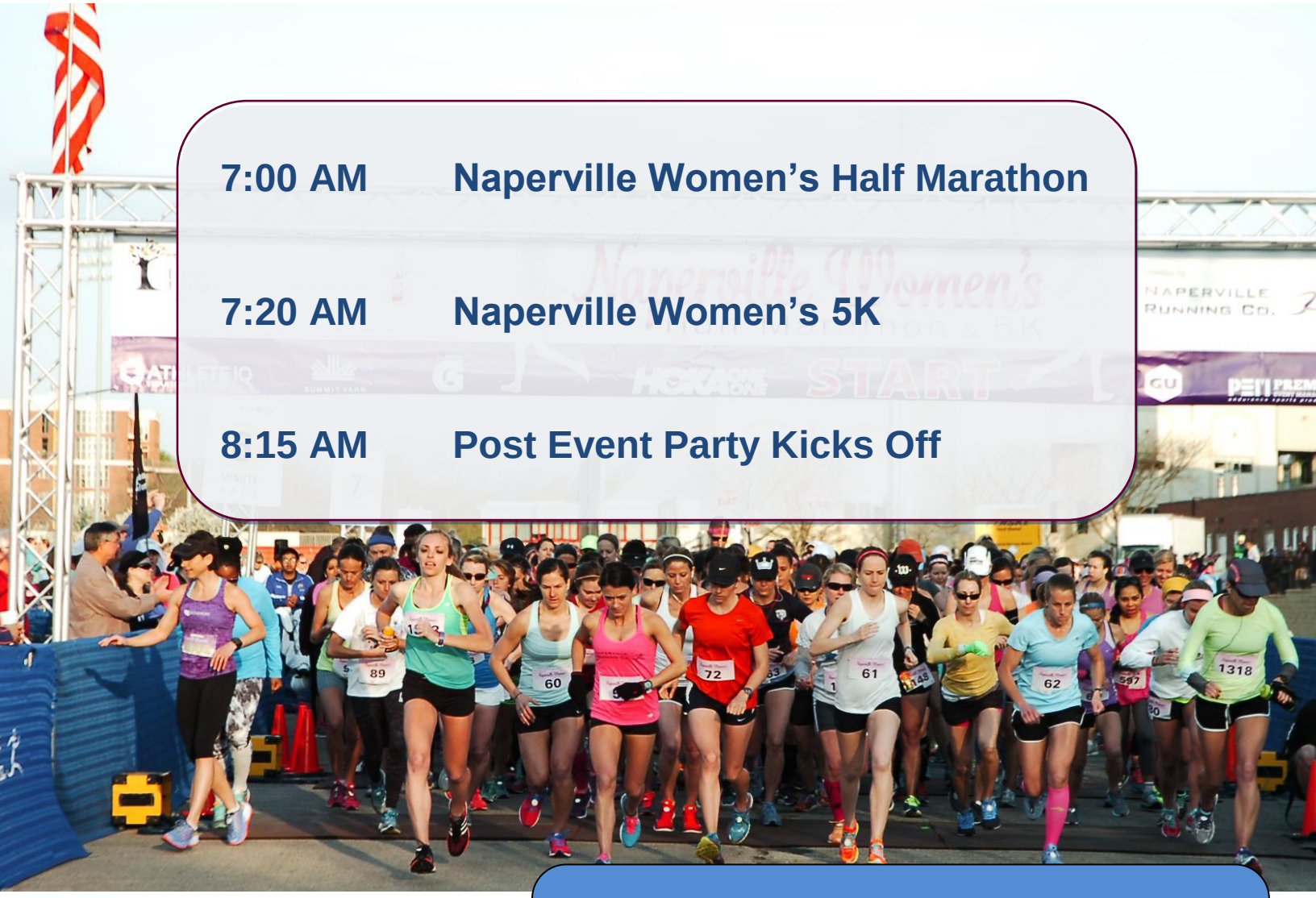
Naperville Women's
Half Marathon & 5K

hosted by:

North Central College
Naperville, Illinois
Founded 1861

presented by:

Naperville Running Co.



