



2021 PARTICIPANT INSTRUCTIONS

(read me pretty please)

RACE MORNING SCHEDULE

Registration opens: 6:30 AM
Pre-Race Stretch led by B/Spoke: 7:00 AM
Half Marathon start time: 7:30 AM
5K Run start time: 8:00 AM

PACKET PICK-UP & REGISTRATION

Packet & gear pick up will be available at Naukabout Brewery in Mashpee (13 Lake Ave., 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 (8/27) 4 – 7 PM
- Saturday (8/28) 12 PM - 5 PM
- Race Day – Sunday (8/29) Starting at 6:30 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: 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 Middle High School. All runners will be directed to Mashpee Middle High School for shuttling (*less than 1 mile away from registration/bib number pickup*).

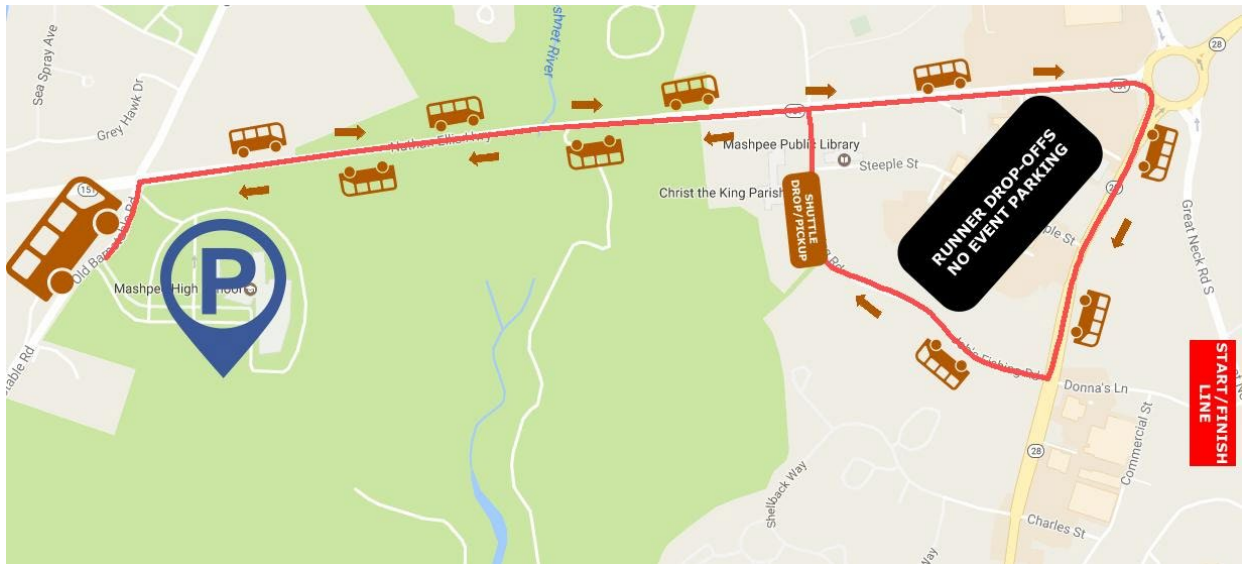
Shuttle buses will bring runners from the high school to the registration/post-race area next to the Mashpee Public Library, from 6:00AM to 7:30AM, for the Half Marathon, and 6:00AM to 8:00AM for the 5K Run (~8 minute ride + 12 minute walk to the start/finish line).

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 Middle 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 2:00 PM. (**PLEASE REFERENCE SHUTTLE ROUTE MAP ON NEXT PAGE.**)



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 located 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, where you can enjoy beer, post-race snacks and live music from Kyle Anthony Morrison! The post-race party will be held on the green directly across from the Mashpee Public Library (Address: 64 Steeple St., across from the library).



Runners will find two (2) tear-off beer tickets on their bib. Naukabout will be pouring their very own Beach and Back-branded beers.

Please Note: You MUST bring your ID with you in order to consume alcohol. You will be carded at the entrance of the beer garden, and given a wristband in order to obtain a drink.

AFTER-AFTER PARTY – NAUKABOUT BREWERY

All participants, spectators, family and friends are invited to Naukabout Brewery (13 Lake Ave, Mashpee) after the party at Mashpee Commons winds down around 11:30 am! Naukabout Brewery is opening early (at 10 am) on race day. Reggae DJ Niko OneDrop will be there in the morning and live yacht rock by John Redden starts at 1 pm. Enjoy more great beer and fun music at the after-after party!

