

# 9 to 5k Challenge Presented by Delta

## ATHLETE GUIDE

9.21.24

9:00 AM

Research  
Triangle Park



[WWW.9TO5K.COM](http://WWW.9TO5K.COM)

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# Rules & Regulations

## Can I wear headphones?

It is unsafe to wear headphones while running. Event organizers will not restrict headphone use and leave it up to the athlete on their ability to follow direction while wearing headphone devices. If you choose to wear headphones, please keep the volume down so you can hear and follow the direction of course volunteers.

## Can someone else run in my place?

No, transfers of bib numbers from person to person is prohibited.

Anyone racing with another runner's bib will be disqualified.

## Can I register on race day?

No, registration will close at 5:00 PM on Friday, September 20.

## Is there a gear check?

There is a not a gear check.

## Where do I get my race bib?

If you are a member of a team, your team captain will pick up your race bib, shirt and safety pins for you. You will need to arrange a time to get your race items from your captain.

If you are a freelancer, you will pick up your race bib and shirt on race morning from 7:45 AM - 8:45 AM at customer service.

## Are strollers allowed on the course?

Strollers are allowed on the course.

## Are pets allowed on the course?

Pets are not allowed on the course.

## Is the race USATF certified?

The course is USATF certified. The certification number is NC24024DF.

## Is this race a Boston qualifier?

The race is not a Boston Qualifier.

## What is the weather policy?

Races are held, rain or shine, unless we determine that conditions are too dangerous. This will be based on a prudent decision made on race weekend or race day by race officials and local law enforcement officials. If the race is cancelled due to inclement weather, there will be neither refunds nor transfers. This position is consistent with USA Track & Field recommendations and with the protocol of sharing the risks associated with the sport of running. In the event of inclement weather or unforeseen circumstances, Capstone Event Group reserves the right to alter, cancel or eliminate any/all portions of the race.

If there is inclement weather during the race, **it is your responsibility as a race participant to follow instruction from race officials and law enforcement in regards to inclement weather.** If you disregard instructions from race officials and/or law enforcement, you are doing so at your own risk.

## What is the time limit?

The time limit for this event is 2 hours (11:00 AM) which is a 38:37min/mile pace.

- The cutoff time is determined by our event permit, which permits us to use the roads, police, support, and other city resources for a specified period of time.
- When the course closes at the cutoff time, any remaining participants must move off the roads and onto a sidewalk. Anyone who decides to utilize the course route after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.

## How can I defer my race?

Please see the deferral policy [here](#).

# Accessibility Guide



## Handicap Parking

- The shuttles from the parking site will not be accessible, so please email us at [info@9to5k.com](mailto:info@9to5k.com) to receive an alternative parking location.

## Accessible Toilets

- Start/Finish Line Area

## Race Start Times

- Wheelchair/Handcycle  
Start: 8:55 AM

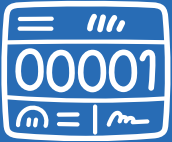
## Contact Us

- If you have a question about race weekend accessibility, please contact us at [info@9to5kchallenge.com](mailto:info@9to5kchallenge.com).



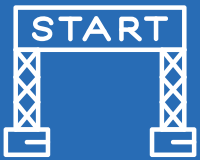
# A Guide to Race Day Terms

## RACE BIB



- Your race bib has a timing chip on the back of it which records your time from crossing the start line to crossing the finish line.
  - Wear your bib on race day with the number facing out.
  - Please do not bend the bib or remove the timing chip.
- 

## START LINE



- The start line chute is where runners line up before the start of the race.
  - The finish line chute is where runners receive their medal, water, and sometimes post-race snacks after crossing the finish line.
- 

## HYDRATION STATION



- Hydration stations will be offered on the course.
  - Runners can get water and/or a sports drink at the hydration station.
  - Portable toilets are available at each hydration station.
- 

## COURSE MILE MARKERS



- Mile markers are posted for each mile on the course. Please note that your GPS device may not sync perfectly with the mile markers on the course.

# Race Day Etiquette

It is our goal that every runner has an enjoyable, safe race experience. To support this goal, we ask that all participants follow the running etiquette below. Thank you for your cooperation!

## START

When lining up at the start line, please be mindful of where you are lining up. Participants who plan to walk or do a walk-run combination should line up toward the back of the corral.



For the safety of all participants, faster runners should stay on the left of the course and walkers stay on the right.



