

LURAY HALF MARATHON & 5K RUN

ATHLETE GUIDE 2023



Sunday, October 15, 2023

www.racinemultisports.com/lhm



Racine MultiSports

www.RacineMultiSports.com

WELCOME TO THE LURAY HALF MARATHON & 5K RUN



From the Race Director

Dear Race Participants,

Welcome to the Luray Half Marathon & 5K Run, located in scenic Luray, VA. We are super excited to have you join us for this event!

This document is being sent to help communicate to you the key pieces of information you will need to have a fun, safe, and successful event. Within this document we outline rules, so it is important that you read it carefully.

Please take time to read the entire document and email us with your questions.

Ken@RacineMultiSports.com

Packet pickup will be Saturday night 5:30 pm - 7:30 pm and race morning at 6:30 am. See guide for details.

Keep healthy and we look forward to seeing you at the race!

Ken Racine
Race Director

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SCHEDULE OF EVENTS

SATURDAY, OCTOBER 14

START	END	EVENT	LOCATION
12:00 NOON	9:00 PM	Hawksbill Brewing Co. Open	Hawksbill Brewing Co.
5:30 PM	7:30 PM	Registration, Packet Pickup	Hawksbill Brewing Co.

SUNDAY, OCTOBER 15

START	END	EVENT	LOCATION
6:30 AM	7:45 AM	Packet Pickup	Hawksbill Brewing Co.
7:50 AM	8:00 AM	Pre-Race Safety Briefing	Race Site—Start Area
8:00 AM		Race Starts - Half Marathon and 5K	Race Site—Start
8:10 AM		Relay Shuttle Departs for Relay participants that will go to Exchange Station #2	Hawksbill Brewing Co.
8:17 AM		First 5K Finisher Expected	Finish Line
8:50 AM		Half Marathon Cutoff time for Exchange #1	Mile 3
9:00 AM		5K Awards	Hawksbill Brewing Co.
9:10 AM		First Half Marathon Finisher Expected	Finish Line
9:35 AM		Half Marathon Cutoff time for Exchange #2	Mile 5.75
9:45 AM		Shuttle departs Exchange Station #2 for Return to Finish (approx. 15 min ride)	Exchange Station #2
10:40 AM		Half Marathon Cutoff time for Exchange #3	Mile 9.85
11:30 AM		Half Marathon Awards (time is approximate)	Hawksbill Brewing Co.
11:45 AM		All Runners Finished	Hawksbill Brewing Co.

After Party - Redeem Your Drink Ticket, Get Food & More at Hawksbill Brewing Co.!

Included in your race entry is one free beverage and post race food (athletes only).

PRE-RACE INFORMATION

PHYSICAL ADDRESSES

Race Site and Packet Pick Up:

Hawksbill Brewing Co.

22 Zerkel Street

Luray, VA 22835

<https://www.hawksbillbrewing.com>

DIRECTIONS TO HAWKSBILL BREWING CO.

From downtown Luray at intersection of 340 / Business 211 (Main St.):

Turn left on Main St. (.10 miles). Turn right onto Fire House Ln (250 ft. Hawksbill Brewing Co., 22 Zerkel St

If coming from Washington, DC and points east there are basically two options:

I-66 West towards Front Royal:

Take exit 13 to Rte 55 West towards Front Royal until it dead ends. Take a left at the light onto 340 South for approximately 30 miles to intersection of 340 / Business 211 (Main St.) in downtown Luray. Turn left on Main St. (.10 miles). Turn right onto Fire House Ln (250 ft). Hawksbill Brewing Co., 22 Zerkel St.

Alternate Route from the east:

Take 211 West through Sperryville over Skyline Drive towards Luray. Turn left on Business 211 to downtown Luray. Turn left on Main St. (.10 miles). Turn right onto Fire House Ln (250 ft). Hawksbill Brewing Co., 22 Zerkel St.

If coming from I-81 and points west:

Take 211 East towards Luray then right on Business 211 East towards downtown Luray. Turn left on Main St. (.10 miles). Turn right onto Fire House Ln (250 ft). Hawksbill Brewing Co., 22 Zerkel St.

LODGING

Luray and Page County, the '[Cabin Capital of Virginia](#)', offers a variety of lodging options, including motels, hotels, Bed & Breakfasts, an elegantly restored grand inn, private cabins or a campground in the mountains or on the river.

For up to date lodging information and options, please contact the [Luray-Page County Chamber of Commerce](#): 540-743-3915 or 540-743-4530. Don't forget to mention that you are racing in the Luray Half Marathon!