7:00 AM	**Naperville Women's Half Marathon**
7:20 AM	**Naperville Women's 5K**
8:15 AM	**Post Event Party Kicks Off**

ATHLETE GUIDE
SUNDAY, APRIL 23, 2017

WELCOME

On behalf of Premier Event Management, the City of Naperville, Naperville Running Company and North Central College, we would like to thank each and every athlete for joining us for the 2nd annual Naperville Women's Half Marathon & 5K presented by Naperville Running Company and hosted by North Central College.

The event we have planned for you sets up to be a fun day of fitness and music as the spring season kicks into high gear! New for this year's event, both half marathoners and our 5K runners will start and finish inside the Benedetti-Wehrli Stadium. Runners will traverse through downtown Naperville and run past some of the most beautiful residential neighborhoods in the entire Midwest before finishing back at the stadium complex.

This year's event will have over 3,800 registered runners from 34 states joining us at the starting line. Once again because of you, Premier Event Management will be supporting two wonderful charities that give so much everyday to the citizens of Naperville. 360 Youth Services and Little Friends of Naperville will once again be our 2017 Charity Partners!!!

Thanks in advance to our Volunteers, Sponsors, First Responders and Support Staff that will be working extra hard to make the 2017 Naperville Women's Half Marathon and 5K a special day for you!

Sincerely,

Bill Burke
President / CEO
Premier Event Management

EVENT SCHEDULE

FRIDAY, April 21, 2017	
NAPERVILLE RUNNING COMPANY – 34 W. JEFFERSON AVENUE | 630-357-1900	
10:00 AM – 6:00 PM	Registration / Packet Pick Up
WENTZ HALL – 6:00PM – AN EVENING WITH IRONMAN CHAMPION MIRINDA CARFRAE	
6:00 PM – 8:00 PM	Wentz Hall, North Central College. http://bit.ly/NWHRINNY

SATURDAY, April 22, 2017	
NAPERVILLE RUNNING COMPANY – 34 W. JEFFERSON AVENUE | 630-357-1900	
10:00 AM – 5:00 PM	Registration / Packet Pick Up
10:00 AM – 2:00 PM	Mirinda Carfare in Store at NRC

SUNDAY, April 23, 2017	
BENEDETTI-WEHRLI STADIUM, NORTH CENTRAL COLLEGE	
6:00 AM – 7:15 AM	Packet Pick Up
6:45 AM	Half Marathon Runners called into corrals
6:55 AM	National Anthem
7:00 AM	**START - Naperville Women's Half Marathon**
7:20 AM	**START – Naperville Women's 5K Road Race**
9:30 AM	Awards Presentation - 5K
10:00 AM	Awards Presentation – Half Marathon
11:00 AM	Race Course Closes
12:30 PM	Post Event Party CLOSES DOWN

Proxy Packet Pick Up – To pick up for another participant please bring a copy of that individual's ID and a copy of their Active.com Registration Confirmation with scannable QR Code.

PACER GROUPS

Naperville Running Company and its fine group of middle distance and long distance coaches have prepared the 2017 Pacer Groups. These pacer groups will assist every ability level of every runner to reach her potential at the 2017 Naperville Women's Half Marathon & 5K.

Athletes can find several pacers and a pacer captain in the following finish pace times:

1:45.00 Finish Time

1:50.00 Finish Time

2:00.00 Finish Time

2:10.00 Finish Time

2:20.00 Finish Time

2:30.00 Finish Time

2:40.00 Finish Time

2:50.00 Finish Time

3:00.00 Finish Time

COURSE SUPPORT

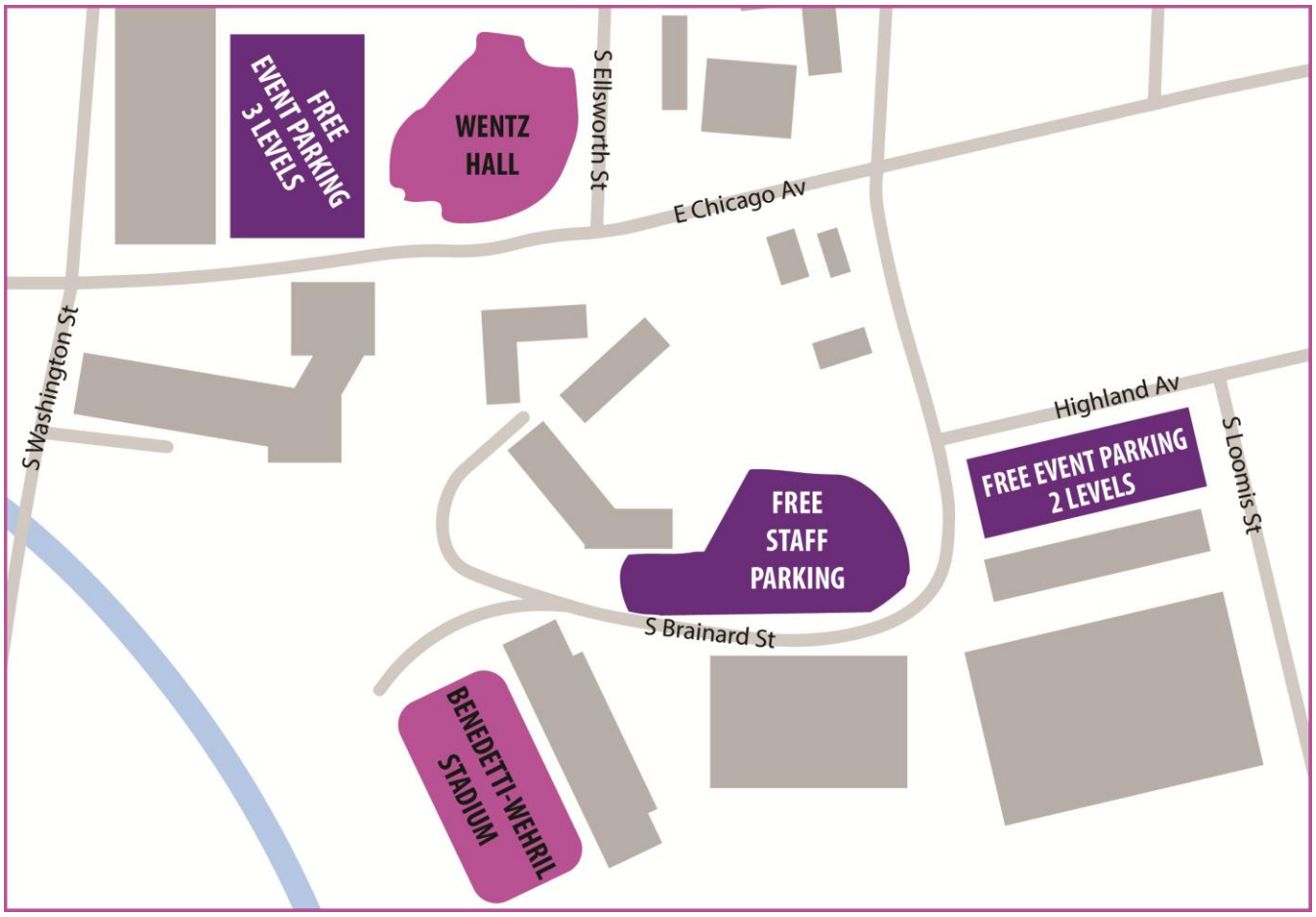
Water Stations are located at miles 1, 3, 5, 7, 9, 11. 12 (Portable Restrooms are also located at or near each Mile Marker)

GU Gels located at miles 5 and 9 on Half Marathon Course ONLY

GU flavors Include - salted caramel, vanilla bean, chocolate outrage, triberry and strawberry banana

