



# PARTICIPANT INSTRUCTIONS 2022

*(read me pretty please)*

## RACE INFORMATION

Location: 52 Bare Cove Park Drive, Hingham, MA 02043

Date: Sunday September 11, 2022

Start time: 7:00 AM sharp (please arrive early to give yourself plenty of time to prep - see below!)

- The start line is ~ 0.5 miles from the parking lot
- Bag check is available at the park entrance
- Personal hydration station area is on the way to the start line, plan enough time to set up your personal hydration and snacks if

## PACKET PICKUP

There will be no packet pick up on race day! And no on-site registration at packet pick up or on race morning.

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/beach-and-back/> and clicking "Bib Lookup" on the home page.

Packet and swag pick up will be available as follows:

- **Saturday (9/10) 12 - 4 PM**
  - o Marathon Sports Norwell (134 Washington Street, Norwell, MA 02061)

**Marathon will be offering an in-store discount to participants during packet pick up!**



Note: No swag will be mailed.

## **SWAG**

While we always want to be able to give everyone every piece of swag possible, we did have a swag cutoff for the event shirts. If you didn't make the swag cutoff, come see us near the finish line after the race to claim any leftover swag!

*Shirt deadline:* must have been registered by 8/11/22

## **RACE MORNING SCHEDULE**

6:00 AM - Event opens - time to prep, check your bag, set up your personal hydration supplies

7:00 AM - Marathon starts, each wave goes at 1 minute intervals

## **BAG CHECK**

We will be offering a bag check for all runners, but please make sure to plan your morning accordingly, as the race will start at 7:00AM sharp.

Once you arrive on site, make your way over to the tables near the park entrance. You are more than welcome to use your own personal bags, but we will have generic bags for your use, if need be.

Your bib number will have a corresponding "bag check" tear-off tag attached, and we will be supplying zip ties to fasten the tag to your personal belongings. Once complete, just hand it off to the volunteers, and pick it up after the race.

## **WATER STOPS**

We are offering four separate stops, in addition to your optional personal drink station (details below). Since this is a loop course, you will hit each of the water stops multiple times, approximately every mile.

*Water stop #1: Water*

*Water stop #2: Water + Gatorade*



*Water stop #3: Water*

*Water stop #4: Water*

Please see the map below for specific locations. For a more detailed view of each location, please reference the USATF course map.

### **PERSONAL HYDRATION/NUTRITION STATION**

We are giving all runners the option to stock their own personal hydration/nutrition station. You will pass these tables on your walk/jog to the start line from the parking lot. They will be labeled by bib number, so find your bib number/table, put your items down in your bib spot, and you're good to go!

Please keep in mind that during the race you will be responsible for locating and replacing your drink on the table. Please label your bottles with your bib number to avoid confusion in case other runners at your table are drinking out of something similar.

See map on the next page.





## PACING GROUPS

Based on registrant selections during the online registration process, there will be the following pacing groups. These groups will consist of runners that selected the same goal finish time for the marathon. Since everyone in your group will have a similar goal time, this will provide a unique opportunity to feed off of each other, and reach the finish line together.

Separate pacing group will be staggered by 1 minute at the start.

Pacing groups/Approx. Start Time (based on goal times):

- Group #1: 3:00 or less (7:00 AM start)
- Group #2: 3:01 – 3:15 (7:01 AM start)
- Group #3: 3:16 – 3:25 (7:02 AM start)
- Group #4: 3:26 – 3:30 (7:03 AM start)
- Group #5: 3:31 – 3:45 (7:04 AM start)
- Group #6: 3:46 – 4:00 (7:05 AM start)
- Group #7: 4:01 or more (7:06 AM start)
  - *If you selected not to run with a specific group, please start towards the back of group #7.*

*Note: Some of these pacing groups have a wider range of times, but there are ~50 runners in each pacing group. Our advice is to get to the start line early, find your group, and figure out who in your pacing group is going to make for a good running partner for the day!*

## TIMING

As a Boston Qualifier, of course, this event is being professionally chip timed. You will cross the start line with your pacing group, which will officially start your marathon qualifying effort!

Not that anyone would cut any corners, but since this is a loop course we are setting up two “security” timing check points. One at the northernmost point of the course (Bunker Alley/Bare Cove Path), and one at the southernmost point of the course (Conservatory Path).

If/when you qualify, we will be checking these splits to make sure you hit each checkpoint the appropriate number of times before turning to the finish!



## FINISH

As you can see from the USATF course map on the next page, this is a six loop course, with the finish line pulled off of that loop.

