



2020 Pumpkin Spice Half, 10K & 5K

Athlete Manual



Welcome to the 2020 Pumpkin Spice 5K, 10K & Half

The Pumpkin Spice Live Event is Saturday, November 21st at [Panther Island Pavilion, 395 Purcey St., Fort Worth, TX 76102](#)
Everything you need to know can be found here, in the Athlete Manual.

Things may be a little different this year, but prepare to enjoy yourself. The routes are beautiful and mostly shaded. We can't wait to provide you with a safe, supported and fun event!

Half

The Half course is brand new and on the Trinity Trail. Runners will have gorgeous views of Fort Worth along the trail and finish in the shade at Panther Island Pavilion.

10K

The 10K breaks from the half route along the Trinity Trail. Participants will run along the beautiful Trinity River and finish alongside Half and 5K runners.

5K

The 5K will enjoy the shaded Trinity Trails area before meeting up with the Half and 10K at the finish line.

***All Aid Stations are self-serve. We will have bottled water at aid stations on all 3 courses. There will be Nuun on the 10K & Half Courses. We strongly encourage you to bring your own nutrition, should you require it.**



Race Day Schedule

6:30 AM – Runner Check-In & Packet Pick Up for HALF MARATHON & 10K ONLY

7:30 AM – 5K Runner Check-In & Packet Pick Up ONLY

7:50 AM – ALL Half Marathon and 10K must be in corrals

8:00 AM – 1st wave Half Marathon start **BIB #2-130**

8:15 AM – 2nd wave 10K start **BIB #131-285**

8:30 AM – 3rd wave start- 5K **BIB #286-385**

8:45 AM – 4th wave start -5K **BIB #386-481**

9:00 AM – 5th wave start – 5K **BIB #482-615**

12:30 PM – Course Closes

NOTE: ALL start lines will close immediately after last person in the corral clears. For safety reasons, you **MUST** be in the corral by designated time or you will not be allowed to start.

There will not be an awards ceremony. All results will be posted online. All awards will be mailed to winners.

*Wave start times have been emailed to participants.

**ALL SUBJECT TO CHANGE BASED ON STATE AND LOCAL REGULATIONS.

COVID-19 Race Guidelines

Step #1. Read Waiver, Sign, Print and **bring with you**. The waiver has been emailed to you, but you can also find it [HERE](#).

Step #2. Bring a mask. **Masks are required throughout the venue.** You may remove your mask once you begin the race.

Step #3. Upon Arrival, follow the signs to the Mandatory “Temp Check” area before heading to the venue.

(located near the entrance by Henderson Bridge)

Your Temperature will be taken and recorded on your signed waiver. If you forget your waiver one will be provided for you to sign.

You will be wristbanded before you will be allowed to enter the venue. Once you have a wristband, you will be able to come and go as you like.

**If Temperature is below 100.4 you will be given a wristband and can proceed to Packet Pickup and/or the Start area. If your temperature is above 100.4 you will not be able to participate in the event and asked to leave.*

Step #4. Proceed to Packet Pickup area. There will be a limited number of people allowed in the packet pick up area, and we ask that you adhere to social distancing guidelines while picking up. Please do not linger in this area long with questions. **We DO NOT have Bag Check.** Parking is close by. You will have time to place your belongings in your car, prior to the race start. **Make sure you arrive at your designated time.**

Step #5. Proceed to the Start Corrals at your designated wave time. Masks are required in the venue/corrals and start/finish area. You may remove your mask only after you have spaced yourself 6’ feet apart and started your event. Your mask must be replaced as soon as you cross the finish line.

Step #6. Run your race! Finisher items, including your medal and goodie bag will be on a table for you to collect at the finish of the race. **Please do not congregate in the start/finish area. Once your race is done, we ask that you leave the area to help maintain safety protocols.**

Anyone not willing to follow race guidelines will be asked to leave the area and disqualified.

Friends and Family can spectate as long as they are following COVID safety guidelines.

PARTICIPANT PARKING

Panther Island Pavilion
395 Purcey St
Fort Worth, TX 76102

There is plenty of parking at Panther Island Pavilion. The entrance is off Purcey St.

Mandatory Temp Check located near the Henderson Bridge next to the main parking lot.





OVERVIEW MAP

TEMP CHECK

Mandatory Temp. Check Area- All participants are required for this step