EVENT CANCELLATION

A Racine MultiSports event may be delayed or canceled due to adverse, inclement, or unsafe weather. Should the event be delayed, the starting time of the event will be moved back accordingly. The delay will be communicated to all participants. The Racine MultiSports management team and local law enforcement has the authority to cancel the event. If cancellation of the event takes place, please follow instructions of the event officials and local law enforcement personnel. Your entry fee is not refundable if an event is canceled due to adverse, inclement, or unsafe weather. The Race Director also reserves the right to modify the course at any time before or during an event by his/her own judgment or if instructed by local law enforcement personnel.

WEATHER CONFLICTS

The race will not be canceled for rain. Plan accordingly to the forecast. For severe weather please read "Event Cancellation" above.

VOLUNTEERS

Our events require many volunteers. We like to have more than needed to cover every possible detail. Please contact us if you or someone you know can volunteer for any amount of hours on Friday night or Saturday. Please visit the link below to register as a volunteer or email Shannon: Shannon@RacineMultiSports.com

<https://racinemultisports.com/volunteer/>

RACE DAY INFORMATION

ATHLETE PACKET PICKUP

You have the option of picking up your packet either the evening before or the morning of the event, at Hawksbill Brewing Co. (the race site). (See Schedule of Events for more info) If you plan to pick up your packet on race morning, please arrive no later than 7:15 AM so that you have plenty of time.

BIB NUMBER

Bib numbers will be assigned to each participant and must be worn on the front of your shirt. Please use 4 pins to keep your bib from flipping upside down. Wearing your bib improperly could result in no-reads when crossing timing stations. Additionally, wearing your bib properly will aid the photographers in identifying you on the run. This also aids in photo recognition. See details on page 13.

TIMING

This race is chip timed by Racing Timing. We are using bib tag timing chips. The tag will already be applied to your bib when you receive it in your race packet (see photo below). Bib tags are disposable and do not need to be returned. **DO NOT BEND THE BIB OR TIMING TAG.**



BIB TAG TIMING CHIP



PRE-RACE MEETING

The meeting (see Schedule of Events) is designed to give last minute instructions for a safe and successful race. We expect everyone to be on time for this meeting.

RACE MORNING PROCEDURE

Packet pickup opens at 6:30 AM and closes promptly at 7:45 AM on race morning. If you have not already picked up your race packet from the night before, you will need to visit the registration table at Hawksbill Brewing Co.

By 7:50 AM, you should be at the race start to attend the pre-race meeting.

RESTROOMS

There will be restrooms inside Hawksbill Brewing Co. with the addition of portable toilets outside.

SECURITY

All participants are responsible for their belongings. Racine MultiSports will not be responsible for lost or stolen items.

PARKING INFORMATION

RACE DAY PARKING

There is plenty of parking at the middle school, which is .4 miles from the Hawksbill Brewing Co. Also, feel free to park at any empty curb-side spaces in town. Check out the map below for instructions on parking at the middle school.

Parking at the Middle School for Luray Half Marathon

Walking is .4 miles. Leave the school parking lot and head left on Luray Ave. to Amiss Ave. Turn left on Cave St. and then immediately crossover. Walk through the parking lot towards the Brewery.



THE RACE - HALF MARATHON

START TIME

All participants will line up at the starting line and will be given a signal from the Race Director to begin the race. We will be using a mass start combining all individual runners and relay teams. Start is scheduled to start at 8:00 AM. Your race will begin when you cross the starting mat. The Race Director has the discretion to alter the start of the event to ensure the safety of all athletes.

RACE FORMAT

Distance is 13.1 miles. The race will start on East Main Street in Downtown Luray, VA and end at Hawksbill Brewing Co. in Downtown Luray, VA. The course is considered moderate, on a difficult scale, with only 487 feet of elevation gain. There are no major climbs.

COURSE SUPPORT

Mile 1.8- Water Station #1 (this also serves the 5K)
Mile 3.00- Water Station #2, Exchange Station #1
Mile 4.20- Water Station #3
Mile 5.75- Water Station #4, Exchange Station #2
Mile 8.10- Water Station #5
Mile 9.85- Water Station #6, Exchange Station #3
Mile 11.20- Water Station #7
Mile 12.40- Water Station #8

Water Stations include: water and ice. Exchange Stations include: water station, timing point, portable toilets, relay exchange stations, shuttle transport for relay team members and staff only.

