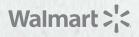


RAGE BOOK APRIL 1, 2023

HALF · 5K · RELAY





Orgain.



PARTICIPANT'S GUIDE TO THE RACE WEEKEND

RUNBENTONVILLE COM

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SCHEDULE OF EVENTS

FRIDAY, MARCH 31st

Health & Wellness Expo - Presented by Orgain

10:00 AM - 7:00 PM

Packet Pickup

The Record 104 SW A Street Bentonville, AR 72712

Orgain.

SATURDAY, APRIL 1st

6:50 AM Welcoming Remarks & National Anthem

7:00 AM Half Marathon Start

7:00 AM 5K Start

7:00 AM - 11:00 AM Post-Race Party & Celebration

8:00 AM Presentation of 5K Awards (Main Stage)

9:30 AM Presentation of Half Marathon Awards

(Main Stage)

11:00 AM Half Marathon Course Closes

11:00 AM Post-Race Party Closes





RACE RULES

Only registered runners are eligible to participate in the Half Marathon, Relay, and 5K.

No bicycles, roller skates, roller blades, skateboards, or animals will be allowed on the race course at any time. Strollers, baby joggers, and wheelchairs are allowed, but we ask that you keep your child in the stroller for the duration of the course unless you are stopped at an aid station. We also ask that you line up at the back of the starting line for your safety.

** If you do not finish your race, you are considered a DNF (did not finish). If you are a DNF: DO NOT cross the finish line. You will not be given an official time or receive a finisher medal.

TIME LIMIT

The Half Marathon Course will be open for 4 hours. Traffic control, cones on the course, water, medical aid stations, and volunteer assistance in the beginning stages of the course will cease as the race progresses.

The finish line will operate until 11:00AM. Official finish times will be recorded until then. Amenities and post-race party will close at 11:00AM.

RACE DAY WEATHER POLICY

During race week, if weather occurs that can affect the race, information will be emailed to all participants. It will also be posted on runbentonville. com and our Run Bentonville Facebook page. On race day, weather updates will be provided during pre-race announcements if necessary. If updates are needed during the race, information will be communicated through emergency personnel, volunteers and aid station managers.

In the event that weather conditions present an imminent danger to race participants, the race will be canceled. Less severe conditions will result in an alteration of the course, race length or starting time. Please look for the following weather alert notifications at aid stations.

RBHM WEATHER ALERT NOTIFICATIONS









RACE DAY PARKING



HALF MARATHON COURSE INFO

STARTING LINE // CENTRAL BOULEVARD

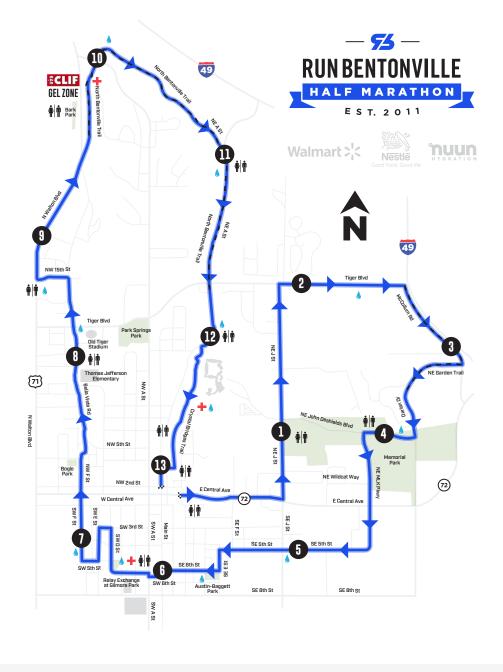
The Run Bentonville Half Marathon begins and ends on the square in Downtown Bentonville. The Half Marathon route winds through tree lined streets, quaint residential neighborhoods, city parks, North Walton Boulevard and finishes on Bentonville's incredible urban trail. This 13.1 mile race route is a loop; starting and finishing on the Bentonville Square.

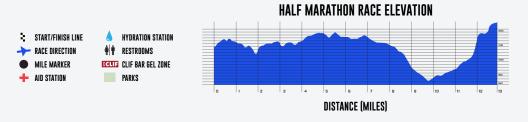






- 10 Hydration stations are spaced throughout the course.
- The Clif Bar Gel Zone is located before mile marker 10.
- · Nuun electrolytes available at each aid station in addition to water.
- Restrooms are spaced out along the race course.
- · Stay within orange cones where marked.
- Bentonville Police are positioned on course to assist with traffic.
- Volunteer assistance is spaced throughout the course.
- Race Elevation ranges from 900ft 1,300ft above sea level.





