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Pre Race Email - I Just Want To Be A Unicorn Half Marathon and 5k January 7th, 2023

1 message

Personal Best Racing LLC <noreply@runsignup.com>

Mon, Jan 2, 2023 at 6:06 PM

Reply-To: muna@personalbesttracing.com

To: Talan Sturdevan <munarodriguez@gmail.com>



Personal Best Racing LLC

Next Saturday, January 7th is the I Just Want to Be A Unicorn Half Marathon & 5k Presented by Patdome Promotions and Personal Best Racing. The race is 95% full! To be guaranteed a medal and shirt, register ASAP if you have not already!

Please visit this link to register: [THIS MAGICAL LINK](#)

Here is the information you need to know right now!

More information will be sent out regarding a minor course change and a detailed parking map on Friday morning to all registered race participants.

Packet Pickup

**FRIDAY, JANUARY 6TH 5-7PM
THE LONG RUN
2452 SUTHERLAND AVE,
KNOXVILLE, TN 37919**

**SATURDAY, JANUARY 7TH, 6:30-8AM
VOLUNTEER LANDING**

DAY OF SCHEDULE OF EVENTS

- 6:30AM PACKET PICKUP OPENS
- 7:50AM NATIONAL ANTHEM ON BALCONY OF VOLUNTEER LANDING
- 8AM HALF MARATHON START
- 8:15AM 5K START

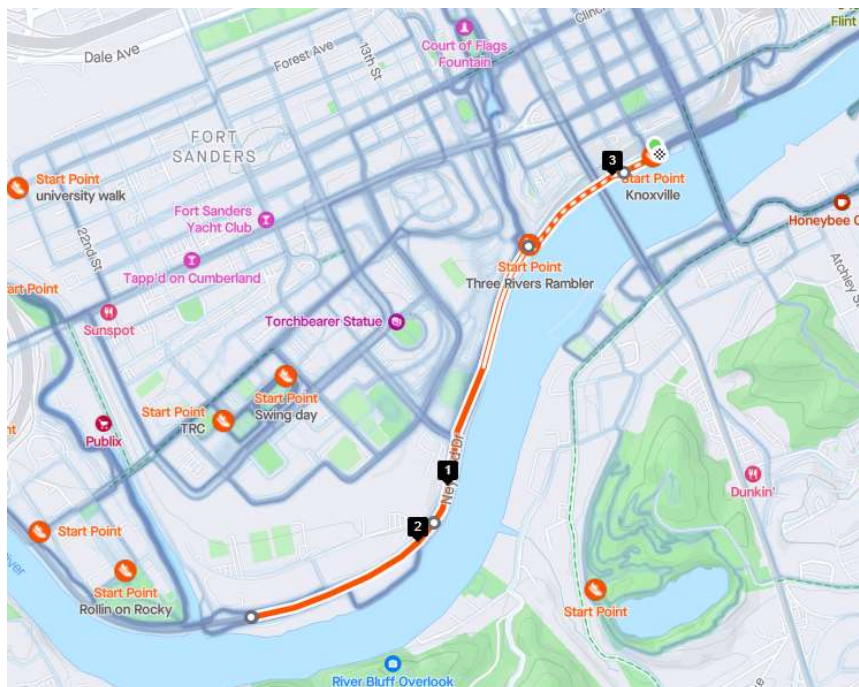
START LINE WILL BE ON NEYLAND DR

- 9:30AM 5K AWARDS AT VOLUNTEER LANDING
- 10:30AM HALF MARATHON AWARDS

There is ample free parking in downtown Knoxville within a half mile of the landing. You are NOT PERMITTED to park in the Calhouns Parking Lot. If you do, the likelihood of getting towed is high and PBR cannot be held responsible if that happens. Please follow the link below to the City of Knoxville's website to access maps to free parking. We will be sending out a more detailed map on Friday.

