

ATHLETE GUIDE

Greater Des Moines Women's 5K and Half Marathon Presented by

September 17, 2023

Downtown Des Moines, Iowa

To get you ready for the 3rd Annual Greater Des Moines Women's Half Marathon Weekend, the enclosed information here will assist you with your experience.



WELCOME!

Thank you for your participation in the Greater Des Moines Women's Half Marathon & 5K, presented by Hy-Vee.

For those athletes that are joining us for the first time, our wish is that you reach our finish line and your personal fitness goals, whatever they may be!

Be safe and enjoy one of America's great capitol cities, Des Moines, Iowa!

HyVee.deals.com



'H' IS FOR
SAVINGS

(SCAN THE 'H' CODE.)

OUR PRESENTING SPONSOR

Premier Event Management is once again proud to be working with Hy-Vee on several athletic events in 2023. As the title sponsor of the Hy-Vee Triathlon from 2007 to 2014, a new tradition continues with the running of the Greater Des Moines Women's 5K and Half Marathon Road Race.

As the largest corporate partner of any event in the National Women's Half Marathon Series currently held in 8 cities across the country, Hy-Vee shines with their sponsorship of four midwestern women's events this year.

Join us at other midwestern stops in the National Women's Half Marathon Series presented by Hy-Vee. Those locations include:

- **Des Moines – Sunday, September 17, 2023**

OUR HOST COMMUNITY

The community of Des Moines, Iowa will play host to the 3rd annual running of the Greater Des Moines Women's 5K and Half Marathon presented by Hy-Vee. From its wonderful downtown area to the nightlife along Court Avenue, and it's fantastic parks and jogging trails. The Capitol City of Des Moines, has something for everyone!



HY-VEE KIDSFIT - A FAMILY EVENT!

The highlight of the weekend will be when the youngest and most energetic competitors take the starting line in the Hy-Vee KidsFit One Mile Fun Run at 10:00am.

Starting and finishing from the start/finish line of the Hy-Vee Women's 5K and Half Marathon, the Hy-Vee KidsFit One Mile Fun Run is an event for children ages 5 to 15 years old. The race is open to every ability level who wants to be a part of the morning's activities. Registered participants will receive a Hy-Vee KidsFit t-shirt at packet pick-up and a Hy-Vee KidsFit finisher medal when they cross the finish line.



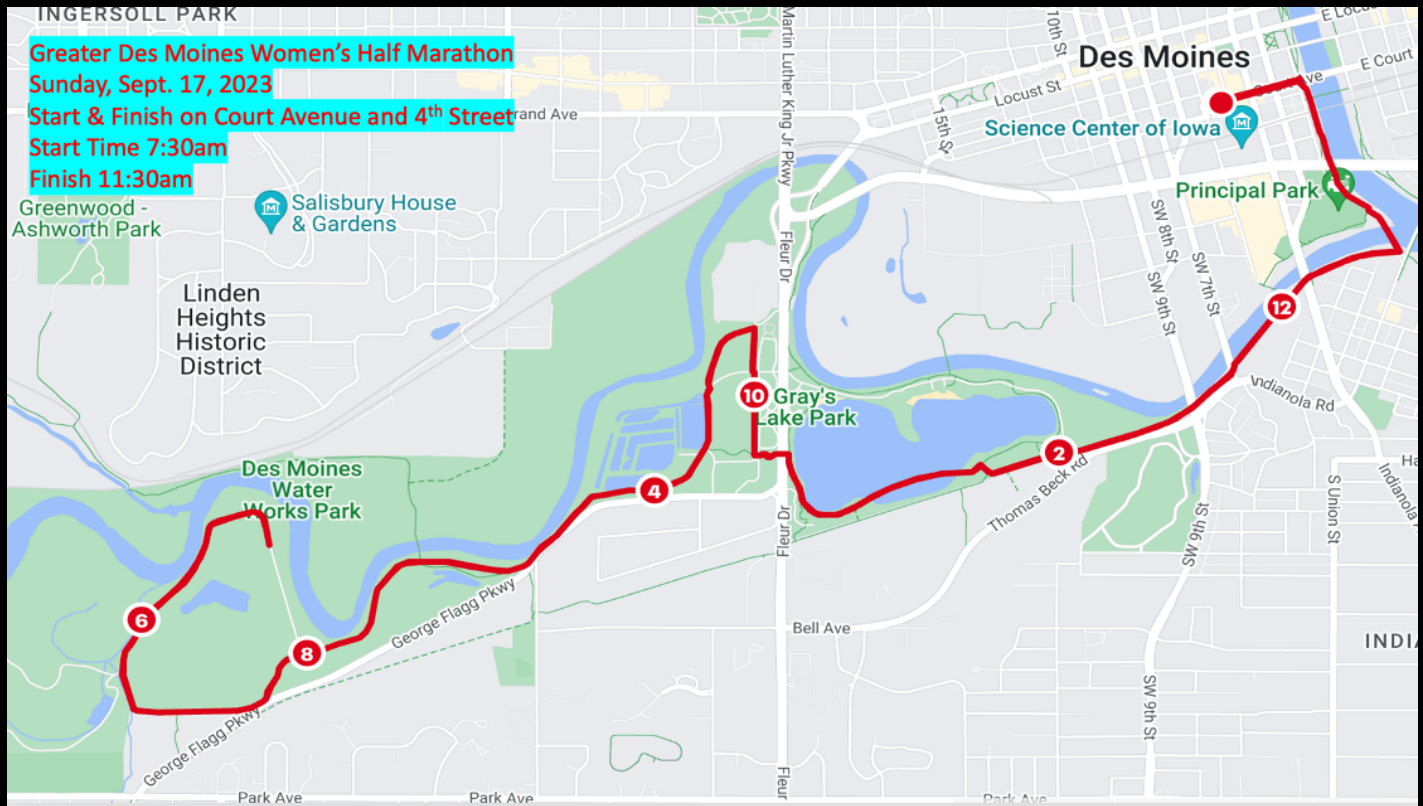
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Hy-Vee.
KIDSFIT.CLUB

