



JUNCTION 311
ENDURANCE SPORTS

Junction 311 Endurance Sports

2016 Athlete Guide

NATTY GREENE'S

Presents

The CannonBall
MARATHON · HALF MARATHON · 5K

COUNTRY PARK

7 JAYCEE PARK DRIVE

GREENSBORO, NC 27455

SATURDAY, OCTOBER 15, 2016



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[Haven't registered yet? Click here to register!](#)

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General Information

About Junction 311 Endurance Sports

Junction 311 Endurance Sports is a locally owned company that organizes and produces running, cycling, triathlon and other endurance events with 12+ races planned for 2016. While our organization continues to grow, our runners can always count on the same first-class racing experience at every Junction 311 event. We do everything we can to ensure that your experience before, during, and after the race exceeds your expectations.

We know that you work hard to train for race day, and we work hard to ensure that your preparation is rewarded with an exceptional race experience. When you run with Junction 311, we promise to go the extra mile for you from start to finish! If we can ever do anything to improve your experience, we encourage you to [contact us](#) and let us know.

ENJOY

Fun and enjoyment are at the core of everything we do. Our events are for you, family and friends to have a great time and create lasting memories. And guess what? We have a blast producing great endurance events! Junction 311, where fun and running meet!!

ENDURE

It's in the name of our company, its part of our DNA, it's about going the distance. Every event we produce will let you push your limits and compete against others or yourself. All of our events will always be timed and provide an exciting atmosphere.

CARE

Making someone else's life or day a little happier, brighter and better is just plain fun. We like it! A portion of the proceeds at each of our events goes to a non-profit [organization](#), such as the [Human Society of the Piedmont](#), among other organizations, which are dedicated to [helping](#) others.



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Cannonball Marathon, Half Marathon and 5K

Now in the 13th year, this event is a favorite of runners from all parts of North Carolina. But, it just got better! For 2016, we have added a full marathon and made a few changes to the half marathon course. **The marathon is certified as a Boston Marathon Qualifier (certificate # NC16019BDS).** This is the only road marathon in the Triad area. We have seen blazing fast times in previous years for the half, but don't be fooled, the course isn't a walk in the park. The race is perfect for the beginner runner because of the gorgeous scenery. The backdrop for the race is Country Park and the beautiful Greensboro countryside. Country Park, with the Greensboro Science Center next door, is a great place for the family to hang out and listen to our live band while you run. And, we have also partnered with Kid's Strong NC for your child care services. So, you can relax and concentrate on your race knowing your kids will be well supervised.

Shirts

Register no later than October 1 to ensure that you receive your custom designed, gender specific race shirt. Limited sizes may be available after this date, but why wait?

Race Rules and 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 his/her ability to follow direction while wearing headphone devices. If you choose to wear headphones, please keep the volume level down so you are able to hear and follow the direction of course volunteers.

Can someone else run in my place?

In case of your inability to participate in this event, your bib can be transferred to another runner. You will need to do an official transfer. If you wish to transfer your bib, please [contact us](#) for further direction.

Can I register on race day?

Yes, you may register at packet pick-up, but you may not get a race shirt. Be sure to leave time to pick up your race bib by the time packet pick-up ends. Packet pick-up on the day of the race will begin 6:30 AM and 7:30 AM.



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Am I allowed to walk?

Yes, however, you must meet the requirements of completing the race by 3:00 PM.

Are baby joggers, strollers or pets allowed during the race?

Yes, baby joggers are allowed on the course. However, strollers and pets are not allowed on the course.

Is there a bag check?

Yes, bag check will be provided at the Junction 311 Tent.

Packet Pick-up

Packet pick-up will be on Friday, October 14 from 4PM – 7PM at:

Omega Sports
2431 Battleground Avenue
Greensboro, NC

**We strongly suggest picking up your packet on Friday prior to the event
to ensure a smooth race morning.**

If you register no later than October 12, 2016, you will receive an email with your bib number. **To ensure you receive a race shirt, you must register no later than October 1, 2016. Limited shirt sizes may be available to those with late registrations.** We strongly suggest either printing your email or pulling it up on your smart phone to expedite your time at packet pick-up. If you are unable to print the email, or do not have a smart phone, no problem. We will be able to look up your bib number and t-shirt size as long as you have your registration information.

