

NASHVILLE 1/2 MARATHON, MARATHON & 5K

FINAL INFORMATION



Race Weekend Timeline

Please read the contents of this document to ensure you are race day ready!

PRE-RACE PACKET PICKUP

Thursday, November 10th – 3PM – 6PM

Location: [Fleet Feet Brentwood](#) (local night, [must pre-reserve](#))

Friday, November 11th – 12PM – 7PM

Location: [Nissan Stadium](#), East Club

RACE DAY – SATURDAY, NOVEMBER 12th

Start & Finish Line: Bicentennial Mall in Downtown Nashville

Packet Pickup Opens: 6AM

5K Start Time: 7AM

1/2 Marathon & Marathon Start Time: 7:15AM

Finish Line Festival: 7AM – 2PM

Post-Race Entertainment:

9:15 am – 10:30 am: [Greg Pratt Country](#)

10:30 – 10:45: County Challenge Winner Presentation

10:45 am – 12:15 pm: Greg Pratt Country

12:15 – 12:30: Stage Break

12:40 – 1:30 pm: DJ

Start/Finish Line area is open to the Public.

HELPFUL TIPS & REMINDERS

- The event will be utilizing dynamic bib assignment and your race number will be assigned at check in
- You can pickup a packet for one other person but must have a copy of their ID and their QR code
- Arrive early for race day to avoid traffic and delays
- Wear your race number on the front of all clothing during the race and do not bend or wrinkle the bib.

Runner Tracking

We are providing you with RaceJoy as part of the official race experience. [Download](#) the RaceJoy mobile app in advance to ensure proper phone setup. Invite your friends and family to track you and send you cheers! Runners must run with their phone and have GPS enabled in order to take advantage of this service.

Race Joy How-To Guide can be found [here](#).

Packet Pickup

We encourage runners to pick-up their packets prior to race morning to avoid long waits and start delays:

PRE-RACE PACKET PICKUP

Thursday, November 10th

3PM – 6PM

Location: [Fleet Feet Brentwood](#) (limited to 150, [must pre-reserve](#))



Thursday evening will offer limited vendors and be a chance for a quick packet pickup.

Friday, November 11th

12PM – 7PM

Location: [Nissan Stadium](#)

East Club

Free [Parking](#) in Lot A

NISSAN
STADIUM

Vendors:

[American Cancer Society](#)

[Guava Family](#) – Try out their Roam Running Stroller on a 50-foot running track!

[Publix](#)

[Fleet Feet/Asics](#)

[Trevecca Nazarene University](#)

[Restore Hyper Wellness](#)

[Team Magic](#)

Help Your Friends

- You can pick up packets for 1 other person if you have a copy of their QR code and their ID
- When picking up multiple packets, please make a note of the participant's name on the back of the bib to avoid timing issues on race day.

NASHVILLE ½ MARATHON, MARATHON & 5K

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Start/Finish Line

Start & Finish Line Venue:

Bicentennial Capitol Mall State Park
600 James Robertson Parkway

Packet Pickup Opens: 6AM

START & FINISH LINE VILLAGE

The Start/Finish Line Festival area will be at Bicentennial Mall in Downtown Nashville. Within this area will be all the amenities you need for a successful race! Please refer to the Venue Map at the end of this document for the location of Packet Pickup, Porta Potties, Refreshments and MORE!

VIP Package

Upgrade to the VIP Experience for you and your spectators! Enjoy amenities such as private portable restrooms, parking, swag, and more with VIP! Treat yourself today and [register for the VIP Experience!](#)

PARKING INFORMATION

Parking is available near the start/finish line area in city-owned and private lots. Please refer to this [ParkWhiz link](#) for a map of the locations. Please carpool as best you can!

GEAR CHECK

Gear Check will be offered for this event on race day. Please affix your gear check tag to your gear bag before you leave it. You can use a Gear Check bag provided by the event or use your own bag under 22 x 14 x 9 inches. DO NOT leave valuables, cash or jewelry. Run Nash is not responsible for lost or stolen items.
Drop Off & Pick Up: Bicentennial Mall

STROLLER DIVISION

[Guava Family](#) + Run Nash are teaming up to make running more accessible for the WHOLE family! New this year we are offering two stroller sections at the start to help both walkers AND runners get into their race pace safely and efficiently.

If you plan to run with a stroller, please update your race registration [here!](#)



Start

START TIMES

5K – 7AM

Half, Relay, Full Marathon – 7:15AM

START LINES

5K – Harrison Ave next to Farmer's Market

Half, Relay, Full Marathon – 6th Avenue N of Harrison*

START LINEUP

We ask that participants line up at the starting line based on their pace. There will be signage at the start noting pace ranges. This means that faster runners will start first followed by walkers. This will allow runners to settle into their pace quickly after starting. Once we signify “go” runners will be released in 5 waves.

