



# AMELIA ISLAND HALF MARATHON | 12K | 5K | SEASIDE CHALLENGE

10.11-12.2025

Fernandina Beach, FL

## Athlete Guide

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# RULES & REGULATIONS

## **Can I wear headphones?**

It is unsafe to wear headphones while running. Event organizers will not restrict headphone use and leave it up to the athlete on their ability to follow direction while wearing headphone devices. If you choose to wear headphones, please keep the volume down so you can hear and follow the direction of course volunteers.

## **Can someone else run in my place?**

No, transfers of bib numbers from person to person is prohibited. Anyone racing with another runner's bib will be disqualified.

## **Can I register on race day?**

Pending availability, registration will be open until 3 PM on Saturday, 10/11/25.

## **Is there a gear check this year?**

Yes, gear check will be offered on Sunday.

## **Where do I get my race bib?**

If you did not pay for bib mailing, you will need to attend packet pick-up.

## **Can someone else pick up my race packet for me?**

Yes, someone else can pick up your packet. They will need a copy of your ID (a photo is sufficient).

## **Are strollers allowed on the course?**

Strollers are not allowed on the course.

## **Are pets allowed on the course?**

Pets are not allowed on the course.

## **Is the race USATF certified?**

The 5k and half marathon will be certified. Certification is pending. The 12k will not be certified.

## **Is this an open or closed course?**

While police will be at key intersections, **the course is open to traffic**. Stay alert and mindful of your surroundings as you run.

## **What is the weather policy?**

Races are held, rain or shine, unless we determine that conditions are too dangerous. This will be based on a prudent decision made on race weekend or race day by race officials and local law enforcement officials. If the race is cancelled due to inclement weather, there will be neither refunds nor transfers. This position is consistent with USA Track & Field recommendations and with the protocol of sharing the risks associated with the sport of running. In the event of inclement weather or unforeseen circumstances, Capstone Event Group reserves the right to alter, cancel or eliminate any/all portions of the race.

If there is inclement weather during the race, it is your responsibility as a race participant to follow instruction from race officials and law enforcement in regards to inclement weather. If you disregard instructions from race officials and/or law enforcement, you are doing so at your own risk.

## **What is the time limit?**

The course for the 5k will close at 6:30 PM. The course for the 12k & half will close at 11:30 AM. The cutoff time is determined by our event permit, which permits us to use the roads, police support and other city resources for a specified period of time. After the permitted period ends, roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydrations stations and course markings.

When the course closes at the cutoff time, any remaining participants must move off of the roads and onto a sidewalk. Anyone who decides to utilize the course route before or after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time

## **What will happen to clothes left at the start line or on the course?**

- **Start Line:** Clothes that are left at the start line will be donated or discarded. Clothes will not be returned to you after the race.
- **Course:** Please discard any unwanted clothes during the race at **aid stations**. Clothes left at aid stations will be donated. Clothes will not be returned to you after the race.

# ACCESSIBILITY GUIDE



## Handicap Parking

**Packet Pickup:** There are ADA Parking spots located at the parking lot next to the Woman's Club.

**Race Day:** If you need handicap parking for race morning, please contact us at [info@ameliaislandhalf.com](mailto:info@ameliaislandhalf.com), and we will assist you!

## Accessible Restrooms

**Starting Area:** There will be accessible portable toilets in the start area.

**On Course:** There will be accessible portable toilets at mile 3.5 of the 12k.

## Race Start Times

- 12k: 7:15 AM
  - Please note: The terrain of the 5k and half marathon are not accessible.

## Post-Race Party

The post-race party will be held on the lawn at Main Beach Park. There are sidewalks or pavement from the finish line to the post-race party.



# RACE SWAG!

Every runner crosses the finish line in style! All participants will take home a finisher medal, a commemorative race shirt, & a keepsake wine glass.

Your race shirt is a celebration of Amelia Island's finest—soak in the vibes of the sparkling ocean, iconic lighthouse, swaying palm trees, and glorious Florida sunshine!

Every finisher medal captures the spirit of the island, featuring sea turtles, the lighthouse, rolling waves, and palm trees—a perfect reminder of your incredible accomplishment.