Packet Pick-up for Someone Else

We will allow you to pick up the race bib and t-shirt for someone other than yourself with a copy of the email sent to registered runner, **along with a copy of that runner's ID as this is a certified Boston Marathon qualifier.**



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Race Day: Pre-Race

Race Start time

The marathon and half marathon will begin at 8:00 AM

The 5K race will begin at 8:30 AM

Awards for the 5K race will begin at 9:30 AM

Awards for the half marathon will begin at 11:00 AM.

Awards for the marathon will begin at 1:00 PM

Course closes at 3:00 PM

Getting to the Start/Finish area

The race is at [Country Park](#) in Greensboro, NC

Parking

There is ample parking available in the parking lots near Spencer Love Tennis Courts and Jaycee Park.

Gear Check

Gear check will be provided under the Junction 311 Tent at the on-site registration area.

Restrooms

Portable restrooms will be located near the start/finish line

Bibs

Please wear your race bib on the front of your shirt. If you are not wearing a shirt, pin your bib on the front of your shorts. Please do not bend or fold the timing chip!



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KidStrongNC

KidStrongNC

KidStrongNC is a great new children's fitness company right here in Greensboro. They teach fitness and health in preschools around the Triad, have numerous running clubs for children, and love running Junction 311 races!

Junction 311 has partnered with KidsStrongNC to give our runners an even better experience. Have kids? Tired of looking for childcare? Want to run with your spouse? We have the solution! Kids Korner and KidStrongNC will be offering a day camp for your children during Cannonball. During this camp, your child will learn, get fit, dance and have a fantastic time! Lauren and her staff have years of education experience and love teaching children. Sign up today and enjoy your race without a worry in the world.

Kids Korner @Cannonball

Race Times	Amount
5K 7:30-9:30 AM	\$15
Half Marathon 7:30-11:30 AM	\$30
Marathon 7:30-1:00 PM	\$45

- Children must be three (3) or older to participate
- Children must be potty-trained
- A fee of \$10 will be charged for every 15 minutes past scheduled pickup time
- You can select and pay for Kids Korner when you [register](#) for the race
- Drop-ins will be accepted for an additional \$10 fee

You can [download](#) and fill out the [waiver and information sheet](#) here. Bring with you when you drop your child at Kids Korner.



