

13.1

10K

MAY 4TH ————— MAY 5TH, 2024

DES MOINES WOMEN'S RACE

ATHLETE GUIDE

5K



TEAM
RELAY

**IT ISN'T
EASY,
BUT IT'S
WORTH IT**

PACKET PICK-UP

SATURDAY
May 4th

10:00 a.m. – 4:30 p.m.

If picking up for a Sunday event, please come before 3:00 p.m. as our team preps for the 5K race.

SUNDAY
May 5th

6:30 a.m. – 7:30 a.m.

Jasper Winery
2400 GEORGE FLAGG PKWY

We encourage you to pick up your packet at the earliest time that works for you during race week. If you're local, please try to pick up your race packet prior to race day!

In order to pick up your packet, you'll need a valid photo ID and your confirmation email (can be printed or on your phone). You will also be able to pick up packets for friends + teammates. Have their confirmation email/screenshot with you.

Relay team members MUST have filled out a digital waiver in order for their packet to be picked up.

LEAVE PACKET PICK-UP WITH...

- ✓ **Bib** (will be assigned upon arrival)
- ✓ **DSMWHM Quarter Zip** (half, 10K and team relay athletes)
- ✓ **Official Finisher Shirt** (5K athletes)
- ✓ **DSMWHM Wine Glass** (all athletes)
- ✓ **Commemorative wine** (pre-order)
- ✓ **Complimentary wine ticket**



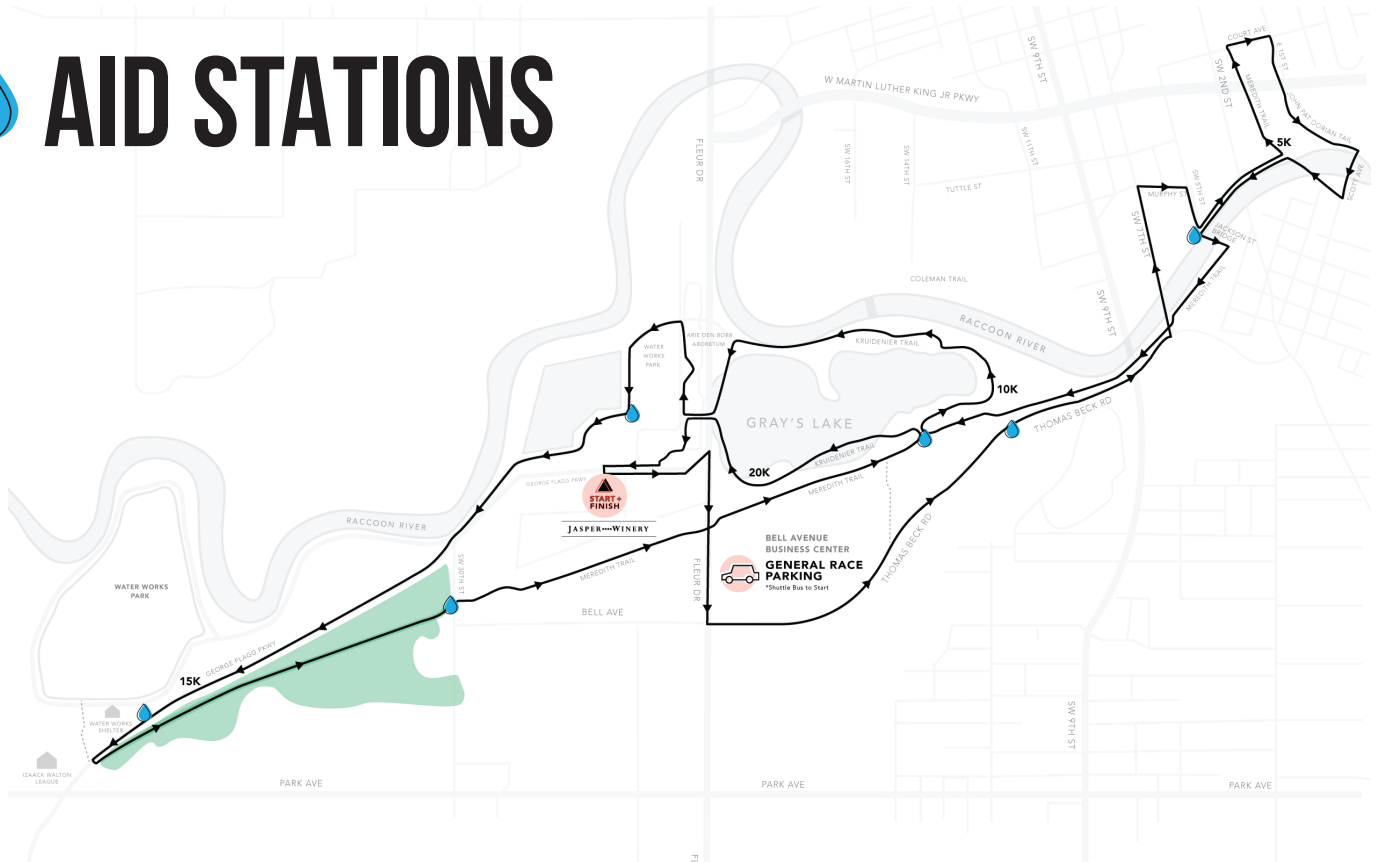
Looking to pick up some extra race gear? Check out the full line of DSMWHM clothing and swag options at the Race Store located in the barrel room at Jasper Winery. The store will be open during all Jasper Winery packet pick-up hours and will include NEW and vintage items.

