

# Official Race Guide



NOVEMBER 16, 2019

Featuring



Allianz Partners



AN EVENT OF





THREE STRAIGHT MONTHS OF UP BEFORE DAWN.

16 MISSED LITTLE LEAGUE GAMES.

276 MORNINGS OF BREAKFAST ON THE GO.

145 DINNERS EATEN COLD. 365 LEAKY ICE PACKS.

857 DOLLARS IN RUNNING SHOES. BLISTERS.

90 DEGREES AND HUMID. 24 DEGREES AND SLEETING.

FIGHTING THE URGENT SNOOZE.

BATTLING THE UPHILL. HEADWINDS.

PLANTAR FASCIITIS. MORNING KNEE PAIN.

FORGETTING WHAT MUCH FEELS LIKE.

EIGHT DAYS DECLINED.

5 MISSED PARTNERS' CHAFE.

GETTING CHAOS. PUDDLES.

RUTTED ROADS. SLEETING SIDWAYS RAIN.

RUNNING LATE.

37 UNREPLIED SHIN SPLINTS.

SLEETING HIP PAIN.

IS. SEVEN MEALS A DAY.

PUSHING THROUGH FEAR. OBSTACLES.

THREE STRAIGHT MONTHS OF UP BEFORE DAWN.

16 MISSED LITTLE LEAGUE GAMES.



**THE HARDEST RACE IS THE ONE TO THE STARTING LINE.**

Congratulations to this year's runners and all the sacrifices you've made.



# Welcome to Richmond!

We know there is no one more Richmond Ready than you. That is why I am thrilled to let you know that Richmond IS ready for you, too! It truly is my pleasure, on behalf of our VCU Health Richmond Marathon Race Committee and our community, to welcome you to Richmond or as we say, “RVA”. We are so excited that you not only chose our race but that you chose our city. We cannot wait to show you why that was a great decision.

As we and our community prepare for the VCU Health Richmond Marathon, the Markel Richmond Half Marathon, and the Allianz Partners 8k on November 16, we also want to make sure you are prepared with all the necessary information to smoothly navigate your Richmond race experience. Please use this 2019 VCU Health Richmond Marathon Race Guide as the tool that does just that. Our responsibility to you is to provide a safe, fun, and rewarding experience from your first steps through the Health & Fitness Expo to your final steps across the finish line, we are here to support you. If you have any questions, comments, or concerns, please let us know.

At Sports Backers, the non-profit organizers of the VCU Health Richmond Marathon, we believe that a more active community leads to a more healthy and vibrant community. There is no better day in

Richmond to see this come to life than on marathon day. From the thousands of volunteers that help make the race possible through their time and efforts, to the community that shows up to cheer, encourage, and celebrate along the course and of course you, who make our streets come alive through your participation. When you are out there on race day you will not only understand why Runner’s World magazine named us “America’s Friendliest Marathon”, but you will also see why Richmond is such a special place.

Thank you for the role you play on race day and for being a part of this Richmond tradition. We wish you the best of luck and look forward to seeing you cross the finish line. A party on the riverfront will await you and we can’t wait to celebrate with you there!

#RunRichmond



Megan Schultz  
Race Director

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# Schedule

## THURSDAY, NOVEMBER 14

**4 p.m. – 8 p.m.**

Health & Fitness Expo, packet pick-up, and walk-up registration at the Arthur Ashe Jr. Athletic Center

**5 p.m. – 7 p.m.** Sierra Nevada Beer Tastings at the Health & Fitness Expo

**6 p.m.** – Meet and greet and Q&A with Bart Yasso, the ‘Mayor of Running’ and retired *Runner’s World* Chief Running Officer

## FRIDAY, NOVEMBER 15

**8 a.m.** – Three-mile shakeout run with Bart Yasso, leaving from the Omni Hotel (100 S. 12th Street)

**11 a.m. – 9 p.m.**

Health & Fitness Expo, packet pick-up, and walk-up registration at the Arthur Ashe Jr. Athletic Center

**11:30 a.m. – 3 p.m.**

Marathon course tours leaving from the Expo

**1 p.m.** – Q&A with Bart Yasso, the ‘Mayor of Running’ and retired *Runner’s World* Chief Running Officer

**3 p.m.** – Meet and greet and book signing with Christopher McDougall, best-selling author of ‘Born to Run’ and ‘Running with Sherman: The Donkey with the Heart of a Hero’ (**sessions at 3 p.m., 4 p.m., and 5 p.m.**)

**5 p.m. – 7 p.m.**

Sierra Nevada Beer Tastings at the Health & Fitness Expo

## SATURDAY, NOVEMBER 16

**7 a.m. sharp:** 8k start – All Waves (8th & Broad St.)

**7:30 a.m. sharp:** Half Marathon start – Wave A (7th & Broad St.)

**7:45 a.m. sharp:** Marathon start – All Waves (5th & Grace St.)

**8 a.m. – 3 p.m.**

CoStar Post Race Party on Brown’s Island featuring yoga provided by Project Yoga Richmond

**11:30 a.m.** Half Marathon course closes

**3 p.m.** Marathon course closes

## Packet Pick-Up/Race Expo

Packet pick-up will be available at the Health & Fitness Expo held at the Arthur Ashe Jr. Athletic Center (3001A N. Arthur Ashe Boulevard) on Thursday, November 14, from 4 p.m. to 8 p.m. and on Friday, November 15, from 11 a.m. to 9 p.m. **THERE IS NO RACE DAY PACKET PICK-UP!** A photo ID is required to pick up your race packet. You may pick up a race packet for another pre-registered runner, provided you have a copy or cell phone picture of their photo ID.

## Expo Parking

The Arthur Ashe Jr. Athletic Center has 2,000 FREE parking spaces located in the surface lots outside the building. For directions, [visit our website](#).

## Free Downtown Shuttle to Expo

Participants staying in downtown hotels may wish to take advantage of the free shuttle service to the Expo/packet pick-up. The shuttles will run from the atrium entrance of the Omni Richmond Hotel on Cary Street near 12th Street. Three 55-person shuttle buses will run on a continuous loop between the Omni and the Arthur Ashe Jr. Athletic Center during Expo hours, leaving each location every 20 minutes. The last shuttle will depart from the Omni at 8:40 p.m. each day with the final return service leaving the Expo right after closing time.



## Run Richmond App!

Now you can have all the event info for the weekend at your fingertips! Runner tracking, course maps, schedules, expo directions, spectator info, and event details are all included. Enjoy everything that America’s Friendliest Marathon has to offer, and share it with your friends on Facebook and Twitter!

Download Our App



## Walk-Up Registration

Walk-up registration will be held at the Health & Fitness Expo at the Arthur Ashe Jr. Athletic Center on Thursday, November 14, from 4-8 p.m. and on Friday, November 15, from 11 a.m. to 9 p.m. **Race day registration will be available on Saturday, November 16 from 6-7:30 a.m. at Dominion Energy Center (Grace Street between 6th & 7th).**

## Switching Races

If you are already signed up for one race and want to switch to another, you may do so, in person, at the Expo. There is a \$10 fee to change races, along with any applicable entry fee difference. There are no refunds of entry fees if you are switching to a less expensive event.

## Marathon Course Tours Available

Members of the Richmond Road Runners Club will lead bus tours of the VCU Health Richmond Marathon course on Friday, November 15, from 11:30 a.m. to 3 p.m. All buses will depart from the Health & Fitness Expo at the Arthur Ashe Jr. Athletic Center. Each bus has a capacity of 55 passengers plus one tour guide. Each tour of the marathon course will last approximately one hour and 45 minutes. Sign up on a first-come, first-served basis [on our website](#).

## Marathon and Half Marathon Pace Teams

The Richmond Road Runners Club has lined up experienced pacers to help marathoners and half marathoners achieve their finish time goal. [Visit our website](#) in advance or stop by the Richmond Road Runners Club booth at the Expo.

## Official Event Merchandise

Leave time at the Expo to check out the latest event merchandise inside the Sports Backers Store. With a great selection of running apparel and commemorative items, there's sure to be something for everyone on your shopping list. On Saturday, check out the merchandise tent at the CoStar Post Race Party to get your finisher gear. We accept cash, credit, or Apple Pay. Bonus! Every dollar you spend helps Sports Backers' mission come true. Celebrate your accomplishment and help Sports Backers build a more active community! **Learn more about Sports Backers on page 26.**

## kaléo Marathon Jr.

Over 1,000 youngsters ages 4-12 participated in the eighth annual kaléo Marathon Jr. on Saturday, October 26th in Richmond's scenic Byrd Park. The event, which is part of the VCU Health Richmond Marathon, benefits Kids Run RVA, a program of Sports Backers.



OFFICIAL  
RACE  
CHARITY!

# KidsRUN<sup>RVA</sup>



**Kids Run RVA** is an initiative of Sports Backers, the region's nationally recognized non-profit, that motivates thousands of young people across our region to run and be active on a regular basis. Sports Backers is committed to improving the health of our children by encouraging routine physical activity, which is critical to their long-term growth and well-being.

Kids Run RVA provides free training opportunities for youth of all ages, abilities, and backgrounds as well as funding to support school-based run clubs and events. For schools with fewer resources, Kids Run RVA grants can cover transportation and entry fees to Sports Backers' events—like the kaléo Marathon Jr.—which serve as celebrations of the students' dedication and hard work.