RELAY DIVISION

2 PERSON RELAY TEAMS

Member 1- 5.75 miles, 241 feet of elevation gain
Member 2- 7.35 miles, 246 feet of elevation gain

There will be one exchange station along the course where each team will “pass” their race bib to the next team member. The member approaching the exchange point will first cross over the timing mat and then into a coned area just off the side of the course to hand their timing bib to the next runner. After the hand-off is complete inside the coned station, the member starting the next leg will carefully re-enter the course. The two-person team will only exchange one time at the second exchange station located at mile 5.75. We strongly recommend that each relay team brings a timing belt (used in triathlons) to attach the bib and then worn around the runner’s waist. This will allow for quick exchanges. We will have a limited amount of belts

for purchase at packet pickup for \$10.00 for teams who do not arrange this ahead of time.

Relay Team Shuttle: We will have a shuttle to take relay members to the exchange stations and then back to the after-party. **WE ASK THAT YOU DO NOT ARRANGE FOR PERSONAL TRANSPORTATION** to get you to and from these Exchange Stations. There is no parking to accommodate additional cars. The added auto traffic on the roads would create unsafe conditions for the runners. If you miss getting on your shuttle, at the start, you will force the previous runner of your team to run the entire race. Bottom line, **DO NOT MISS YOUR SHUTTLE!**

The relay shuttle will leave at 8:10am, from Hawksbill Brewing Co., to take participants to their exchange station.

The estimated shuttle departure, from Exchange Station #2, is 9:45 am, returning to the after-party at approximately 10:00 am. Do not miss the shuttle returning to the brewery.

RULES

Bib numbers will be assigned to each participant and must be worn on the front of your shirt. Please use 4 pins to keep your bib from flipping upside down. Wearing your bib improperly could result in no-reads when crossing timing stations. Additionally, wearing your bib properly will aid the photographers in identifying you on the run. This also aids in photo recognition. See details on page 13. If you have no number at the end of the race you may not get a finish time. **THE ROADS ARE NOT CLOSED TO VEHICULAR TRAFFIC SO RUNNERS MUST BE OBSERVANT AT ALL TIMES.** Runners must obey all race official instructions. Cones will be placed along the route and runners must be on the inside of the cones to ensure runner safety. Volunteers will be placed in key areas to help direct race traffic. Cutting the course or interfering with other athletes will result in disqualification.

Due to permit restrictions, there is time limit for the race set at 3 hours and 30 mins, which is a 16-minute-per-mile average. Cutoff times will be strictly enforced at each exchange point.

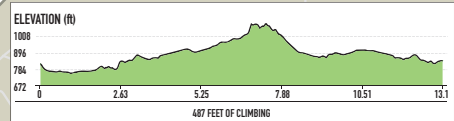
-Half Marathon cutoff time for mile 3 is 8:50 am

-Half Marathon cutoff time for mile 5.75 is 9:35 am

-Half Marathon cutoff time for mile 9.65 is 10:40 am

No runner will be permitted past an exchange point beyond these cutoff times. Runners who are pulled from the course will be taken back by the exchange bus or support vehicle.