Don't forget to grab your swag before you go! All race goodies must be picked up on-site and will not be mailed afterward.



Half Marathon

12k Medal

5k Medal

Seaside Challenge

# RACE DAY TERMS

## Race Bib

Your race bib has a timing chip on the back that records your start-to-finish time. On race day, wear your bib with the number facing forward, and don't bend or remove the chip.

## Start Line Chute

The start line chute is where runners gather before the race begins.

## Hydration Station

Hydration stations on the course will offer water, sports drinks, and portable toilets.

## Mile Markers

Mile markers are posted along the course. GPS devices may not align exactly with them.

## Gear Check

Runners can leave items in a secure area before the race & pick them up after.

## Finish Line Chute

The finish line chute is where runners collect their medal, water, and post-race snacks.





# RACE DAY ETIQUETTE

## Start Line

To keep everyone moving comfortably, please line up toward the back if you plan to walk or do a walk-run.

## Hydration Stations

At hydration stations, keep moving while grabbing your cup. If you need to stop, glance behind you or step to the side so everyone stays safe and flowing

## Passing

If possible, pass on your left and alert the runner by saying, "On Your Left."

## Respect Others

Avoid sudden stops or weaving; be predictable in your movements.

## Garbage

Keep the Amelia Island beautiful—please put all trash in the bins, not on the course.

## Follow Instructions

Listen to volunteers & race staff, and obey signs or course markings.

## Show Gratitude

Don't forget to thank the volunteers, police, and EMS who are helping make race day safe and fun!

## Finish Line Chute

For everyone's safety, please keep moving through the finish line.



# RACE DEADLINES

DEADLINE	FORM	DETAILS
<b>REGISTRATION</b> 10/11/25 at 3:00 PM EST	<a href="#">Join the fun!</a>	Registration will close one hour prior to the end of packet pickup, unless the race sells out sooner.
<b>BIB MAILING</b> 9/5/25 at 12:00 PM EST	Form Closed	Only bibs and safety pins will be mailed to you. You will pick up your race swag at the post-race party.
<b>CHANGE DISTANCE</b> 10/11/25 at 3:00 PM EST <small>Distance changes are subject to availability.</small>	<a href="#">Change distance here!</a>	You must fill out the change distance form online.  Bib Mailers, if the bib you receive is for the incorrect distance, you will need to get a new one at PPU.
<b>DEFERRAL</b> 10/2/25 at 11:59 PM EST	<a href="#">Defer your race!</a>	You will be issued a race credit for the amount you paid at registration (excluding handling fees) that can be applied toward next year's race or another Capstone Race.



# BIB MAILING

- Bib were mailed the week of 9/22 from our timing company Start2Finish. If yours hasn't arrived by 10/10, visit packet pick-up and visit the customer service for assistance.
- If you changed distances after 9/5, double check to make sure your bib reflects the distance change. If it doesn't, please visit the customer service at packet pickup for a new bib.
  - If you are using gear check on race day, gear check bags will be available at the gear check drop-off location.
- You will pick up your race shirt after the event at the Swag tent!

Race Item	Will Receive in the Mail	Will Pick Up AFTER the Race
Bib	✓	
Safety Pins	✓	
Participant Shirt		✓
Finisher Gift (Wine Glass)		✓

# PACKET PICKUP

- **Location:** Woman's Club of Fernandina Beach | 201 Jean LaFitte Blvd, Fernandina Beach, FL 32034
- **Date & Time:**
  - Friday, 10/10 | 4-8 PM
  - Saturday, 10/11 | 10 AM - 4 PM
  - Please reserve your spot if you haven't already done so!
- **Parking:**
  - Parking is available at the Woman's Club on a first come, first served basis.
  - There is also on-street parking available Jean LaFitte Blvd.
  - PPU is a short walk from the Courtyard Marriott and Spring Hill Suites.
  - We encourage participants to carpool if possible.
- **You'll Receive:**
  - Bib, safety pins, participant shirt, & gear check bag
  - 5k Participants ONLY will also receive their wine glass at Packet Pickup.
  - Half Marathon & 12k Participants will receive their wine glass after the race!
- **Merchandise:**
  - Official race merchandise will be for sale at packet pickup!
  - It will also be available for purchase on race day at the post-race party.