Each time a child laces up his or her shoes, they are given the most important gift of all—a path to good health and fitness! If you didn't donate when you registered, **YOU STILL CAN!** [Give a gift today and give kids the gift of good health.](#)

# EXPO/PACKET PICK-UP MAP





## Race Day Traffic

You can now use the [Waze traffic app](#) to help navigate around Richmond on race day. Road closures have been pre-loaded into the app, which should allow you to move about town using the most efficient route possible.

## Race Day Parking

With over 90 parking decks and lots in the downtown area, there is plenty of parking available on Race Day. The Start and Finish lines are located about one mile apart. It is recommended that 8k runners park near the Start to allow for more parking near the Finish for marathoners and half marathoners. Here is a partial listing of the parking decks/lots open on Race Day:

### Parking Near the Start *(recommended for 8k entrants)*

- 1st & Marshall
- 3rd & Marshall
- 5th & Marshall
- 7th & Marshall
- 8th & Marshall (surface lot)
- 8th & Grace/Franklin

### Parking Near the Finish

- James Center (10th & Canal)
- 3rd & Main (surface lot)
- 4th & Main
- 4th & Cary (surface lot)
- 6th & Main
- 8th & Cary
- 8th & Main
- 12th & Canal
- 14th & Cary
- 15th & Main
- 15th & Cary
- Virginia & Canal

## Great spectator parking option!

Spectators can use the [Tyler Potterfield Pedestrian Bridge](#) to access the CoStar Post Race Party and the finish line. On-street parking and surface lots are available in the Manchester section of the city in the area around 10th & Semmes Streets.

## Post-Race Shuttle

Free shuttle service will be available to take participants and spectators from the CoStar Post Race Party back to parking areas located near the Start. The shuttle will run on a loop from 8 a.m. until the conclusion of the event. You can pick up the shuttle in the cobblestone circle on 7th Street just across the pedestrian bridge from Brown's Island.

## ON COURSE SUPPORT

Marathon Course = M

Half Marathon Course = H

8k Course = 8k

	Diamond Springs Water	POWERADE	Energy Gel	Port-o-johns	Music	Party Zone	Junk Food	Wet Wash Cloths	Pickle Juice
S	M H 8k			M H 8k	M H 8k				
1					M H 8k				
2	M H 8k	M H 8k		M H 8k	M H 8k				
3									
4	M H 8k	M H 8k		M H 8k	M 8k				
5					M				
6	M H	M H		M H					
7					M H	M H			
8	M H	M H	H	M H	M				
9	H	H		H	M		H		
10	M H	M H		M H	H			H	H
11	H	H		H					
12	M H	M H		M H	M H				
13					M	M			
14	M	M	M	M					
15									
16	M	M		M			M		
17					M			M	
18	M	M		M	M				
19						M			
20	M	M		M	M				
21	M	M	M	M					
22	M	M		M			M		
23	M	M		M	M			M	M
24	M	M		M	M				
25	M	M		M	M				
26									
F	M H 8k	M H 8k		M H 8k	M H 8k				

## Pre-Race Support

### Marathon

- Pre-race water available at the Start area on the south side of Grace St. near 6th St.
- VCU Health First Aid tent located near the Marathon Start area on the corner of 7th and Grace.

### Half Marathon & 8k

- Pre-race water available at the Start area on the north side of Broad St. near 8th St.
- VCU Health First Aid tent located in the Half and 8k Start area on the north side of Broad St. between 8th & 9th St.



# Race Day

## Bike Share

Richmond offers Bike Share! There are stations near the start and finish areas and are a great way to get around the course to see your loved ones. [Click here](#) for more information and pricing. Reminder: Bikes are not allowed on the race course(s) during the event.



## UPS Bag Check Available to All Runners

UPS will offer bag check on race morning near the start of each race. You are responsible for providing your own bag. Volunteers will be on hand to help you attach the tear-off tag on your race bib to your bag. Once you have finished your race, you can pick up your bag in the parking lot of the American Civil War Museum at Historic Tredegar, adjacent to the CoStar Post Race Party.

## Discarded Clothing to be Donated to a Worthy Cause

Area 10 Faith Community will be at the starting lines of all three races picking up clothes discarded by runners. There will be black plastic bags tied to the barricade to collect the clothing items. They have arranged with the Salvation Army to collect and launder everything and then will distribute the items to charities. **Please note: If you leave your clothing or any other item at the Start, it will be collected and donated. Do not expect to be able to return to the Start later in the day to retrieve it.**



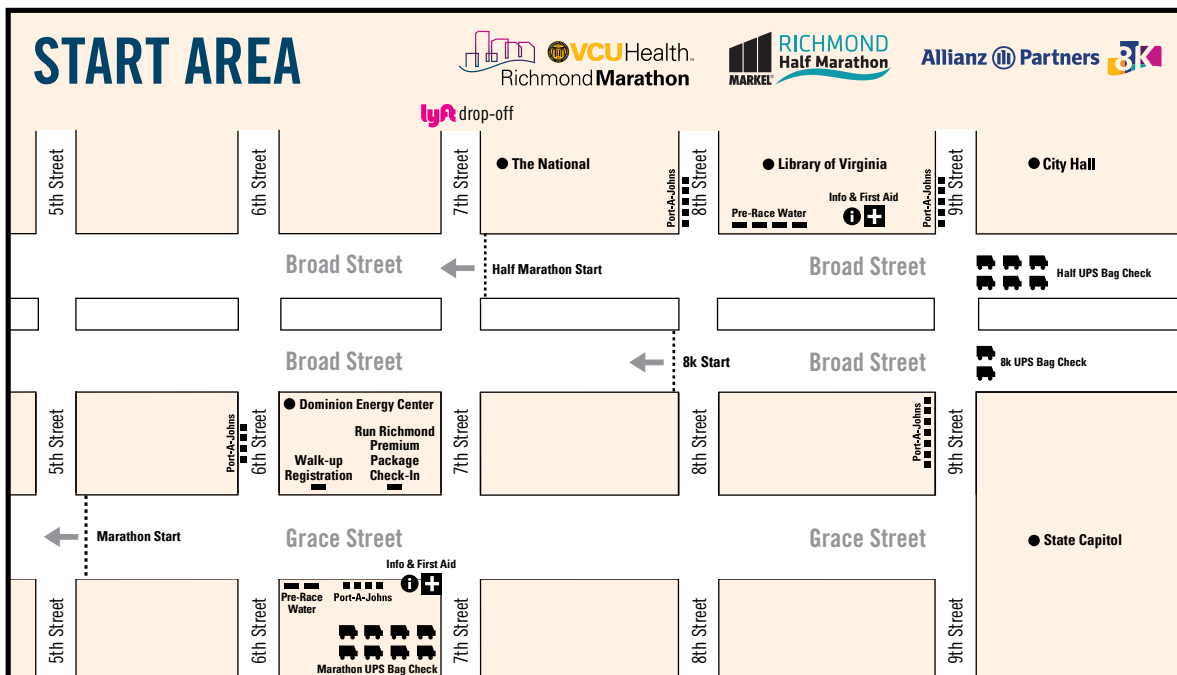
Focus on your race, not on parking!

Lyft is offering **25% OFF TWO RIDES ON RACE WEEKEND!** Use Code: **RVARACE19**

Plus, for every ride taken from the Health and Fitness Expo or the finish line, Lyft is donating \$2 to Kids Run RVA, the official event charity! Use these convenient drop off & pick up locations on race day:

**Drop Off:** In the semi-circle in front of the Richmond Coliseum's 7th Street entrance, within just a few blocks of each of the three start lines

**Pick Up:** Byrd and 7th Streets, in front of the Federal Reserve building







HEY RUNNERS

# You do the running. We'll do the driving.

Focus on the race, not on parking. Use code **RUNRVA19** for 25% off two rides on race weekend.



Your ride counts. Together we can support a cause that makes Richmond a better place. Take a Lyft ride from the Health & Fitness Expo or VCU Health Richmond Marathon Finish Line and **Lyft will donate \$2 from every ride to Kids Run RVA.**

Apply the code in the promos tab of your Lyft app and receive 25% off 2 rides. Up to 2,000 rides available while supplies last. 25% off 2 rides to or from the VCU Health Richmond Marathon. Valid until 11:59 PM, Nov. 16, 2019. Pickup or dropoff must be within coverage area. Lyft Terms & Conditions may apply.

## Important Note About Race Start Times

Each race will begin promptly at its designated start time. Participants are responsible for being on time for the start of their race. Starting mats must be turned off and moved immediately after the start of each race, so latecomers will not receive an accurate start time.

## Starting Corrals for the Marathon and 8k

VCU Health Richmond Marathon and Allianz Partners 8k participants have been assigned a bib number that corresponds to one of the corrals at the start of each race. Your bib number must be visible to enter your corral. If you would like to run with another participant, you are permitted to start in the slower person's corral. **If you'd like to move up to a faster corral, you can do so at the expo. You may not move up into a faster corral on race day.**

### VCU Health Richmond Marathon – 7:45 a.m. Start for all Corrals

Corral #	Predicted Times
1	3:30 & under
2	3:31 – 3:59
3	4 hours – 4:14
4	4:15 – 4:30
5	4:31 – 5 hours
6	5:01 & up

### Allianz Partners 8k – 7 a.m. Start for all Corrals

Corral #	Predicted Times
1	:49 & under
2	:50 – :59
3	1 hour – 1:10
4	1:11 & over

## Wave Starts for Half Marathon

Due to the size of the race, the Markel Richmond Half Marathon utilizes wave starts (starting two minutes apart beginning with Wave A at 7:30 a.m.). Participants start in waves with others of the same general speed based on the predicted time indicated on their entry forms. Look for the sign at the entrance to the wave that corresponds to the letter prefix on your race bib. Your bib number must be visible to enter your wave. If you would like to run with another participant, you are permitted to start in the slower person's wave. **If you'd like to move up to a faster wave, you can do so at the expo. You may not move up into a faster wave on race day.**

### Markel Richmond Half Marathon – 7:30 a.m. Start

Wave	Start Time	Predicted Times
A	7:30 a.m.	1:44 & under
B	7:32	1:45 – 1:50
C	7:34	1:51 – 1:59
DA	7:36	2 hours
DB	7:38	2 hours
E	7:40	2:01 – 2:05
F	7:42	2:06 – 2:10
G	7:44	2:11 – 2:15
H	7:46	2:16 – 2:29
J	7:48	2:30
K	7:50	2:31 – 2:59
L	7:52	3 hours & over

## Honey Stinger Energy Gel and POWERADE Flavors

Assorted flavors of Honey Stinger energy gel (Gold, Chocolate (caffeinated), and Organic Gel Fruit Smoothie) will be offered at Miles 14 and 21 on the marathon course and Mile 8 on the half marathon course. Mountain Berry Blast POWERADE will be served at every water stop.

