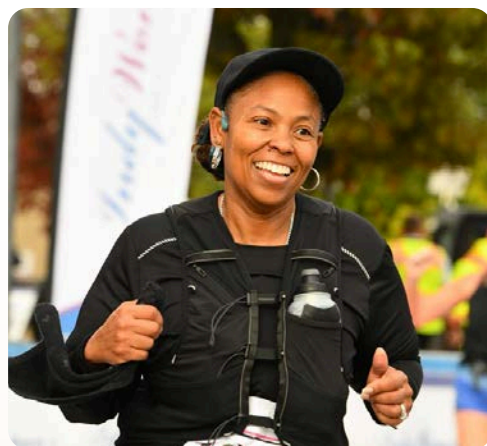




2024 Participant Guide



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Thank you to our valued partners and sponsors!

Presenting



Official



Community



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Expo & Packet Pickup

When: Friday, August 30, 4-8 p.m. Eastern

Where: Renaissance Indianapolis North Hotel
11925 N Meridian Street
Carmel, IN 46032

Parking: Parking is free and available outside the hotel's main entrance.

Packet Pickup: Need to pick up a friend's packet? No problem! The person picking up the participant's packet must have a copy of the participant's driver's license, or a copy of the participant's confirmation email (sent via email when they registered). To confirm your registration, [click here](#).

Online Store Orders: Did you place an [online store order](#)? Don't forget to pick it up at the expo!

Pasta Dinner: Enjoy your pre-race pasta dinner at the Renaissance!

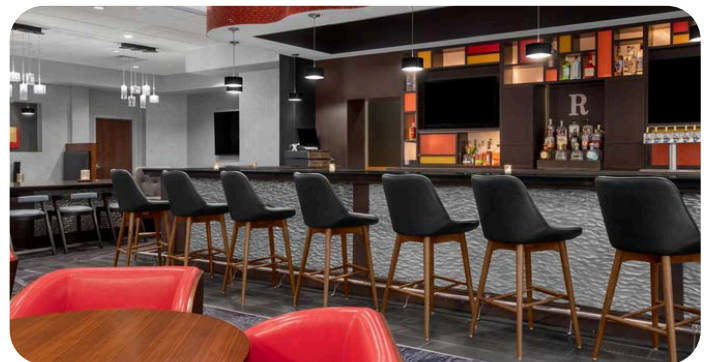
Friday, August 30, 5-10 p.m.

Grille 39

\$29.95 per person (tax and gratuity not included)

[Click here](#) to purchase pasta dinner tickets.

grille 39



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Event Schedule



Friday, August 30, 2024

Expo & Packet Pickup 4-8 p.m.
(Renaissance North Indianapolis Hotel, 11925 N
Meridian St, Carmel, IN 46032)

Saturday, August 31, 2024

Packet Pickup and Race Day Registration 6-7:15 a.m.
(Carmel Gazebo, Civic Square,
3 Civic Square, Carmel, IN 46032)

Gear Check (Carmel Gazebo, Civic Square, 6:30-11:30 a.m.
3 Civic Square, Carmel, IN 46032)

Start Corrals Open 7 a.m.

Pre-Race Ceremonies 7:20 a.m.

Start of the Half Marathon, 10K and 5K 7:30 a.m.

Post-Race Party Begins 8 a.m.

5K Awards 8:30 a.m.

10K Awards 9 a.m.

Half Marathon Awards 10 a.m.

All times local/Eastern.

