



Athlete Guide

The Ralston Creek Half Marathon returns in 2013 with the addition of an all new 5K to the morning's events. Thanks for being a part of our race!

The weather forecast for Sunday's race is still evolving. With the warm days this week, the course will be in perfect shape on Friday. There has been a chance of snow flurries in the weekend forecast for the past few days, but the system is still a long way away.

On this morning's news they have pushed it's arrival out a half-day later than yesterday's forecast. All we can do is hope for the best - we'll still be out there, and it will be a fun winter morning in Colorado!

Please be sure to read this entire guide, as there is a construction project on a portion of the course which has forced us to create a half-mile detour which you will use twice during the race.

Ralston Creek also serves as the series finale for the inaugural Racing Underground Winter Running Series. Current series standings for both the 5K-10K-Half Marathon series as well as the 5K-5K-5K series have been posted at

www.WinterRunningSeries.com. All series details are listed on the series website.

A participant list has been posted on the race website at www.RalstonCreekHalf.com

Please check the list and ensure we have all of your info correct. Also, we ask that if you would like to drop from the half-marathon to the 5K distance, please let us know by noon on Wednesday. We will be assigning bib numbers on Wednesday evening.

Remember, we are offering two half-marathon starting waves:

Wave-1 is for runners who anticipate taking longer than 2:30 to complete the course. Please be aware, if you start in this wave and finish faster than 2 hours 15 minutes, you will be removed from the results.

Wave-2 is for runners who plan to finish faster than 2:30. There is no penalty for runners who start in this wave and take longer than 2:30.

Whatever the weather, we'll have hot breakfast burritos, hot cocoa, and steaming noodle cups at the finish line - as well as Jill's home baked banana chocolate chip bread!!!

Packet Pick-Up Directions & Parking

Racer bib numbers, goody-bags, and shirts will be available on race morning beginning at 7:30am at our expo area located at 6542 Fig St. in Arvada.

There will also be an *early packet pick-up at Runners Roost in Lakewood from noon until 7:00pm on Friday February 8th*. Runners Roost Lakewood will have storewide discounts to all racers who pick up their packet at this time. You'll also have the opportunity to check out the Saucony product line. All runners who make a Saucony purchase of \$50 or more will also receive a special gift from Saucony!

Runners Roost is located at 7978 West Alameda Ave., Ste. A Lakewood, CO 80226. Their shopping center is on the southwest corner of Wadsworth and Alameda in Lakewood.

On race morning, there will be no parking at 6542 Fig St. but there is plenty of parking in the immediate vicinity. The start/finish is located in an office park that is basically empty on Sundays. There is one parking lot that we are prohibited from using, and it will be coned with no parking signs on race morning. Please also avoid parking on Fig Street north of the expo and finish area as this will interfere with the race course.

Shirts will be distributed at packet pickup. You will initially be given the size you selected during registration. If you need to swap your shirt size, please bring your shirt to the shirt tent following the race and you may exchange it for another size (if the size you would like is available). *I'm sorry - we cannot exchange your shirt if you wear it in the race.*



DIRECTIONS: The Ralston Creek Half-Marathon is conveniently located on the Arvada's west side. From Highway 93 (between Golden and Boulder), turn east on the 64th Ave Parkway. Drive east on 64th for approximately 3.5 miles. As you pass the Arvada West shopping center (on your left) you will turn left onto Gardenia. Take Gardenia 2 blocks to W. 65th Way. The race staging area will be to your right.

Please do not take over the Arvada West shopping center parking lot. Many of these businesses are open on Sundays, including the new Neighborhood Walmart which sees lots of weekend customers.

Bag Check

We will have a bag check in the expo area, immediately adjacent to the packet pickup/food tents. Just write your bib number on one of the bag tags, attach to your bag, and give it to the attendant. We'll watch your bag for you until you return.

Race Schedule & Awards

- 7:30 a.m. - Packet Pick-Up Opens
- 9:00 a.m. - Half-Marathon Wave-1
Runners 2:30 and slower
- 9:45 a.m. - Half Marathon Wave-2
Runners Faster than 2:30
- 10:00 a.m. - 5K Run Start
- 11:00 a.m. - 5K Awards*
- 11:00 a.m. - Half Marathon Awards*

*Awards times may be moved a bit depending on the number of athletes still on course and the weather on race morning.

Awards will be given to the top-3 male and female finishers in the 5K and Half Marathon, as well as the top-3 male and female finishers in the following age categories (overall winners will be removed from their age groups for awards):

5K: 12 & under,13-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79,80+

10K: 19 & under,20-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79,80+

The top-3 overall male and female runners in the half marathon will win cash awards in the amount of \$250, \$150, and \$100.

CONGRATULATIONS

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Mon.--Fri. 10a-7p
Sat. 10a-6p & Sun. 11a-5p

Winter Running Series awards will be presented to the top-3 overall male and female point winners in the overall category. Overall award winners must have received a top-10 finish in their gender in at least one of the three series events, and must have finished at least 2 series events. Please see the series website at www.WinterRunningSeries.com for all series rules.

Winter Running Series awards will also be presented to the top series point winner in each age group in both the 5K-5K-5K series and the 5K-10K-Half series.

Age group point winners must have finished at least 2 series events to qualify for an award. Please see the series website at www.WinterRunningSeries.com for all series rules.

Course Changes

The half-marathon course has a construction project in progress just before the 3 mile mark. You will also come upon it again at just under 11 miles. We have arranged a half-mile detour which will be well marked on race morning, and staffed with several volunteers.

The detour parallels the original route and adds approximately 120 meters to the course distance, so we have moved the start line 120 meters north of its original location on Fig Street. All mile markers will also be adjusted accordingly.

Course maps for the 5K and Half-Marathon, aid station info, and a detour map can be found on the Ralston Creek website at: www.Ralston-CreekHalf.com

Timing Information

Important: Please check the info on the label at the bottom of your bib. If anything is incorrect, please let the registration volunteers know right away so we can update your info in our database.

This race will use a chip system where your timing chip is attached to the back of your bib number. These are disposable, so there will be no chip pick-up before the race and no chip return following the race

Please do not fold or crumple your bib number. If you damage the timing chip attached to the back of your bib, it will not work.

Also - **Please be sure to wear your number VISIBLY on your FRONT when you cross the start and finish mats.** Your number **MUST BE SHOWING** to ensure you receive a start and finish time.

In order to guarantee your timing chip registers as you cross the timing mats, please do not wear your bib on your back or under clothing. If you plan to take off a shirt or jacket during the race, please do not pin your bib to the item you'll be taking off - wear it underneath, and open your jacket as you cross the start mat.

Finally: When you finish, just run or jog through the finish chute and you are done. That's it!



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