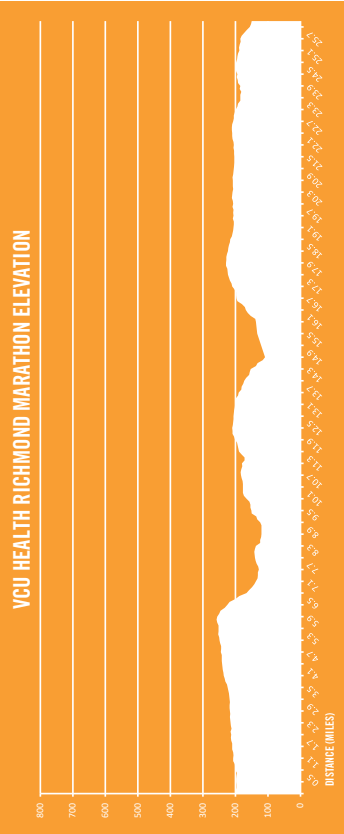
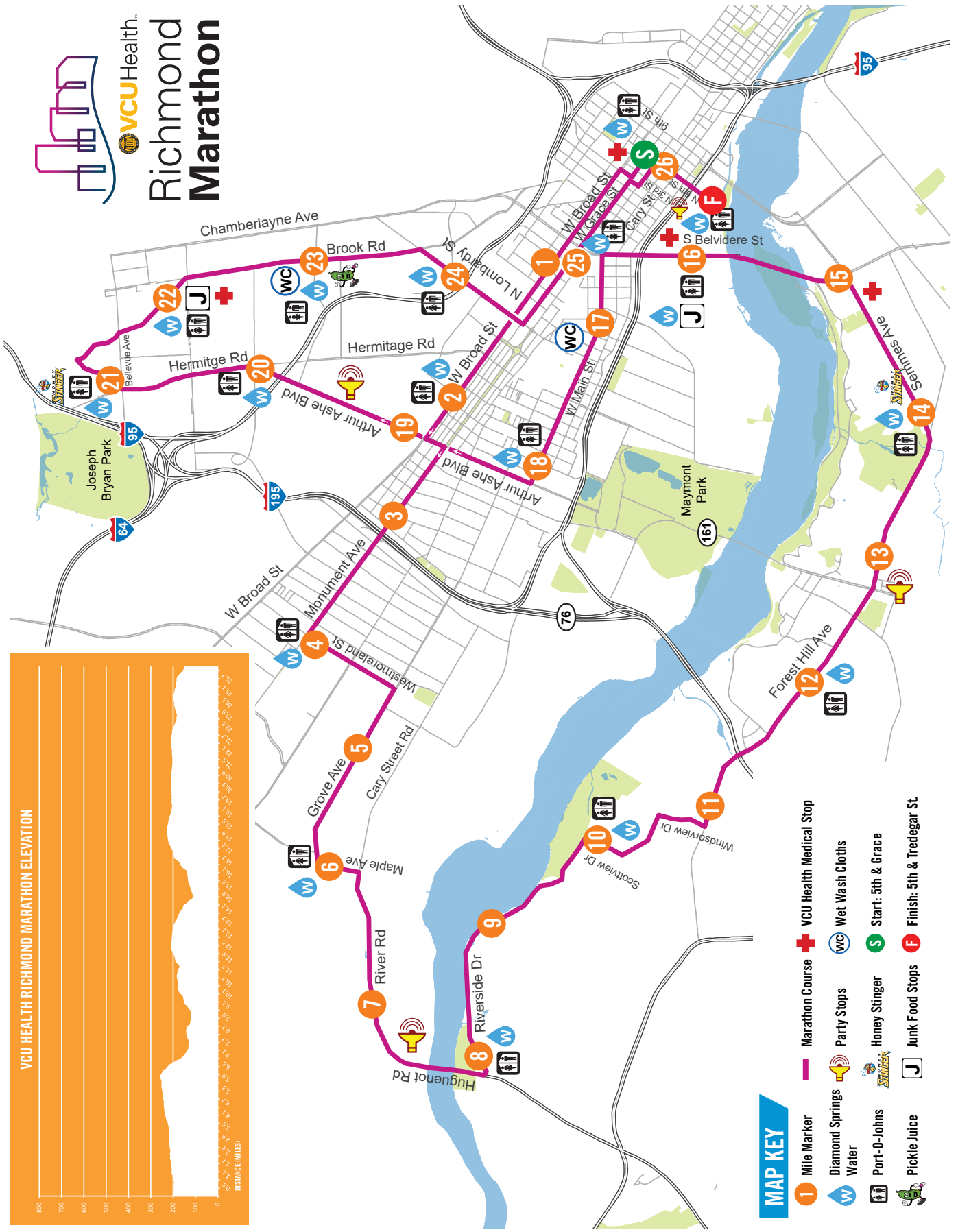
## Medical Assistance VCUHealth™

VCU Health will provide medical assistance at the Start and Finish lines, as well as Mile 14 and 22.5 on the marathon course (Mile 9 on the half marathon course), and in the post-race festival area. Bike medics will also be patrolling the course.

## Pickle Juice Stop is Back!

While we all relish the challenge of the marathon and half marathon, no runner should have to dill with leg cramps during a race. That's why we're bringing the Pickle Juice Stop back to Mile 23 on the marathon course (Mile 10 on the half). We're not gherkin your chain when we say that [research suggests](#) pickle juice helps relieve muscle cramps. We'll have volunteers on hand to make sure you don't mistakenly grab it instead of water. And if you find that cue cumbersome, there will also be signage to alert you.



**MAP KEY**

- Marathon Course
- VCU Health Medical Stop
- Mile Marker
- Party Stops
- Wet Wash Cloths
- Water
- Honey Stinger
- Start: 5th & Grace
- Port-O-Johns
- Junk Food Stops
- Finish: 5th & Tredegar St.
- Pickle Juice
- J



### 7-Hour Marathon and 4-Hour Half Marathon Time Limits

The marathon has a course time limit of seven hours, and the half marathon has a four-hour limit. If you are unable to maintain this pace, you will be asked to move to the sidewalk to enable the reopening of the streets to vehicular traffic. At that time, there will no longer be traffic protection, medical aid, or water stops offered. **There will be four designated checkpoints along the marathon course with shuttles available to take participants back to the Finish area if anyone does not reach a checkpoint by these times:**

**MILE 7** by 9:45am

**MILE 11** by 10:50am

**MILE 16** by 12:10pm

**MILE 20** by 1:15pm

### Friends & Family Can Follow Your Progress Electronically

We're proud to offer Race Day Alerts and Runner Tracking for all event participants. [Sign up now](#) or download the Run Richmond app. Choose between text messages, email alerts or track through the app. We'll provide 6.2, 13.1, and 20-mile splits for marathoners, 10k splits for half marathoners, and finish results for all three races.

### NEW FOR 2019: RACEJOY OFFERS ADVANCED TRACKING AND CHEERS

By tapping into the power of your smart phone, the [RaceJoy](#) app delivers real time performance information and the ability for family and friends to show their support from around the world! There is no charge to use RaceJoy as the interactive event features are provided by Sports Backers as part of your race day experience!

### Prize Money/Awards

Prize money and other awards will be available as follows:

Overall Place	Marathon	Half Marathon	8k
1	\$2,500	\$1,000	\$1,000
2	\$1,500	\$500	\$500
3	\$750	\$250	\$250
4	\$500	\$150	\$150
5	\$250	\$100	\$100

Additional awards will be given to the top five finishers in all age groups in all three races. Overall awards are determined by clock time; age group awards by chip time.

The Awards Ceremony for overall winners will take place at the CoStar Post Race Party immediately after each race.

Age group winners will be notified by email on or about Tuesday, Nov. 26, with instructions on how to redeem their personalized award.

### Course Records

Double your money! Bonuses are offered for course records for both male and female athletes.

- \$2,500 bonus for VCU Health Richmond Marathon course records
- \$1,000 bonus for Markel Richmond Half Marathon course records
- \$1,000 bonus for Allianz Partners 8k course records

### Bonus Money for Fast Marathon Times

Bonuses of \$500 will be awarded to marathoners that finish under these times:

- Male – 2:20
- Female – 2:46

### Richmond-Area Marathon Championship

The VCU Health Richmond Marathon is awarding the top local finishers with cash prizes! Any current resident of the Richmond-Petersburg MSA is eligible to win prize money for being the first Richmond resident to cross the Finish line at the VCU Health Richmond Marathon. Prize money will be awarded to the top three males and females as follows:

Place	Amount
1	\$500
2	\$300
3	\$100

Please note: Awards will be mailed to the top three local male and female finishers in all three races.