HALF MARATHON COURSE MAP



MAP KEY



START



FINISH



MILE MARKERS



WATER STATION



EXCHANGE STATION

- RELAY EXCHANGE
- WATER STATION
- RESTROOMS
- MEDICAL
- TIMING POINT



DIRECTION TO RUN



GREENWAY PATH

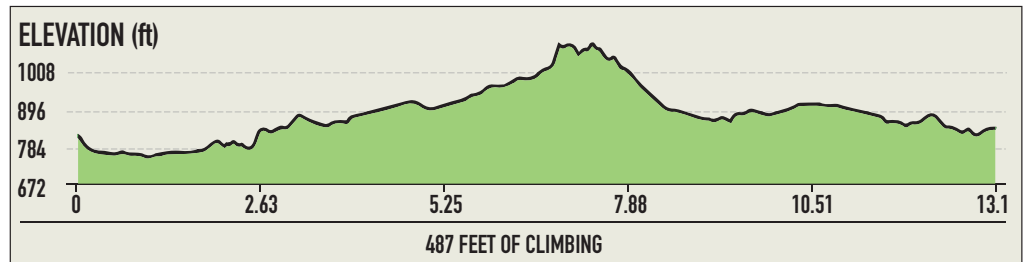


COURSE



CITY LIMITS

HALF MARATHON TURN-BY-TURN DIRECTIONS



0 mi	★	START on E Main Street heading west to	5.75 mi	E	EXCHANGE STATION #2 (relay exchange, water stop #4, restroom, medical, timing point)
.02 mi	↗	Right onto N Broad St		W	
.43 mi	↑	Straight onto N Broad St becomes U.S. 340	6.27 mi	↗	Right onto Brookstone Rd
.76 mi	↖	Left in to Greenway parking lot	8.10 mi	W	WATER STOP #5
.80 mi	↗	Right onto Greenway, follow Greenway for next 2 miles	8.56 mi	↗	Right onto Rt 689 (Stoneyman Rd)
1.73 mi	↗	Right onto Mechanic St	9.33 mi	↗	Right onto S Antioch Rd
1.77 mi	↖	Left onto Greenway	9.65 mi	E	EXCHANGE STATION #3 (relay exchange, water stop #6, restroom, medical, timing point)
1.80 mi	W	WATER STOP #1		W	
2.55 mi	↖	Left off of Greenway onto Linden Ave	10.63 mi	↖	Left onto Fairview Rd
2.77 mi	↑	Straight in to the Middle School property and follow driveway behind the school to 1st Street	11.20 mi	W	WATER STOP #7
2.87 mi	↖	Left onto 1st Street next to Middle School	11.50 mi	↖	Left onto Oakcrest Dr
3.00 mi	E	EXCHANGE STATION #1 (relay exchange, water stop #2, restroom, medical, timing point)	11.84 mi	↖	Left onto 3rd Street
	W		12.26 mi	↗	Right onto Luray Ave
3.01 mi	↗	Right onto Luray Ave.	12.40 mi	↖	Left onto 1st Street
3.15 mi	↖	Left onto 3rd Street	12.50 mi	W	WATER STOP #8
3.57 mi	↗	Right onto Oakcrest Dr	12.55 mi	↗	Right onto driveway behind Middle School
3.91 mi	↗	Right onto Reservoir Ave	12.64 mi	↑	Straight onto Linden Ave
4.20 mi	W	WATER STOP #3	12.73 mi	↗	Right onto Big Spring St
4.40 mi	↖	Left onto Eden Rd	12.89 mi	↖	Left onto Jamison Rd
5.49 mi	↗	Right onto Rt 667 (Dry Run Rd)	12.96 mi	↖	Left onto Inn Cir
			13.01 mi	↗	Right onto Zerkel St
			13.10 mi	★	FINISH at Hawksbill Brewery

THE RACE - 5K

START TIME

All participants will line up at the starting line and will be given a signal from the Race Director to begin the race. We will be using a mass start combining the Half Marathon and the 5K. Start is scheduled to start at 8:00 AM. Your race will begin when you cross the starting mat. The Race Director has the discretion to alter the start of the event to ensure the safety of all athletes.

RACE FORMAT

Distance is 3.1 miles. The race will start on East Main Street in Downtown Luray, VA and end at Hawksbill Brewing Co. in Downtown Luray, VA. The 5K course follows the exact same course as the half marathon through mile 2.73, then will turn off the Half Marathon course and head to the finish. The course is flat through mile 2.55 and then has some rolling hills in the final .5 mile, with less than 100 feet of climbing.