PARKING

Race Management is asking for all runners to utilize the parking lots in and around the North Central College Campus and the downtown area of Naperville. Parking lots include:



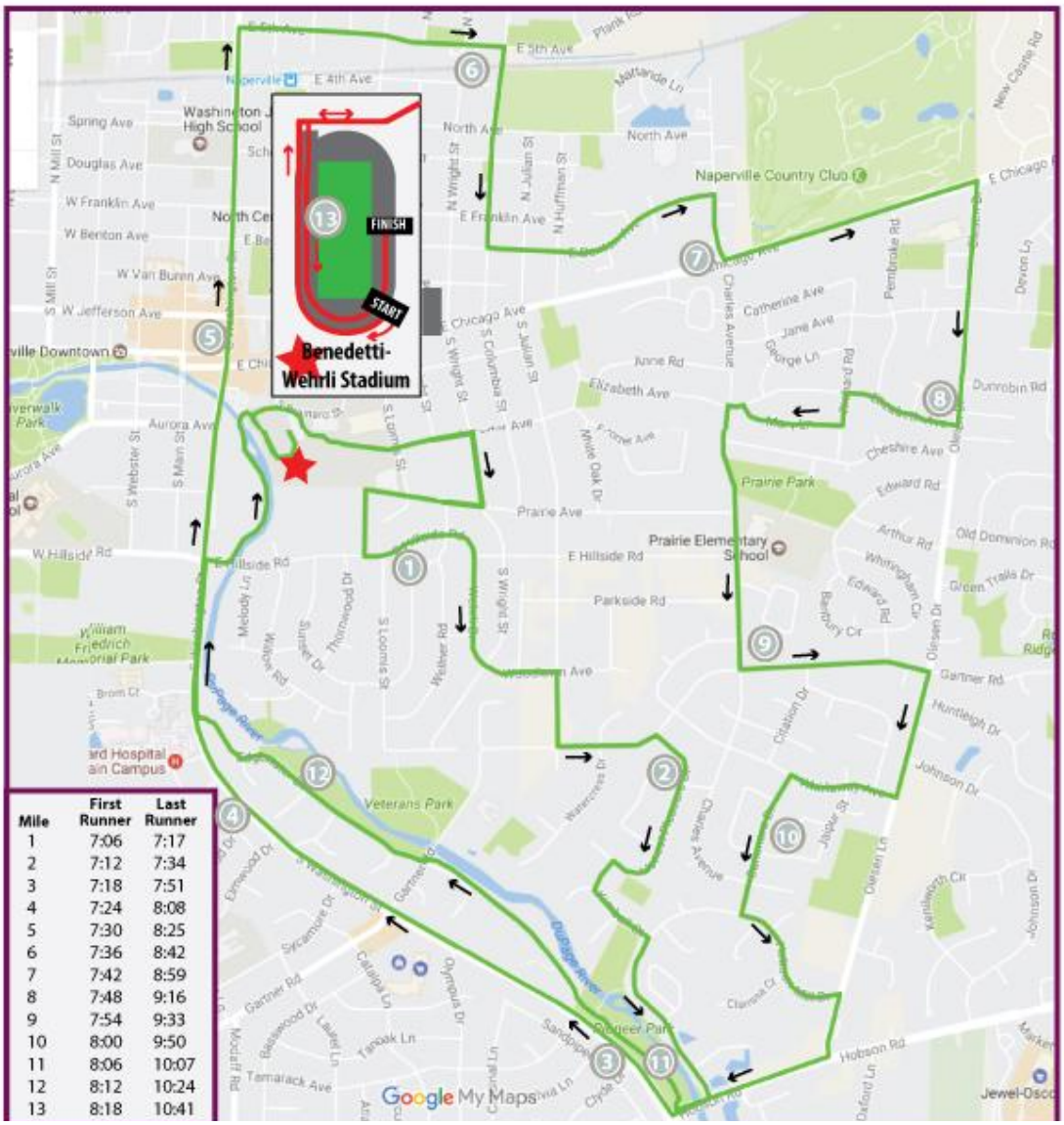
TIME LIMIT - HALF

The 2017 Naperville Women's Half Marathon has a 4 Hour Time Limit

GEAR CHECK

Athletes wishing to drop off a gear bag at the starting line in the gear check area may do so before 6:50am. These white bags given to each runner at packet pickup will be positioned in the end zone of the stadium so runners can retrieve