Looking for more **FREE & FUN** ways to build healthy habits at home as a family? Join the Club!

HALF MARATHON RACE COURSE



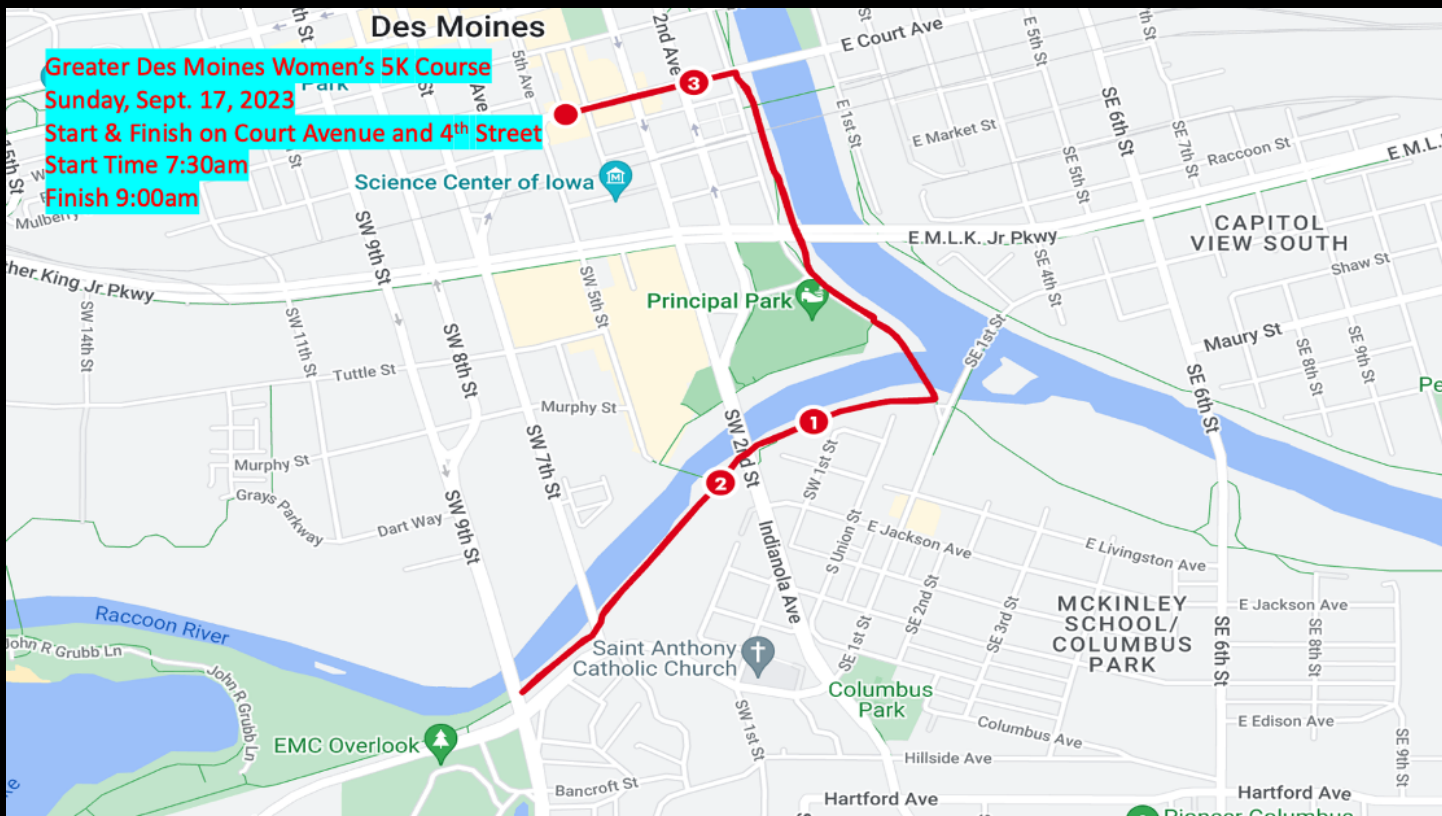
Water Stops every 2 Miles

Portable Toilets are at Miles 2, 4 and 6

Start & Finish – 4th Street & Court Avenue

Race Time 7:30am

5K RACE Course



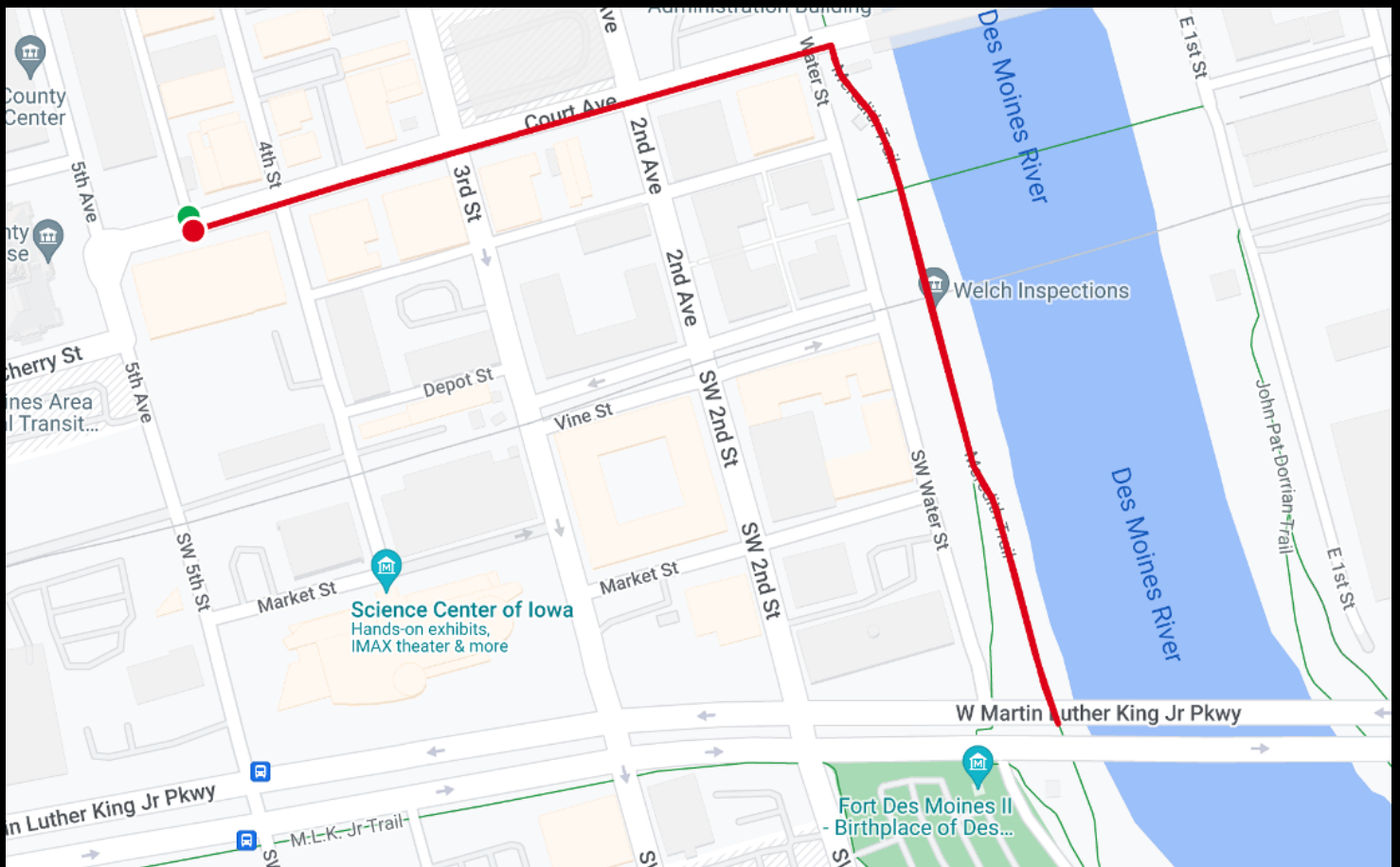
Water Stop is at Mile 2

Portable Toilets are at Mile 2

Start & Finish – 4th Street & Court Avenue

Race Time 7:30am

ONE MILE FUN RUN COURSE



Start & Finish – 4th Street & Court Avenue

Race Time 9:30am

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BIB NUMBER & DISTRIBUTION

Packet pick-up will be on Saturday, September 16, 2023 from 10:00am to 6:00pm at the Fleur Drive Hy-Vee located at 4605 Fleur Drive, Des Moines, IA 50321 near the Des Moines Airport.

At packet pick-up you will receive:

- Race Bib
- Race T-Shirt - Women's Cut V-Neck T-Shirt
- Commemorative Drawstring Bag
- Commemorative Gear Bag



SCHEDULE OF EVENTS

Saturday – September 16, 2023

Packet Pick-Up & Registration – 10:00am to 6:00pm –
Fleur Drive Hy-Vee – 4605 Fleur Drive, Des Moines, IA 50321

Sunday – September 17, 2023

5:30am to 7:00am – Packet Pick-Up & Registration –Fourth
and Court Hy-Vee – 420 Court Ave, Des Moines, IA 50309

