PARTICIPANT INSTRUCTIONS 2022

(read me pretty please)

PACKET PICKUP

Packet pickup, and on-site registration will be available at the dates and times below. We recommend you get your bib number and gear prior to race day to save time and relieve stress!

Please know your personal bib number assignment when you arrive to collect your bib number and race swag.

You can find your bib number by going to https://events.racewire.com/run-through-the-pines/ and clicking "Bib Lookup" on the home page.

In-person registration will be available at packet pickup and on race morning. *Cash and check only*

- **Saturday (4/23) 12 - 4 PM**
  - Marathon Sports in Plymouth (9 Court St)

Marathon will be offering a 20% in-store discount to participants during packet pick up!

- **Race Day (4/24) starting at 7 AM**
  - Registration area at College Pond parking lot

If you wait to pick up on race day, there will be NO gear pick up prior to the race! Bib pick up will be available before the race, and gear pick up will be available after the race.

Note: Friends CAN get your packet, but they must know your bib number. No gear will be mailed.

MARATHON SPORTS GIFT CARD GIVEAWAY

Sign up for Marathon's email list to be entered into a gift card raffle!

Marathon is giving away over 20 gift cards to participants who sign up for their email list. Gift cards range from $5 to $50.

[Sign up HERE!](#)

You can sign up anytime now through race day! Winners will be chosen on Monday 4/25. Gift cards will be mailed out after the winners are chosen.

You must indicate the race name (Run Through the Pines) when you sign up.

BIB LOOKUP

The email this document was sent from contains your bib number. The bib lookup link is also available on

https://events.racewire.com/run-through-the-pines/

Please know your bib number when you come to pick up your packet!

RACE MORNING SCHEDULE

7:00 AM - Registration opens

8:00 AM - Half Marathon starts

8:30 AM - 5K starts

Start/Finish Location: College Pond* parking lot, 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 in case you lose service on your way in.

We HIGHLY recommend downloading the [what3words app](#) on your mobile device. *The app is free to download and use and integrates with your map app on your phone. You can search for a location by typing in the 3 word location tag, and navigate to that location all from the*

what3words app. The location tag for the College Pond parking lot on the what3words app is: (///dinosaurs.acute.shoulders)

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

There are parking instructions and directions at the end of this document as well.

CELL PHONE SERVICE

Service in the park is not good. Please take a few minutes before leaving your house to 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 trackers will give you very inaccurate readings.

BAG DROP

There will be a baggage drop near the registration area.

Note: The bag drop will operate under the honor system.

RESTROOMS & PORTA POTTIES

The College Pond parking lot restrooms will be open for use in the College Pond lot near the start/finish lines. 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 and stay to the right!

Interactive course map available at https://www.mapmyrun.com/routes/view/1336084141

COURSE MARKING

Always follow the directional arrows. 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.

PARKING

There are only about 170 parking spots at the College Pond parking 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. ***Please see the map at the end of the document.***

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!

Parking Map

PARKING INSTRUCTIONS:

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

Course Map

(5K in red)