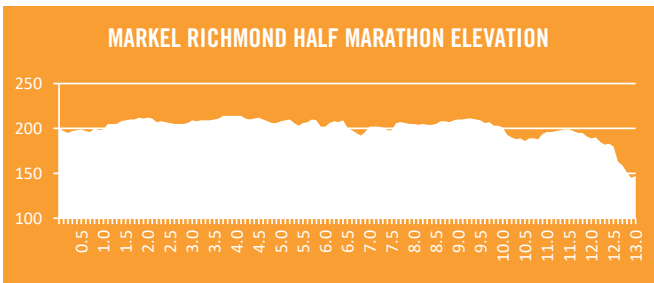
### Event DOs and DON'Ts

For the enjoyment of all participants and spectators, please adhere to the following event rules:

- No strollers, baby joggers, animals on leashes, skateboards, skates, bicycles, or handcycles will be allowed on the course. This will be strictly enforced.
- No one other than registered race participants may cross the Finish line. Please do not have anyone join you for the final stretch. This is strictly enforced.
- The post-race food area is for runners only. Please do not bring family members in with you.

### MAP KEY

- Half Marathon Course
- Mile Marker
- Diamond Springs Water / Powerade
- Port-O-Johns
- Start: 7th St & Broad St
- Finish: 5th & Tredegar St.
- U-Turn: intersection of Loxley, Rennie and Brookland Pkwy
- Party Stops
- Wet Wash Cloths
- Honey Stinger
- Junk Food Stops
- VCU Health Medical Stop
- Pickle Juice



# Pace Group Leaders Help Lead the Way on Race Day

By Pete Woody

**Our pace group leaders are dedicated to making sure participants in the VCU Health Richmond Marathon and Markel Richmond Half Marathon achieve their race-day goals and have a great experience along the way. Here they share their favorite memories, their reasons for wanting to help others, and their best pieces of advice.**

I love encouraging others and seeing the joy people have when they realize they are doing something they never thought was possible. Richmond attracts runners from all over and I just love meeting new folks. After the 2017 marathon, I proposed to my girlfriend after dinner. We were married in 2018 and this race has become a tradition to celebrate our engagement and time together.

- **Robert Moore**

My favorite part of leading a pace group is the camaraderie during the race, talking to the other runners, sharing experiences. The best feeling is crossing the finish line and being thanked by runners who have achieved a PR or qualified for the Boston Marathon, and knowing you helped them get it.

I pace the marathon because I LOVE to pace...I try to make my runners feel good about the race and the running. I have run 475 marathons. I have paced 365 of them all over the world. Richmond is the BEST.

- **Marie Baroletti**

It is not just one person against the marathon but your new 'band of buddies' who are tackling this awesome experience together!

- **Jonathan Davidson**

When you're running with people for three-plus hours, you can start to read body language and facial expressions and we know who is suffering. Seeing people push through is very inspiring. Richmond is really just the perfect marathon - just the right size, the course is really interesting. And being in the center of Virginia, it's always a bit of a reunion and a time to reconnect with friends and be reminded what a small world the running world is!

- **John Anderson**

I enjoy seeing people reach their goals in all facets of life. That's why I'm a teacher and tutor in my professional life and I enjoy pacing runners during races...I enjoy the course and how scenic it is. I love the crowd support. Richmond was my first marathon, and also my first race over half marathon distance.

- **Jeremy Peterson**



I know the course well and love showing our town to other runners on race day. Pacing is by far the most fun I have running all year. It's my way of giving back to a sport that's given me so much. I love running and I love Richmond. I'll keep pacing as long as my body lets me.

- **Eric Collins**

I started pacing because, during my first 50k I hit the wall around mile 16. I had to walk solo to the finish line. During my miserable walk, I made a mental note that no one should have to do this alone. One year later I paced my first marathon at the Richmond Marathon. My favorite part is crossing the finish line with those who were about to give up at mile 22, but stuck it out with me!

- **Drew Brooks**

I ran my first sub two hour half in a pace group five years ago. The pace leaders were absolutely phenomenal and were the reason I made it. I never forgot them and knew at that time I wanted to return the favor to someone seeking the same goal.

- **Chyance Mattison**

I want to inspire others to reach their running goals!

- **Ricky Su**

As a pacer, my favorite part is helping people achieve a goal that they have been training towards for months. Running down 5th Street to the finish line and seeing those that have run with me for many miles reach their goal is a beautiful moment that I get to enjoy right alongside them.

- **Kirk Millikan**

I love to run. I love everything about it! Every race brings a new experiences and challenges. Seeing others rise to their potential and overcome challenges is sometimes even more powerful. As a pace leader I am so inspired by the stories and background of runners and what brought them to the race. Helping them to achieve their goal is incredibly rewarding.

- **Kevin Clauberg**

I am enthused in having the opportunity to pace the marathon for the 19th time, with being the only pacer still on-board from the initial year of pacing, and am excited about being close to the infectious spirit of newbie marathoners and runners. In the words of Albert Schweitzer: "In everyone's life, the inner fire goes out. It is then burst into flame by an encounter with another human being. We should be thankful to those people who rekindle the inner spirit."

- **Mark Guzzi**

This will be my first time leading a pace group and I am looking forward to meeting new people and having a good time on the streets of Richmond! I love how beautiful and clean the Richmond Marathon course is with a lot of cheering sections as well as historic scenery along the course.

- **Julie Lambi**








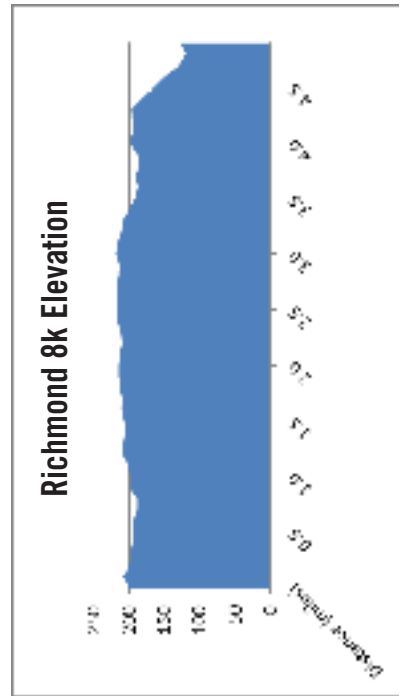


Allianz  Partners



**MAP KEY**

-  8k Course
-  Mile Marker
-  Diamond Springs Water / Powerade
-  Port-O-Johns
-  Start: 8th & Broad St
-  Finish: 5th & Tredegar St.
-  Party Stops
-  VCU Health Medical Stop





**Race Results - Available on our website by Saturday evening, November 16.**

### CoStar Post Race Party

After crossing the Finish Line, all race participants will be greeted by helpful volunteers who will provide plenty of complimentary food and beverages. Enjoy great live music and free massages (Half and Marathon Only). Bring your family to enjoy the variety of post-race activities.

### Sierra Nevada for All Participants (21 & over)



After you cross the Finish Line, simply head over to the ID Check tent with your bib number and celebrate your accomplishment with a complimentary beer. Want another? Additional beer tickets will be for sale.

### Boston Qualifiers, we want to celebrate with you at the Finish Line!



The VCU Health Richmond Marathon is proud to be one of the most frequently used races to qualify for the Boston Marathon. If you qualify for Boston at this year's VCU Health Richmond Marathon, be sure to stop by the Sports Backers & Kids Run RVA tent on Brown's Island to pick up your special Boston Qualifier gift!

### Shower facilities available for out of town runners

The Downtown YMCA will provide shower facilities to participants after the race. The Downtown YMCA is located at the corner of Foushee & Franklin Street, a block off the marathon course and about a half mile from the Finish line. Please bring your race number with you on race day and show it to the front desk. Towels are not provided, so be sure to bring your own.

### Race Coverage on Richmond's NBC 12



Be sure to watch for stories and marathon coverage on Richmond's NBC12 News the week leading up to the marathon. On race morning, there will be live coverage of the marathon Start and Finish. And on Sunday, November 17, at Noon, tune in for a half hour race recap show that will capture all the sights and sounds of America's Friendliest Marathon...only on NBC12.

### Pick up the Richmond Times-Dispatch Marathon Edition



On Sunday, November 17, the Times-Dispatch will feature a special section with stories, photos, top results, and more from the marathon, half marathon, and 8k. Pick up your keepsake copy of this edition on newsstands the morning after the event.

### Post-Race Massages

Complimentary massages will be provided on a first-come, first-served basis for marathoners and half marathoners on race day at the CoStar Post Race Party on Brown's Island. Massage therapists will be available to provide a helping hand for those tired muscles. Massages will be available from 9 a.m.–2 p.m.

### Race Photos



Marathonfoto professional photographers will take participant photos along the course for the VCU Health Richmond Marathon, Markel Richmond Half Marathon, and Allianz Partners 8k. Be sure to wear your bib number where it can be seen, and smile when you see the Marathonfoto team. Then, [visit their website](#) in the days after the race to see your photos.