WATER STATIONS

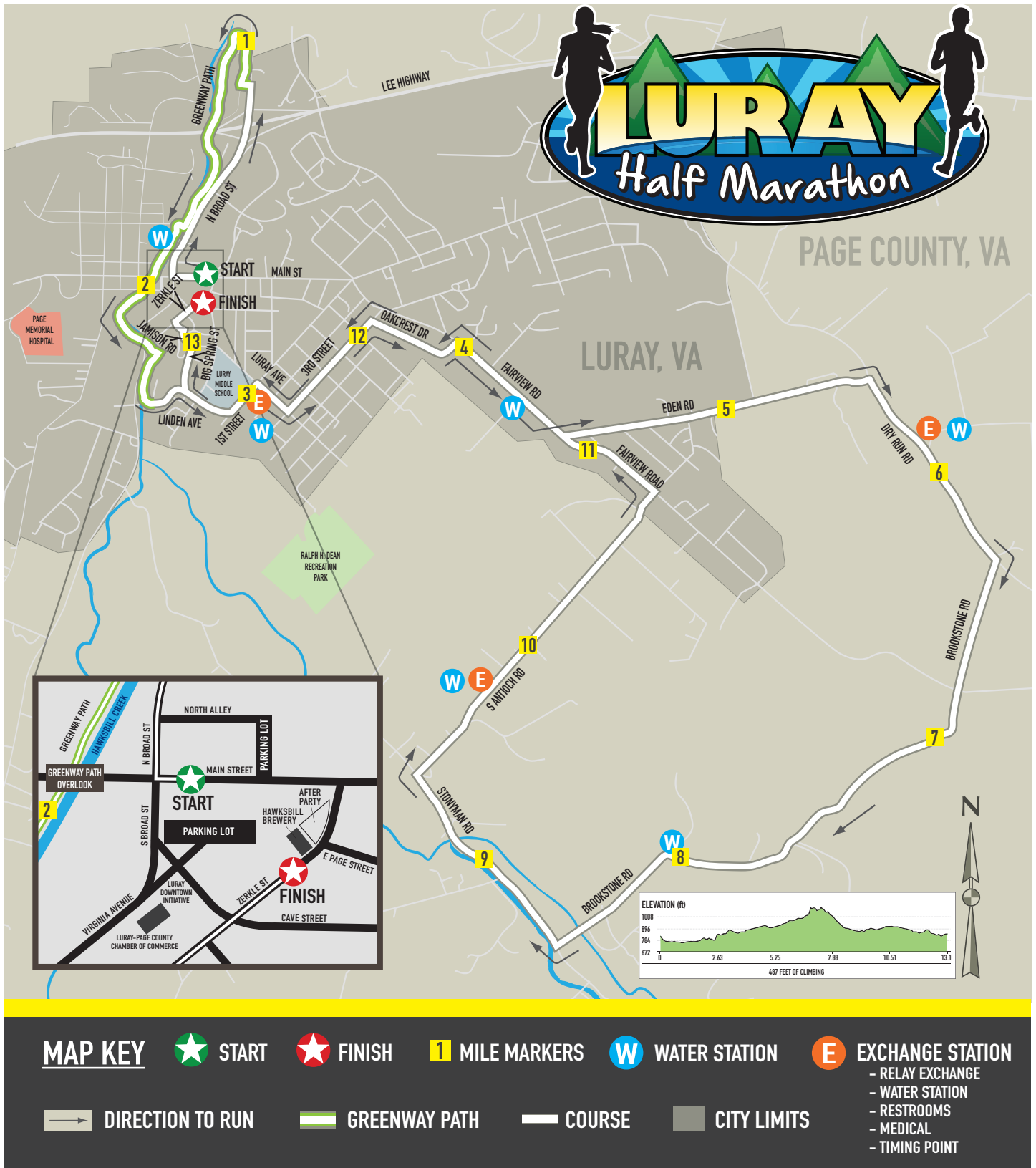
We will have water and ice at the water station on the 5K run course as well as at the finish line. The water station is located at mile 1.8.

RULES

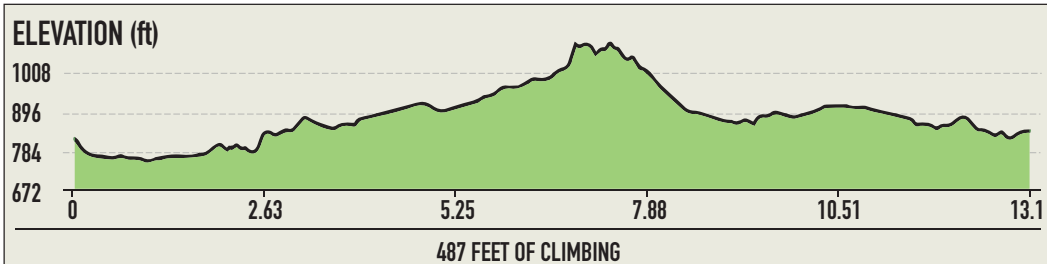
Bib numbers will be assigned to each participant and must be worn on the front of your shirt. Please use 4 pins to keep your bib from flipping upside down. Wearing your bib improperly could result in no-reads when crossing timing stations. Additionally, wearing your bib properly will aid the photographers in identifying you on the run. This also aids in photo recognition. See details on page 13. If you have no number at the end of the race you may not get a finish time. **THE ROADS ARE NOT CLOSED TO VEHICULAR TRAFFIC SO RUNNERS MUST BE OBSERVANT AT ALL TIMES.** Runners must obey all race official instructions. Cones will be placed along the route and runners must be on the inside of the cones to ensure runner safety. Volunteers will be placed in key areas to help direct race traffic. Cutting the course or interfering with other athletes will result in disqualification.