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During the Race

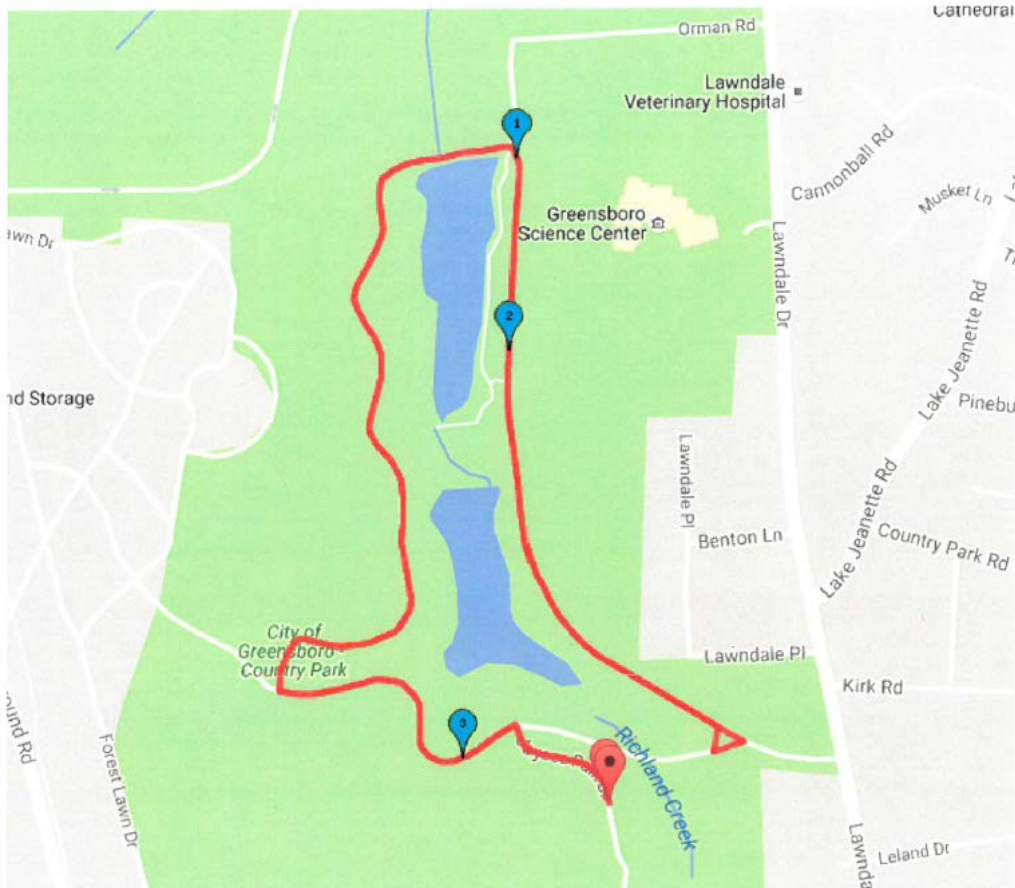
Course Maps

5k

9/23/2016

Google Maps Pedometer - Print route

Route: 558495 Distance: 3.16 Miles





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Turn by Turn Directions

5k

Start at start/finish on Jaycee Park Drive

Run towards County Park

Turn left onto Nathanael Green Drive

Continue around the lakes at Country Park to the specified turn around location

Water stop will be located near the intersection of Orman Road and Nathanael Green Drive



Stay on Nathanael Green Drive to Jaycee Park Drive

Turn right onto Jaycee Park Drive

Run to finish in Jaycee Park



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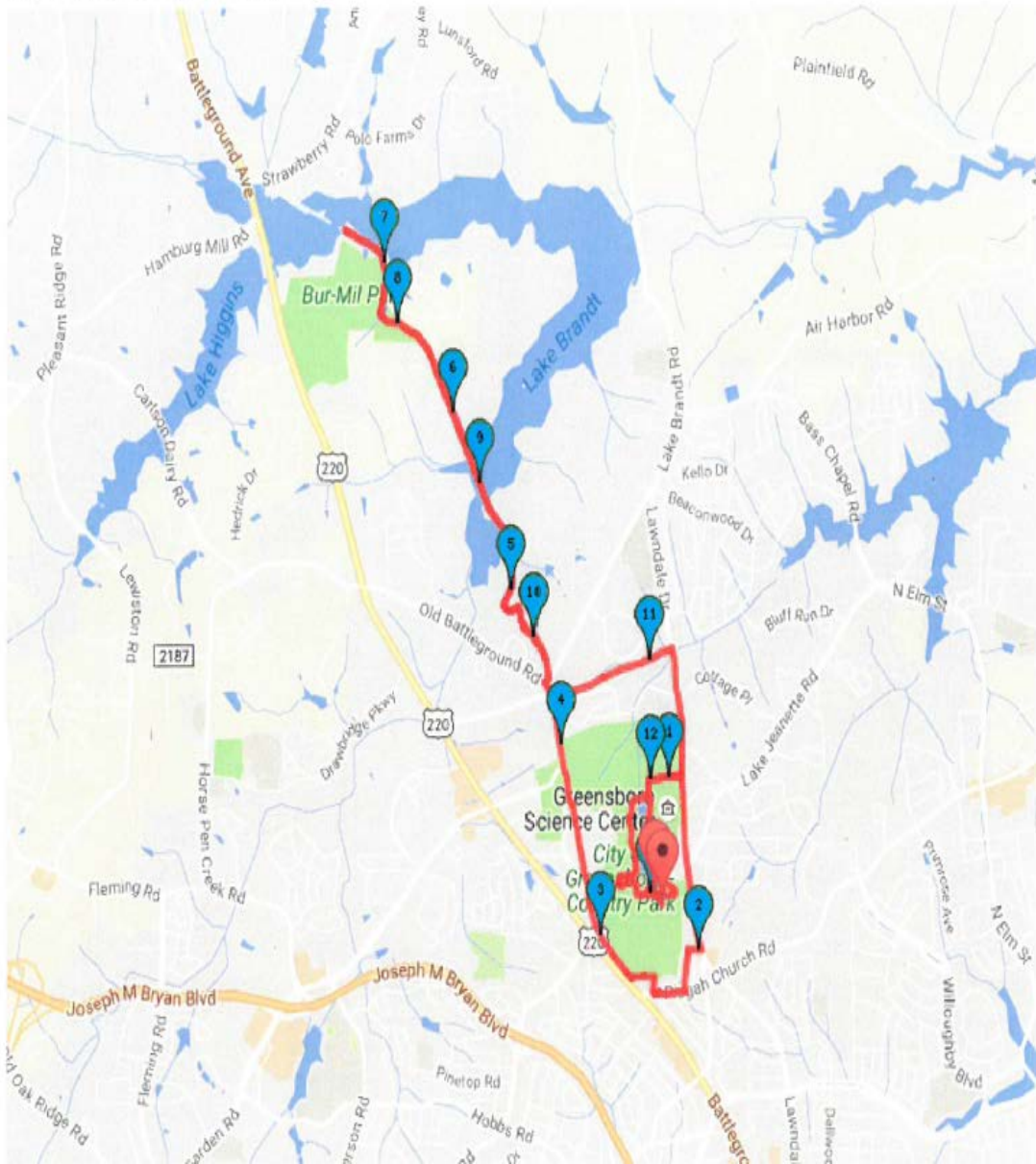
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Half marathon