If you're running as a group, please only run 2 abreast to ensure there is enough space for other runners.



If possible, pass on your left and alert the runner by saying, "On Your Left."



At a Hydration Station, try to keep moving while grabbing your hydration. If you need to stop, look behind you before stopping or move to the side.

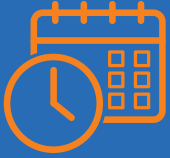


To help keep the course clean, please dispose of your cup/trash in the dedicated waste cans near the hydration stations.

## FINISH

For your safety and the safety of others, please keep moving through the finish line.

# Freelancer Packet Pickup



## When:

- **Race Day** | Saturday, September 21th
- 7:45 AM - 8:45 AM



## Where:

- **Customer Service** | Located in the parking lot between the start line and shuttle drop-off



## What You'll Receive:

- Race bib and participant shirt | If you'd prefer to pick-up your shirt after the race, you can!



## Race Day Map



- Team and Freelancer Packet Pickup
- Customer Service and Volunteer Check-in



Start and Finish Line






Shuttle Drop-off/Pick-up Location



Portable Toilets

# Team Captain Packet Pickup

Option	 Description	 When	 Where
Race Day Pick-Up	Team Captains will pick-up their team's race packet at <b>Customer Service on race morning.</b>	Race Day   9/21 7:45-8:45 AM	<b>Customer Service Tent</b>   Located in the parking lot between the shuttle drop-off and the Start/Finish Line at Boxyard!
Race Week Pick-Up at CEG Office	Team Captains will pick up their team's race packet at the <b>Capstone Event Group office.</b>	Wednesday, 9/18 from 11AM - 3PM  Thursday, 9/19 from 11AM - 3PM	<b>Capstone Event Group Office</b>   Near North Hills <u><a href="#">3803B Computer Dr UNIT 204, Raleigh, NC 27609</a></u>

## Important Reminders

- **If a team captain did not select an option for packet pick-up, then the packet will be waiting for the team at customer service on race day.**
  - If you're picking up your team's packet on race morning, please leave enough time to get your packet and distribute your team's bibs/shirts.
- The team captain **can** designate a team representative to pick up the packet if the team captain is unable.
- The team captain will be responsible for distributing each team member's bib, shirt and safety pins before the race.



# Race Day Timeline



# Race Day Information

## Start & Finish Line Locations



**Start Line:** 900 Park Offices Dr, Research Triangle Park, NC 27709

**Finish Line:** 900 Park Offices Dr, Research Triangle Park, NC 27709

## Start Times



**5k:** 9:00 AM

**Wheelchair Division:** 8:55 AM

## Parking

All participants and spectators will need to park at the **Fidelity parking deck/parking lot** and take a shuttle to the start line, approximately 1 mile from the Fidelity parking area.



**Parking Address:** **35 Davis Drive, Morrisville, NC** - Please use this address to get to the parking area and then FOLLOW THE SIGNS to the parking decks/lots.

Race day parking will NOT be available at Boxyard for runners/spectators.

## Road Closures



TW Alexander and HWY 54 will be closed starting at 7:30am.

Participants will need to use **I40 or I885** to travel to **Davis Drive** to access parking deck.

# Race Day Information

## Shuttle Details



- **All participants** will take a shuttle from the Fidelity parking deck to the Start Line at Boxyard. The start line is approximately 1 mile from the parking area.
  - **Parking Address: 35 Davis Drive, Morrisville, NC**
- Shuttles will run from **7:30 AM to 11:45 AM**.
- **The last shuttle will leave the finish line/post-race party at 11:45AM.**
- Shuttles will be available every 10-15 minutes. **Please plan accordingly when arriving and leaving the event.**
- Shuttles will have space for strollers under the bus.
- The shuttles are not wheelchair accessible. Please email us [info@9to5k.com](mailto:info@9to5k.com), if you need handicap parking on race day, and we are happy to help you!

## Customer Service



If you have any customer service needs before the race, we are happy to help! Customer service will be located in the parking lot between the shuttle drop-off and the start line from 7:30 AM - 11:30 AM.

## Portable Toilets



There will be portable toilets located in the start/post-race party area.

## Medical Support

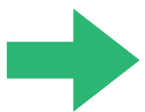


We will have medical professionals on-site throughout the race, including at the start/finish area.

