



# PARTICIPANT INSTRUCTIONS

*(READ ME ... PLEASE!)*

## RACE MORNING SCHEDULE

Registration Opens: 7:00AM

Half Marathon Start: 8:00AM

5K Run Start: 8:30 AM

Start/Finish Location: College Pond\*, Plymouth, MA 02360

*\*Please note, College Pond is within Myles Standish State Forest, where there is very little cell phone service. Please make sure you are aware of this location within the forest before entering, just to be safe.*

GPS Coordinates for College Pond: **Lat:** 41.87185449291162 **Lng:** -70.66191913964235

## PACKET PICKUP

Packet & gear pick up will be available at the dates and times listed below. We highly recommend you get your bib number and gear prior to race day to save time and relieve stress.

Walk-up registration will be available at packet pickup, and race morning. **ONLY CASH OR CHECK WILL BE ACCEPTED AT THIS TIME.**

Please know your bib number when you arrive. We will be sending out an email tomorrow with that information or you can look up your bib number online at <https://events.racewire.com/run-through-the-pines/>



- **Friday (4/26) 4PM-7PM**
  - *Marathon Sports in Plymouth (38 Long Pond Rd.)*
- **Saturday (4/27) 1PM-5PM**
  - *Marathon Sports in Plymouth (38 Long Pond Rd.)*
- **Race Day (4/28) starting at 7AM**
  - *Start/Finish Location at College Pond*

If you don't plan on running, you can still come to packet pick-up to get your gear or have a friend do so.

**Note: Friends CAN get your packet. No gear will be mailed.**

## **PARKING**

There are only about 170 parking spots at the College Pond lot. These spots are available to runners on a first come, first served basis. Once filled, RaceWire staff will funnel cars down Upper College Pond Rd, taking a right down Cranford Rd. Cranford will be available for on street parking.

*IMPORTANT – Cranford Rd is a one way street that must be accessed via Upper College Pond Rd.*





## **DIRECTIONS**

### **From the South**

- Route 3 North to Exit 3
- Left off exit onto Clark Road
- Right onto Long Pond Road
- Long Pond Road for approximately 2 miles to entrance to Myles Standish State Forest/Alden Road
- Alden Road for 1.75 miles and stay to the right of the V onto Lower College Pond Road
- Follow Lower College Pond Road to the right for approximately ½ mile and the parking lot is on your left

### **From the North**

- Route 3 South to Exit 5
- Right off exit onto Long Pond Road
- Follow Long Pond Road 3.7 miles to entrance of Myles Standish State Forest/Alden Road
- Alden Road for 1.75 miles and stay to the right of the V onto Lower College Pond Road
- Follow Lower College Pond to the right for approximately ½ mile and the parking lot is on your left

### **From the West**

- Route 495 to Exit 2
- East on Route 58/County Road
- Follow Route 58 for 2 ½ miles to intersection with Tremont Street
- Stay to right onto Tremont Street for .8 miles
- Take a right onto Cranberry Road/Entrance to Myles Standish State Forest
- Follow Cranberry Road 2.73 miles to Ranger Station
- Take a left onto Lower College Pond Road
- Lower College Pond Road 3.2 miles to College Pond Parking lot on right

**PLEASE, PLEASE, PLEASE** - leave extra time (15-20 minutes more than expected) to drive into the forest and to walk to the start/finish area. It



takes time to arrive at your final destination within the park, so plan accordingly!

### **CELL PHONE SERVICE**

Service in the park is not good. Please take a few minutes before leaving your house to manually check out the park layout, race course, and start/finish area. Do not rely on your phone once you are in the park!

You can find a full map of the park by going to <https://www.mass.gov/files/documents/2017/11/13/trailmap-mssf.pdf>

### **GPS WATCHES AND TRACKERS**

On the same note, GPS does not work in the State Forest – there are no towers out there, so they will give you very inaccurate readings.

### **BAG DROP**

There will be a baggage drop near the registration area.

