

5th Annual Hokie Half Marathon and 5K

The Running Club at Virginia Tech, The Virginia Tech Triathlon Club, RunAbout Sports, the Blacksburg Striders are very excited that this weekend has finally come. We hope you are as excited as we are about the 5th Annual Hokie Half Marathon and 5K.

Runners from 31 states will be coming to Blacksburg this weekend. We have over 1100 half marathoners and close to 400 for the 5K. We have many attempting their first half marathon and 5K as well as some of the swiftest human beings on the planet. This is the fifth year of the event and we hope we make it special for you. Our team has put everything into this event and we hope it shows.

- James DeMarco, Hokie Half Marathon and 5K Race Director

The schedule of events:

SATURDAY

- Packet Pick-up is at Blacksburg High School from noon to 9pm. The school's address is 3401 Bruin Lane, Blacksburg, VA. There will be plenty of signs leading to registration. There will be vendors there selling products so if you need any last minute items you will be able to get it there. There will also be a chance to have an ART (Active Release Treatment) performed by Dr. Steve Dowell.
- Please have your ID ready, and if picking up a friend's – have a picture of their ID.
- If you still need to register you can register at Packet Pickup. There is no race day registration.

SUNDAY

Parking

5:20a.m. – Charter buses start running their routes to the start and finish from lower Chicken Hill lot (across from Lane Stadium). They will run continuous loops until noon. All spectators should park at the Chicken Hill lot and ride the bus. It takes less than 5 minutes for the shuttle.

5:30a.m. – Parking lot A (Corporate Research Center and where the start and finish are) is open for parking. If coming from Research Center Drive (off of 460) please take a left at Kraft and follow the parking attendants. Those coming up Tech Center Drive, please take a right at Pratt Drive and follow the parking attendants.

Spectators parking for start and finish- All spectators should park at the Chicken Hill lot and ride the bus. It takes less than 5 minutes for the shuttle. If parking after 9:00am you may try and park at the VT Corporate Research Center. We suggest coming in off of

Research Center Drive instead of Tech Center Drive early in the half marathon, and if runners are finishing come in from Tech Center Drive.

Dropping off a Runner

Drop off parking is at the VT airport. Drive up Tech Center Drive or take Research Center Road. When you get to the VT Airport follow the signs posted and parking attendants.

Bag Drop Off

To the right of the start line will be an area to drop off your bag. Look for the sign. There will be label tags on which to write your bib number and then hand it to one of the VT Corp of Cadets. We do not want any bags unattended, and any bags left unattended can and will be searched by police.

Schedule of Races

6:50am – Announcements given

6:54am – National Anthem

6:58am – Wave One in position

7:00am – Wave One starts (runners with an expected finishing time of **under 2 hours 10 minutes** should be in Wave One)

7:02am – Wave Two starts (runners with an expected finishing time of **over 2 hours 10 minutes** should be in Wave Two)

7:18am – 5K runners move to the starting line

7:20am – 5K Race starts

11:00am – Course Closes

12:00pm – Last bus leaves for Chicken Hill parking lot (Lot B)

Course directions – Every mile will be marked. Road marshals and police are also on the course and are at every intersection. Posted signs and cones will be used for course directions along with marshals pointing runners in the correct direction.

Chip Instructions – To ensure we can provide you with an accurate finish time, please follow these instructions.

- Your bib must be worn on the front of your body preferably at chest height.
- Please avoid wearing the bib on the side of your shorts or the back of your shirt to ensure your chip is picked up by the sensors.
- Your bib must be worn on your outer most layer (Cannot be covered).
- Do not bend, crinkle or remove the timing chip on your bib.

Results – Results will be posted live at www.runroanoke.com and final results will also be there and on www.hokiehalf.com.

- If you are not listed on the preliminary results please send the following information to runroanoke@gmail.com
 - o Name, Bib Number, Estimated Finish Time, Wave Start Number

Porta Johns on Course - There are 38 porta johns at the start and finish and another 12 on the course. There will be signs on the course letting you know porta johns are coming up. They are located at 3.4 miles, 5.3 miles, 8 miles, and 11 miles.

Music – We have a band playing at the finish and music acts along the course to help inspire you to the finish. There are seven musical acts and a DJ.

Aid Stations – There are six aid stations providing water and Gatorade. They are at mile markers: 2.1, 3.6, 5.3, 8, 9.6, 11.1. At Mile marker 8 (aid station four) they will give out GU. The Gu is Salted Caramel (20mg caffeine) and Strawberry Banana (no caffeine).

First Aid – There will be an ambulance crew at the start and finish. There will be two first aid stations on the course as well (mile 3.4 and mile 9.5). There will be three ATV EMS units on the Huckleberry Trail. Behind the two half marathon waves and the 5K will be two EMS responders on bikes (six total). There will be three ambulance crews along the course. All water stations have a first aid kit and petroleum jelly (Vaseline).

Safety is our first priority and we are fortunate to have Blacksburg Police, Montgomery County Sheriff Department, Virginia Tech Police and Christiansburg Police all working the event along with the Rescue Squads from Blacksburg, Virginia Tech and Christiansburg. That being said, if a driver is not paying attention please do not assume they will stop. Please be aware of your surroundings and protect yourself.

Finish Line – We will have live music, Hokie Chili (Turkey) and vegetarian chili, plus fruits, chocolate, bagels, water and soda. The food is only for the 5K and half marathon participants, plus volunteers.

HokieBird – The HokieBird will be at the finish for pictures and to encourage you to finish strong!

Awards – 5K Awards will be given at 8:45am behind the Announcing area (Finish Line). Half Marathon awards (prize money) will be given out to the overall winners after their races. Age group awards will be given out at 11:00am. If there are any timing issues and we need to review the finish line cameras we will mail awards. Announcements will be made.

Swag – If you registered as a no frill half marathoner you do not receive a participant shirt or finisher shirt. You do receive the finisher medal and finisher magnet. PLEASE do not take the finisher shirt if a volunteer accidentally gives you one as it will cause shortages for those who paid for one. Maroon bibs get the ½ marathon shirts and medal. Orange bibs in the 5K receive a 5K finisher medal.

Hokie Half course map is located at <http://hokiehalf.com/hokie-half-marathon/>
Hokie 5K course map is at <http://hokiehalf.com/hokie-5k/>
Start/ Finish Map is located at <http://hokiehalf.com/startfinish-area/>

Thank you to our sponsors! Carilion Clinic, Dowell Chiropractic, Skip Slocum of Nest Realty, New River Dermatology, RunAbout Sports, Blacksburg Physical Therapy, Spectrum Brands, Maready PLLC, and Pearisburg Eye Care. We appreciate your support!

Proceeds from the Hokie Half Marathon and 5K will go to the following charities and groups. Blacksburg High School Track of Dreams project, VT Running Club, VT Triathlon Club, Micah's Backpack, Our House, Big Brothers and Big Sisters, Christiansburg XC Team and High School Band, Haiti Mission Trip and if enough proceeds the Blacksburg and Christiansburg Volunteer Rescue Squads.

Special Thanks to the VT Corp of Cadets Charlie Company, Blacksburg Police, Montgomery County Sheriff Department, Virginia Tech Police and Christiansburg Police all working the event along with the Rescue Squads from Blacksburg, Virginia Tech and Christiansburg.

Thank you once again, Safe Travels and Good Luck!!!