



RACE INSTRUCTIONS 2016 Woodrow Wilson Bridge Half Marathon & 6K on October 2, 2016

**NOTE: There is NO RACE DAY
packet pickup.**

ALSO due to security concerns, only items placed in CLEAR plastic bags - preferably the one you received at packet pickup - will be allowed on the buses to the start and at the baggage corrals at the finish. NO BACKPACKS.

Also, PLEASE NOTE NEW PARKING INFO AT US Patent & Trademark Office - NOW West Garage, not East Garage

Where and when does the 2016 race start?

HALF MARATHON Start, in front of Bridgeyard Apartments, 1204 S. Washington Street, Alexandria, VA

Start Time: 7:00 am on Sunday, October 2, 2016

6K Start, at the intersection of Church and S. Washington streets, Alexandria, VA

Start Time: 7:00 am on Sunday, October 2, 2016

When and where is packet pickup?

Packet pickup for the half marathon and 6K is on Saturday, October 1, from 8 am to 8 pm at the US Patent and Trademark Office (USPTO) at 600 Dulany Street in Alexandria, VA. Metro stops nearby are Eisenhower Avenue on the Yellow line and King Street on the Blue and Yellow lines. There is plenty of free parking in the WEST Garage at USPTO. GPS address: 550 Elizabeth Lane

Alexandria, VA 22314, off Eisenhower Avenue, then right into parking garage.

Can I have a friend or family member pick up my packet for me? What if I don't feel like coming to packet pickup or am not available those days?

Yes, if you are unable to attend the Woody Wilson Packet Pickup hours, a friend or family member is allowed to pick up your packet for you. They will need to bring a copy of your registration confirmation which you received via email upon registration. **MAXIMUM** four packets per person. Also, if you signed up under the active military discount, you will be asked to present your military ID at packet pickup.

I cannot make the race this year; can I get a refund or transfer my race entry to another participant or defer my entry until 2015?

Deferral and Exchange deadlines have passed. However, you may qualify to receive a refund through our race entry fee insurance policy. Contact **866-675-4673** or email claims@ticketguardian.net. PLEASE do not give/sell your bib to another runner without notifying WWBH. This will lead to disqualification of both parties without refund.

NOTE: Metro is not open in time for race morning.

I picked up my bib number at the packet pickup and I don't see my chip in my packet. What do I do?

No chips here. Instead, we use the timing tag affixed to the back of the bib number. Please do not remove this tag. Your times will not be recorded if you do not wear your bib number. And please do not swap bibs with anybody else. It will screw up our results and will delay medical intervention if your bib and your emergency contact information do not match up.

I ordered FedEx delivery of my race packet. When should I be receiving my FedEx package?

We will be sending the FedEx packages out during race week, so you should receive it by Wednesday, September 28. If you don't have it by Thursday COB, let us know at info@wilsonbridgehalf.com. IF YOU HAVE CHANGED YOUR ADDRESS SINCE REGISTERING, LET US KNOW ASAP SO WE CAN UPDATE.

BUS LOGISTICS!!!!!! THIS IS CRITICAL

What do I need to know about Buses to the start? USPTO to Start/Finish Area and back

- We are providing free parking and shuttle bus on race morning at the **WEST** Garage of USPTO. GPS address: 550 Elizabeth Lane, Alexandria, VA 22314, off Eisenhower Avenue.
- Heading east on Eisenhower Avenue, turn left at Elizabeth Lane and right turn into the entrance to the garage.
- After parking, proceed on foot to the bus staging/boarding near intersection of Eisenhower Avenue and Hooff's Run.
- The first bus leaves from Eisenhower Ave/Hooff's Run for the start at 5am and the last bus leaves Eisenhower Ave./Hooff's Run at 6:15am.
- The first bus leaves for USPTO from the race from the corner of S. Royal and Green streets at 8:30am and the last bus leaves the finish area at 11:30am.
- USPTO is two miles from the staging area of the Woodrow Wilson Bridge Half Marathon & 6k.

USPTO can be found off Route 95 North via the Telegraph Road North exit which splits to Eisenhower Avenue and right into the parking lots. From Rt. 95 South, it is off the Telegraph Road North exit. Follow the directions from the City of Alexandria police and our volunteers. Also note that we will not have porta-johns in the parking lot at USPTO. You will have to use the porta-johns at the start/finish area.

NO backpacks or items not in clear bags allowed on the bus.

What timing splits will I get during the race?

For the half marathon, we will have mats at the start and finish, as well as the 5- and 10-mile marks. Our goal is to have all the runner's times on the website before you get home from the event, unless you live at the Bridgeyard Apartments which is maybe a 30-second jog from the finish. Typically, we post all results by 11 a.m. We will also time our 6K competitors.

I have heard that this race has quite the scenic course and a gorgeous route up the GW Parkway, through Old Town and over the Woodrow Wilson Bridge. Where can I find a course map?