REGISTRATION CHANGES

Want to change from in-person to virtual? You have two options: **(1)** Change your registration using the steps below prior to picking up your race packet. Registrations made after the April 26th deadline will be expected to pick up swag in person **(2)** Pick up your swag anytime during the posted packet pick-up hours and let our registration team know you'll be joining us virtually.

- 1.** Go to www.runsignup.com and log in to your profile
- 2.** Click "My Profile" in the top right corner of the screen
- 3.** Find the Des Moines Women's Half from your "Upcoming Events" and click "Manage Registration."
- 4.** Along the top navigation bar choose "Transfer Event"
- 5.** Click "Start Transfer" and complete the registration.

AID STATIONS



HALF MARATHON + TEAM RELAY			10K		
AID STATION	MILE MARKER	FOOD/ DRINK	AID STATION	MILE MARKER	FOOD/ DRINK
1	1.4	Water	1	1.4	Water
2	2.75	Water	2	2.75	Water
3	4.9	Water	3	4	Water
4	6	Water, Gatorade	4	5.7	Gatorade
5	7.9	Water	5K		
6	9.5	Water, Gatorade			
7	10.7	Water, Bananas	AID STATION	MILE MARKER	FOOD/ DRINK
8	12	Water, Gatorade	1	1.5	Water

LOCATION OF AID STATION SHOWN ON 5K MAP ON PREVIOUS PAGE

Water will be self-served in cups that must be disposed of in available trash cans.
 *Bananas: Individually wrapped hard candy will be available in addition to bananas

SUNDAY POST RACE PARTY

Athletes looking to keep the party going are invited to celebrate with us at the finish line at Jasper Winery. The post party will include live music, food trucks, and a complimentary glass of wine with your ticket attached to the bottom of your bib.

DJ Jk



SATURDAY, MAY 4TH
5:30 - 7:45 PM at Jasper Winery

Damon Dotson
TRIO



SUNDAY, MAY 5TH
9:15 AM - 12:15 PM at Jasper Winery



DONATE

IF YOU MISSED THE LINK DURING REGISTRATION
SCAN THE QR CODE TO DONATE.



With the help of generous women like you, The Des Moines Women's Race has raised more than \$20,000 for strong, women-focused causes in Central Iowa.



We're again highlighting one of our favorite partners that supports empowering strong girls: Girls on The Run of Central Iowa. As in year's past, we will highlight donors with recognition on their bibs, and a small gift of thanks.

EVENT PARKING

5K PARKING

George Flagg Parkway will be closed starting at 3:00 p.m. on Saturday, May 4th. All 5K athletes should enter Water Works Park via the main entrance on Fleur Dr. and follow event staff instructions.

JASPER...WINERY

2400 George Flagg Pkwy, Des Moines 50321

HALF MARATHON, 10K + TEAM RELAY PARKING

Parking for Half Marathon, 10K + Team Relay spectators and athletes will be at **Bell Avenue Business Center** located at 1901 Bell Ave, Des Moines, IA 50315.