7:15am – Athletes Move to Court Avenue for Staging

7:20am – Final Announcements Begin

7:25am – National Anthem

7:30am – START – Half Marathon 7:30am – START – 5K

8:00am – First 5K Runner Crosses the Finish Line

8:50am – First Half Marathon Finisher Crosses the Finish Line

9:30am – 5K Awards Presented

9:30am – START – Hy-Vee KidsFit One Mile Fun Run

10:45am – Half Marathon Awards Presented

12:30am – Post Event Activities Close Down

COVID-19 RESTRICTIONS

At this time the City of Des Moines does not have any COVID restrictions in place.

COURSE SUPPORT

Athletes will have 6 different water stations on course for your support and convenience with half marathon runners hitting these locations twice. Locations will offer water, Gatorade, ice, bananas, energy gels at our 2nd stop at or near mile 4 and portable restrooms!

PARKING

There is a multi-level parking garage across the street from Hy-Vee on Court Ave. in addition to on street parking. The garage is located on the corner of 5th Ave. and Court Ave. near the start/finish line. There will also be additional free parking on streets nearby.

WALKING / STROLLER DIVISION

That's correct! The Greater Des Moines Women's 5K and Half Marathon presented by Hy-Vee, will offer a Walker & Stroller Division for our new mom's and their kids.

Remember, the half marathon does have a 4-hour time limit if walking or running with your baby stroller.

MOTHERS TENTS

The Greater Des Moines Women's 5K and Half Marathon will offer two mother's tents for privacy and convenience.

The first tent will be near the start/finish line, and the second location will be on the half marathon course at or around the mile 6 water stop. Each location will offer a 10' x 10' pop up tent with side walls for privacy, 1 table, 4 chairs, an ice chest with bottled water and Gatorade, 1 trash can, and a female volunteer for assistance.

COURSE TIME LIMITS

The Greater Des Moines Women's 5K and Half Marathon presented by Hy-Vee will have a 4-Hour time limit for the Half Marathon event. While the 5K Road Race has no time restrictions on that event.

MEDICAL SUPPORT

The Greater Des Moines Women's 5K and Half Marathon presented by Hy-Vee will have 3 EMS units on course and at the start finish line for your safety.

Unit #1 – start/finish line

Unit #2 – W 94th Street and park entrance to trail system

A special thanks, to Des Moines Fire & EMS for providing this essential service!

AWARDS

Awards will be presented to top three overall winners, top three masters, and the top three in each age group. Age groups are contested in 5-year increments.