Time
2:15 – Half Marathon Finish Time
2:45 – Half Marathon Finish Time
3:30 – Half Marathon Finish Time

1:45 – Half Marathon Finish Time
2:00 – Half Marathon Finish Time
2:30 – Half Marathon Finish Time
3:00 – Half Marathon Finish Time

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)

GU 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 course! THANKS!

TIME LIMIT - HALF

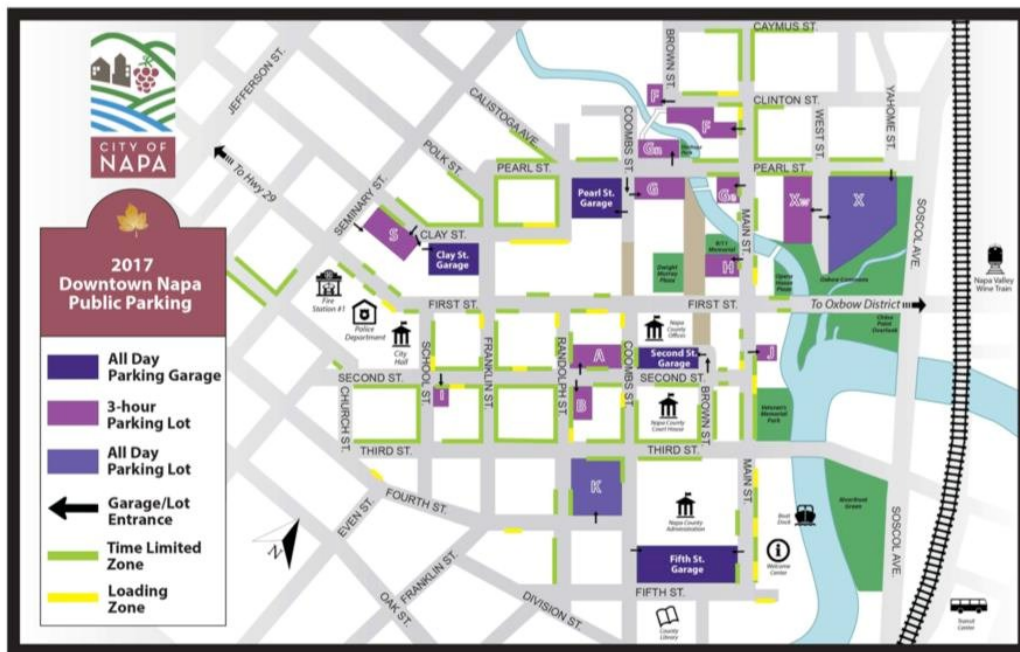
The 2024 Napa Spring Half Marathon has a 4 Hour Time Limit. If you cannot keep the cutoff pace, you will be moved up on the course by someone on the race staff. You will still be allowed to finish but you will not receive an official race time.