Shuttles will be provided to take from Bell Avenue Business Center to Jasper Winery and vice versa from 6:15 AM to 12:45 PM on race day.



EVENT START TIMES

des moines girl | 5K

AS PART OF THE DES MOINES WOMEN'S RACE

SATURDAY, MAY 4TH • 5:00 PM*

*NEW START TIME FOR 2024

HALF MARATHON, 10K + TEAM RELAY

SUNDAY, MAY 5TH • 8:00 AM

HALF MARATHON COURSE



DES MOINES WOMEN'S

HALF MARATHON

2024



START LINE + FINISH LINE

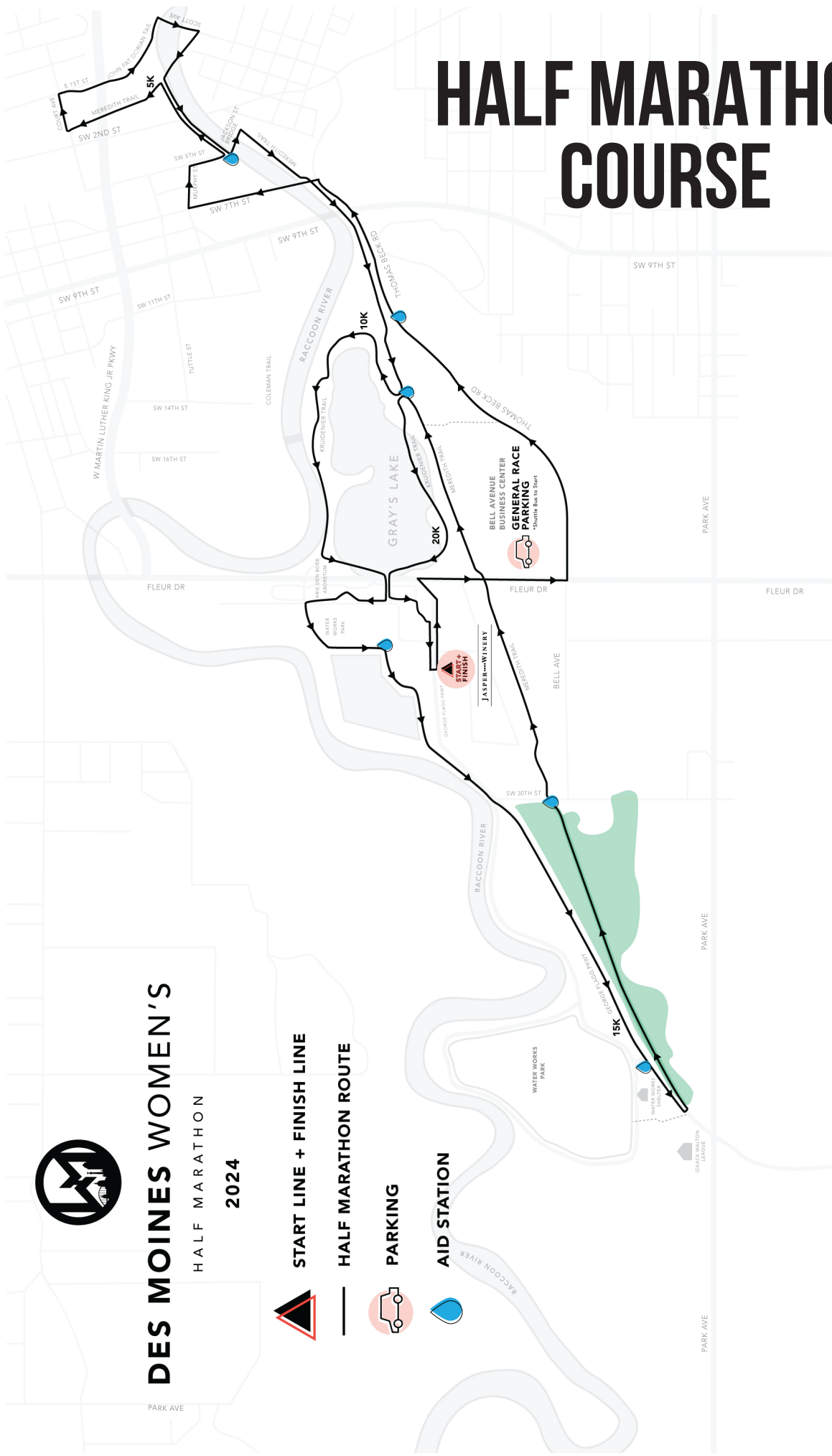
HALF MARATHON ROUTE



PARKING



AID STATION



TEAM RELAY COURSE



DES MOINES WOMEN'S