# PACKET PICKUP FAQ

## **Can someone else pick up my bib for me?**

Yes, someone else can pick up your bib for you. Please have them bring a copy of your ID to packet pick-up for verification purposes. A picture on their phone is sufficient.

## **Will there be a packet pickup on race morning?**

There will not be packet pick-up on Sunday, the morning of the 12k and half. Please make plans to attend packet pick-up, or have someone attend on your behalf.

## **Will I be able to exchange my t-shirt size at packet pickup?**

At packet pick-up, you will receive the size shirt you selected at registration which will be printed on the back of your bib. If you would like to exchange your shirt size, you can do so AFTER the race based on the availability.

## **If I am picking up bibs for multiple people, do I need to sign up for multiple reservation spots?**

No, you only need to sign up for one slot if you are picking up bibs for multiple people.



## Official 2025 Merchandise!



Visit the Official Merch Store at Packet Pick up on Friday, Oct 10 from 4 – 8pm on Saturday, Oct 11 from 10am – 4pm and on Race Day in the post race party to grab your commemorative gear!



# BIB GUIDE

All participants must wear their bib on the outside of their shirt with the race number facing forward.



12K BIB

5K BIB



# RACE DAY TIMELINE

## Packet Pickup

**OCTOBER 10 | 4-8 PM**

GFCW Woman's Club  
201 Jean LaFitte Blvd,  
Fernandina Beach, FL



## Free Beach Yoga

**OCTOBER 11 | 7:30-8:30 AM**

Free yoga at Main Beach.  
Bring yoga mat or towel!

## Packet Pickup

**OCTOBER 11 | 10-4 PM**

GFCW Woman's Club  
201 Jean LaFitte Blvd,  
Fernandina Beach, FL



## 5k Race Start

**OCTOBER 11 | 5:00 PM**

Main Beach Park  
32 N Fletcher Ave.  
Fernandina Beach, FL

## Gear Check Opens

**OCTOBER 12 | 6:30 AM**

Main Beach Park  
32 N Fletcher Ave.  
Fernandina Beach, FL



## 12k & Half Marathon Start

**OCTOBER 12 | 7:20 AM**

Main Beach Park  
32 N Fletcher Ave.  
Fernandina Beach, FL

## 12k Overall Awards Announced

**OCTOBER 12 | 8:45 AM**

Post-Race Party  
Main Beach Park



## Half Overall Awards Announced

**OCTOBER 12 | 9:30 AM**

Post-Race Party  
Main Beach Park

## Course Closes

**OCTOBER 12 | 11:30 AM**



## Post-Race Party Ends

**OCTOBER 12 | 11:45 AM**

# RACE DAY PARKING

## Saturday, October 11 | 5k

Parking near the start/finish area is very limited due to the nature and location of the event. **We strongly advise that you carpool, walk, bike, or be dropped off if possible.** If you DO plan to drive, please arrive early and allow plenty of time to park.

The following parking options are available for the race:

- **Main Beach Park Parking Lots:** Parking near the start/finish area is very limited and will likely be the first to fill up. If you plan to park here on race day, arrive early and be prepared to use an alternate location if the lots are full.
- **Street Parking:** There is street parking throughout the area near the start/finish. Please follow all traffic/parking signs posted in the area.
- **Egan's Creek Park:** There is very limited parking available at Egan's Creek Park, which is about .6 miles from the start/finish area.

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## Sunday, October 12 | 12k & Half Marathon

Parking near the start/finish area is very limited due to the nature and location of the event. **We strongly advise that you carpool, walk, bike, or be dropped off if possible.** If you DO plan to drive, please arrive early and allow plenty of time to park.

The following parking options are available for the race:

- **Main Beach Park Parking Lots:** Parking near the start/finish area is very limited and will likely be the first to fill up. If you plan to park here on race day, arrive early and be prepared to use an alternate location if the lots are full.
- **Street Parking:** There is street parking throughout the area near the start/finish. Please follow all traffic/parking signs posted in the area.
- **Egan's Creek Park:** There is very limited parking available at Egan's Creek Park, which is about .6 miles from the start/finish area.
- **Fernandina Beach High School:** There is ample free parking at the high school. Please be aware that is a **1.4 mile walk (30 minutes)** to the start line from the high school. Please do **not** park at the middle school located next to the high school, as this is used for another event.