[LINK TO FREE PARKING IN DOWNTOWN KNOXVILLE](#)

5k Course:



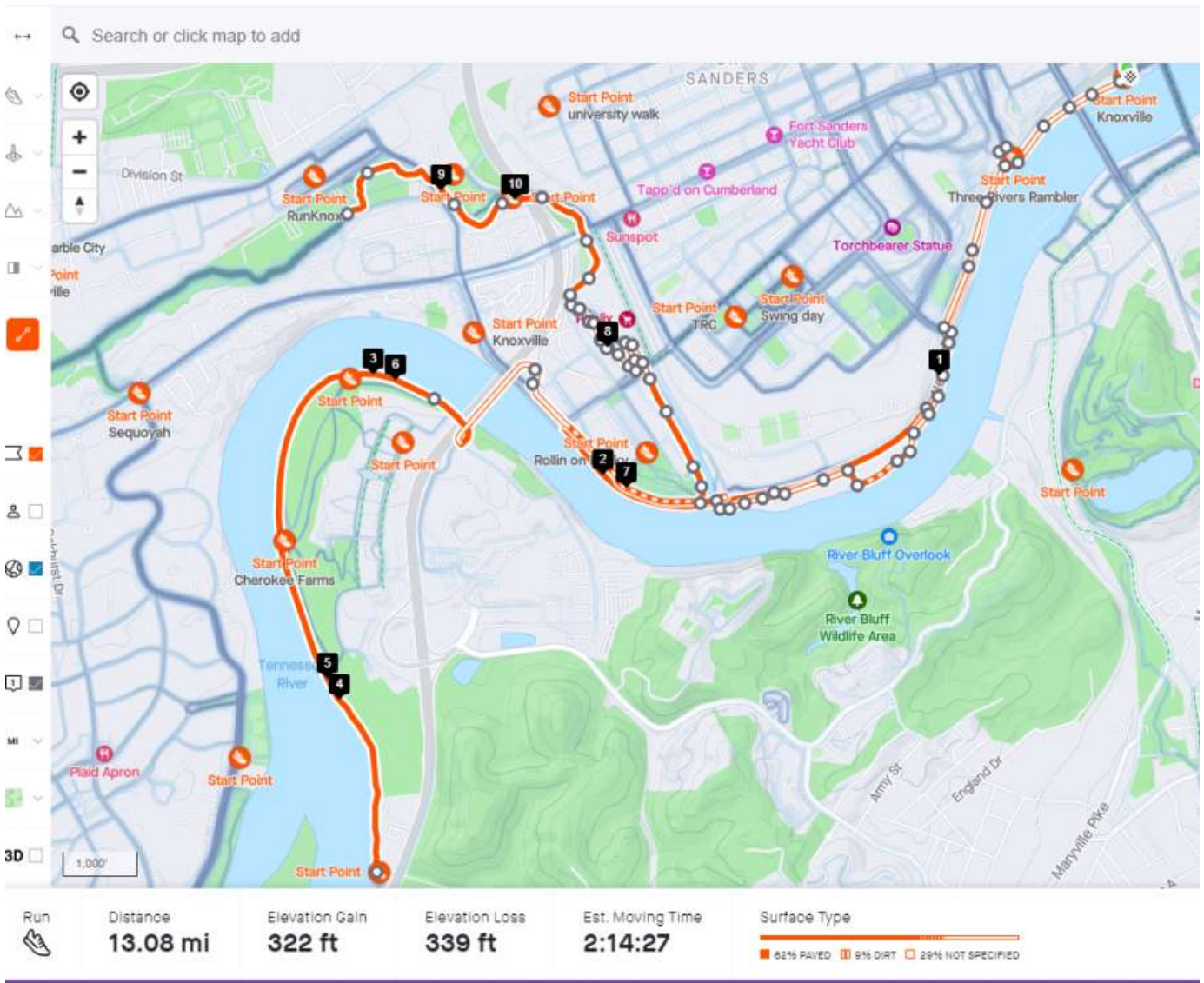
USTAF CERTIFIED 5K COURSE

STARTS ON NEYLAND AT THE INTERSECTION OF LOCUST STREET. THE RUN WILL HEAD WEST ON NEYLAND HITTING THE GREENWAY PAST THE BARRIERS. TURNAROUND AFTER RAILROAD TRACKS ONTO NEYLAND. HEAD BACK EAST AND TURN RIGHT ONTO THE GREENWAY PAST THE BOATHOUSE. FOLLOW GREENWAY TO FINISH LINE AT VOLUNTEER LANDING. THERE WILL BE A WATER STOP LOCATED AT THE TURNROUND. IT WILL HAVE WATER ONLY.

Half Marathon Course:

Currently there is some construction on the greenway about mile 8 and 11. We are finalizing a change and will send out a detailed map once approved this week by the Parks and Rec department. It will only affect a small portion, so this map is almost correct 😊

STRAVA Routes



Aid Stations

WATERSTOPS:
MILE 1.65 WATER/GATORADE/GU
MILE 3.1 WATER/GATORADE
MILE 5.8 WATER/GATORADE
MILE 7.2 WATER/GATORADE/GU
MILE 8.5 WATER/GATORADE/GU
MILE 9.5 WATER/GATORADE/GU
MILE 11.5 WATER/GATORADE/GU

Awards:

Awards will be given for each event the top 3 overall male and female, 1st Place Masters male and female, Age Groups 3 deep 5 & under, 6-10 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90+

TOP TEAM AWARD! When you register for a team you automatically get a discount, but we will be

featuring the following team awards:

-Biggest Team

-Fastest Team

Awards will be awarded at awards ceremony.

If you skip out on awards, they will be available for a limited time at The Long Run. We will not be mailing awards.

Current Team Standings

Volunteers are still needed for course monitors and water stops! Each volunteer will receive a coveted PBR Volunteer Shirt and lots of high fives and love!

Register to Volunteer [HERE](#)