Fit to window width and enable scrolling

Google Maps Pedometer - Print route

Route: 542803 Distance: 13.10 Miles





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Start on Jaycee Park Drive

Turn right onto Nathanael Green Drive

Stay on Nathanael Green Drive

Turn right onto Orman Road

Turn right onto Lawndale Drive

Turn right onto Joan Avenue

Water Stop #1 and porta john sponsored by [Fleet Feet Greensboro](#) (2 miles)
Water and sports drinks



Turn right onto Pisgah Church Road

Turn right onto Forest Lawn Drive

Turn left at recreation center towards cemetery entrance

Enter Atlantic and Yadkin Greenway on the left just before cemetery entrance

Water stop #2 and porta john located at the intersection of Old Battleground Road and Cotswold Avenue (4.3 miles)
Water and sports drinks



Follow Atlantic and Yadkin Greenway to Lake Brandt Road

Turn right onto Lake Brandt Road

Turn left back onto Atlantic and Yadkin Greenway

Water stop #3 and #5 and porta john located at Owls Roost Road and Greenway (6.3 miles and 8.3 miles)
Water, sports drinks and gels



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Continue on Atlantic and Yadkin Greenway to just before the 2nd bridge, turn around at sign

Water stop #4 located at turn around on Greenway (7.3 miles)

Water and sports drinks

Turn right onto Lake Brandt Road

Turn left back onto Atlantic and Yadkin Greenway

Turn left onto Cotswold Avenue

Water stop #6 and porta john located at intersection of Old Battleground Road and Cotswold Avenue (10.4 miles)

Water and sports drinks



Turn right onto Lawndale Avenue

Turn right onto Orman Road

Turn right onto Nathanael Green Drive

Water stop #7 and porta john located at Orman Road and Nathanael Green Drive (12.2 miles)