TEAM RELAY PARKING


2024



DES MOINES WOMEN'S

10K COURSE

2024

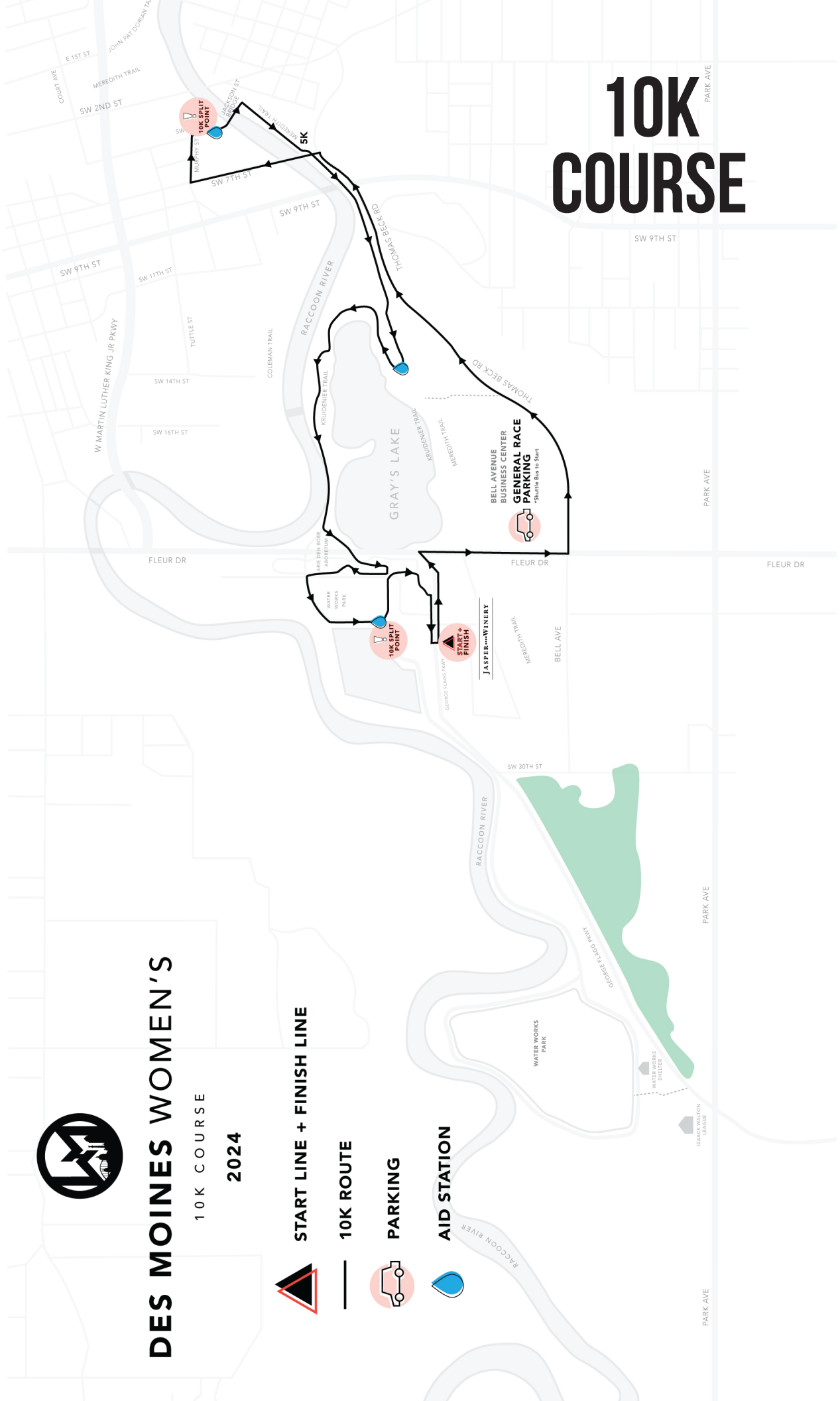
 **START LINE + FINISH LINE**

 **10K ROUTE**

 **PARKING**

 **AID STATION**

10K COURSE



10K COURSE



des moines girl | 5K

AS PART OF THE DES MOINES WOMEN'S RACE

2024



START LINE +
FINISH LINE



5K ROUTE



PARKING



AID STATION



START + FINISH
JASPER WINERY
2400 George Flag Pkwy, Des Moines

5K EVENT PARKING
SOUTH SIDE OF JASPER WINERY

AID STATION



RUN WITH RACEJOY

A FUN WAY YOUR FRIENDS AND FAMILY CAN CONNECT WITH YOU WHILE YOU RUN.

