



PARTICIPANT INSTRUCTIONS

(read me pretty please)

RACE MORNING SCHEDULE

Registration opens: 7:00AM

Half Marathon start time: 8:00 AM

5K Run start time: 8:30AM

PACKET PICK-UP & REGISTRATION

Packet & gear pick up will be available at LL Bean in Mashpee (7 Market St, Mashpee, MA 02649) 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.

Please bring your personal bib assignment email to collect your bib number (print, or mobile version). You can look up your bib number up at <http://events.racewire.com/beach-and-back/>

In-person registration is available.

- Friday (6/7) 4 – 7 PM
- Saturday (6/8) 12 PM- 5 PM
- Race Day – Sunday (6/9) Starting at 7 AM
 - 64 Steeple St, Mashpee, MA 02649 (open field adjacent to the library)

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



BIB LOOKUP

The email you received that linked to this packet should include your bib number. You can also look up your bib number at <http://events.racewire.com/beach-and-back/>

PLEASE NOTE THAT YOU MUST COME TO PICK UP YOUR BIB WITH YOUR BIB ASSIGNMENT

PARKING & SHUTTLE BUSES

WE HIGHLY ENCOURAGE DROP-OFFS AT THE MASHPEE COMMONS, HOWEVER, THERE WILL BE NO EVENT PARKING ALLOWED AT THE COMMONS.

All parking MUST be done at Mashpee High School. All runners will be directed to Mashpee High School for shuttling (*less than 1 mile away from registration/bib number pickup*).

Shuttle buses will bring runners from the high school to the registration/post-race area next to the Mashpee Public Library, from 6:00AM to 7:30AM, for the Half Marathon, and 6:00AM to 8:00AM for the 5K Run (~8 minute ride + 12 minute walk to the start/finish line).

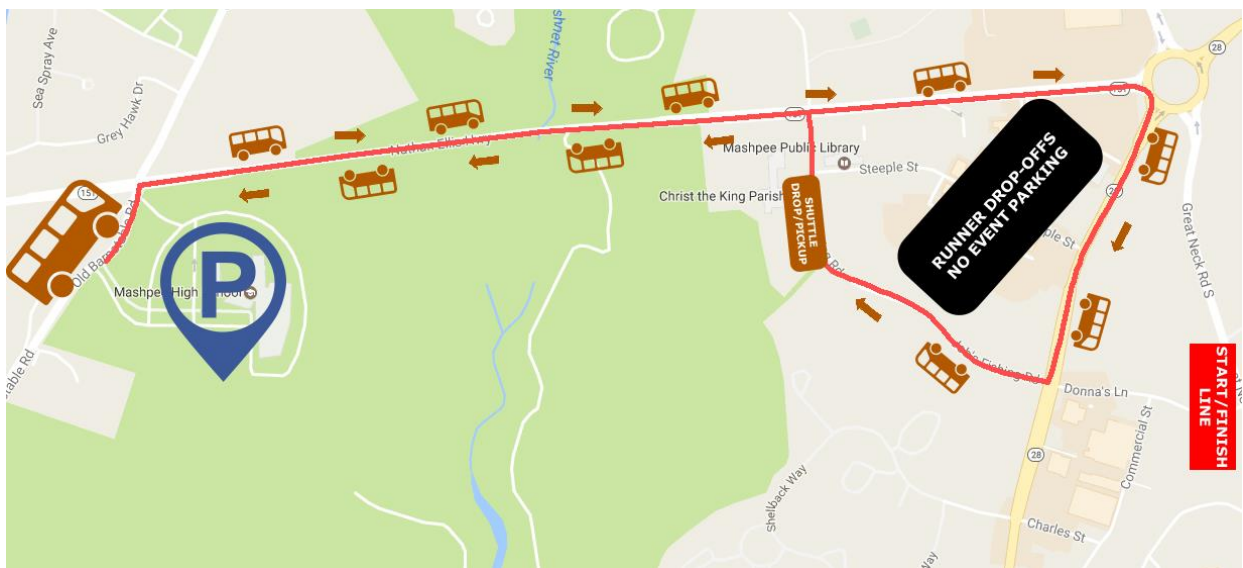
Note - you will need to be on a shuttle bus 30 minutes prior to your respective start time in order to make the start of your race.

Shuttle buses will also be provided for spectators from Mashpee High School to the Registration/post-race party area near the Mashpee Public Library after 8:00AM, and for both participants and spectators back to the high school from the post-race area until 2PM.