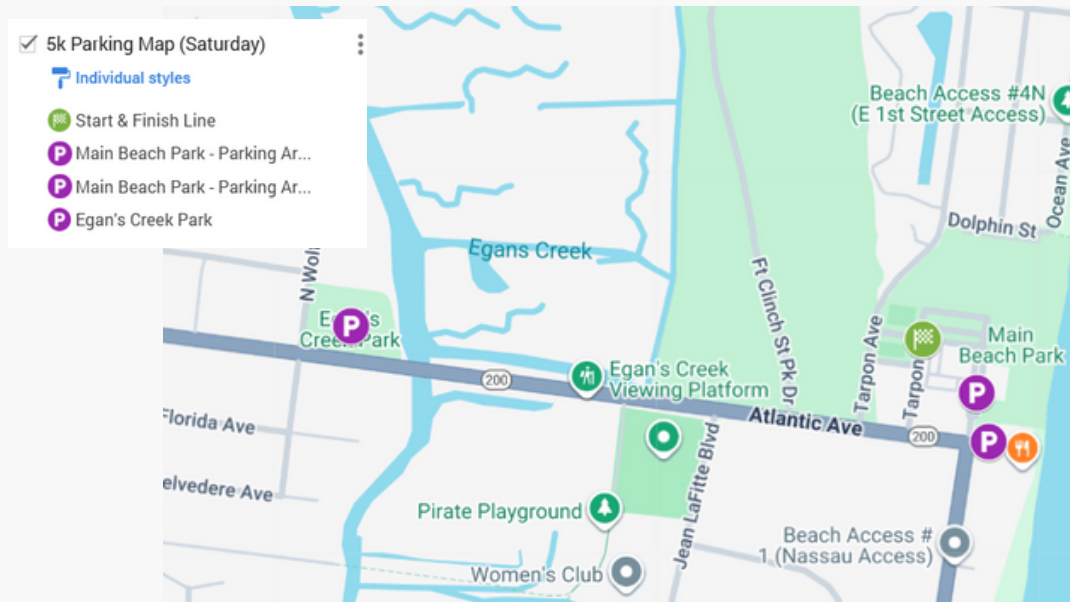
**All race-day parking is first come, first served. We recommend allowing plenty of time to arrive and park so you can make your way to the start line stress-free.**

**Please obey any posted No Parking event signs on Fletcher Ave. These are along the course route and will impede race operations if you park along the road.**