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

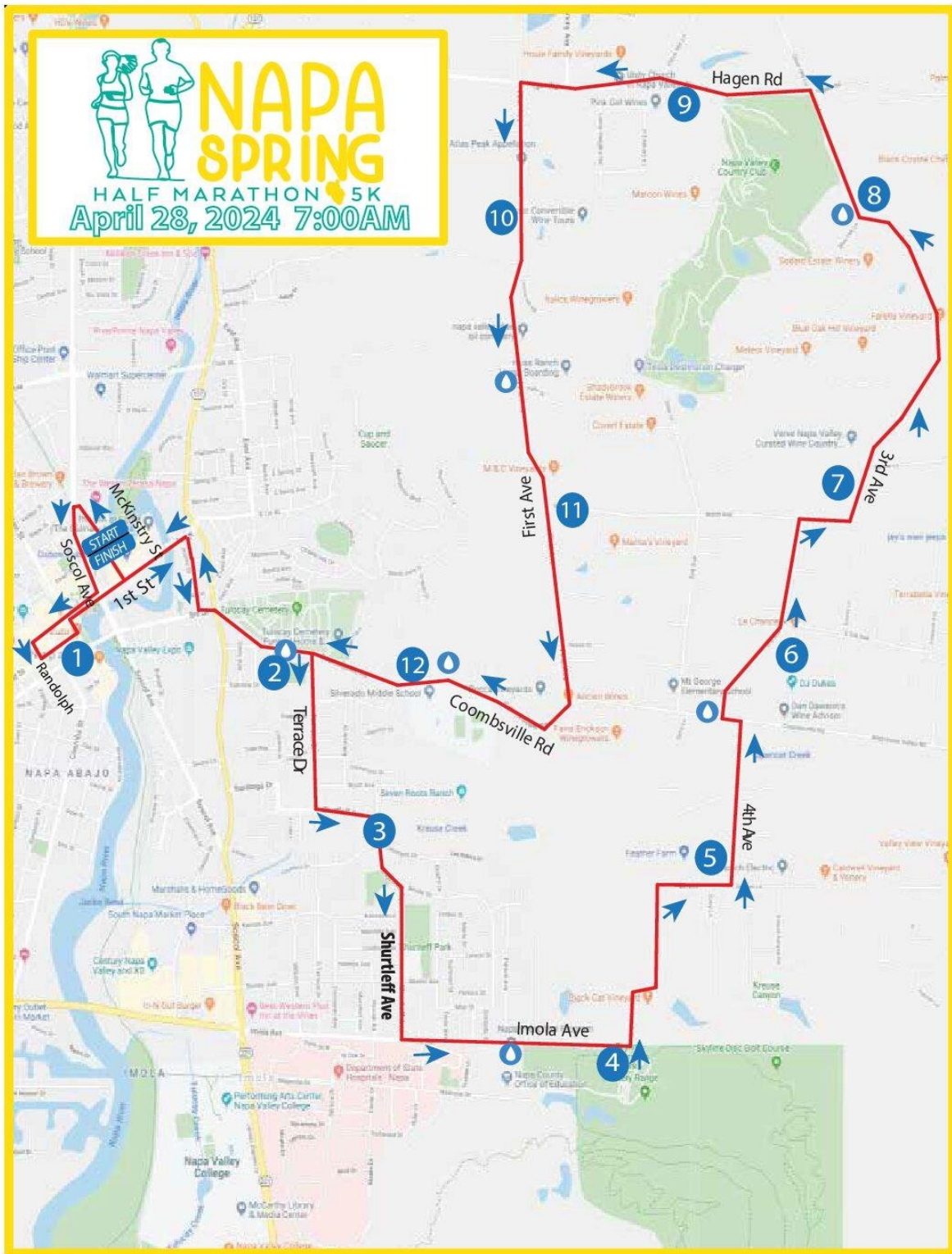
There is plenty of parking available for free in downtown Napa for the Napa Spring Half Marathon & 5K Road Race. There are several parking structures and lots. Please keep in mind roads will begin to close at 6:00AM. Please plan accordingly.



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 6:00am SHARP

COURSE & ELEVATION MAPS

HALF MARATHON COURSE



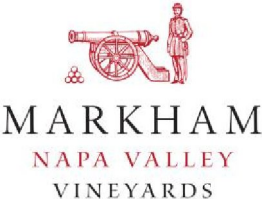
5K COURSE



WINE TASTING

We are pleased to announce our wine tasting will be offered from 9am-noon. 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. We would like to thank all our wine partners for supporting The Napa Spring Half Marathon & 5K:

PINE RIDGE VINEYARDS



RD WINERY
NAPA VALLEY



DECOY
Featherweight

SILVER OAK

RESULTS

Race results will be available [HERE](#)

If you have questions, please direct them to our [Timing Company](#)

SOCIAL MEDIA

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 #NapaSpringHalf!



[@NapaSpringHalf](#)



[@NapaSpringHalf](#)

**FREE PHOTOS FOR ALL
REGISTERED PARTICIPANTS!**



PHOTOS

Get your free race photo downloads with FinisherPix, courtesy of the Napa Running Company! Please thank Napa Running Company, during race weekend if you see them, for their generosity of the free pictures!

FinisherPix is the official photographer of **The Napa Spring Half Marathon & 5K.**

Your personal race photos will be available at:

<http://napawomenshalf.events/race-photos/>

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 finish line and smile BIG!

ALREADY CONNECTED?

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