Registration Info



- **Registration Confirmation:** To confirm your registration, please login to your [RunSignup account](#) or [click here](#).
- **Deferrals:** To defer your race registration to 2025, please login to your [RunSignup account](#). Click Manage Registration, then Defer Registration. Follow the prompts to complete your deferral. [Click here](#) for detailed instructions. The deadline for all deferrals is 11:59 p.m. Eastern on Sunday, August 25.
- **Event Distance Changes:** To change your event distance (upgrade or downgrade), please login to your [RunSignup account](#). Click Manage Registration, then Transfer Event. Follow the prompts to complete your transfer. [Click here](#) for detailed instructions. Event distance changes can also be made on site at the expo. To upgrade, you will need to pay the difference between the cost of the event registration fees. You may downgrade at no cost. Event distance changes are available until the end of the expo at 8 p.m. Eastern on Friday, August 30.
- **Participant Transfers:** All participant transfers must be made through Race Headquarters. Transfer fees include a \$25 fee to transfer plus the difference in registration fee based on the cost when originally registered and the current cost of registration. For example, if you registered for the half marathon at \$50 and the current registration fee is \$75, the new participant will pay \$25 (transfer) plus \$25 (difference in fee) for a total of \$50 plus processing. To initiate a transfer, [email Race Headquarters here](#) with the new participant's full name and email address. The deadline for all participant transfers is 11:59 p.m. Eastern on Sunday, August 25.
- **Virtual Event:** If you would like to change your race registration to our virtual event, please login to your [RunSignup account](#). Click Manage Registration, then Transfer Event. Follow the prompts to complete the change. The deadline for all virtual event changes is 11:59 p.m. Eastern on Sunday, August 25.

General Race Info



- **Bib Assignments:** We are using dynamic bib assignments for this event. Your bib will be assigned when you check in at packet pickup. You do not need to look up your bib number in advance.
- **Cancellation Policy:** Event management, along with the City of Carmel, has the authority to cancel or delay the event for any reason due to extreme weather, accidents, city emergency, health risks, etc. In the event of cancellation, the race will not be rescheduled and refunds will not be issued.
- **Aid Stations:** We offer both water and Gatorade at every aid station. Aid stations are located approximately every mile.
- **Toilets:** There are toilets located throughout the course. There is a minimum of one port-o-let or permanent restroom located near each of the aid stations throughout the course.
- **Age Limits:** Half marathon and 10K participants must be 10 years and older. The 5K is open to participants of all ages, including kiddos in strollers!
- **Swag:** All registered participants will receive an event shirt and goodie bag, and all finishers will receive a custom-designed medal.
- **Gear Check:** Gear check is available at the Gazebo. NOTE: The event organizers will not be responsible for checked bags & lost items.
- **Course Time Limit:** The course time limit for the half marathon is 4 hours (roughly 18:15/mile pace).
- **Headphones and iPods:** We strongly recommend these or other audio items NOT be used due to the safety of yourself and other participants. Please ensure that you are able to hear those around you.
- **Jogging Strollers:** Jogging strollers are only allowed for the 5K and not in the half marathon or 10K. Strollers should begin at the back of the start corrals behind the runners.
- **Dogs:** Dogs are only allowed in the 5K and not in the half marathon or 10K. This is due to insurance and safety reasons. Those with dogs must start at the back of the start corrals. Dogs must be on a 4 foot leash or shorter. Improper leash length or positioning in the corrals will result in a disqualification.

Results & Photos

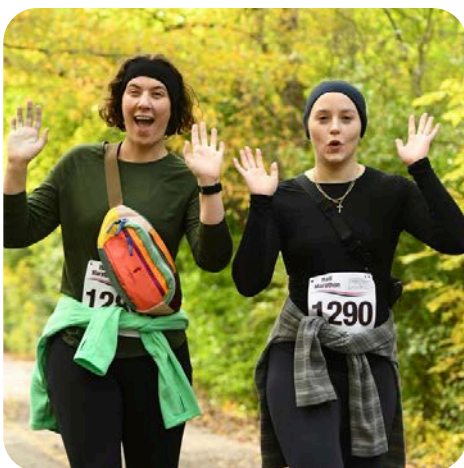
Results:

Visit the Worley Erhart-Graves Financial Advisors results tent near the Gazebo in the post-race party area for your official results. Full results will also be available post-race at WomensRunningFestival.com. Live participant results can be found via [RunSignUp here](#).