(PLEASE REFERENCE SHUTTLE ROUTE MAP BELOW)



PARKING & SHUTTLE ROUTE MAP



Once you have parked, and have been dropped off by the shuttle, or individually at Mashpee Commons, you will get your bib number at registration, which is location directly next to the “shuttle drop/pickup” area indicated above.

After that, you will walk to the start/finish line, also indicated above (near the intersection of Donna’s Lane and Great Neck Rd S.).

Note - Please allow at least 12 minutes to cover this distance.



POST RACE PARTY – BEER GARDEN

Join us at the post-race beer garden for some brews, tunes, and grub, which will be held on the green directly across from the Mashpee Public Library (Address: 64 Steeple St. across from the library)

The Beer garden will one offer complementary Naukabout beer to all 21+ finishers. Please note you will be carded at the entrance and given a bracelet in order to drink. Naukabout will be pouring their very own Beach and Back branded beers.

Currently, there will be the following delicious food options for purchase (*more options possible on race morning*):

- [Wild Game Sausage Man](#)

AFTER-AFTER PARTY – NAUKABOUT BREWERY

Since we have to close up shop at the commons around 11:30, we wanted an option to keep the party going. That's why we're inviting everyone to head over to Naukabout's tap room (13 Lake Ave. Mashpee) post-race for a pig roast, live music by Catie Flynn, and of course delicious Naukabout beers!

BAG DROP

There will be a baggage drop near the registration area.

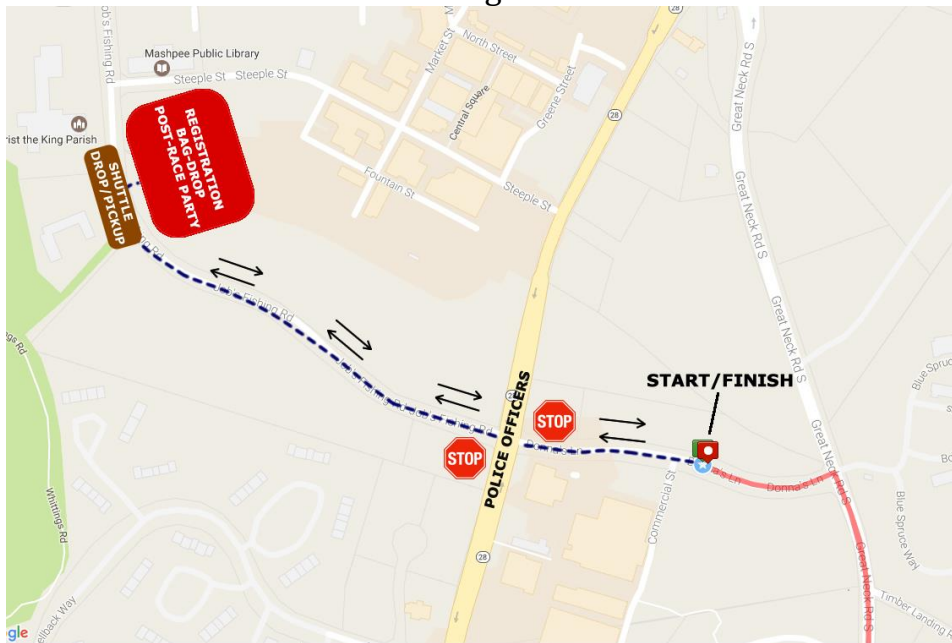
Note: The baggage drop will operate under the HONOR SYSTEM



START

The half marathon will start at 8:00AM sharp, and the 5K Run will start at 8:30AM sharp.

Please plan your morning accordingly - you will need to be on a shuttle 30 minutes prior to your respective start time in order to make the start of your race. As you can see from the below start/finish layout map, in addition to the shuttle trip, and collecting your bib number, you will have ~10-12 minute walk to the start line from the registration area.



Note: Once you complete your event, you will be walking back to the registration/post-race area (shown in map above)

AWARDS

All overall and age group awards for both events will be mailed out to winners the week after the event.



PORTA POTTIES

Porta potties will be available at the registration/post-race area, the start/finish line, and out along the course.

COURSE

There will be water stops approximately every mile on the course. Gatorade will be available at miles 6 & 10.

THIS IS NOT A CLOSED COURSE TO TRAFFIC.

There will be Police details, and volunteer course marshals at all key intersections, to hold traffic for runners. Please do your best to run safely, and to hug the right side of the road along the entire course, *especially when there is a coned off running lane for your safety!*

Course map below.

Interactive course map at: <http://events.racewire.com/beach-and-back/>





COURSE MARKING

Always follow the directional arrows that look EXACTLY like 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.