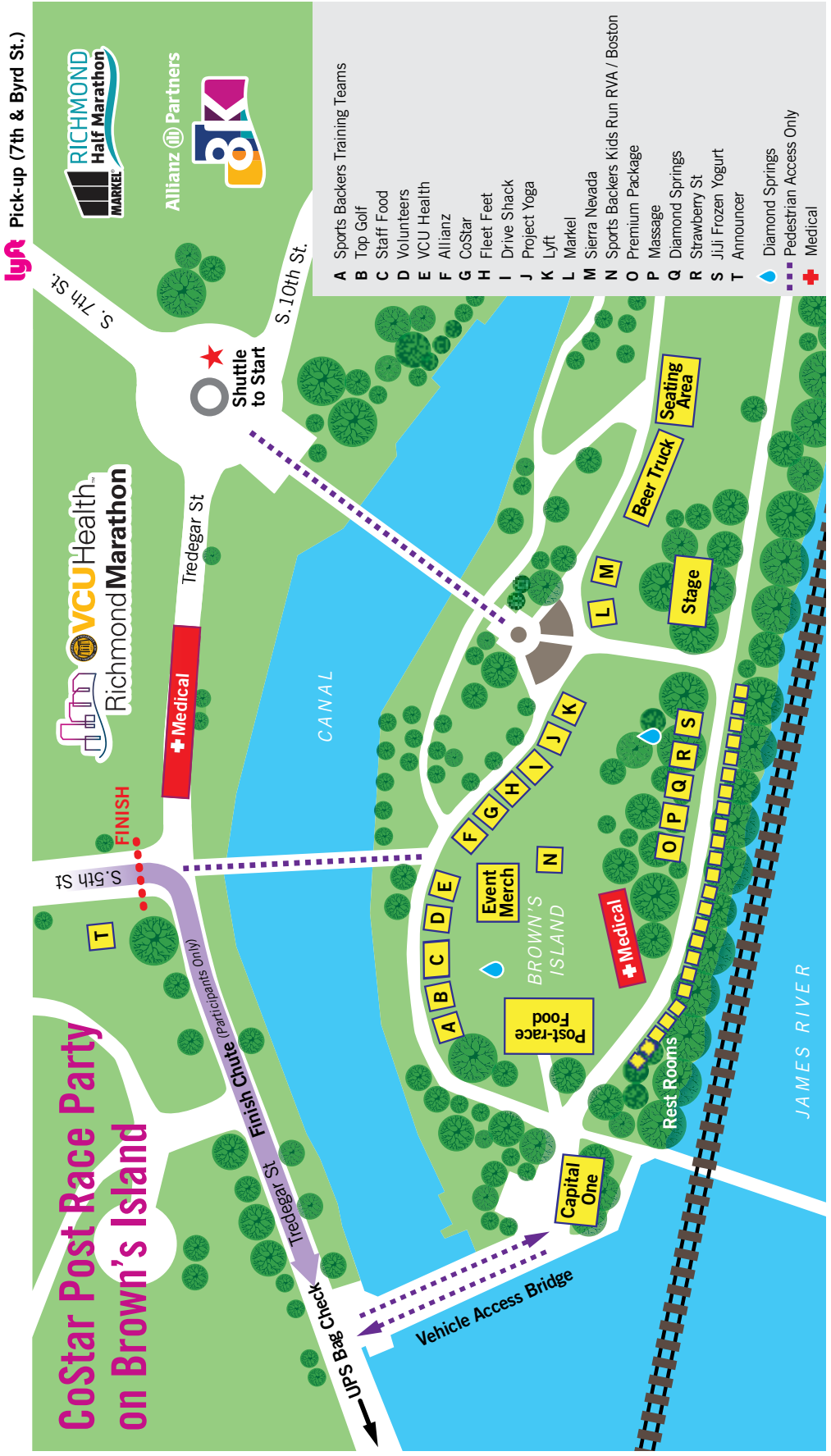
### Finisher Certificates

Free finisher certificates will be available on your official results page after the race. Just click and print!

### Lost & Found

If you lose or find valuables on race day, please go to the Volunteer Check-in tent at the CoStar Post Race Party on Brown's Island.

Lost and found items will be taken to the Sports Backers office on Monday, November 18. If you lose something, you can call 804-285-9495 or email [marathon@sportsbackers.org](mailto:marathon@sportsbackers.org)





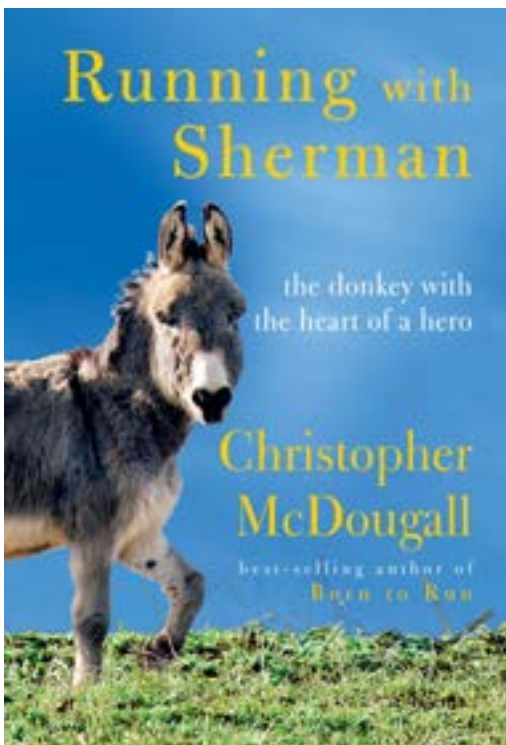
# From ‘Born to Run’ to ‘Running with Sherman,’ best-selling author Christopher McDougall has stories to help all runners

By Pete Woody

Christopher McDougall, the best-selling author of ‘Born to Run,’ will visit the VCU Health Richmond Marathon expo on Friday, November 15, to talk about his new book, ‘Running with Sherman: The Donkey with a Heart of a Hero,’ meet expo attendees, and share a few tips (and Sherman tattoos) to help runners as they take on the marathon, half marathon, and 8k.

**Sports Backers:** Tell us about the new book—how did Sherman come into your life, and how did it all end up making for such a compelling story?

Christopher McDougall: ‘Running with Sherman’ is an adventure that took me by surprise. I never expected to find myself adopting a rescue donkey, and once I did, I was stuck facing the big question: “Now what?” What do you do with a donkey in your backyard who needs movement, joy, a reason to live? Just as an experiment, I decided to see if I could train him to become my running partner, and before I knew it, we were training for the World Championship Pack Burro Race together.



**SB:** As you’ve traveled to share the story of Sherman, what’s the response been like from audiences?

CM: Everyone is enchanted by Sherman and they love hearing about how he transformed from a sick, shell-shocked invalid into a fun and feisty mischief maker, because it really resonates with an experience all of us have. We all have some emotional connection to an animal, whether it’s a favorite pet or a memory from our childhood or some creature we admire, and it’s thrilling to see that kind of relationship play out in a story like this. By the end, everyone is rooting for the Sherminator.

**SB:** What lessons or inspiration can runners take away from Sherman and your experiences with him?

CM: As much as we did for our donkeys, they did for us in return. We ended up adopting two more donkeys to keep Sherman company, and once he was surrounded by pals, he blossomed. But three donkeys meant we needed three runners, so my solo operation turned into a team sport. And I’m so glad it did. I had to learn to run in a pack, and it improved my runs enormously. I learned to pace myself better, be more consistent, learn from the people (and animals!) around me, and most of all, to make sure I showed up each day with a smile on my face.



**SB:** ‘Born to Run’ is one of the books that our Sports Backers Marathon Training Team coaches recommend to runners every year. Why does that resonate with so many people, whether they are experienced runners or taking part in their first marathon or half marathon?



Chris McDougall  
AUTHOR PHOTO CREDIT: Matt Roth

CM: Most books and movies that deal with running always treat it as a misery. Running is always the terrible thing you have to endure to achieve some goal. But if that were true, none of us would run. We like it! So that's the kind of book I set out to write. I wanted to show the real fun and adventure we all get from busting out the door every day, and the fact that it also featured the crazy shenanigans of Jenn Shelton and Billy Bonehead Barnett didn't hurt.

**SB: While in Richmond, you'll be holding some Q&A sessions and meet and greets with runners and expo attendees. What can they expect when they stop in and take part in those events?**

CM: Number one, expect to leave with Sherman tattooed on your arm. I've got some killer Sherman tattoos, and I'm pretty sure they carry a little donkey magic because everyone who slaps one on instantly feels happy. Number two, I like to overshare about what it takes to maintain healthy donkey hygiene, so prepare to hear some donkey bathing tips that may ruin your appetite. And number three, I'm just a student of running like everyone else. I have opinions, but I'm still looking for answers.

**SB: What are the main pieces of advice you like to give to runners as they prepare for a marathon or half marathon?**

CM: Ok, this is the one area where I feel I know something solid. I tell everyone who's about to step into the unknown, be it their first marathon or first 5k, that there's only one mistake they can make: they can forget to have fun. This isn't a race; it's a victory lap! You were brave enough to sign up, you were committed enough to train, so now it's time to celebrate. The real challenge was pushing yourself out the door on those rainy Sunday mornings to log your long runs. This is your chance to savor the work you did and reap the reward of all that work. Make sure you finish with a smile and you did it right.

### Party Zones Cater to Spectators

Friends and relatives are invited to cheer on participants from our special Party Zones. Each location will feature music and refreshments. These Party Zones will serve as a hub for spectators to show their support and enthusiasm.

Marathon supporters may follow the recommended routes to catch the action at the Start, Finish, and three Party Zones. Half Marathon friends and family may catch the Start, Finish, and Mile 7 Party Zone.