Photos:

Get ready to smile for the cameras! For only \$19.99 (half marathon) or \$14.99 (10K and 5K) you can receive the FinisherPix Photo Pack in Digital Format. A link to download all images will automatically be emailed to you when photos are available online. Log in to your [RunSignUp account](#) to pre-purchase!

A photo link will also be sent out to all participants post-race.



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Awards



Podium Awards:

Podium awards ceremonies will be held at the Gazebo in the post-race party area.

5K Awards	8:30 a.m.
10K Awards	9 a.m.
Half Marathon Awards	10 a.m.

Guidelines:

All awards will be based on gun time. Awards must be picked up on race day. Awards will not be mailed except for cash awards.

Awards:

Cash awards will go to the top-20 overall in the half marathon and top-3 in the 10K and 5K. The total cash purse in the half marathon is \$4,000. The cash purse for the 10K and 5K is \$600.

Place	Half Marathon	10K & 5K
Overall Winner	\$750 + gifts	\$125 each
2nd	\$500 + gifts	\$100 each
3rd	\$300 + gifts	\$75 each
4th	\$250	
5th	\$225	
6th	\$200	
7th	\$175	
8th	\$160	
9th	\$150	
10th	\$140	
11th	\$135	
12th	\$130	
13th	\$125	
14th	\$120	
15th	\$115	
16th	\$110	
17th	\$110	
18th	\$105	
19th	\$100	
20th	\$100	



Age group awards will go to the top-3 of each distance. Age groups: 12-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Please check the **Worley Erhart-Graves Financial Advisors results tent** near the Gazebo if you think you won an age group award!

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13.1  10K

GET A MOVE ON CANCER 5K

Pacers



The Women's Running Festival offers a great group of experienced half marathon pacers who can help you reach your goals! You do not need to sign up with the pacers in advance. Just look for the pacers' signs at the start line corrals to join their groups.

1:50 - RACHEL SINDERS



1:55 - ALLY BRETTNACHER



2:00 - TRENA ROUDEBUSH



2:10 - KETTIE MOTHERSHEAD



2:15 - SARAH HILL-ABLE



2:30 - JEN KNIFE



2:45 - DONNA ADAMS



3:00 - CINDY NEIGHBORS



4:00 - HEATHER BLACK



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R
RENAISSANCE®
INDIANAPOLIS NORTH HOTEL

PASTA NIGHT AT GRILLE 39
FRIDAY, AUGUST 30
5 - 10 P.M.

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womensrunningfestival.com/store



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AND FUN!**

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**Listen for WHJE (91.3 FM),
Carmel High School's student-
run radio station, as you
sprint toward the finish line!**

LISTEN 91.3
LIVE WHJE

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Race Day Parking

Free parking is available near the start/finish line and Carmel Gazebo.

