

# FAQ's

## PENSACOLA *Women's* HALF MARATHON

PRESENTED BY Publix.

November 3, 2019

### **Is there a time limit for the half marathon?**

The course will be open for three and a half hours.

### **Can men run the half marathon, 5K and One Mile?**

While this event is intended to celebrate and focus on women, we welcome all athletes to participate. Men will not be eligible to receive any post-race finisher awards (top overall, top age group) in either the Half-Marathon or 5K.

### **Are there any training programs that can help me safely train?**

There are customized training programs for the Pensacola Women's Half Marathon as well as the 5k on our website. Visit [pensacolawomenshalf.com](http://pensacolawomenshalf.com) for details.

### **Why did you change to a women's focused half marathon?**

We changed the focus of the event to attract women and offer a half marathon experience for the fastest-growing segment of half marathoners in America.

For the past few years, the full marathon registration has decreased, and we wanted to reinvigorate the race for our city, our tourism community and our organization.

### **Why did you change the date?**

When making changes to the overall event, some details also had to change including the date.

### **What is the course of the half marathon?**

The course map is available here: [Pensacolasports.org/wp-content/uploads/2016/03/course-map.png](http://Pensacolasports.org/wp-content/uploads/2016/03/course-map.png).

### **What swag do participants get?**

All participants will receive a premium event shirt, free downloadable race photos, canvas style race goodie bag, and a big, quality commemorative finisher's medal. Additionally, half marathon runners will receive an Emily Ley Daily Simplified

Planner (valued at \$60) and 5K racers will receive an Emily Ley Daily Simplified Notepad.

### **What else is there to do in Pensacola over the weekend?**

While you're visiting Pensacola for the race, be sure to check out other events happening around the city including Foo Foo Fest ([www.foofoofest.com](http://www.foofoofest.com)). You can also check out [visitpensacola.com](http://visitpensacola.com) for a complete guide to Pensacola-musts.

### **Will the race benefit any charities?**

The race will benefit those charities serving women and families in our community and include:

Rally, Big Brothers, Big Sisters NW Florida, Ronald McDonald House Charities and Pensacola Sports Foundation.



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