### VCU Health Richmond Marathon Party Zones

#### Recommended Directions

##### Start (Grace & 5th Street)

It is recommended that you park north of Broad Street for the start of the race. There is a large surface parking lot just off 9th street north of Marshall. After watching the start of the race you will want to go to the first party zone at River Road Shopping Center.

##### Starbucks River Road Shopping Center (Mile 7)

Take 7th street north to Interstate 95 North. Once on 95 North take 64 West. Get off at the Glenside Drive Exit (heading south). Make a right turn on Forest Avenue. Follow Forest for several miles, and it will cross Patterson Avenue. Continue on Forest, and it will eventually turn into Ridge. Stay straight on Ridge until River Road. Go left on River Road for ½ mile. River Road Shopping Center is on your right. Park in the shopping center lot and the party spot will be across Huguenot Road in front of Starbucks. Do not park on the Starbucks side of the road. You will get trapped by the runners.

##### CVS on Forest Hill Avenue (Mile 12)

From River Road Shopping Center turn left on River Road going west. Continue until Parham Road (150). You will make a right turn off of River Road to get on the exit ramp and at the light at the end of the ramp, make a left, and go south and east on Parham Road (150). Parham Road turns into Chippenham Parkway once you cross the James River. Take Chippenham

Parkway east until Jahnke Road. Make a right turn onto Jahnke Road and go back under Chippenham Parkway. Make a right turn onto Forest Hill Avenue. Park in the parking lot on the right hand side of the road and cross the street by foot to the party in the CVS lot.

##### The Diamond on Arthur Ashe Blvd (Mile 20)

Turn right out of the parking lot back onto Forest Hill Avenue. Make the first right onto Westover Hills Blvd. Stay right onto W. 49th Street. Make the first right onto Clarence Street. Turn left onto Jahnke Road and proceed to Chippenham Parkway. Get on Chippenham Parkway heading north. Take the first exit onto the Powhite Parkway heading north. Have 70 cents ready for the toll booth. Stay on Powhite Parkway across the river. Stay in the left lane and continue on 195 North. In two miles you will see an exit onto 95 South. Take 95 South, and at the first exit after ¼ mile get off on Arthur Ashe Boulevard. At the bottom of the exit ramp make a right hand turn. The party spot is on your left in front of The Diamond baseball stadium. Park on the right hand side of the road. (Do not drive across the runners' path, or you will get trapped by the runners.)

##### CoStar Post Race Party (5th & Tredegar Street) (Mile 26.2)

Take Arthur Ashe Boulevard heading south and turn right (west) onto Broad Street. Go 7/10 mile and turn left onto Hamilton Street. Stay left and merge onto I-195 South. After 1 mile stay right onto the Downtown Expressway (70 cent toll). Get off of the Downtown Expressway at the 7th and 9th Street exit. Stay right on the exit ramp and this puts you onto Byrd Street. Park on the street or in parking lots in this area.

### Markel Richmond Half Marathon Party Zone

#### Recommended Directions

##### Start (Broad Street & 7th Street)

It is recommended that you park north of Broad Street for the start of the race. There is a large surface parking lot just off 9th street north of Marshall. After watching the start of the race you will want to go to the Party Zone in Bryan Park.

##### Bryan Park Party Zone (Mile 7)

Take 7th street north to Interstate 95 North. Once on 95 North take the Hermitage Road exit (Exit 80). At the end of the exit ramp stay to the right onto Westbrook Avenue. Make a right turn at the light onto Hermitage Road. Go past the entrance to Bryan Park and make a left turn at the bottom of the hill on Bryan Park Avenue. Park on Bryan Park Avenue or in the surrounding neighborhood. Walk across the 2nd bridge over the lake to the Bryan Park Party Zone.

##### CoStar Post Race Party (5th & Tredegar Street) (Mile 13.1)

Take Bryan Park Drive back to Hermitage Road and make a right, Get onto Interstate 95 heading south. After 5 miles take Exit 74A onto the Downtown Expressway. Stay in the right lane and get off at the first exit onto Canal Street. **You will need to pay a 30-cent toll.** The exit ramp puts you on Canal Street at 10th Street. You are within walking distance of the Finish line. There is on street parking as well as parking garages in this area.



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## Past Winners

### PAST MARATHON WINNERS

YEAR	MALE	TIME	FEMALE	TIME
2018	Boaz Kipyego	2:20:44	Bose Gemedas Asseta	2:39:04
2017	Temesgen Habtemariam	2:21:28	Bethany Sachtleben	2:39:00
2016	Dadi Beyene	2:19:36	Bizuwork Getahun	2:37:51
2015	Hilary Too	2:18:48	Hirut Guangal	2:42:13
2014	Benjamin Zywicki	2:18:35	Waynished Abebe	2:39:26
2013	Sammy Too	2:16:09	Destas Girma Tadesse	2:37:55
2012	Kipkoech Ruto	2:15:14	Aziza Aliyu	2:40:21
2011	<b>Kennedy Kemei</b>	<b>2:13:45</b>	Mekides Bekele	2:47:50
2010	Mark Chepses	2:19:13	Tezeta Dengersa	2:49:10
2009	Jynocel Basweti	2:18:28	Salome Kosgei	2:40:51
2008	Jynocel Basweti	2:22:22	Kristin Price	2:45:02
2007	Mohamed Awol	2:22:20	Casey Smith	2:44:57
2006	Asnake Fekadu	2:20:23	Maureen Ackerly	2:53:14
2005	Andrei Gordeev	2:14:32	Marina Bychkova	2:42:40
2004	Elly Rono	2:17:55	Tammy Slusser	2:56:40
2003	Elly Rono	2:15:36	Dorota Gruca	2:44:22
2002	Elly Rono	2:16:02	Maggie Chan-Roper	2:37:53
2001	Reuben Chesang	2:17:49	Dorota Gruca	2:36:16
2000	Michael Harrison	2:31:00	<b>Irina Suvorova</b>	<b>2:31:25</b>
1999	Davis Kamau	2:24:48	Mindy Sawtelle	2:46:13
1998	Tim Covington	2:23:51	Senoria Clarke	2:48:51
1997	Mike Fitch	2:30:13	Shelia Gallop	3:17:43
1996	Tim Covington	2:33:31	Bee Andrews	3:02:06
1995	Michael Harrison	2:33:20	Patty Valadka	2:55:21
1994	Tim Covington	2:26:41	Patty Valadka	3:01:32
1993	Michael Harrison	2:35:18	Bee Andrews	2:59:07
1992	Michael Harrison	2:28:15	Shelia Gallop	3:02:14
1991	Thad Jones	2:30:15	Cecil Astrop	3:04:47
1990	James Coleman	2:35:31	Albina Galiamova	2:42:50
1989	Walt Adams	2:30:17	Cecil Astrop	3:11:40
1988	Walt Adams	2:24:14	Bee Andrews	2:54:18
1987	Walt Adams	2:27:51	Deborah Snagg	2:57:18
1986	Walt Adams	2:22:10	Marge Rosasco	2:58:25
1985	Sean O'Flynn	2:21:50	Patty Croasdale	3:06:17
1984	Sean O'Flynn	2:29:55	Carolyn Harrison	3:13:56
1983	Robbie Perkins	2:20:12	Kathy Thomas	3:04:40
1982	Sean O'Flynn	2:22:54	Kathy Heckman	2:54:43
1981	Robbie Pecht	2:19:16	Jennifer Amyx	3:05:04
1980	Ben Wilson	2:23:22	Kathy Thomas	3:06:18
1979	Hillary Tuwei	2:22:26	Susan Crowe	3:09:31
1978	David Ruggles	2:28:49	Bobbie Allen	3:15:40

**BOLD** indicates race record

### PAST HALF MARATHON WINNERS

YEAR	MALE	TIME	FEMALE	TIME
2018	Nicholas Kipkemboi	1:03:02	Bethany Sachtleben	1:13:35
2017	Benard Ngeno	1:03:41	Nicole DiMercurio	1:14:10
2016	Girma Gebre	1:04:41	Joan Aiyabei	1:12:25
2015	Girma Gebre	1:03:34	<b>Rachel Ward</b>	<b>1:12:23</b>
2014	Habtamu Wegi	1:05:38	Lilian Mariita	1:14:29
2013	<b>Kimutai Cheruiyot</b>	<b>1:02:59</b>	Pauline Muchiri	1:12:47
2012	Mengstu Nebisi	1:03:21	Hirut Beyene	1:14:39
2011	George Towett	1:04:34	Bekelech Bedada	1:13:33
2010	George Towett	1:03:44	Maria Elena Calle	1:16:05
2009	Nicholas Kurgat	1:06:02	Alemtsehay Misganaw	1:16:34
2008	Derese Deniboba	1:06:50	Alemtsehay Misganaw	1:18:34