**You will be responsible for counting your own personal laps! Everyone knows their own pace, and goal time, so it should be very obvious if you are a lap short.**

As you are finishing your sixth lap, you will turn for the finish at the fork in the road (there will be clear signage at the fork pointing you towards the finish line).

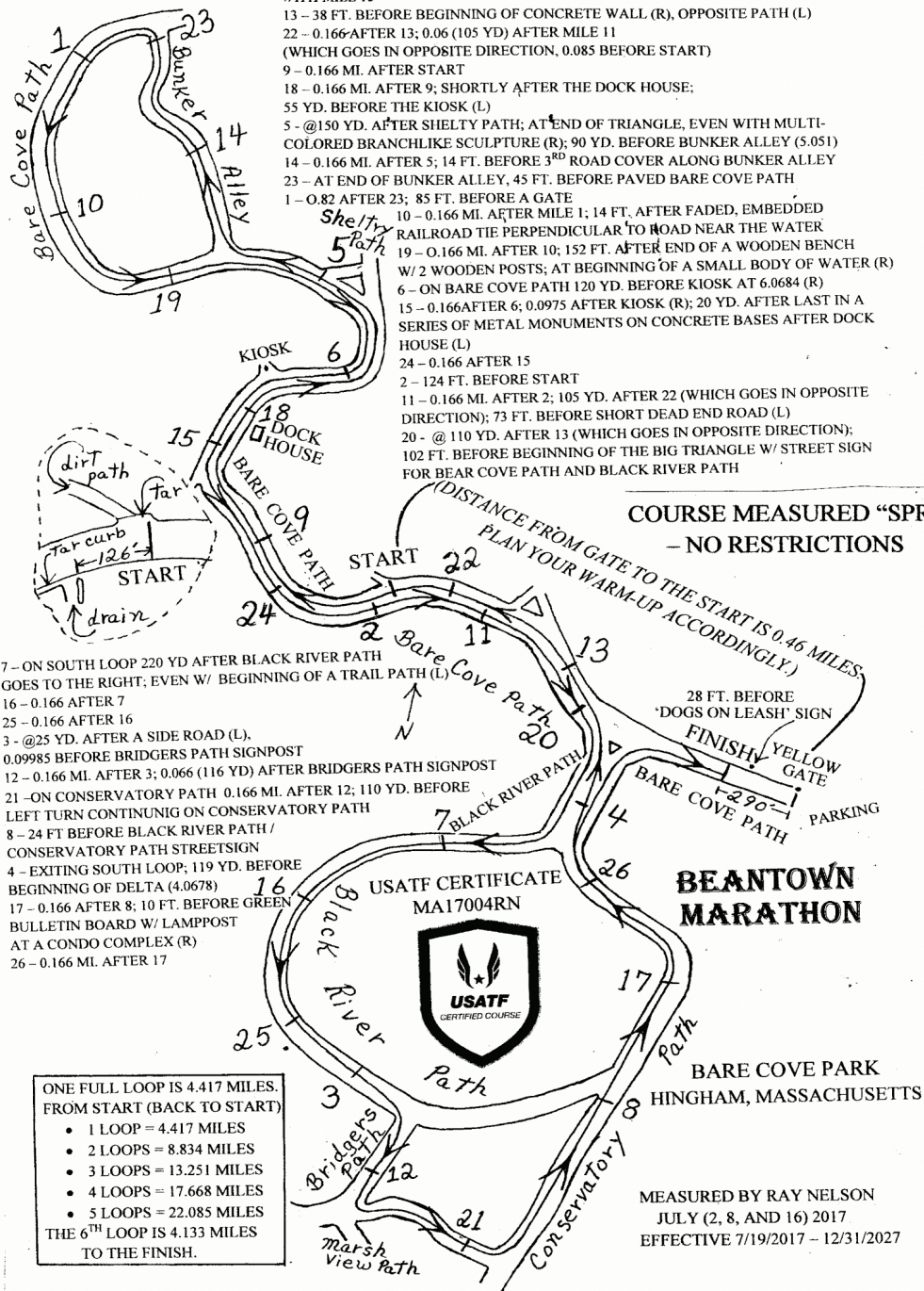
PLEASE review the flow of the course, and how the distance breaks down by lap (shown on the USATF map on next page).





