

FREQUENTLY ASKED QUESTIONS

WHAT IS LOCATION AND TIME FOR START OF THE RACES?

Both events start and finish in front of Museum of Natural History at 21 Starling Avenue, Martinsville, VA.

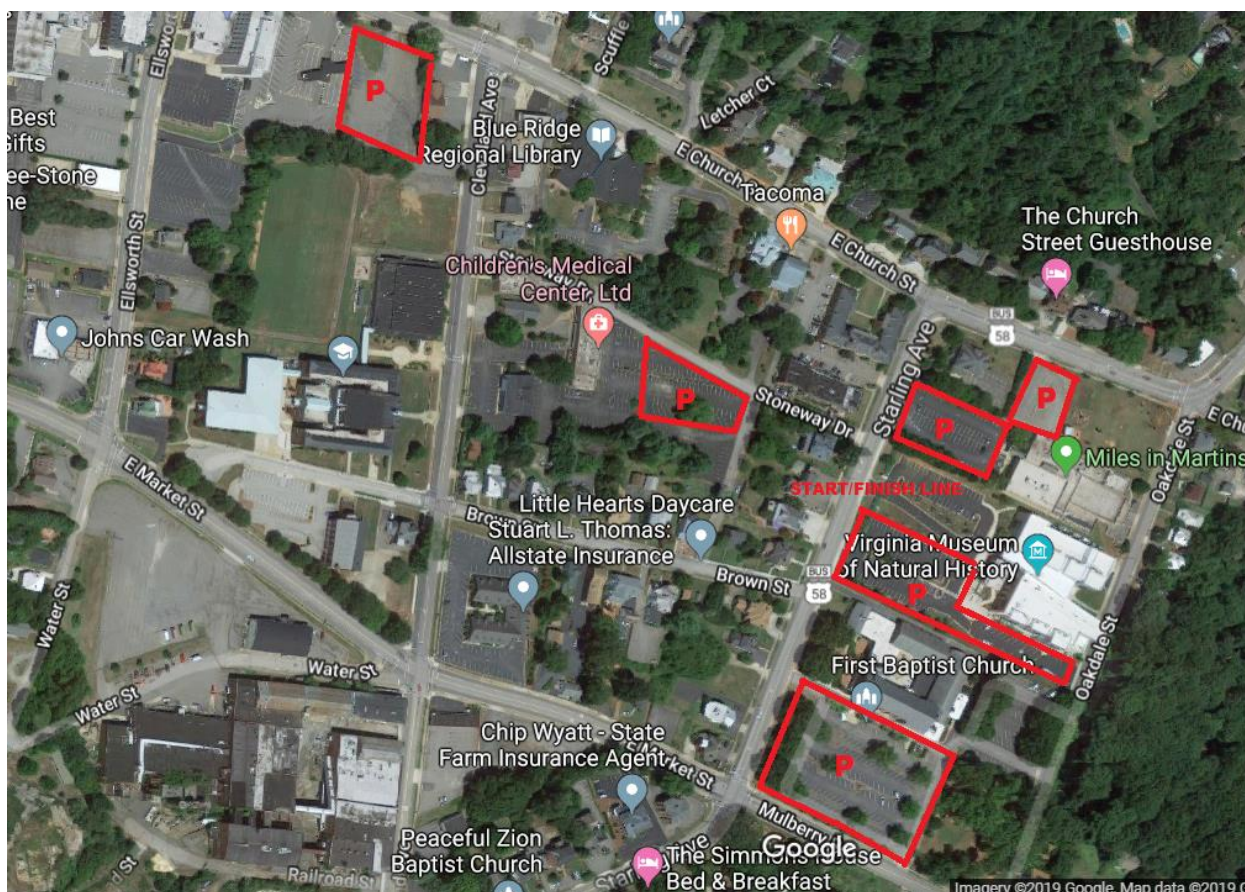
Half Marathon starts @ 8:00 AM.

5K starts at 8:10 AM.

WHERE DO I PARK PRIOR TO RACES?

Parking will be available at following locations:

- YMCA @ 3 Starling Avenue
- Virginia Museum of Natural History @ 21 Starling Avenue
- First Baptist Church @ 23 Starling Avenue
- Upper section Children's Medical Center Lot @ Stoneway Drive
- Lot adjacent to BB&T on E. Church Street.



A RACE ENTRY FORM WILL BE EMAILED TO YOU FOR PRINTING AND DISPLAY ON CAR DASH TO FACILITATE ENTRY INTO PARKING AREAS. TRAFFIC BLOCKADE STREET CLOSURE VOLUNTEERS WILL LOOK FOR FORM TO LET YOU THROUGH STREET BLOCK BARRIERS.

WHAT IS THE CANCELLATION/REFUND POLICY FOR THE EVENT?

Entry fees are non-refundable; race numbers and entries cannot be transferred to other persons. No exceptions. This means once we have received your entry, you will not receive a refund if you cannot participate, and you may not give or sell your number or timing chip to anyone else.

ONCE I'M REGISTERED, CAN I SWITCH RACES?

We will accommodate requests to switch race categories. However, no refunds will be given. If you switch to a race with higher registration fee, you will be charged the difference in what you have already paid and the fee for the requested event on date of switch.

CAN I DEFER MY ENTRY TO NEXT YEAR?

We will consider deferral if requested for legitimate reason such as injury or illness. No refunds will be given. Requests should be directed to race director, Brad Kinkema, email brad@martinsvilleymca.com. All deferral requests must be received by March 23, 2019.