Each registrant will receive the 2023 Dabbing Unicorn running shirt as their giveaway! This Long Sleeved sublimated performance tee can be worn for long runs or a night out on the town! Very comfy and sure to be noticed wherever you go!

Available for Purchase for a limited amount is the 2023 Dabbing Unicorn Hoodie! There are only 60 available in various sizes. You can purchase at packet pickup Friday night for \$35 and Saturday morning (while supplies last) We will be accepting Venmo or Cash only. A portion of the proceeds will be going to the Julia Barbara Foundation.



Each FINISHER will receive a custom medal! Celebrate your achievements with a dab like our friend the Dabbing Unicorn!

Oh, and I can't forget about the weather!

We had very frigid temps last year, and cold temps the year before, and super warm temps the year before, and freezing temps the first year.... Well here's what the forecast shows:

Fri 06 | Day

47° 

6%
W 5 mph

Intervals of clouds and sunshine. High 47F. Winds light and variable.

Humidity
65%

UV Index
2 of 10

sunrise
7:46 am

sunset
5:36 pm

Fri 06 | Night

32° 

10%
NE 1 mph

Partly cloudy. Low 32F. Winds light and variable.

Humidity
82%

UV Index
0 of 10

moonrise
5:16 pm

moonset
7:49 am

Full Moon

Sat 07 | Day

52° 

21%
SSW 6 mph

More clouds than sun. High 52F. Winds light and variable.

Humidity
67%

UV Index
2 of 10

sunrise
7:46 am

sunset
5:37 pm

Sat 07 | Night

37° 

38%
W 4 mph

Cloudy skies early with showers later at night. Low 37F. Winds light and variable. Chance of rain 40%.

Humidity
82%

UV Index
0 of 10

moonrise
6:13 pm

moonset
8:36 am

Full Moon

WhooHoo!

See ya Saturday Unicorns!

Muna and the PBR Crew

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