BAG DROP

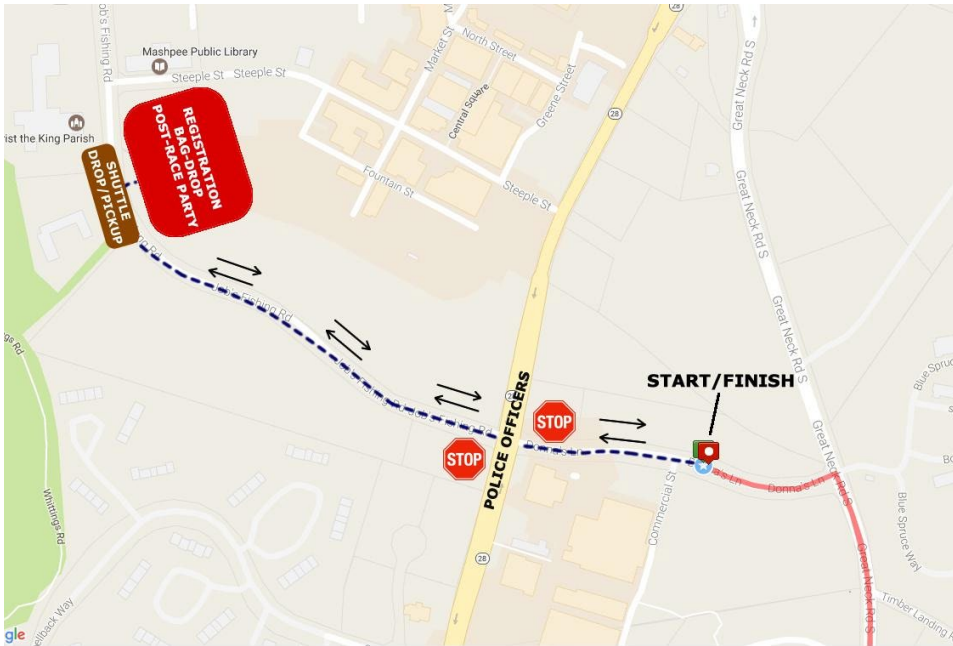
There will be a baggage drop near the registration area.

Note: The baggage drop will operate under the HONOR SYSTEM and will not be monitored throughout the event.

START

The half marathon will start at 7:30 AM sharp, and the 5K Run will start at 8:00 AM 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 a ~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.

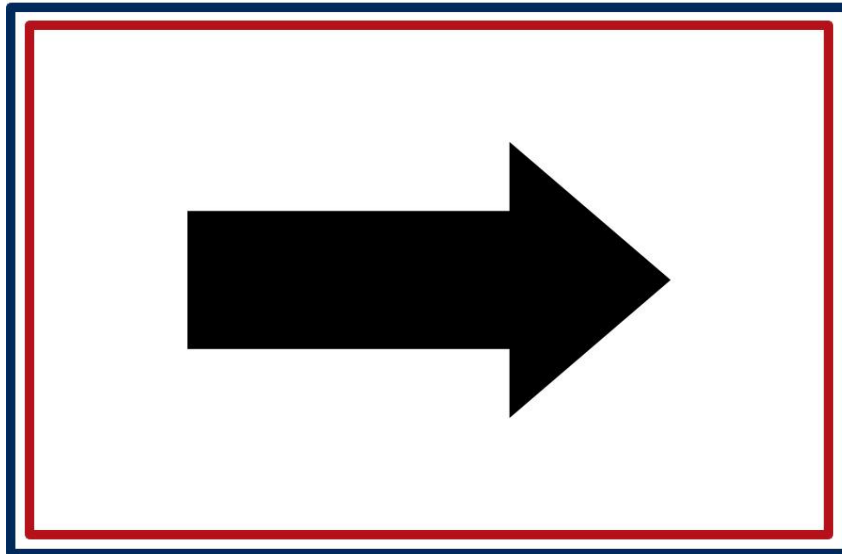
Interactive course map at: <http://events.racewire.com/beach-and-back/>





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.



Thanks for participating in the 2021 Beach and Back Half Marathon and 5K! Have a great race!