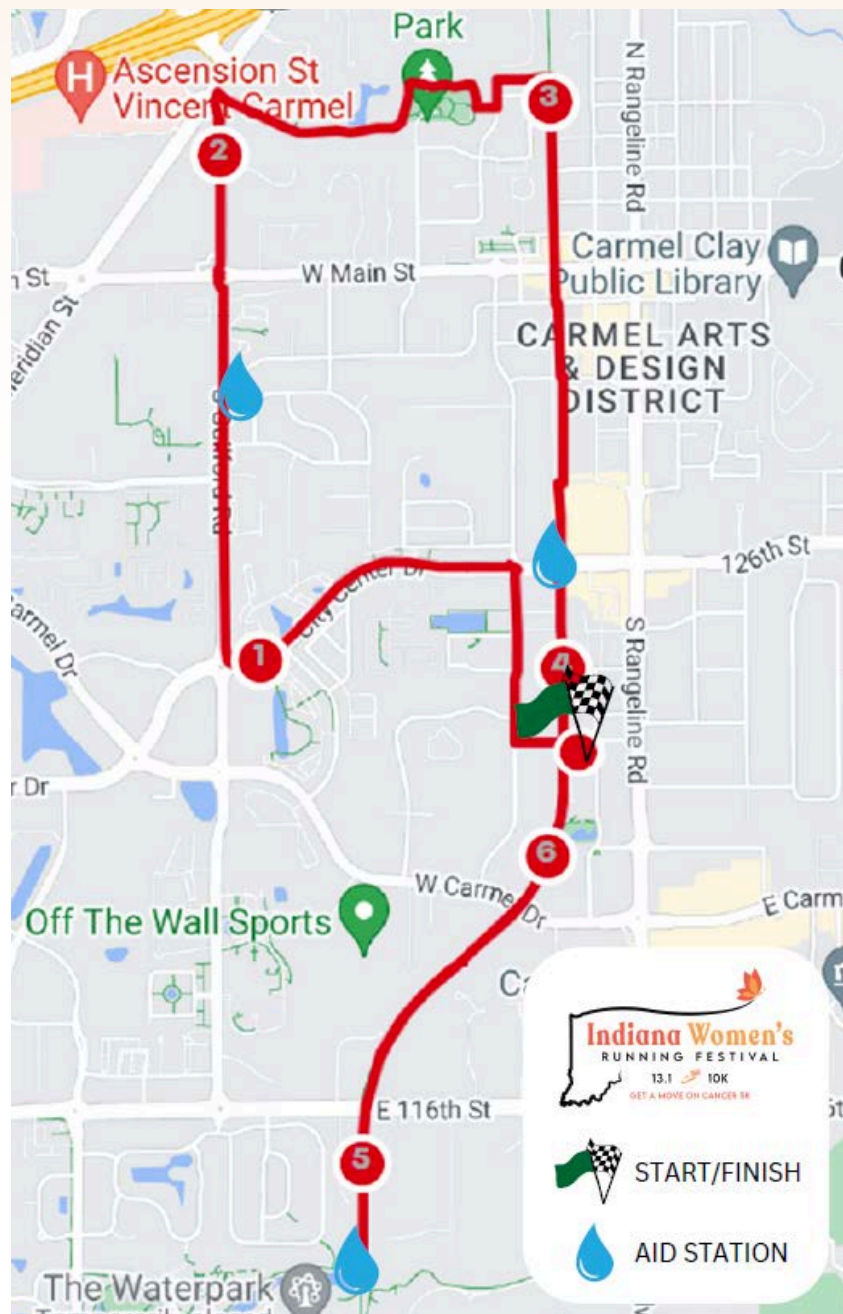


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Course Maps



WOMEN'S 10K

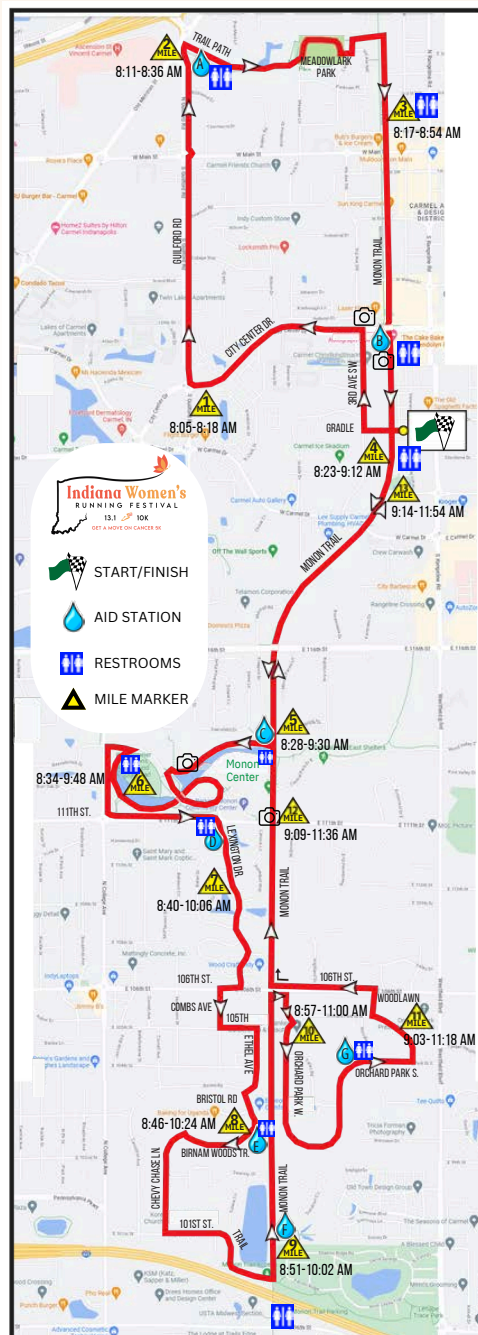


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Course Maps



WOMEN'S HALF MARATHON



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JOIN US FOR THE 19th ANNUAL DONUT 5K AT THE BOWL!

SEPTEMBER 7, 2024 • 7 PM • BUTLER BOWL ON THE BUTLER UNIVERSITY CAMPUS

- Fast course with a net downhill finishing under the lights on the 50-yard line • Benefits local animal rescues
- Jack's Donuts on the course and at the finish line, over 9,000 donut holes to be served! • Cash purse to the top-3 male and female finishers + Age Group Awards • Post-race party until 10 p.m., including LIVE MUSIC from the Roundups, concession food from the Hinkle Fieldhouse concession stands, and the beer garden featuring Metazoa Brewing
- All participants will receive the Official event shirt, medal, Special event visor, donuts + more

We ditched the winter cold for fall evening warmth but the same fun will continue!



REGISTER NOW! WWW.DONUT5KRUN.COM

Use the code "TOURSTOP" for 15% off!



Charities



CRRG Events is proud to support two local organizations through the 2024 Indiana Women's Running Festival. Stop by their booths at the expo to learn more about their work and how you can help support their causes!



The Get a MOVE on Cancer 5K offers participants an opportunity to support breast cancer patients through fundraising for the Multidisciplinary Oncology Vitality and Exercise (MOVE) Program at Indiana University Melvin and Bren Simon Comprehensive Cancer Center.



The MOVE Program, offered free to all cancer center patients, gives individuals a personalized plan for exercise and physical therapy throughout all stages of their cancer journey. Oncologist Tarah Ballinger, MD, developed the program after finding studies prove exercise during cancer treatment reduces negative side effects, improves mood and accelerates healing.