### PAST 8K WINNERS

YEAR	MALE	TIME	FEMALE	TIME
2018	Craig Nowak	22:54	Eglay Nalyanya	26:52
2017	Craig Nowak	22:20	Stephanie Garcia	25:39
2016	John Crain	23:09	Monich Ngige	25:53
2015	Luis Vargas	22:38	Susan Jerotich	25:43
2014	Sean Keveren	22:41	Alice Kamunya	25:30
2013	Emmanuel Bor	22:41	<b>Alice Kamunya</b>	<b>24:53</b>
2012	Ryan Hill	22:37	Neely Spence	25:22
2011	Donnie Cowart	22:57	Alemtsehay Misganaw	26:17
2010	Daniel Kipkoech	23:07	Samia Akbar	27:00
2009	Elkanah Kibet	22:47	Teyba Naser	26:31
2008	Robert Letting	22:42	Jane Murage	25:48
2007	Rod Koborsi	22:41	Caroline Chepkorir	26:20
2006	<b>Samuel Ndereba</b>	<b>22:20</b>	Magdalene Mukunzi	25:24
2005	Vyacheslav Shabunin	23:03	Tetyana Hladyr	26:00
2004	Ian Connor	23:24	Teresa Wanjiku	26:22
2003	Joseph Mwai	23:21	Jou Lia Gromova	25:47
2002	Shadrack Kosgei	22:39	Lyupmila Biktrsheva	26:44
2001	Shadrack Kosgei	22:36	Caroline Zajac-Tynan	26:16
2000	Leonard Mucheru	22:58	Svetlana Zakharova	25:36
1999	Leonard Mucheru	22:50	Tania Jones	26:53
1998	Terrence Herrington	23:05	Irina Bogacheva	26:45
1997	Walt Adams	25:42	Cristi Ferran	30:11
1996	Paul Vandegrift	24:37	Kate Dolan	30:19
1995	Bruce Berger	25:48	Kristi Lynch	32:27
1994	Jeffrey Hough	24:52	Terry Bruner	30:26
1993	Jeffrey Hough	25:00	Terry Bruner	31:15
1992	Des Proctor	24:35	Lynn MacDougall	27:54
1991	Larry Cluff	25:12	Inna Pushkariova	27:03
1990	Mikhail Dasko	23:46	Olga Markova	27:47



A

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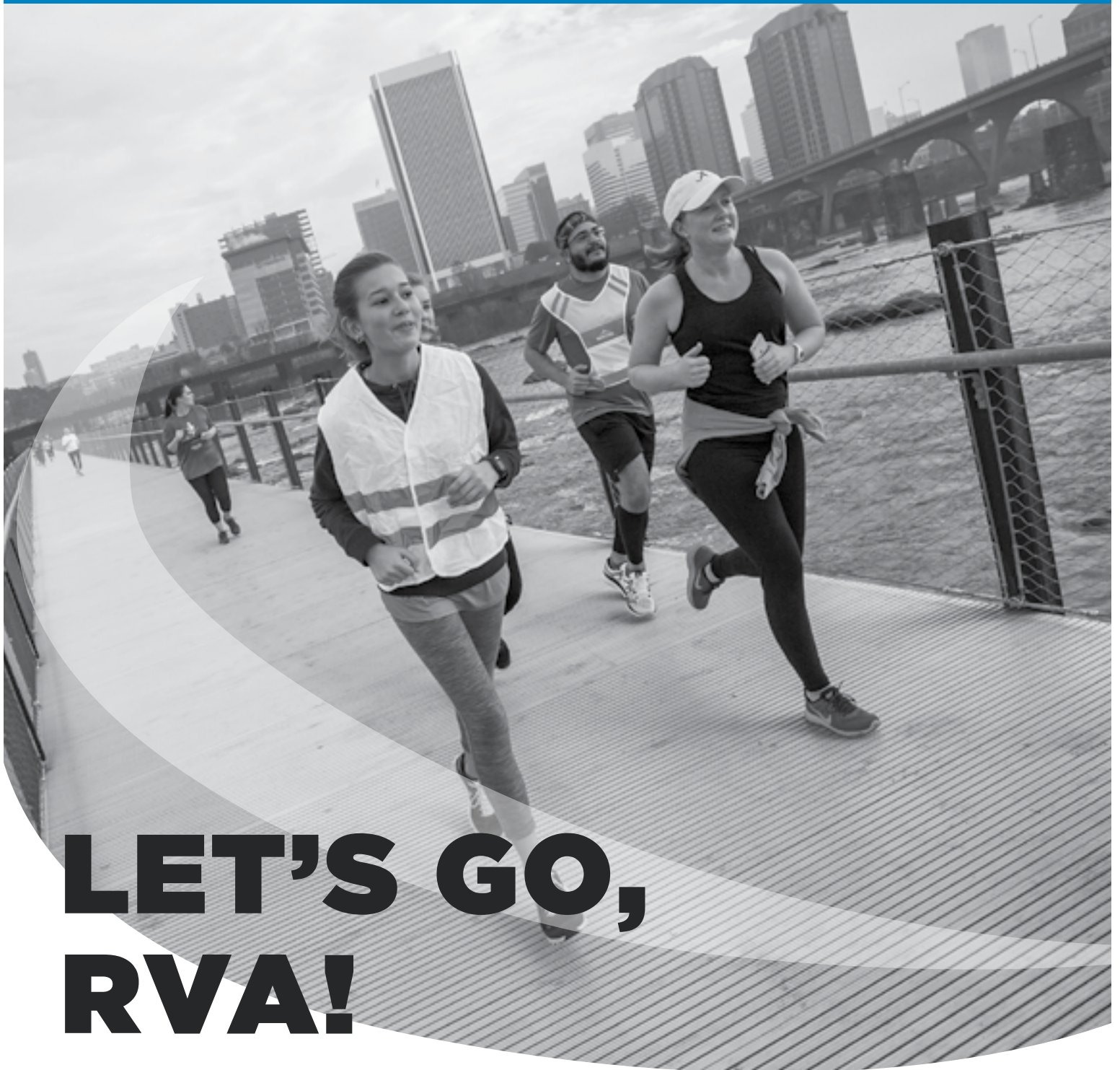
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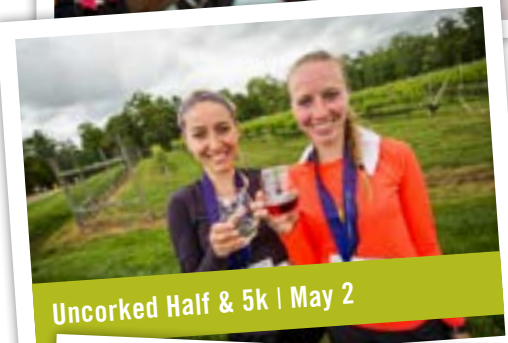
# Sports Backers 2020 Event Schedule

Be a part of Richmond's active community, commit to an active lifestyle, or celebrate your hard work by taking part in our sporting events.

Jan 18	YMCA 10k Training Team Begins
March 28	Ukrop's Monument Avenue 10k presented by Kroger Virginia529 Kids Run
Apr 24-25	Ragnar Trail Richmond
May 2	Uncorked Half & 5k
May 15-17	Dominion Energy Riverrock
June 4	Anthem Corporate Run
June 6/7	Marathon Training Team Begins
June 19-20	Run Bike Relay presented by Ragnar
Aug 1	Richmond International Dragon Boat Festival
Aug 8/9	Half Marathon Training Team Begins
Aug 15	Virginia Credit Union Moonlight Ride
Aug 29	Patrick Henry Half Marathon
Sept 19	8k Training Team Begins
Sept 24	Walmart Biz Bowl
<del>Oct 5</del>	<del>Trails &amp; Ales</del>
Oct 24	kaléo Marathon Jr.
Nov 14	VCU Health Richmond Marathon Richmond Half Marathon Allianz Partners 8k
Dec 12	CarMax Tacky Light Run



Ukrop's Monument Avenue 10k | March 28



Uncorked Half & 5k | May 2



Dominion Energy Riverrock | May 15-17



Anthem Corporate Run | June 4



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A woman in athletic wear is running on a paved road that stretches into the distance. The scene is set at sunset, with a bright sun low on the horizon, creating a warm, golden glow and long shadows. The woman is in the foreground, running away from the viewer. In the background, there are trees and a clear sky. At the bottom of the image, an Amtrak train is visible, appearing to be on a track that runs parallel to the road.

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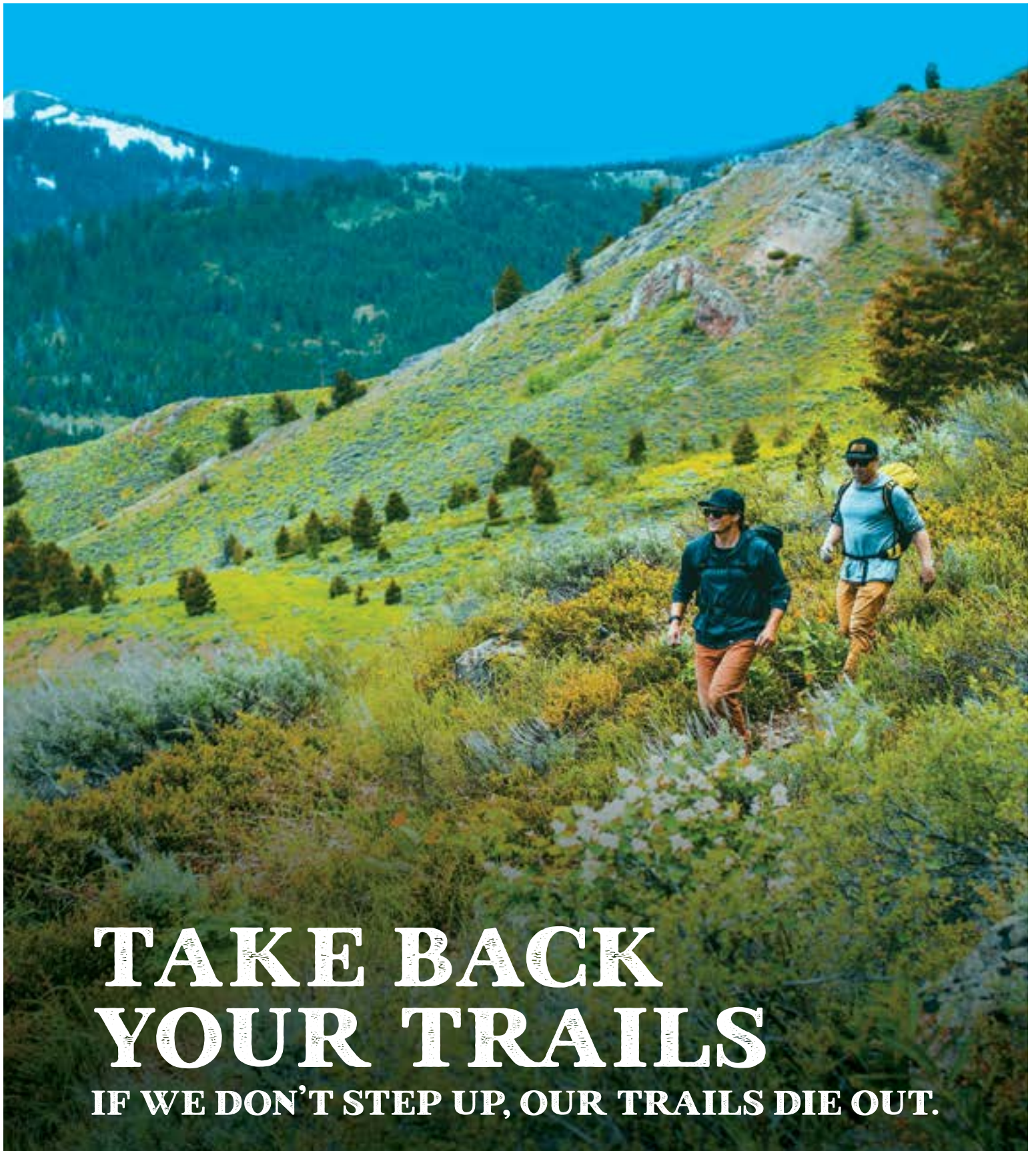


