

# WELCOME TO THE GREENVILLE HEALTH HALF MARATHON & 5K A Swamp Rabbit Race to Greenville!



**Saturday February 25, 2023**  
**OFFICIAL EVENT DETAILS**

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## **HALF MARATHON:**

Starts in Travelers Rest on N. Main Street near Cox St at **7:30AM** – 508 N. Main Street – TR, SC 29690. We will start the half marathon in mass but will leave the start line open for an extended period of time for anyone wanting some extra distance between fellow participants. All results are based on CHIP TIME with the exception of prize money. Prize money will be based on GUN time.

## **5K:**

Starts at the Swamp Rabbit Café at **7:30AM**– 205 Cedar Lane Road – Greenville, SC 29611 – **START LINE WILL BE AN OPEN START FROM 7:30AM until 7:35AM** – You may start any time during this window. All results are based on CHIP TIME.

## **FINISH LINE:**

Finish is on the TD Stage at the Peace Center – 300 S. Main Street – Greenville, SC 29601

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## **ARRIVAL TIME:**

All Athletes should arrive to the appropriate start lines no later than 7:00AM.

## **PORTABLE TOILETS:**

Portable Toilets will be available at Gateway Park for the Half Marathon and in the parking lot of the Swamp Rabbit Café for the 5K. **DO NOT USE THE RESTROOM ANYWHERE OTHER THAN THESE TOLIETS.**

## **PARKING:**

Parking will take place in one of three locations:

- HALF MARATHON parking in Travelers Rest will take place in various areas throughout Travelers Rest. Police will be on hand to manage parking. Most parking will take place at Travelers Rest High School or Gateway Park. **DO NOT PARK IN THE SUNRIFT ADVENTURES PARKING LOT. DO NOT** park in any grass fields or anywhere you would not normally park. We suggest carpooling or having someone drop you at the start line. There will be portable toilets in the parking lot of Gateway Park. This is approximately 1/4 mile from the start line. **NOTE:** Travelers Rest High School will be opening their atrium for athletes to use before the event. There are no restrooms available at the High School.
- 5K parking will take place in the overflow parking lot adjacent to the Swamp Rabbit Café. This lot is adjacent to Mt Calvary Baptist Church along the Reedy River. Mt. Calvary Baptist Church has an event on race day so parking in their lot will be available but limited. Please heed the signs in their parking lot on where you may park. **PLEASE DO NOT PARK AT THE SWAMP RABBIT CAFÉ.** There will be portable toilets in the parking lot of the Swamp Rabbit Café.
- Parking in Downtown Greenville will take place in normal parking spaces throughout the city. There is a parking garage on Broad Street immediately adjacent to The Peace Center. There is also ample street parking adjacent to the Peace Center.

## **PACKET PICK UP:**

- **Thursday, February 23, 2023 (3PM – 6PM)**  
The Kroc Center – 424 Westfield Street – Greenville, SC 29601
  - **Friday February 24, 2023 (10AM – 6PM)**  
The Kroc Center – 424 Westfield St – Greenville, SC 29601
  - **Saturday February 25, 2023 (6AM - 7AM) – HALF MARATHON**  
Gateway Park – 115 Henderson Street – Travelers Rest, SC 29690
  - **Saturday February 25, 2023 (6AM – 7AM) – 5K**  
Swamp Rabbit Café – 205 Cedar Lane Road – Greenville, SC 29611
  - NOTE: We will **NOT** be taking any on-site registrations. We will NOT be taking anyone from the wait list on race morning.
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## **EVENT NUMBER:**

You will be issued one number at packet pick up. This number will contain your timing bib chip. Please do not remove this bib chip or you will not get a time. Please wear the run number **on your front** at all times.

## **EVENT T-SHIRTS:**

2,600 T-shirts have been ordered. At this point this is ample based on current numbers. However, if for any reason the event sizes grows greater than this registrants will not get a t-shirt. T-shirt inventories have been added into the registration platform. If you are not asked for a t-shirt size this is because we are out of t-shirts. If you are only offered specific sizes this is because we are out of the other sizes. A **SECOND T-SHIRT ORDER WILL NOT BE PLACED**. If you pick up your event number on race morning you will get your race t-shirt at the finish line. We **HIGHLY** suggest coming to packet pick up on Thursday or Friday. T-shirts will **NOT** be mailed out following the event should you fail to collect yours at the finish line or at packet pick up.