TIMING

We will use ChronoTrack timing technology. To get an official race time and be included in results, participants MUST wear a bib number with timing device on front of body so they can be validated at the finish on camera. The B-Tag technology allows for precision and timing accuracy in road racing performance. All race numbers/bibs will have the timing tag affixed to the back of the bib.

Course

NASHVILLE ½ MARATHON COURSE

NASHVILLE FULL MARATHON COURSE

NASHVILLE 5K COURSE

TIME LIMITS

Participants will have 1 hour for the 5K, 4 hours for the half, and 6 hours for the full marathon. Time limits will begin when you cross the start line. Course time limits will be managed through a course cutoff and sag wagon program. Full cutoff details can be found [here](#).

PACERS

We have confirmed for the following distances/times in black:

Half: 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, **3:00, 4:00**

Full: 3:00, **3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00,**
and **6:00**

If you are interested in helping pace, please email volunteer@runnash.com and you'll get a free entry!

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FUEL ON THE COURSE & FIRST AID

Water, Gatorade and GU Energy Gel will be provided on the course.

- Mile 2.3: 16th Ave S at Edgehill: *Water Only*
- Mile 4: Demonbreun at 10th Ave S. (5K water station): *Water Only*
- Mile 6/11: 1st Ave at Lot R (double pass): *Water and Gatorade*
- Mile 8/10: Davidson St. at S. 12th (double pass): *Water and GU (gel and energy chews)*
- Mile 9: Shelby Park: *Water Only*
- Mile 15.5/24.5 (Full): Greenway at 1st Ave N (double pass): *Water Only*
- Mile 16.5/23.5 (Full): Greenway at Great Circle Rd. (double pass): *Water and Gatorade*
- Mile 19/21 (Full): Greenway at Freeland Station Rd. (double pass): *Water and Grab the Gold bars*

We will offer first aid care during the event to treat any minor issues that hinder your participation in the event. Aid stations will be located at the start/finish line village, at W4/6 on Davidson St., in Shelby Park, and on the Greenway at Freeland Station for the Full.

Restrooms will be located at the start/finish line village, as well as at the aid stations along the course.

RELAY TRANSITION ZONE

The second leg of the relay will start on [Woodland St bridge](#) near Public Square Park. Second leg runners can walk to this location from the start line. First leg runners can stay to cheer on runners before walking to the finish line at

First Leg: 5 miles

Second Leg: 8 miles

Finish

FINISH LINE

5K, Half, Relay, Full – 6th Avenue N of Harrison

FINISH LINE FESTIVAL

Once you cross the finish line you will receive your finisher medal and water. After you exit the finish line area, proceed to the [Publix](#) refreshment tents for Gatorade, bananas, granola bars, and [Dole](#) Fruit Bowls!

Thank you to our refreshment sponsors!



RESULTS

Official results can be found at the Best Times tent located in the festival area. Stop by their booth to see your time on the TV and receive a finisher label you can affix to your bib. It will show your time and finisher place.

AWARDS

Awards will be presented 3-deep in the divisions below for both male and female categories. You will only be allowed to claim a prize in one category. Awards must be picked up at the event and will be given out within 30 minutes of the last eligible winner crosses the finish line.

- Overall
- Masters (Age 40-49)
- Grandmasters (Age 50-59)
- Seniors (Age 60-69)
- Grand Seniors (Age 70+)

LOST & FOUND AND INFORMATION BOOTHS

The Information Booth will be located at the Start/Finish and will serve as race day Lost & Found. Valuable items found at the Start or Finish should be turned in to the Information Booth. Any valuable items NOT claimed at the Finish by 2:00 pm will be returned to our office. Please email hello@runnash.com if you have any missing items not picked up on race day.

VOLUNTEERS WANTED!

Encourage your family and friends to get involved in your race day experience. We need extra hands at Packet Pickup, Start and Finish. Volunteers receive T-shirt, swag bag and festive good time! To get involved, sign up [online](#) or email volunteer@runnash.com

WANT MORE RUN NASH?

November 24, 2022: [Music City's Turkey Trot 5K run/walk and 1 Mile Waddle](#) is one of the fastest growing holiday traditions in Downtown Nashville! This family fun event is the perfect way to kick off your Thanksgiving holiday!



THANK YOU TO OUR PARTNERS & SPONSORS!

CHARITY PARTNER

We are excited to partner with the [American Cancer Society DetermiNation Team](#) to help our athletes save lives, celebrate lives and lead the fight for a world without cancer! Visit their [website](#) to learn more and donate.



EVENT SPONSORS



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VENUE MAP