HOW DO I MAKE CHANGES TO MY REGISTRATION INFORMATION?

Requests for change of contact information or personal details should be sent to race director, Brad Kinkema, email brad@martinsvilleymca.com.

HOW DO I RECEIVE MY RACE PACKET?

Packet Pickup will be available at Martinsville YMCA, Noon – 6:00 PM on March 29, 2019 and 6:30 AM-7:30 AM on race day, March 30, 2019

CAN I REGISTER ON RACE DAY?

Late registration is available at the Martinsville YMCA, Noon - 6:00 PM on March 29, 2019 and 6:30 AM - 7:30 AM on race day, March 30, 2019.

WHAT ARE THE AGE REQUIREMENTS FOR EACH RACE?

There are no age limits for either the Half Marathon or 5K.

WHERE CAN I FIND A MAP OF THE RACE COURSES?

The official course maps can be found on the Miles in Martinsville website at WWW.MILESINMARTINSVILLE.COM/RACES.

Hard copies will be available at packet pickup.

ARE THERE COURSE TIME LIMITS?

Course will be open for maximum of 4 hours. However, note that runners will be directed to sidewalk and streets will reopen to traffic at approximately 3 ½ hours following start. Runners will be monitored by race volunteers to determine if participants remain on course.

WILL THERE BE RESTROOMS OR PORTA POTTIES ON THE RACE COURSE?

Restroom facilities will be available at YMCA. NOTE: LOCKER ROOMS WILL BE AVAILABLE FOR CHANGING CLOTHES.

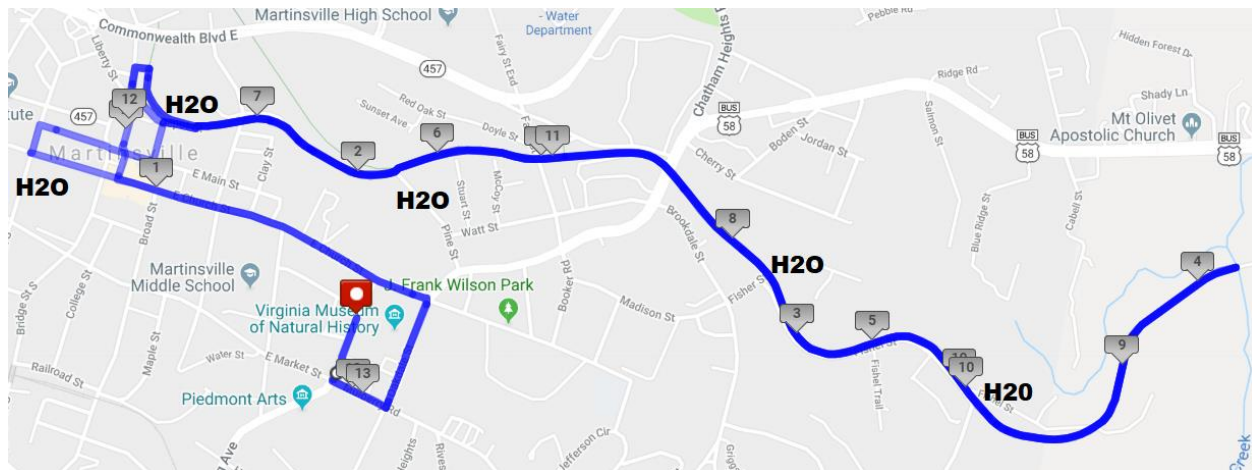
Porta Potties will be located in parking lot near start/finish area.

Restrooms are located at:

- Farmers Market 1 ¼ miles
- Intersection of Ford and Depot Street
- Doyle Street Trailhead
- Fisher Street Trailhead

WHERE WILL FLUID AND ENERGY REPLENISHMENT STATIONS BE LOCATED?

- At Uptown Farmers Market – Approx 1.25 miles (primarily for 5K)
- Near restroom at Ford & Depot – approx 1.5 miles.
- Fisher Street and D&W - just short of 3 mile mark.
- Fishel Street and D&W – approx 4.75 miles.
- Intersection D&W and Uptown Connection Trail – approx 6.1 mi.
- Near restroom at Ford & Depot – approx 6.75 miles.
- Fisher Street and D&W- approx 8.2 mi.
- Fishel Street and D&W– approx 10 miles.
- Intersection D&W and Uptown Connection Trail – approx 11.3 mi.
- Near restroom at Ford & Depot – approx 11.75 miles.



WHAT FLUID AND ENERGY REPLENISHMENT WILL BE PROVIDED?

Water & Gatorade will be available at all stations. Tri-Berry GU gels will be available at station near restroom at Ford and Depot Street – approx. 6.75 miles

HOW DO I VOLUNTEER FOR THE EVENT?

We always need volunteers. Details on how to volunteer can be found by visiting website www.milesinmartinsville.com/volunteer

WILL THERE BE AN AWARDS CEREMONY AFTER THE RACE? WHAT ARE THE AWARD CATEGORIES?

5K awards ceremony will begin at approximately 9:45 AM. Half Marathon awards ceremony will begin at approximately 11:15 AM. The following awards will be presented.

Overall top three Male/Female Winners,

Male/Female Age Groups (5 year increments beginning at 9 & under for the 5K and 14 & under for the Half Marathon)

WHERE CAN I FIND MY RESULTS?

Results will be posted at <http://www.milesinmartinsville.com/races/martinsville-half-marathon.cfm> as soon as practical following race.