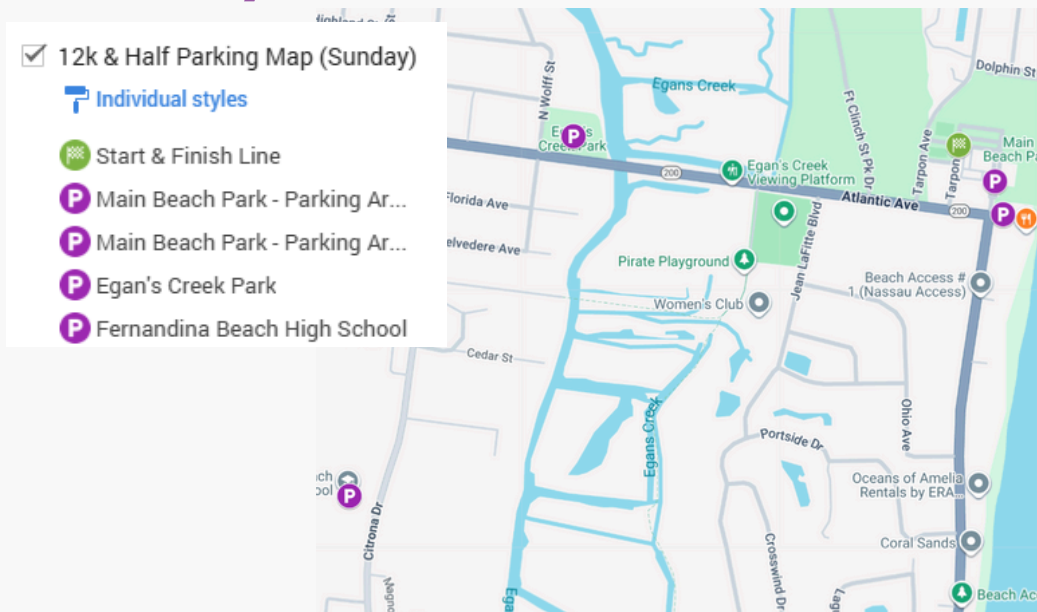
# RACE DAY PARKING MAPS

## Saturday, October 11 | 5k



Click the map to open a live Google Map of race-day parking areas. Street parking locations are not shown on the map due to their number—please follow all posted signage.

## Sunday, October 12 | 12k & Half Marathon



Click the map to open a live Google Map of race-day parking areas. Street parking locations are not shown on the map due to their number—please follow all posted signage.

# PRE-RACE INFO

## Start Line

Main Beach Park – 32 N Fletcher Ave., Fernandina Beach, FL 32034

## Start Times

- Saturday, October 11 – 5k: 5 PM
- Sunday, October 12 – Half & 12k: 7:20 AM
  - Wheelchair Division: 7:15 AM

## Packet Pick-Up

**Location:** Fernandina Beach Woman's Club | 6AM – 7:45 AM

- Friday | 4–8
- Saturday | 10–4
- Packet pickup is unavailable on Sunday. Please plan accordingly.

## Gear Check

**Location:** Main Beach Park | 6:30 AM – 12:00 PM

- Gear check is available for small personal items.
- Please do not leave valuables, keys, or cell phones—race management is not responsible for lost, damaged, or stolen items.
- Please use the clear bag provided at packet pickup. If you purchased bib mailing, clear bags will be available at gear check.

## Portable Toilets

**Location:** Main Beach Park

## Customer Service

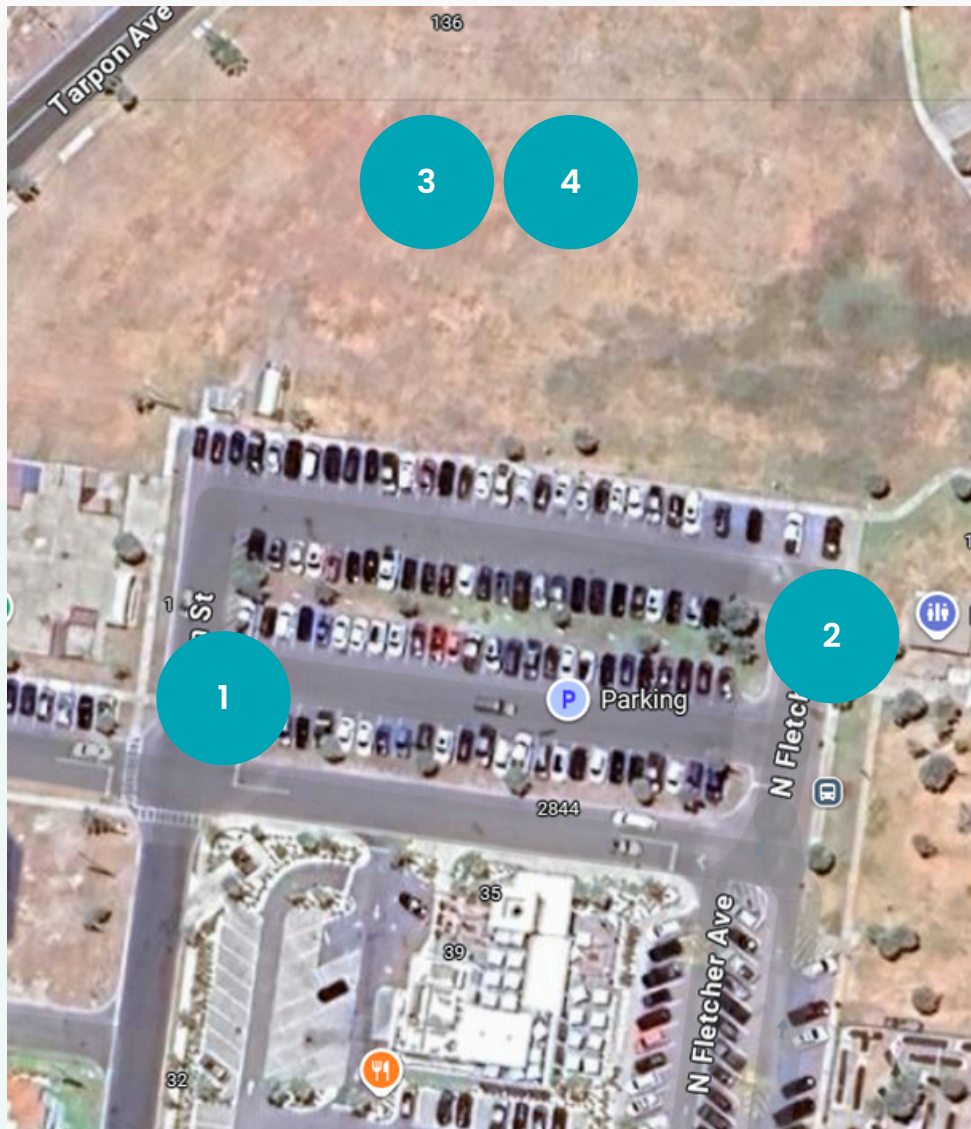
Customer service will be available at 6:30 AM at the lawn at Main Beach Park.