**Note: The baggage claim will operate under the HONOR SYSTEM.**



## **PORTA POTTIES**

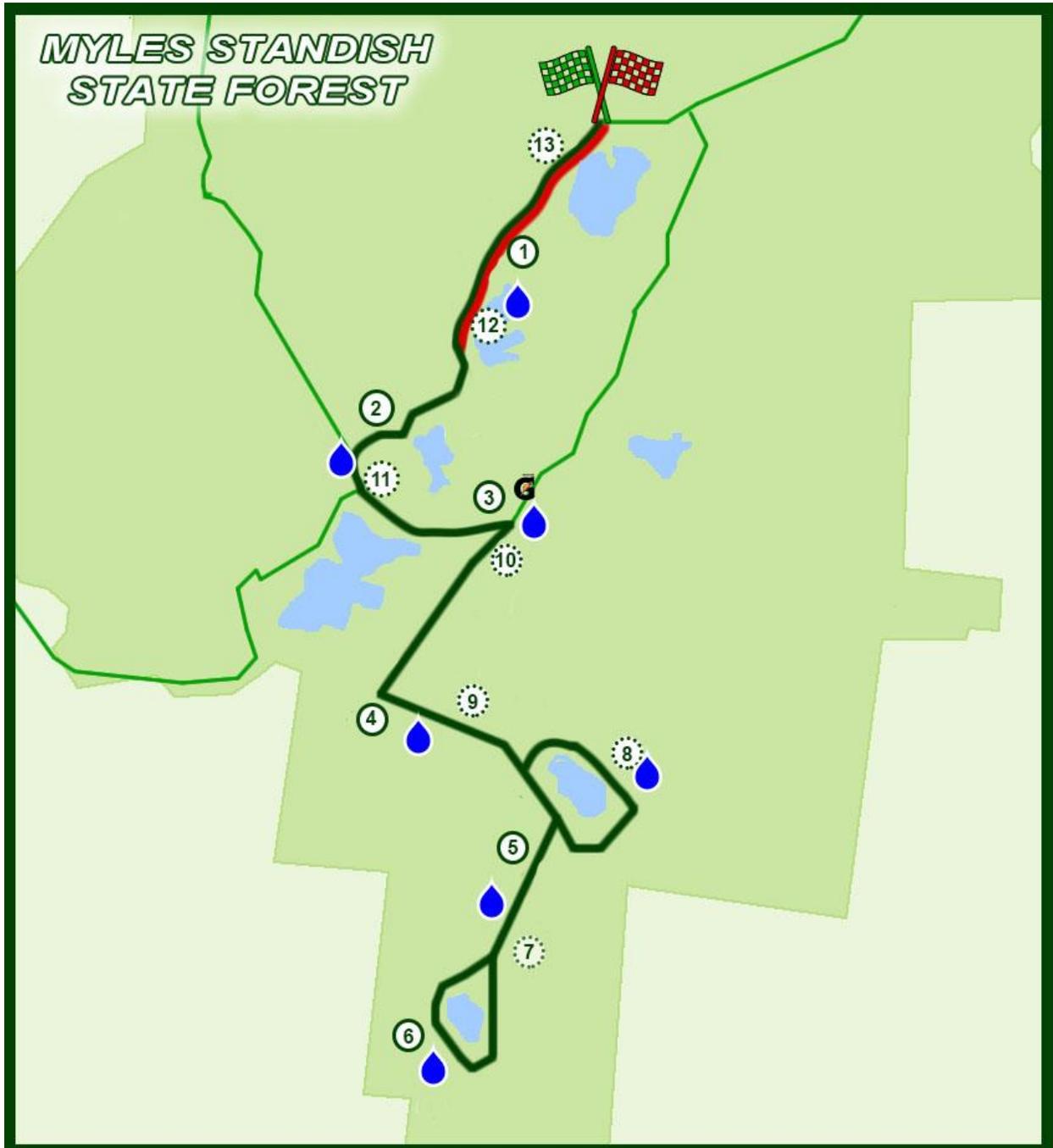
Porta potties will be available at the start/finish line. We will also have two porta potties at two separate locations out on the course.

## **COURSE**

There will be water stops approximately every mile on the course. Gatorade will be available at miles 4 and 9.

**PLEASE NOTE** – the roads are not completely closed to traffic, so please run safe!

Interactive course map available at <https://events.racewire.com/run-through-the-pines/>





## **COURSE MARKING**

Always follow the directional arrows that look the below image. They will be posted on white barricading at each turn/intersection! In addition, there will also be orange spray chalk on the ground to help you navigate the course, as well as a few designated volunteers directing you when to turn.