DESCRIPTIONS ARE GIVEN IN ORDER IN THE DIRECTION OF THE RACE BEGINNING WITH MILE 13

- 13 - 38 FT. BEFORE BEGINNING OF CONCRETE WALL (R), OPPOSITE PATH (L)  
 22 - 0.166 AFTER 13; 0.06 (105 YD) AFTER MILE 11  
 (WHICH GOES IN OPPOSITE DIRECTION, 0.085 BEFORE START)  
 9 - 0.166 MI. AFTER START  
 18 - 0.166 MI. AFTER 9; SHORTLY AFTER THE DOCK HOUSE;  
 55 YD. BEFORE THE KIOSK (L)  
 5 - @150 YD. AFTER SHELTY PATH; AT END OF TRIANGLE, EVEN WITH MULTI-COLORED BRANCHLIKE SCULPTURE (R); 90 YD. BEFORE BUNKER ALLEY (5.051)  
 14 - 0.166 MI. AFTER 5; 14 FT. BEFORE 3<sup>RD</sup> ROAD COVER ALONG BUNKER ALLEY  
 23 - AT END OF BUNKER ALLEY, 45 FT. BEFORE PAVED BARE COVE PATH  
 1 - 0.82 AFTER 23; 85 FT. BEFORE A GATE  
 10 - 0.166 MI. AFTER MILE 1; 14 FT. AFTER FADED, EMBEDDED RAILROAD TIE PERPENDICULAR TO ROAD NEAR THE WATER  
 19 - 0.166 MI. AFTER 10; 152 FT. AFTER END OF A WOODEN BENCH W/ 2 WOODEN POSTS; AT BEGINNING OF A SMALL BODY OF WATER (R)  
 6 - ON BARE COVE PATH 120 YD. BEFORE KIOSK AT 6.0684 (R)  
 15 - 0.166 AFTER 6; 0.0975 AFTER KIOSK (R); 20 YD. AFTER LAST IN A SERIES OF METAL MONUMENTS ON CONCRETE BASES AFTER DOCK HOUSE (L)  
 24 - 0.166 AFTER 15  
 2 - 124 FT. BEFORE START  
 11 - 0.166 MI. AFTER 2; 105 YD. AFTER 22 (WHICH GOES IN OPPOSITE DIRECTION); 73 FT. BEFORE SHORT DEAD END ROAD (L)  
 20 - @ 110 YD. AFTER 13 (WHICH GOES IN OPPOSITE DIRECTION); 102 FT. BEFORE BEGINNING OF THE BIG TRIANGLE W/ STREET SIGN FOR BEAR COVE PATH AND BLACK RIVER PATH





## IMPORTANT COURSE NOTES

- 1) There is a section of course (Bunker Alley) that is run on a packed gravel trail for ~.3 mile
- 2) There are stretches of the course that will have runners going in both directions (see USATF map). These roads will be separated by a line of cones. Please stay to the right of the cones to avoid confusion.
- 3) Water stops #2 and #4 will be on the section of course that is two way traffic. PLEASE don't cross over to the other side to get water. This could be very dangerous for runners coming in the other direction.
- 4) Since there will be runners of all abilities on a loop course, passing is inevitable. Please try to use common courtesy, and allow runners to pass when the course allows.

## MEDICAL

We will have two EMTs in an all-terrain vehicle that will be on-course, ensuring no one needs assistance. In addition, we will have a stationary unit at the finish line.

## PARKING

There are multiple entrances to the park, so please make sure you are entering the park on Bare Cove Park Drive. Once you are on BCP Drive, you will pass athletic fields, and a parking lot on your left side. Continue past that parking lot, onto the portion of road that is separated by a tree line median strip. Once you get to the end of that median, you'll see race tents for registration and baggage check (you are in the right spot!). Turn left and park in the field to the left. This space is first come first served.

GPS Address: 52 Bare Cove Park Drive, Hingham, MA 02043

- This will put you directly in the right spot!

## SPECTATORS

Spectators are encouraged to come cheer on their friends and family. However, we ask that you do so in the area shown on the water stop map above. This area has plenty of space, and you will see the runners pass this point 12 different times throughout their marathon!





If you are not at the location before the start of the race, PLEASE make sure to hug the right side of the road at all times on your way there. There are points along the course that are very narrow, and we don't want anything interfering with a runner's path.

**Please be considerate of the runners!**

## **AWARDS**

There will be no awards given for this event.

## **PORTABLE TOILETS**

We will have plenty of portable toilets for runners on race morning, in the following locations:

- Parking lot (plus a handwashing station)
- On the way to the start line/on the course
- An additional location out on the course

# **HAVE A GREAT RACE!**