That's an easy one! Just go to our website www.wilsonbridgehalf.com under tab "Course Map." See where the mile markers and water stops and portajohns are. There are six waterstops with Gatorade and water and one with energy GU packs (waterstop at the 5-mile turnaround). The 6k race will have a water stop at the turnaround at the end of the bridge in Maryland. Enjoy our nice variety of select micro-brews at the finish. Did we say MICRO-BREWS???

Can I wear headphones and run with my baby jogger and dog during the race?

The use of personal music devices is strongly discouraged at this race but we cannot stop runners from bringing whatever personal audio/photo device you prefer. One favor please - run responsibly and be courteous to your fellow runners and to race officials. If you must run with baby jogger, please start in the back so as not to impede other runners. We love animals but for the safety and enjoyment of others and your pets, please leave your pets safely at home.

Where are the portajohns in case that urge hits me on the course?

We have plenty of johns at the start and finish. Also, we will have two johns at all water stops, so plan accordingly if that is possible. We take no responsibility for time you lose in the race from being off course at a pit stop.

I brought most of my life's possessions to the race. Is there a way I can store them in the Finish Festival by Bridgeyard Apartments?

Of course. That's why we have the great volunteers to store your runner bag in the Finish Festival by Bridgeyard Apartments. When you receive your goody bag at packet pickup, hang on to that plastic bag, write your bib number in the big box. Please keep your laundry to a minimum! Remember, this is a morning race, not a week's vacation.

Will I get a finishers medal for sweating it out for 13.1 miles or for completing the 6k?

Yes, all HALF MARATHON and 6k finishers receive our distinctive, colorful and classy finishers medal with State Farm ribbon. Wear it proudly around your neck as you earned it. If you don't plan on running the race, please don't ask us for a finisher's medal (we're serious here, we've been asked).

I was so smart to sign up for the Alexandria Double, which is a partnership between the May Alexandria Running Festival and the October Woodrow Wilson Bridge Half Marathon. So where can I retrieve my Alexandria Double medal?

Competitors in both events in a calendar year receive another awesome medal, plus of course discounts on registration for both events. You can pick up that medal near the Alexandria Double table in the Finish Festival by Bridgeyard Apartments.

What happens in the finish festival?

First off, celebration takes center stage as runners of all ages, sizes and abilities cross the finish line at Bridgeyard Apartments. Then you get to hear our signature band The Darby Brothers. And of course we offer a nice cold microbrew beer for each entrant of drinking age, plus fruit, bagels, Gatorade, and water. We have a large medical tent right at the finish line should you need their services. We will have an awards ceremony for the top runners and we will announce and hand out the age-group awards near our impressive bandstand.

What if I need medical attention during the race?

Please take good care to run within your abilities. But if you need medical attention along the course, we will have medical support out there. Please ask for help from an EMT, police officer, course marshal or at a water stop. Medics will be patrolling the course. We will have a SAG vehicle following the last runner.

I hear that Woody Wilson is planning on being there to cheer on the runners. Can I get my picture with him?

Woody, miss his own race? No way. Yes, Woody is going to be there and you won't be able to miss him! You can even take your picture with him.

My spouse/significant other/parent/friend/colleague has come to watch me and he/she is looking for something to do while I run. Can they volunteer?

Glad you asked. Of course. We have lots of very cool jobs all through race week. Just check out www.wilsonbridgehalf.com, click on the volunteer tab and pick your favorite task. We know you will have fun, plus you will go home with a cool t-shirt!

Where are the best viewing spots for the race?

You can watch your runner all along Washington Street in Old Town. If you stand at the start line, you will see them at the start, 10 miles, 12 miles before hitting the bridge and then into the finish. For the 6k, you can stand in the same spot and see your runner at the start, about a mile into the race and as they come across the bridge toward the finish.

What time is the awards ceremony? Will I be rewarded for running real fast?

We plan to begin the awards ceremony at 9:30 a.m. for the overall and age-group champs. Top three overall men and women will be brought up on stage while the age-group winners will be called out by our MC to come and accept their awards. In the meantime, enjoy the live music of the Darby Brothers and the free beer in the beer garden.

During race weekend, where is a good place to find hotels and restaurants?

Start with the official race hotel Westin Alexandria. The hotel's Trademark Restaurant on site serves breakfast all race weekend from 6 a.m. to 10:30 a.m., lunch from 11 a.m. to 5 p.m. and dinner from 5 p.m. to 10 p.m. Room service is available during the same hours as the restaurant. The lounge is open from 2 p.m. to midnight, serving food until 10 p.m. and then drinks until midnight. We also support the Residence Inn Alexandria Old Town on Duke Street. For after-race eats, there are plenty of great restaurants at Hoffman Town Center and in Old Town, too many to list here.