Water and sports drinks

Turn right to run around lakes on Nathanael Green Drive

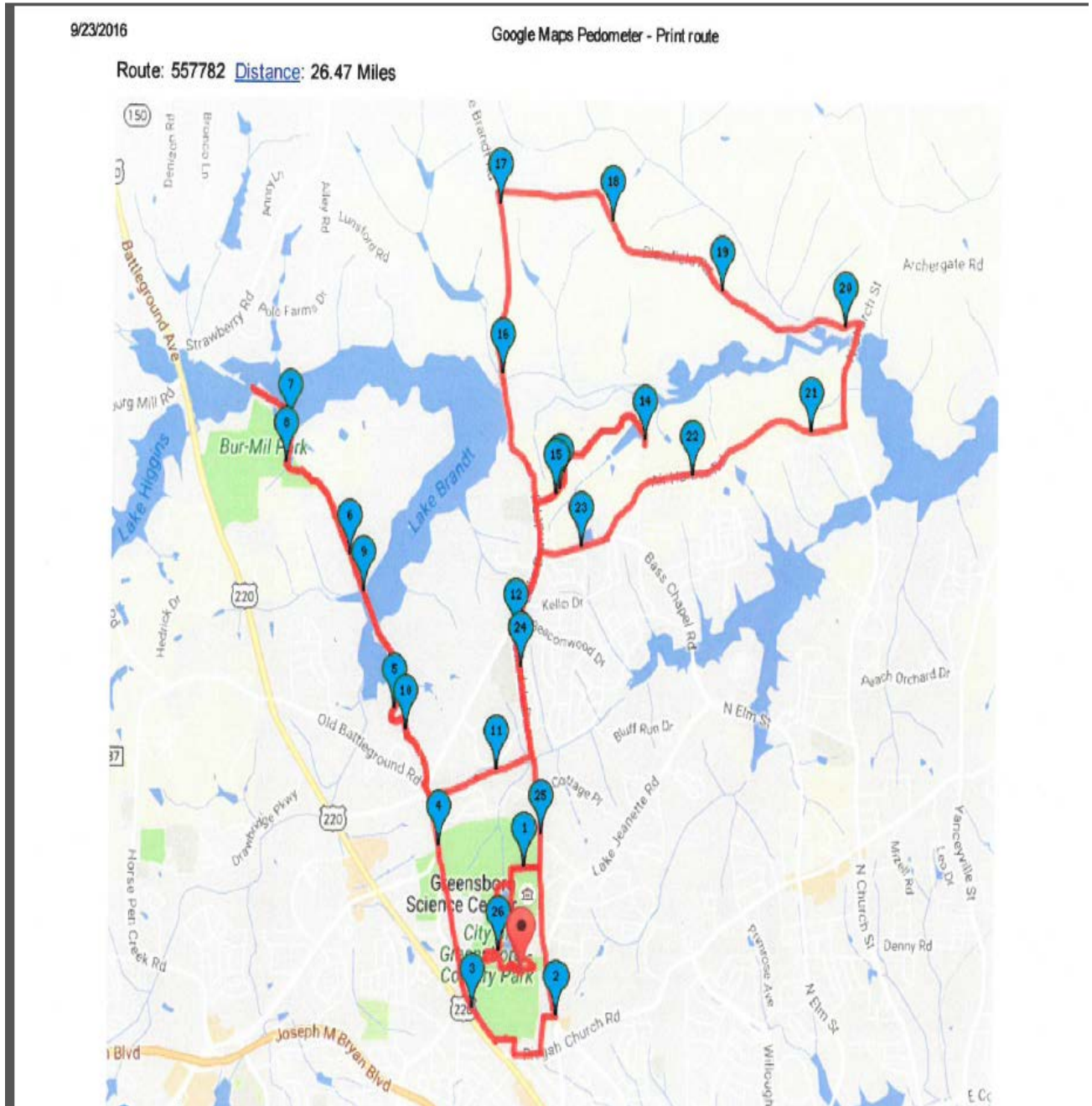
Turn right onto Jaycee Park Drive to finish



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Marathon



*map distances are approximate. Official course has been certified as a Boston Marathon Qualifier



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Start on Jaycee Park Drive

Turn right onto Nathanael Green Drive

Follow Nathanael Green Drive to Orman Drive

Turn right onto Orman Drive

Turn right onto Lawndale Drive

Turn right onto Joan Avenue

Water stop #1 and porta john sponsored by [Fleet Feet Greensboro](#) (2 miles)
Water and sports drinks



Turn right onto Pisgah Church Road

Turn right onto Forest Lawn Drive

Turn left at recreation center towards cemetery

Enter Atlantic and Yadkin Greenway on the left near cemetery entrance

Water stop #2 and porta john located at the intersection of Old Battleground Road and Cotswold Avenue (4.3 miles)
Water and sports drinks



Follow Atlantic and Yadkin Greenway to Lake Brandt Road

Turn right onto Lake Brandt Road

Turn left back onto Atlantic and Yadkin Greenway

Water stop #3 and # 5 and porta john located at Owls Roost Road and the Greenway (6.3 miles and 8.3 miles)
Water, sports drinks and gels





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Follow Atlantic and Yadkin Greenway to just before the 2nd bridge

Turn around near 2nd bridge

Water stop #4 located at turn around (7.3 miles)

Water and sports drinks

Turn right onto Lake Brandt Road

Turn left back onto Atlantic and Yadkin Greenway

Turn left onto Cotswold Avenue

Water stop #6 and porta john located at intersection of Old Battleground Road and Cotswold Avenue (10.4 miles)

Water and sports drinks



Turn left onto Lawndale Avenue

Lawndale Avenue turns into Lake Brandt Road

Water stop #7 and porta john located near ball fields on Lake Brandt Road (12.2 miles)

Water and sports drinks



Continue on Lake Brandt Road

Turn right onto Trooper Road, go to turn around point and come back to Lake Brandt Road

Water stop #8 located near Lake Brandt Baptist Church (14.4 miles)