# Parking/Shuttle Information



## Race Day Parking/Shuttle Key



Route Option One: Take I885 to Davis Drive to get to the Fidelity Parking Lot.



Route Option Two: Take I40 to Davis Drive to get to the Fidelity Parking Lot.



NC 54 will be closed at 7:30 AM. You will not be able to get to the Fidelity Parking Deck using NC 54 after 7:30 AM.



# Race Day Map



## Race Day Map Key



- Team and Freelancer Packet Pickup
- Customer Service and Volunteer Check-in



Team Tents



Shuttle Drop-off/Pick-up Location



Finisher Gift



Start and Finish Line



Beer Sampling



Portable Toilets



Kids Zone

# Time Limits



The time limit for this event is 2 hours (11:00 AM), which is a 39 minute 37 second per mile pace. The cutoff time is determined by our event permit, which permits us to use the roads, police support, and other city resources for a specified period of time. After the permitted period ends, the roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydration stations, and course markings.

When the course closes at the cutoff time, any remaining participants must move off of the roads and onto a sidewalk. Anyone who decides to utilize the course route before or after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.

# Spectator Locations

We encourage spectators to cheer on their participant at the start/finish line of the race!



## Join Us at Our Raleigh Run Club!

All Are Welcome.

Run with New Friends!  
All Levels of Experience!

You Can Also Jog, Walk or Enjoy a Sip 'N Stroll!

Participate in Socials,  
Service Projects and Races!

■ [StonewallRaleigh.org/Sports/Run-Club](https://StonewallRaleigh.org/Sports/Run-Club)

■ Find Us on Facebook!