5K COURSE MAP



5K TURN-BY-TURN DIRECTIONS



0 mi		START on E Main Street heading west to	
.02 mi		Right onto N Broad St	
.43 mi		Straight onto N Broad St becomes U.S. 340	
.76 mi		Left in to Greenway parking lot	
.80 mi		Right onto Greenway, follow Greenway for next 2 miles	
1.73 mi		Right onto Mechanic St	
1.77 mi		Left onto Greenway	
1.80 mi		WATER STOP #1	
2.55 mi		Left off of Greenway onto Linden Ave	
2.77 mi		Straight in to the Middle School property and follow driveway behind the school to 1st Street	
2.87 mi		Left onto 1st Street next to Middle School	
3.00 mi	 	EXCHANGE STATION #1 (relay exchange, water stop #2, restroom, medical, timing point)	
3.01 mi		Right onto Luray Ave.	
3.15 mi		Left onto 3rd Street	
3.57 mi		Right onto Oakcrest Dr	
3.91 mi		Right onto Reservoir Ave	
4.20 mi		WATER STOP #3	
4.40 mi		Left onto Eden Rd	
5.49 mi		Right onto Rt 667 (Drv Run Rd)	
5.75 mi	 	EXCHANGE STATION #2 (relay exchange, water stop #4, restroom, medical, timing point)	
6.27 mi		Right onto Brookstone Rd	
8.10 mi		WATER STOP #5	
8.56 mi		Right onto Rt 689 (Stoneyman Rd)	
9.33 mi		Right onto S Antioch Rd	
9.65 mi	 	EXCHANGE STATION #3 (relay exchange, water stop #6, restroom, medical, timing point)	
10.63 mi		Left onto Fairview Rd	
11.20 mi		WATER STOP #7	
11.50 mi		Left onto Oakcrest Dr	
11.84 mi		Left onto 3rd Street	
12.26 mi		Right onto Luray Ave	
12.40 mi		Left onto 1st Street	
12.50 mi		WATER STOP #8	
12.55 mi		Right onto driveway behind Middle School	
12.64 mi		Straight onto Linden Ave	
12.73 mi		Right onto Big Spring St	
12.89 mi		Left onto Jamison Rd	
12.96 mi		Left onto Inn Cir	
13.01 mi		Right onto Zerkel St	

POST-RACE INFORMATION

POST-RACE FOOD

We are providing light fare of food and beverage to the athletes. This is not for spectators. There will be a food truck available and restaurants within walking distance from the Brewery, for purchase. Hawksbill Brewing Co. will be open to purchase beverages as well as to redeem your free drink.

AWARDS

5K:

- Top 3 Overall (Male and Female)
- Top 3 Age Group (Male and Female): 12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Half Marathon:

Individual:

- Top 3 Overall Male and Female
- Top 3 Age Groups Male and Female: 15 and under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Relay:

We will award the Top Overall Two-Person Relay Team in these categories, All Male, All Female, Co-Ed.

Please note: Awards will be handed out at the awards ceremony following the race. No award will be mailed automatically. For a fee of \$20 we will mail your award upon your request.

FREE RACE PHOTOGRAPHS

We are happy to provide FREE race photos. You will be photographed throughout your race. Please remember to smile and have your bib number clearly visible so they will be able to identify you.

Participants will receive email notification once all photos are uploaded. Photos will begin uploading on race day and will be completed by Tuesday following the race.

Photos captured of you (by bib recognition) will be viewable on your individual results page [HERE](#)

You can also view all photos in the photo gallery [HERE](#)

You will be able to download and share any photos you desire, free of charge.

RACE RESULTS

We will be providing you LIVE race results throughout the event. LIVE results gives you the ability to have family and friends follow your progress as you navigate through the timing points along the course. We will also have a kiosk on site for you to use as you finish your event. You will find results [HERE](#)

TEXT NOTIFICATIONS/PARTICIPANT TRACKING

We are using text notification for this event. You can use this link and share it with others who may want to be notified when you finish your race. Visit this link below,

<https://runsignup.com/Race/FindARunner/?raceId=101683>

then search for the person you want notifications on, then hit “results notifications” button, and enter your phone and/or email.

LIVE TRACKING

We are excited to offer free GPS Tracking. This applies to the “LIVE” and the Virtual races. The tracking will show a participant’s exact location “live” while on the course (provided there is cell service). Participants download the app and carry their phone during the race. Family and friends can then use the app on their phone to track a participant “live.” This is a free service and not required. Everyone racing “LIVE” will still have a timing chip attached to their bib for the official timing/results. For more info on Race Joy visit: <https://www.racejoy.net/participants>

SPONSORS



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www.RacineMultiSports.com