Water, sports drinks and pretzels



Turn right onto Lake Brandt Road

Water stop #9 located near Piedmont Trailhead (16 miles)

Water and sports drinks



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Turn Right onto Plainfield Road

Water stop #10 and porta john located at 448 Plainfield Road (18 miles)
Water, sports drinks, gels, pretzels, bananas

Turn right onto N. Church Street

Water stop #11 located near Crockett Trail (20.2 miles)
Water and sports drinks

Turn right onto Air Harbor Road



Water stop #12 and porta john located at intersection of Air Harbor Road and Netfield Road (22.3 miles)
Water, sports drinks, gels, pretzels and oranges

Turn left onto Lake Brandt Road

Water stop #13 and porta john located at Ball field on Lake Brandt Road (23.5 miles)
Water and sports drinks



Stay straight on Lake Brandt Road which turns into Lawndale Avenue

Turn right onto Orman Road

Water stop #14 located at intersection of Orman Road and Nathanael Green Drive (25.3 miles)
Water, sports drinks, pretzels and bananas



Turn right onto Nathanael Green Drive

Turn right to follow Nathanael Green Drive around lakes

Turn right onto Jaycee Park Drive to finish



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Medical Support

We will have medical professional on site throughout the race. If you have a medical emergency while running, please notify the nearest volunteer so that we can dispatch proper assistance to you as quickly as possible.

Restrooms

Portable restrooms will be available near the start/finish line, as well as various areas along the race course.

Spectator Locations

Spectators are strongly encouraged to participate along the course. We love to see all those creative signs of encouragement.

After the Race

Awards

Age group and overall awards will be announced at 9:30 for the 5K race, 11:00 for the half marathon and 1:00 for the marathon. Age groups are as follows: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49; 50-54, 55-59, 60-64, 65-69, and 70 – up.

Previous Results

2013 ½ Marathon Men	2013 ½ Marathon Women	2013 5K Men	2013 5K Women
Stevven Anderson 1:15:23	Kristi Hunter 1:31:22	Quinn Woodruff 17:38	Lori Stressmann 23:12
Miguel Perez 1:21:17	Jennifer Pack 1:32:01	Brant Moll 19:54	Zaira Gomez 23:44
Abraham Martinez 1:21:23	Kristin Herring 1:32:04	Russell L. Smith 20:59	Emily Mock 24:16
2014 ½ Marathon Men	2014 ½ Marathon Women	2014 5K Men	2014 5K Women
Stevven Anderson 1:11:41	Allison Peters 1:29:33	Quinn Woodruff 19:09	Hollis Oberlies 21:26
Curtis Swisher 1:25:05	Paige Woodard 1:31:05	Brant Moll 19:41	Taylor Hogan 22:48
Michael Stevenson 1:27:28	Jennifer Pack 1:34:24	John Boschini 20:30	Robin McCloskey 25:04
2015 ½ Marathon Men	2015 ½ Marathon Women	2015 5K Men	2015 5K Women
Stevven Anderson 1:11:31	Molly Nunn 1:25:17	Guillermo Razo 18:04	Paris Stankewich 23:11
Tadhg Karski 1:13:05	Nicole Esplin 1:27:22	Kevin Gobble 20:12	Robin McCloskey 23:55
David Dixon 1:16:49	Allison Peters 1:30:47	Christian Banda 20:29	Alyson Arrington 23:58



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Results

Results will be posted online at On The Mark Sports. All runners can receive a text and/or email with their personal time and a link to the results page.

Participant Photos

Professional photographers from [Fire Eye Studios](#) will be along the course as well as at the start/finish area to take pictures of every runner throughout the race. A link to view and purchase photos will be emailed to within 7 days of the race.

Food

Post-race snacks will be available after the race. You will also receive a ticket with your bib for a snack from one of the several food trucks that will be on site during and after the race. Additional food will be available to purchase from the food trucks. You will also be given 2 beer tickets to be used after the race. Beer will be provided by Natty Greene's **please bring your ID!**

Massages

Stick around for a well-deserved post-race massage provided by Greensboro Massage and Body Work

Post-Race Survey

You will receive a link within a few days after the race for a post-race survey. Your feedback helps us make improvements for future races so that we can continue to provide first class events.

Do you have any additional questions? We are here to help.

Use the contact information below and we'll respond within 24 hours.

Phone: (336) 793-4311

Email: info@junction311.com



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These races would not be possible
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