HALF MARATHON RELAY INFO

This event is designed for two-person teams, and will begin at the same time as the half marathon. All relay finishers receive a medal and finisher hoodie after completing their leg of the course. Relay participants are responsible for getting themselves to and from the relay exchange point.

- First Leg: Start Line to Gilmore Park (approximately 6.5 miles)
- Second Leg: Gilmore Park to Finish Line (approximately 6.6 miles)

5K RACE ROUTE INFO

STARTING LINE // N MAIN STREET

The Run Bentonville 5K race begins at NW Main & NE 3rd Street and finishes at the Northwest corner of the Downtown Square in Bentonville.

- A Hydration station is located at the 1.25 mile mark.
- · Stay within orange cones where marked.
- Bentonville Police are positioned on course to assist with traffic.
- Volunteer assistance is spaced throughout the race course.



5K RUN MAP KEY



MEDICAL



Mercy is the official medical recovery sponsor. A fully equipped medical team will be on the course and at the finish line recovery area. We strongly encourage all participants to fill out the back of their race bib with any emergency contact information. Participants requiring medical assistance may be transported to one of the area hospitals. The hospital and ambulance provider will bill you directly.

AID STATIONS



Water stations will be every 1.8-2.3 miles along the course. Stations will be equipped with water and electrolyte drinks (Aid Stations can be found on course maps located on page 8 & 10).



HALF MARATHON AID LOCATIONS

Mile 2	Hydration	liger Biva
Mile 3.75	Hydration & Restroom	Memorial Park
Mile 5	Hydration	SE 5th Street
Mile 5.50	Hydration	Austin-Baggett Park
Mile 6.50	Relay Exchange, Aid, & Restroom	Gilmore Park
Mile 7	Hydration	SW F St/Liberty Baptist Church
Mile 8.25	Hydration & Restroom	Tiger Blvd
Mile 8.75	Hydration & Restroom	Walmart Neighborhood Market
Mile 9.75	Clif Bar Gel Zone, Restroom	Bark Park
Mile 10	Hydration & Aid	North Bentonville Trail
Mile 11	Hydration & Restroom	North Bentonville Trail
Mile 12	Hydration & Restroom	North Bentonville Trail
Mile 12 50	Hydration Aid & Restroom	Crystal Bridges Trail

TIMING

RaceWizard

The Run Bentonville Half Marathon and 5K events are timed using chip timing provided by RaceWizard. Your timing chip is commemorative and yours to keep following the race! Please note the following about placement of the timing chip on your shoe.

- Your timing chip MUST be attached to your shoe laces with the provided wire ties for the most accurate timing information.
- Do not carry the chip in your hand or pocket. This is very important!
- Thread the wire twist ties under the shoe laces.
- Thread the shoe tag by twisting the wire twist ties firmly together.
- Your time starts when you cross the starting line timing mat and stops when you cross the finish line timing mat.
- Not crossing the timing mat could cause errors with capturing your race time accurately.

RBHM RACE PHOTOGRAPHER

Kate Austin Photography is the official photographer for the 2023 Run Bentonville Half Marathon. Photographers will be positioned at the starting line, along the race course, and at the finish line of the races. Please make sure the number on your race bib is visible at all times so your photo can be recorded and identified.

IMAGES FROM THE RACE WILL BE AVAILABLE FOR ALL PARTICIPANTS TO DOWNLOAD FOR FREE AT

RUNBENTONVILLECOM

AWARDS CEREMONY

All runners will receive a finisher medal. Relay and Half Marathon finishers will receive a finisher hoodie as well.

5K Awards	8:00 AM
Half Marathon Awards	9:30 AM

Overall and overall masters awards (50+) to the top three male and female finishers will be presented during the award ceremonies. The top three male and female finishers in the following age categories will be available to collect under the Bentonville Parks & Recreation tents next to the stage (results will need to be finalized by Race Wizard as each age category fills based on finisher times):

14-U	15-19	20-24	25-29	30-34
35-39	40-44	45-49	50-54	55-59
60-64	65-69	70+		

DROP OUT

If you are unable to finish the race, please notify someone at the nearest aid station. If you didn't finish your race, you are considered a DNF (did not finish). If you are a DNF, do not cross the finish line. You will not be given an official time or receive a finisher's medal.

-75-**RUN BENTONVILLE**

2023 SPANSARS

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SEE YOU MENT YEAR! APRIL 6, 2024

REGISTRATION OPENS LABOR DAY WEEKEND

RUNBENTONVILLE HALF MARATHON EST. 2011