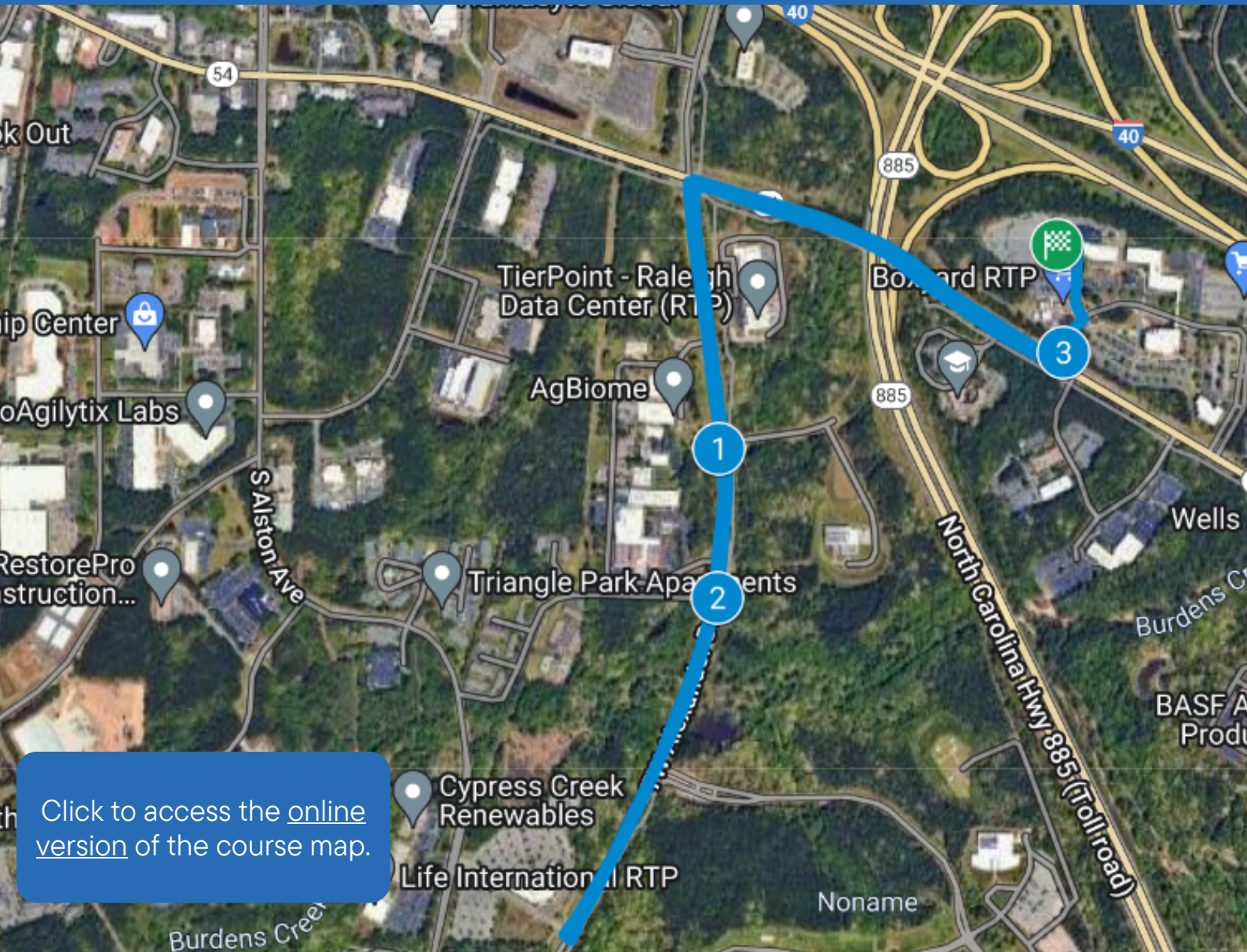


### Info:

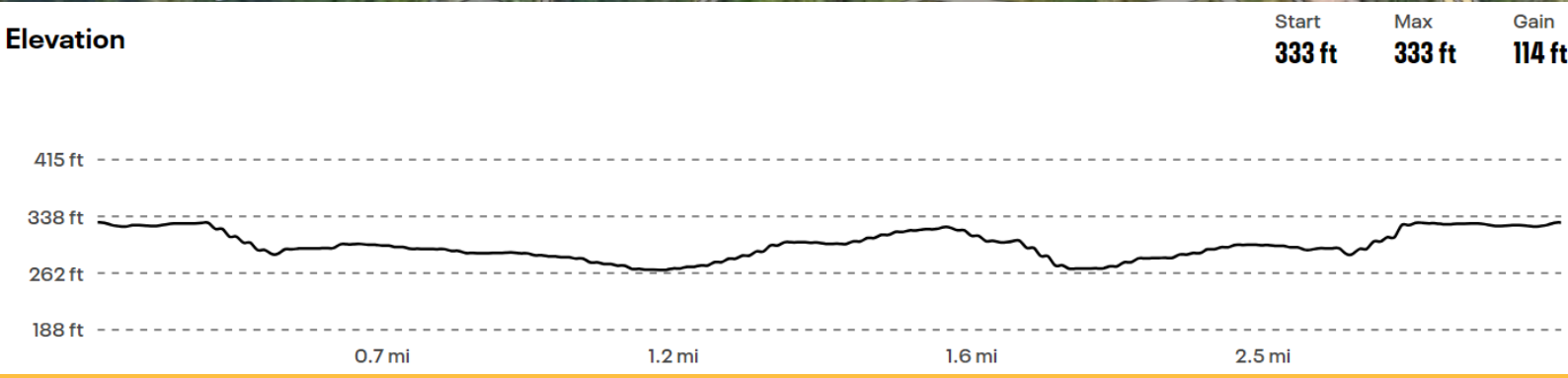
- ✓ No Cost / Free to Join!
- ✓ Tuesdays & Thursdays
- ✓ 6:30 p.m. Both Nights
- ✓ Meet At: The Green Monkey in Raleigh, Socialize Post-Run



# 5k Course Map



Click to access the [online version of the course map.](#)



## Hydration Stations



- Water and sports drink will be at approximately miles 1 and 2.

# Post-Race Details

## Post-Race Party

After crossing the finish line, celebrate with your team and enjoy the post-race atmosphere! There will be:

- Music
- Kids Zone
- Beer Tasting for runners & spectators (Must be 21+, **ID will be checked.**)
- Raffle
- Award Ceremony
- and more!

## Participant Swag

All participants will receive a participant shirt, finisher medal and finisher's gift! The finisher gift will be located at a tent at the post-race party.

Please make sure to get all of your swag before you leave the event. We will not be able to mail any swag after the race.

## Participant Photos

Professional photographers will be along the course as well as the start/finish area to take pictures throughout the race. When they become available, a link to the race photos will be posted on our [website](#). Runners will also receive an email from the race photographer within 2-4 days of the race.

## Results

Results will be texted to runners after finishing the race (for runners who have opted into to texting at registration). If you do not receive your results via text, you can access the results online.

If your results are incorrect, we will share a correction form via email after the race.