IWIN Foundation supports individuals statewide currently receiving treatment for breast cancer by securing and paying for individual services that relieve emotional, physical and financial burdens. The basis of the IWIN Program is to give these courageous individuals the strength to endure treatment, empower them to continue their fight against breast cancer, and place them on the path to survivorship.

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Post-Race Party

The fun doesn't stop at the finish line! Stick around for our post-race festival at the Carmel Gazebo.

In addition to the traditional post-race refreshments and goodies, **Runners Forum** will be grilling hot dogs, hamburgers and bean burgers (on a separate grill). Enjoy samples from **Chicken Salad Chick** and cookies courtesy of **Aramark**.

Celebrate with a complimentary beer from Westfield-based **Field Brewing** or a glass of wine from **Sugar Creek Winery**! Additional pours will also be available for sale. Please bring your ID!

The **Carmel Farmers Market** is the perfect place to visit after your race finish! Stop in at the Carter Green for 70-plus vendors offering Indiana-grown and produced products.



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Thank You



Thank you to our volunteers! The Women's Running Festival requires many months of planning and coordination. It would not be as successful without the help of more than 200 volunteers. Learn about future volunteer opportunities at CarmelRoadRacingGroup.com.

Be sure to save a smile or high-five for our water stop groups!

Water Stop A - [Sewa International](#)

Water Stop B - [IndySpartans](#)

Water Stop C - [Back on My Feet](#)

Water Stop D - [Help Save The Next Girl](#)

Water Stop G - [Concordia Church](#)



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