them post event. (NOTE: To pick up this bag post event, you will need to have your bib number on for proper identification to the volunteers working in the gear check area.)

HALF MARATHON MAP



Mile	First Runner	Last Runner
1	7:06	7:17
2	7:12	7:34
3	7:18	7:51
4	7:24	8:08
5	7:30	8:25
6	7:36	8:42
7	7:42	8:59
8	7:48	9:16
9	7:54	9:33
10	8:00	9:50
11	8:06	10:07
12	8:12	10:24
13	8:18	10:41

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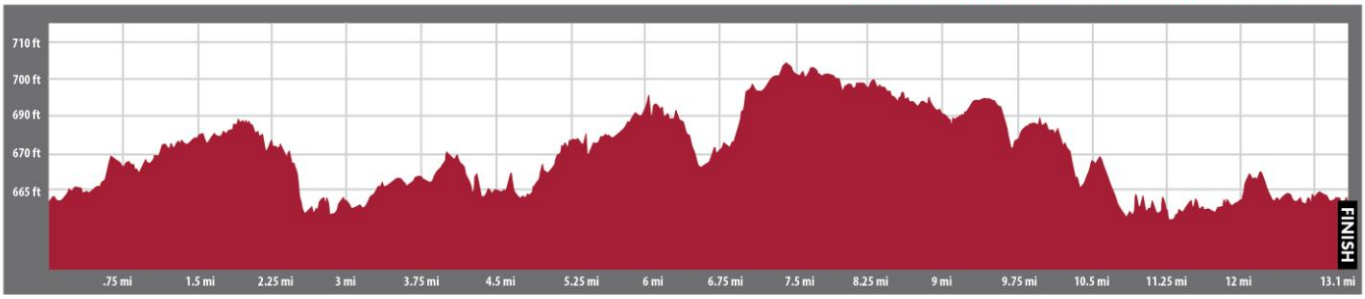
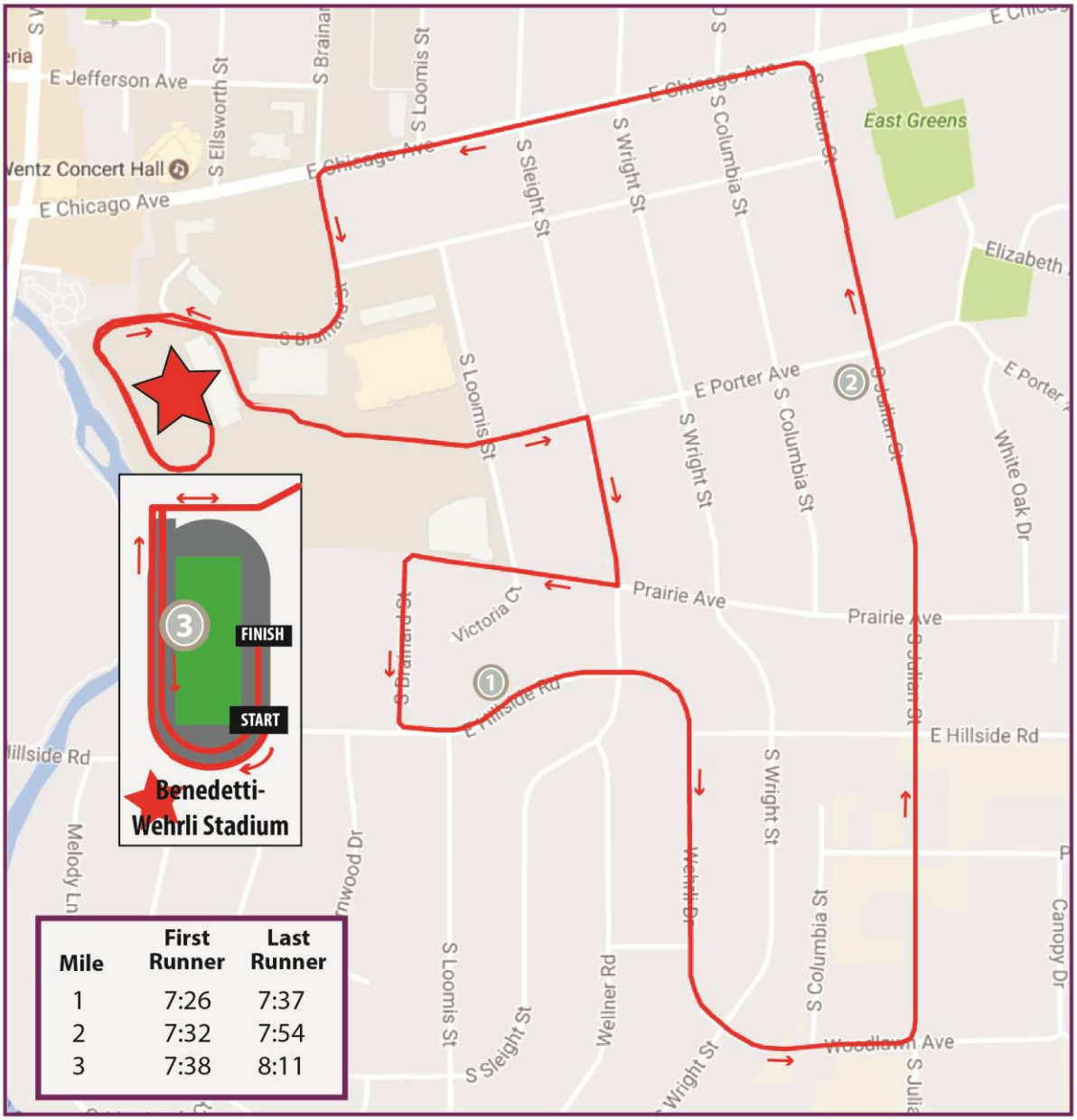
presented by Naperville Running Co.