## Living Tracking

Live tracking will not be available.

**PRE-RACE MAP ON THE NEXT PAGE!**

# PRE-RACE MAP



1 Start & Finish Line

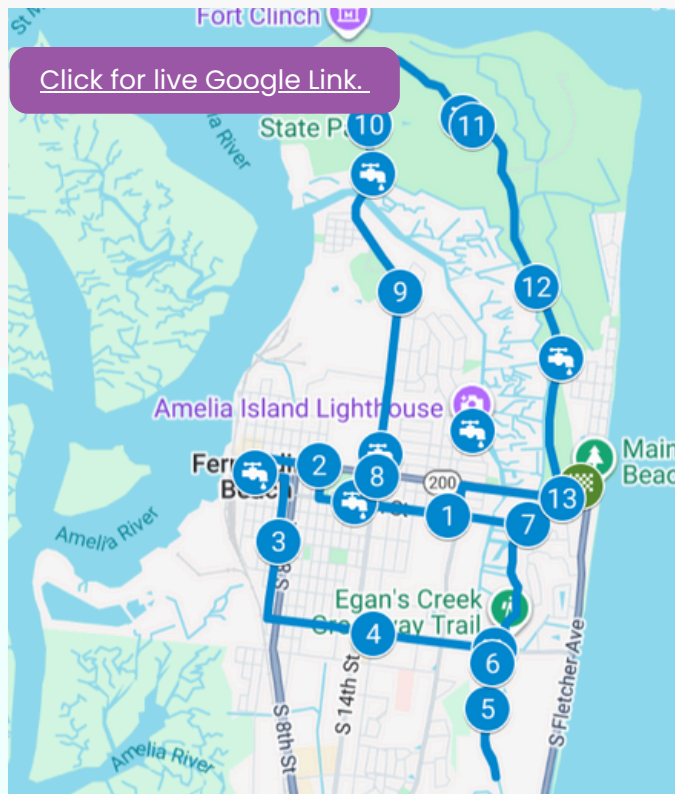
2 Portable Toilets

3 Gear Check (Sunday Only)

4 Customer Service



# HALF MARATHON COURSE MAP



## Course Details

The half marathon runs on pavement and a dirt/grass greenway trail. Due to the unevenness of the terrain, the course is **not** wheelchair accessible.

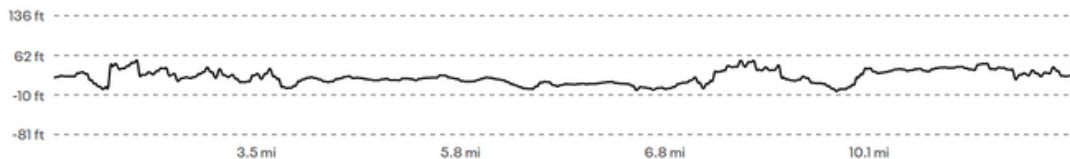
The course is open to traffic, so please be mindful of your surroundings. There will be police positioned at key intersections to direct traffic.