APP FEATURES

LIVE PHONE TRACKING

Supporting remote spectators can track up to 50 family members or friends' positions in a map view.

GPS PROGRESS ALERTS

Receive continual progress updates as you complete your goal. Audio updates are typically sent at every mile.

SEND-A-CHEER

Receive a supportive audio cheer from remote friends and family.



THE USE OF THIS APP IS OPTIONAL. **YOUR OFFICIAL RACE TIME WILL BE TAKEN FROM YOUR TIMING CHIP AND NOT THE RACEJOY APP.**

GET YOUR APP SET UP IN 5 MINUTES

1. DOWNLOAD THE RACEJOY APP TO YOUR PHONE

2. SEARCH EVENT

Type 'Des Moines Women's Half Marathon' into the search field and select the event.

3. SET UP TRACKING

Click 'I Want to Be Tracked' and follow the prompts. Create a RaceJoy Profile.

4. ENTER YOUR BIB NUMBER FOR RESULTS

You will need to enter your bib number. RaceJoy will automatically submit your data. ***IMPORTANT NOTE :** Your RaceJoy data will not be your official run time for the event.

5. ENSURE PROPER SETTINGS

Follow RaceJoy's prompts and adjust settings as needed. If you want to hear cheers from friends and distance progress alerts make sure to have your Notification Sounds 'On.'

STARTING YOUR RUN ON RACE DAY

1. CLICK 'TRACK ME'

Make sure to click the green blinking TrackMe button on race day to start the tracking of your phone. This gets activated 30 minutes before the official race time.

2. SELECT THE COURSE YOU ARE ABOUT TO RUN

3. CLICK 'START MY RACE' as you begin to start your clock.

4. FINISHING YOUR RUN

RaceJoy auto detects when you complete the course distance. No need to click Finish.

VIRTUAL

We are thrilled to have you wherever you are running YOUR Des Moines Women's Race at in the world. Some information, tips and tricks to having a successful virtual event are below!

PACKET PICK UP

THREE OPTIONS : **1.** If you didn't choose to have your swag shipped - you or a friend will be expected to pick it up during normal packet pick up hours. **2.** If you are unable to pick it up in-person this week, we will host a post race packet pick up in the Des Moines area. **3.** If you live out of state and just switched to virtual or did not select the shipping option, please email Sarah@riproarevents.com to arrange to have your swag shipped to you after the race this weekend. Shipping fees will apply.

***PLEASE NOTE:** we are unable to ship alcohol or glassware as that will not be included in your swag shipment but will be included with virtual registrations if swag is picked up in-person. If shipped, we will replace the glassware with a different piece of swag.

RACE WEEK PACKET PICK UP HOURS

SATURDAY May 4th 10:00 a.m. – 4:30 p.m.	SUNDAY May 5th 6:30 a.m. – 7:30 a.m.
Jasper Winery 2400 GEORGE FLAGG PKWY	

PLAN YOUR ROUTE

- Run in an area you know will not be crowded
- Consider a route where you will be highly visible
- Set up aid stations along your course with anything you may need (water, bandaids, bananas, etc.)
- Set check-in points with friends and family
- This is your race - plan your start, motivation tactics, and finish line celebration.

SUBMIT A TIME

- Submitting a time is optional
- An upload link will be provided in the post race athlete email if not using Race Joy App
- If you use the RaceJoy App your results will be automatically uploaded (open from April 29th - May 15th).
- Virtual times are not eligible for awards

WHEN TO RUN

The beauty of a virtual event is that you can run it at your own convenience on your own route! The link to upload your time will stay open thru Sunday, May 12th, 2024.

EVENT PARTNERS

JASPER...WINERY



des moines girl