# Post-Race Details

## Results & Awards

There will be overall results and team results. Freelancers will not be eligible for team results/awards but **will** be eligible for overall and age group results/awards.

Overall awards will be given to the top three finishers in each category (man, woman, nonbinary) based on gun time. Age group awards will be given to the top three finishers in each age group for each category (man, woman, nonbinary) based on chip time.



All overall winners and age group winners will be awarded a cupcake from Buzzy Bakes Bake Shop! Based on the overall results, if you place as an overall top 3 finisher or an age group top 3 finisher, you will be able to pick up a cupcake at 10:30 AM at the Awards Tent located near the stage.

## Team Scoring System

Teams will be eligible for team awards based on the scoring system below. The top three teams will be recognized on stage at 10:30 AM.



### 3 Gender Categories

- Man
- Woman
- Nonbinary



### 14 Age Group Categories

- Under 10
- 11-14
- 15-19
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70+



### Point System

All finishers will earn **at least one point** for their team!

Overall and age group winners will earn points for their team!



### Overall Points

1st Place Overall: 7 Points  
2nd Place Overall: 6 Points  
3rd Place Overall: 5 Points

### Age Group Points

The top 3 finishers in each age and gender group will earn the following points for their team:

- 1st Place: 5 Points
- 2nd Place: 4 points
- 3rd Place: 3 Points

## Team Award Packages

### 1st Place Team

- Winner's Trophy
- \$3,000 in Flight Vouchers
- 50% off 2025 entries
- Team logo on 2025 shirts
- Free future rental of Fullsteam Brewery Top Box

### 2nd Place Team

- Runner's Up plaque
- \$1,500 in Flight Vouchers
- 25% off 2025 entries
- Team logo on 2025 shirts

### 3rd Place Team

- 3rd place plaque
- \$500 in Flight Vouchers
- 20% off 2025 entries
- Team logo on 2025 shirts

# Charity Partners

We are committed to donating 10% from each registration to a charity of your choice. We are proud to partner with three fantastic organizations that benefit the Triangle and beyond!

## Food Bank of Central and Eastern North Carolina

The Food Bank of Central & Eastern North Carolina (the Food Bank) is a nonprofit organization that has provided food for our friends and neighbors facing hunger in 34 counties in central and eastern North Carolina for over 40 years. The Food Bank is an affiliate member of Feeding America, the nation's leading domestic hunger relief charity. In terms of total food distributed, the Food Bank ranks in the top 15 nationally among 200 Feeding America food banks and first in North Carolina. Our food distribution programs and child nutrition programs are based on national models.

## Activate Good

Figuring out how to help can be overwhelming, but it doesn't have to be. Activate Good makes it easy to take action. They invite people of all ages in our community to join us on a journey of learning, action, and community-building to become agents of positive change. They have been a leading volunteer organization in the Triangle for almost 20 years, creating a network of over 600 community partners and over 55,000 volunteers. Their projects and programs provide individuals and groups, youth and families, and companies meaningful opportunities to take action to meet important local needs — from food insecurity, to homelessness, to education and more.

## Duke Cancer Institute

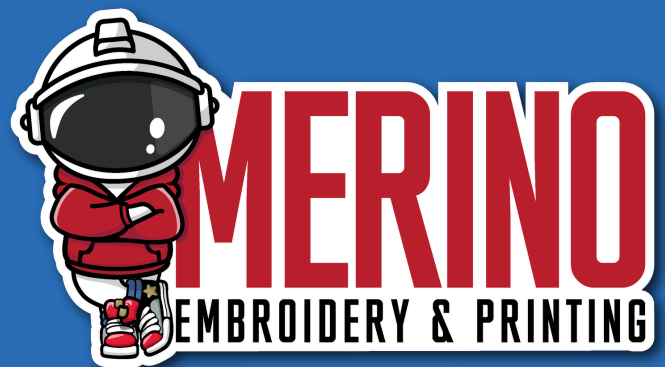
Duke Cancer Institute is purpose-built to break down traditional barriers to rapid innovation and novel treatments. Our collaborations foster original discoveries and translate them into new treatments with unprecedented rapidity. But we are at a tipping point — the more we can do, the more we become a model for what is possible — a way to end cancer. Your combined contributions make an indelible mark against cancer.

# Thank You to Our 2024 Sponsors!



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[www.HomeFoodServices.com](http://www.HomeFoodServices.com)

# Deloitte.



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