## Wildlife Reminder

The course passes through areas where wildlife live and are often seen. Please be mindful of your surroundings and respectful of their environment.

Elevation

Start 24 ft Max 54 ft Gain 251 ft



## Hydration Stations

Half marathon runners will find 8 hydration stations along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.5 mile.

### Locations:

1.5, 2.5, 5, 6 7.5, 9.5, 10.5, 12

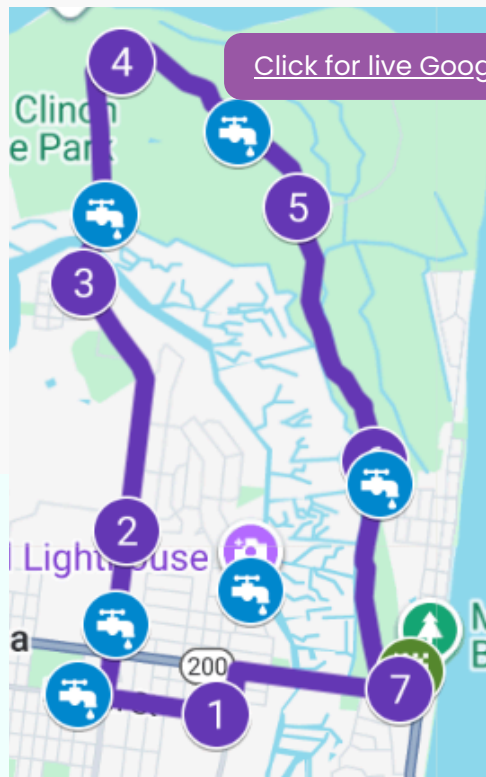
## On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Gu will be offered at mile 6.

Portable toilets will be located at each aid station.

# 12K COURSE MAP



## Course Details

The 12k is run on pavement/road. **The 12k course is wheelchair accessible.**

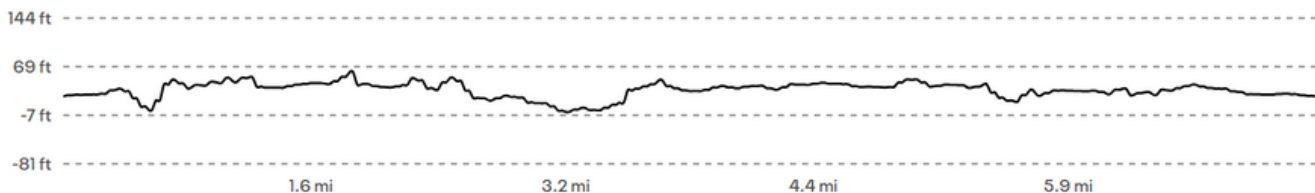
The course is open to traffic, so please be mindful of your surroundings. There will be police positioned at key intersections to direct traffic.

## Wildlife Reminder

The course passes through areas where wildlife live and are often seen. Please be mindful of your surroundings and respectful of their environment.

## Elevation

Start 25 ft    Max 62 ft    Gain 153 ft



## Hydration Stations

Half marathon runners will find 4 hydration stations along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.5 mile.