HALF MARATHON ELEVATION CHART



5K MAP



Mile	First Runner	Last Runner
1	7:26	7:37
2	7:32	7:54
3	7:38	8:11

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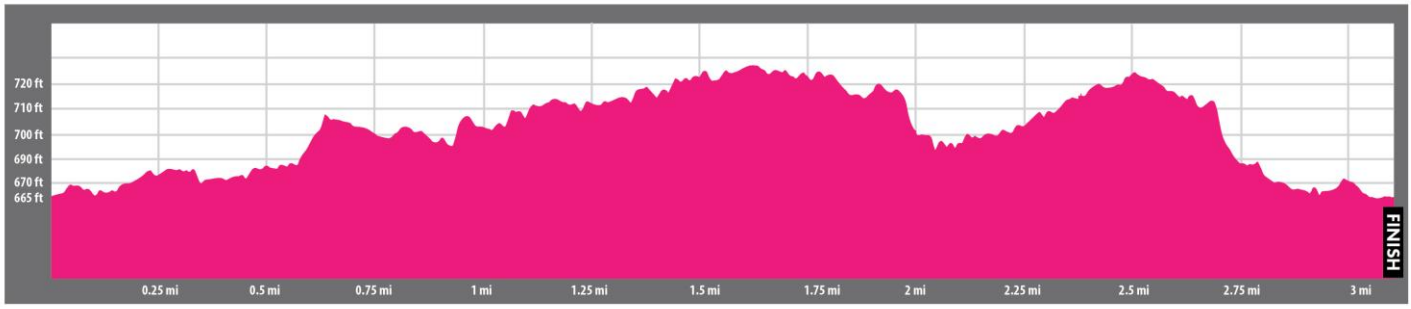
5K ELEVATION CHART