## Race Committee

<b>Erroll Amacker</b>	PR Intern	<b>Stephanie Kirksey</b>	Awards
<b>Brittney Antozzi</b>	Sponsorship, Start set-up	<b>Dona Lawson</b>	Accounting Support
<b>Katharine Benfer</b>	Walk-up Registration	<b>Jay Lenzi</b>	Water Stop Coordinator
<b>Bill Berry</b>	Finish Line	<b>Mike Levins</b>	Registration/Half Marathon Start
<b>Kevin Burcham</b>	MTT Co-Head Coach	<b>Louise Lockett</b>	Command Center Coordinator
<b>Nan Callahan</b>	Registration/Social Media	<b>Jon Lugbill</b>	Sports Backers Executive Director
<b>Megan Capito</b>	Premium Package Coordinator	<b>Caitlyn Mann</b>	Event Support
<b>Chaz Coleman</b>	Event Support	<b>Margaret Maslak</b>	Post Race Food
<b>Suzen Collins</b>	8k Training Team Coordinator	<b>Karen McCarthy</b>	Pacers
<b>Tiffany Copeland</b>	Course Support	<b>Michelle Mertens</b>	Post Race Food/SB Controller
<b>Will Dixon</b>	Sponsorship Director/Start Area	<b>Lauren Millard</b>	Sponsorship Manager
<b>Nancy Elfino</b>	Finish Area/Blankets and Hats	<b>Dawn Odom</b>	SAG Coordinator
<b>Ro Gammon</b>	Half Marathon Training Team Head Coach	<b>Carrie Parker</b>	MTT Co-Head Coach
<b>Betsy Garber</b>	Expo Shirt Coordinator	<b>Jacki Quinlan</b>	Kids Run RVA - Event Charity
<b>Mara George</b>	Training Team Coordinator, Registration	<b>J.M. Ramey</b>	Water Stops - Southside
<b>Marcy George</b>	Finish Area/Medals, Walk-up Registration	<b>John Raigins</b>	Operations Director
<b>Michael George</b>	Start/Finish Line Coordinator	<b>Rick Salamida</b>	Water Stops - Northside
<b>Susan Ann Glass</b>	SAG Coordinator	<b>Scott Schricker</b>	Marketing/Start Area Support
<b>Mary Marshall Graeber</b>	Volunteer Coordinator	<b>Megan Schultz</b>	Event Director
<b>Alison Hale</b>	Merchandise	<b>Ashlee Snider</b>	Course Support/Graphic Design
<b>Faith Hecht</b>	Marathon Info Booth/Course Support	<b>Thom Suddeth</b>	Elite Athletes
<b>Kayla Huffman</b>	Event Operations Intern	<b>Brantley Tyndall</b>	Start Support and Set-up/Break-down
<b>Curtis Johnson</b>	Set-up/Break-down team	<b>Amy Waters</b>	Finish Festival Coordinator
<b>Molly Johnson</b>	Expo Director	<b>Jake Wiseman</b>	MTT Co-Head Coach
<b>Meghan Keogh</b>	Course Logistics	<b>Woody Woodward</b>	Course Marshal Coordinator
<b>Hugh Kerr</b>	Party & Junk Food Stops	<b>Pete Woody</b>	PR and Media Relations/Awards








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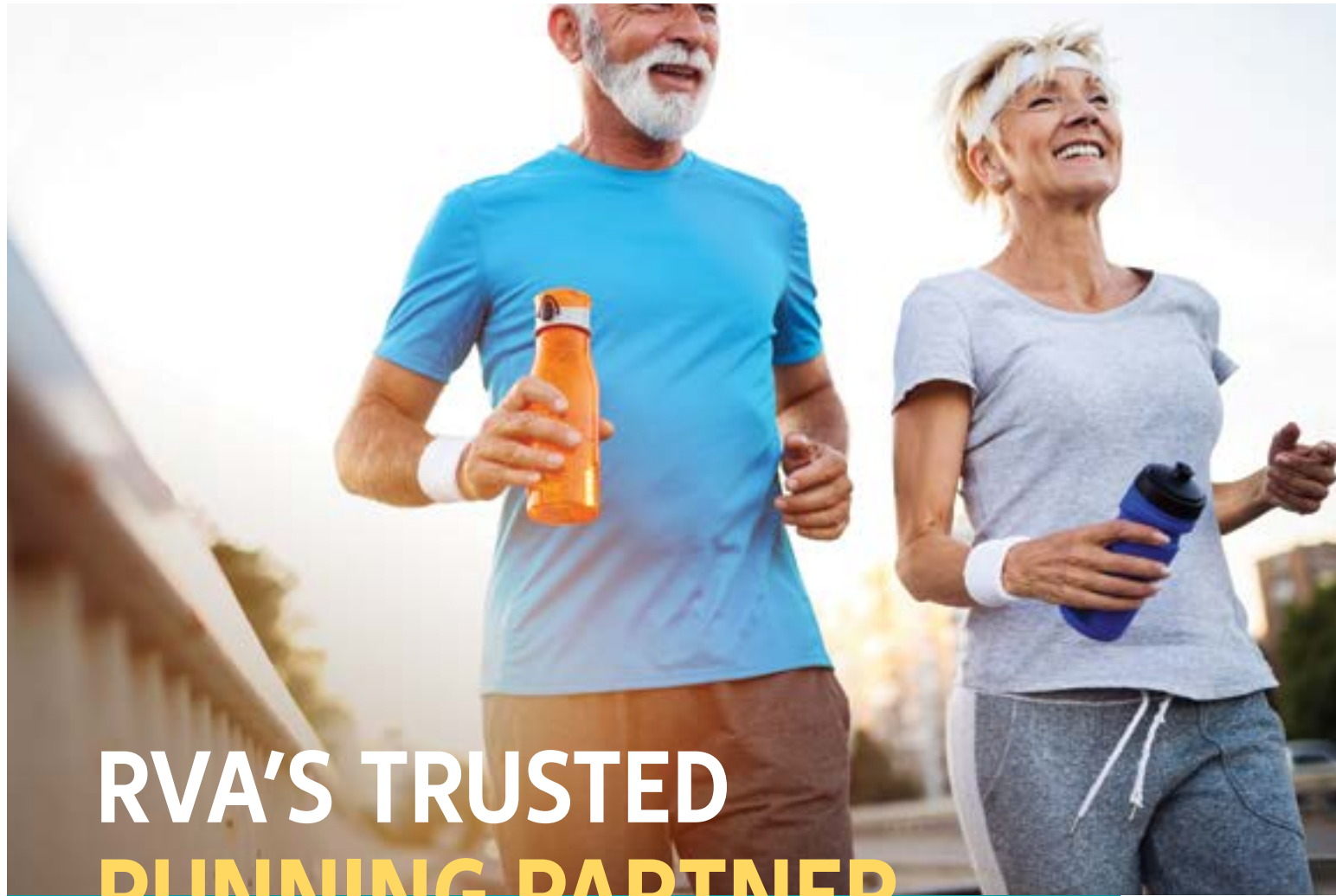
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[AllianzRVA.com](https://AllianzRVA.com)



A woman with dark hair tied back, wearing a red tank top and black leggings, is leaning forward in a starting position on a paved surface. She has a smartphone mounted on her left arm and a watch on her left wrist. The background is a blurred outdoor setting with a building and a sky.

**At Markel**, we believe in hard work, striving for a better way, flexibility, and self determination—all values that resonate with athletes like you. We are a proud sponsor of the Richmond Half Marathon. On behalf of our 17,400 associates, welcome to Richmond! We recognize that your training and dedication make this race possible. Thanks for participating and enjoy the race!

**Find the passion  
in your pursuit.**

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