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## **EVENT SHUTTLES:**

There will be both pre-event and post-event shuttles running from downtown Greenville to Travelers Rest High School in Travelers Rest and to the Swamp Rabbit Cafe. Pre-registration is required to use these shuttles. Only those pre-registered for the shuttles will be allowed to use the shuttles. We will **NOT** be selling shuttle spaces at the event expo. The pre-event shuttles for the **HALF** will leave from the finish line at 5:45AM and 6:45AM and the pre-event shuttles for the **5K** will leave from the finish line at 6:15AM and 6:45AM. There will be one 5K bus and two Half Marathon buses. Please be **CERTAIN** you are on the correct bus. The post event shuttles will leave from the finish line every 30 minutes starting at 8AM. Again, please make sure you are on the proper bus post-event (**5K** or **HALF**). Buses will leave from the **FINISH LINE** location in front of the Peace Center at 300 S. Main Street.

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## **GEAR CHECK:**

Gear check in will be available at the start of the Half Marathon and the 5K. The process is simple. You will simply place your bag into a cargo van parked near the start line of the Half Marathon or the cargo van at the start line of the 5K. After the event these vehicles will be parked at the finish line for you to retrieve your gear. **ALL GEAR MUST BE IN SOME SORT OF BAG. ONLY 1 BAG PER ATHLETE.** Space will be limited as this service was not utilized in 2022 by many athletes.

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## **WATER STOPS:**

There will be 6 water stops on the Half Marathon course and 1 water stop on the 5K course. The Half Marathon water stops will be spaced approximately every 2 miles while the 5K water stops will be every mile. All aid stations will serve water, Body Armor and Gu. Each station will have a 2 port-o-lets. The approximate locations of these stops for the Half Marathon are Miles 1.5, 3.5, 5.7, 7.5, 10.0 and 12.0. The water stop for the 5K will be at Mile 2.1.

**TRASH:**

We are lucky enough to be granted use of the Swamp Rabbit Trail for this event. With that access comes great responsibility to keep it as clean as we found it. With that said, please do not throw any trash along the trail. If you are a runner who likes to run with cups of water please deposit the cup at the next aid station. If not please throw your cup down within easy walking distance from the water stop. The trash rule applies especially to Hammer Gel packets. Please throw these away at the water stops only!! WE WILL DISQUALIFY ANYONE FOUND THROWING TRASH ANYWHERE OTHER THAN THE WATER STOPS.

**AWARDS:** Awards will be given following the event at the finish line. The 5K awards will begin at 8:15AM while the Half marathon awards will begin at 10:15AM. All Half Marathon & 5K finishers will receive a finisher's medal.

**RESULTS:** Overall and Age Group Results will be posted on the event web site by Saturday, February 26, 2022 at 12PM . Website address: [www.swamprabbitrace.com](http://www.swamprabbitrace.com)

**TEXTING RESULTS SERVICE:** The 2023 Greenville Health Half Marathon & 5K will feature a results texting service you or your friends may use to see your results as you finish. You will need to go to the following site to enable textable and / or emailed results: <https://runsignup.com/Race/FindARunner/?raceId=55907> Find your name and then click on RESULT NOTIFICATION to activate.

**EVENT PHOTOS:** FREE Finish Line Photos will be provided by Marathon Runs. You may download your photos from the Marathon Runs Facebook Page at [www.facebook.com/marathonRuns](http://www.facebook.com/marathonRuns) or get the High Resolution Photos from the website at [www.mruns.com](http://www.mruns.com) . Photos will be posted within 48 hours of the race finish.

**RACEJOY APP:** We are offering free tracking and cheer sending in the RaceJoy mobile App. If you carry your phone during the race, you can receive audio Progress Alerts as you complete the course. These are typically sent out at every mile. Also, people can track your blue dot move on a map and send you fun cheers! [Download RaceJoy now to get set up!](#)

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**On Behalf of Set Up Events and the Upstate Mothers of Multiples  
WE HOPE YOU HAVE A GREAT TIME!**