EVENT SPONSORS

Sponsors
Naperville Running Company
North Central College
Little Friends
360 Youth Services
Hoka One One
GU Energy
Gatorade
The Views of Naperville
The Endurance Foundation
Premier Event Management

Partners
Experience Triathlon
Balega
Trigger Point
Swag-Savvy
Cali and Chance
Continental Event (Divas Series)
Club Pilates of Naperville
Soul Love Fest
Crave Crush
Greenhouse Scholars
Young Living Essential Oils
Top Golf
Phoenix Chiropractic
Afferent Influence
Fitness II Perfection
DoTerra Essential Oils
Mercy Home for Boys and Girls

If your company is interested in sponsorship for this event in 2018 please contact us at sponsorship@pem.events

SOCIAL MEDIA

We would love to have copies of your fun photos and any videos.

Please post on the race Facebook page at www.facebook.com/NapervilleWomensHalf/!

Email them to info@pem.events.

Please follow us and use the **#NapervilleWomensHalf**

Facebook: www.facebook.com/pemraces

Twitter: www.twitter.com/pemraces

Instagram: www.instagram.com/pemraces

MOBILE APP

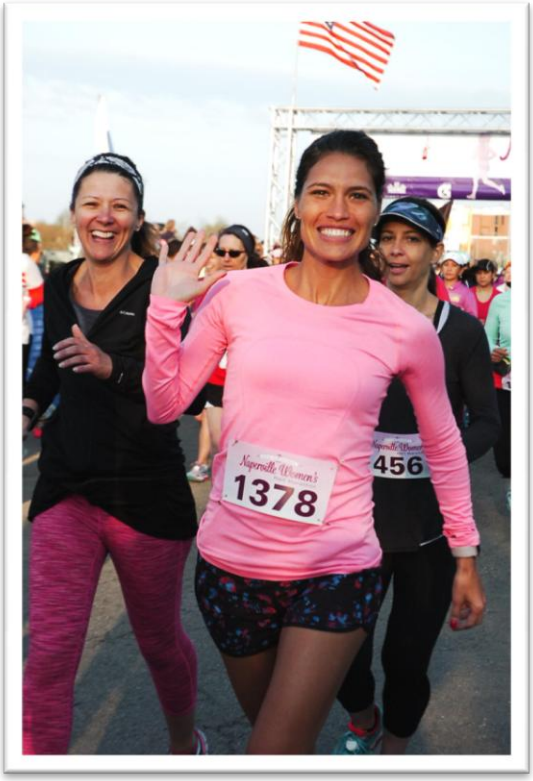
The 2017 Naperville Women's Half Marathon & 5K is offering a **FREE Mobile App** brought to you by our partners at Commotion that is now available to all participants, spectators and fans of the event on April 23, 2017 in Naperville, IL.

Download yours today!

iTunes
Google Play

RESULTS

Race results will be posted at
http://napervillewomenshalf.events/race-results/



PHOTOS

Document your fun and your accomplishment! FinisherPix (www.finisherpix.com) will be photographing athletes along the course and at the finish line.

Pre-order and Save at
www.finisherpix.com/e/2054

NapervilleWomensHalf.events will provide a link to your photos once they are ready to view!

RACE SHIRTS

Race shirts will be available at packet pickup on Friday & Saturday and at the post race party on Sunday.

You Are Amazing!

Naperville Running Co.

North Central College
Naperville, Illinois
Founded 1861

Little Friends
Fulfilling Lives Regardless of Challenge

HOKA ONE ONE

360 Youth Services

GU

The Views of Naperville

Gatorade

PEM Premier Event Management
endurance sports production

The Endurance Foundation