### Locations:

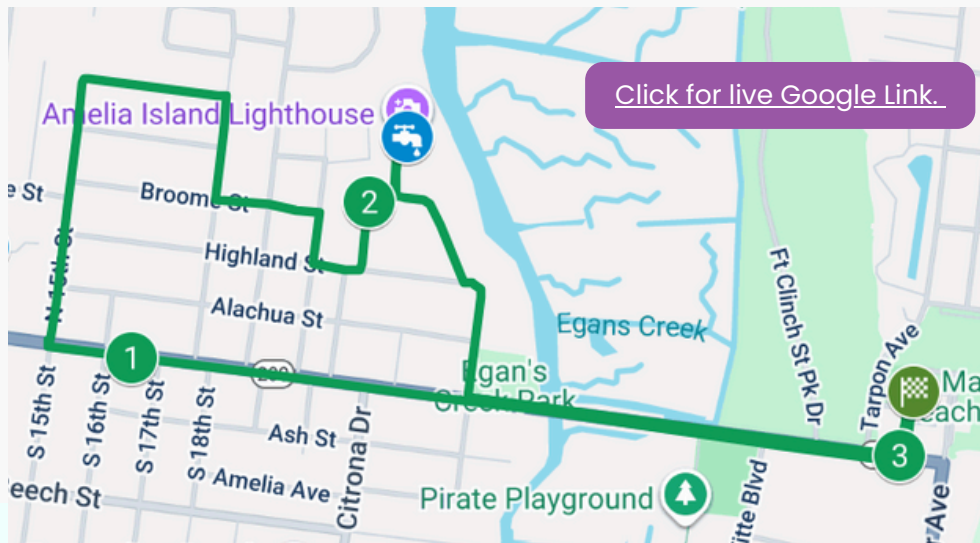
1.5, 3.5, 5, 6.5

## On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Portable toilets will be located at each aid station.

# 5K COURSE MAP



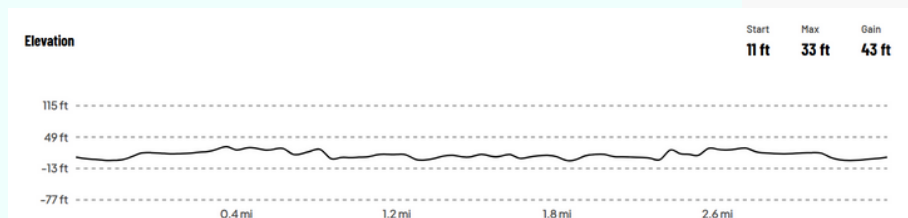
## Course Details

The 5k runs on pavement and a dirt/grass section by the lighthouse. Due to the unevenness of the terrain, the course is **not** wheelchair accessible.

The course is open to traffic, so please be mindful of your surroundings. There will be police positioned at key intersections to direct traffic.

## Wildlife Reminder

The course passes through areas where wildlife live and are often seen. Please be mindful of your surroundings and respectful of their environment.



## Hydration Stations

5k runners will find one hydration station along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.5 mile.

**Location:** 2

## On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

There will not be a portable toilet on the 5k course. Please plan accordingly.



# POST-RACE PARTY

**Location** Lawn at Main Beach Park

**Hours** 8:00 AM – 11:45 AM

**Details** After you cross the finish line, the celebration kicks off! Enjoy music, mimosas (21+ bring ID!) and visit our sponsor booths for giveaways and fun.

**Overall Awards** Overall awards for each distance will be presented to the top 3 male & female finishers, based on gun time. Awards will not be mailed.

**Overall Award Time** Overall awards will be announced at:

- Saturday: 5k – 5:45 PM
- Sunday: 12k – 8:45 AM                      Half – 9:30 AM

**Age Group Awards** Age group awards will be given to the top 3 male & female finishers in each age group for **all 3 distances** based on chip time. Age group awards will be available for pick-up at customer service after the announcement of the overall awards. **Awards will not be mailed.**

**Age Groups** 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over

**Seaside Challenge** If you're participating in the Seaside Challenge (the 5K and either the Half Marathon or 12K), you'll pick up your bonus Seaside Challenge medal at the Seaside Challenge tent during the post-race party.



# POST-RACE PARTY MAP



1 Gear Check

2 Customer Service

3 Swag: Shirts & Seaside  
Challenge Medals

4 Sponsors

5 Mimosas/Wine  
Glass

6 Merchandise

7 Game Changers

8 Portable Toilets

9 Finish Line

# POST-RACE

## Race Photos

Within 2-3 days of the race, you will receive an email from the race photographer, Finisher Pix, with race photos.

## Results

There will not a results tent at the finish line, but a results link will be shared via email before the race.

## Results Correction

We will share information about how to correct your results after the race.

## Survey

We value your feedback! After the race, you'll receive an email with a short survey link. Taking a few minutes to share your thoughts helps us improve and make next year's event even better.





# SPONSORS & PARTNERS

