



PARTICIPANT INSTRUCTIONS 2023

(read me pretty please)

Sunday 11/5/2023

Half Marathon starts at 7:30 AM sharp

5K starts at 8:00 AM sharp

please remember daylight savings!

PACKET PICK-UP & REGISTRATION

Packet & swag pick up will be available at Sun & Ski Sports in Pembroke, MA (296 Old Oak St) at the dates and times below.

- Friday 11/4 from 4 to 7 pm
- Saturday 11/5 from 1 to 4 pm

We highly recommend you get your bib number and swag prior to race day to save time and relieve stress.

Please have your bib assignment ready when you come to pick up your packet.

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

Race Day Pick Up

Bib numbers can be picked up on race day at Norwell High School (18 South St) starting at 6:00 am. **There will be NO swag pick up at the High School on race morning.**

Swag will be available for pick up at Tinker's Son after the race. You must present your bib in order to get your swag.

We highly recommend you get your bib number and swag prior to race day to save time and relieve stress.

We did have swag guarantee deadlines in place for the event this year.



The hoodie guarantee deadline was 10/10. If your bib number is between 1-498 or 900-999, you will receive a hoodie!

If we have leftover swag, we will make an announcement after the last finisher crosses the finish line.

BIB LOOKUP

You will receive an email with your bib assignment on Thursday 11/4. You can also look up your bib number at <https://events.racewire.com/south-shore-half/>

PLEASE know your bib number when you come to pick up your packet.

PARKING & SHUTTLE BUSES

We encourage drop offs at Norwell High School! The South entrance (main entrance off of South St) will be closed. Please enter the High School from the North entrance off of South St (you will be going in the “exit”). See start map below.

Please note the lot will be closed for drop offs at 7:15 AM. This goes for both Half Marathon and 5K drop offs.

There is NO parking at Norwell High School.



START MAP



There is NO PARKING at the businesses in Norwell Center. This includes Cushing Memorial Hall - there is NO PARKING onsite and the building will be closed for a private event. Please be respectful of the businesses near the route!

All participant parking will be at Talbots HQ (1 Talbots Dr. Hingham, MA 02043). All entrances to the parking lot will be open. Shuttle pick up and drop off will be on the main drive in the center of the lots. See map on the next page.



We STRONGLY recommend you arrive at the parking area early. It takes about 20 minutes to get to the start line via the shuttles.

Please be respectful of the Talbots parking lot!

Shuttles

Shuttle buses will bring runners from Talbots to the start line at Norwell High School from 5:30AM to 7:00AM (~20 minute ride). **This is true for BOTH DISTANCES.** *This means that the last shuttle bus leaves 30 minutes before the start of the half marathon, and 60 minutes before the start of the 5K.*

We highly recommend you arrive at the parking area early to relieve stress on race morning! It's about a 20 minute shuttle ride to get from the parking lot to the start.

Shuttle buses will also be provided back to Talbots from the finish line/after-party. That last shuttle will leave Norwell Center at 12 PM.

Spectators should also plan to park at Talbots and utilize the shuttle buses if needed. There will be a shuttle to take spectators from the High School to the finish area immediately following the beginning of the 5K (8:00 am).

There is no spectator or participant parking in Norwell center.



See Finish Line map for post-race shuttle pick up location, and don't forget about daylight savings!

POST-RACE PARTY

The post-race party will be held at The Tinker's Son after the race. One (1) beer is included in registration. A beer ticket is provided on each bib. There will also be food available for purchase at the post-race party.

You must be 21+ with a valid ID to consume alcohol. Alcohol must be consumed on-site, and cannot be brought past the barricades.

FINISH LINE

There will be snacks and water available at the finish line, as well as porta potties. Participants will be directed to use the First Parish Cemetery footpath to make their way up to Main St from the finish line to the post-race party at Tinker's Son. Please do not cut through the Cheever's parking lot. See map below.



There is absolutely no spectator parking at Cheever's. Please be respectful of their business!



BAG CHECK

A free bag check will be provided to all participants at Norwell High School. Once the races begin, all belongings will be shuttled to the finish, and available for pick up at the post-race party at Tinker's Son.

Please allow enough time to check your bag before the race!

Note: Attach your gear check tear-off tag on your bib number to the bag you would like to check.

START

Half Marathon: 7:30AM sharp

5K Run: 8:00AM sharp

AWARDS

All overall and age group awards will be mailed out to winners the week after the event. There will be no awards ceremony on race day.

HALF MARATHON AND 5K COURSE

There will be water stops approximately every mile on the course. Gatorade will be available at miles 5 & 9.

To see an interactive course map, please visit

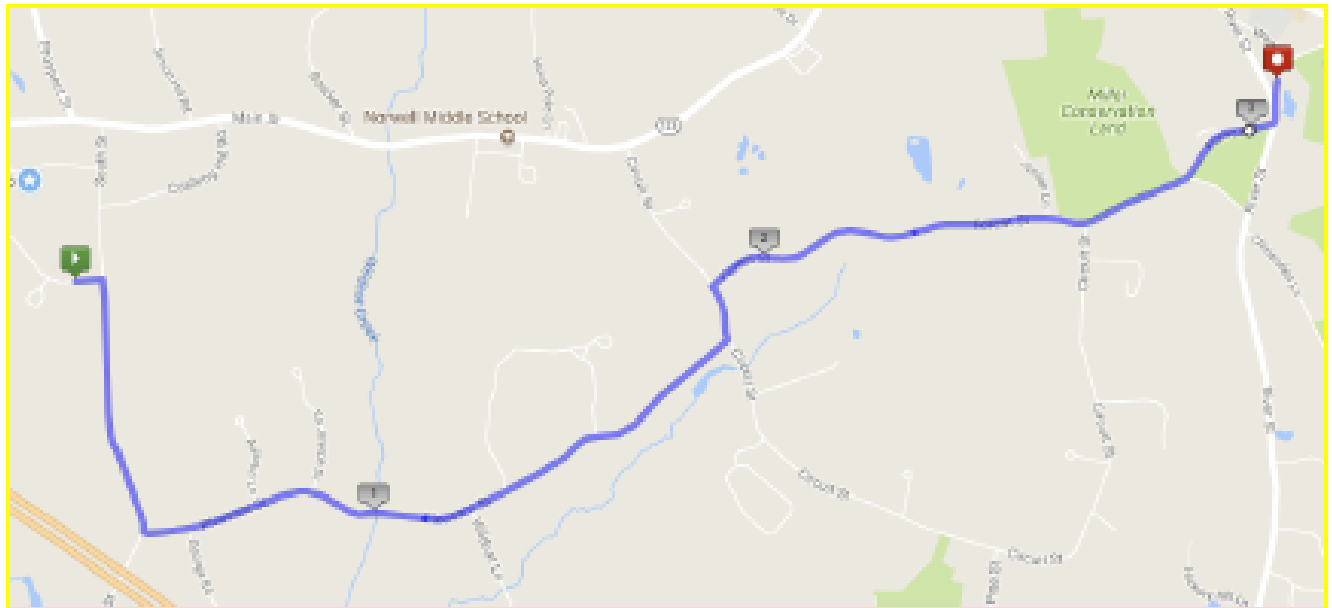
<https://events.racewire.com/south-shore-half/>

PORTA POTTIES

Porta potties will be available at the Norwell High School, the finish line and the post-race party at Tinker's Son. We will also have porta potties on the course near miles 2/11, 4/10, 5/9 and 6/8.



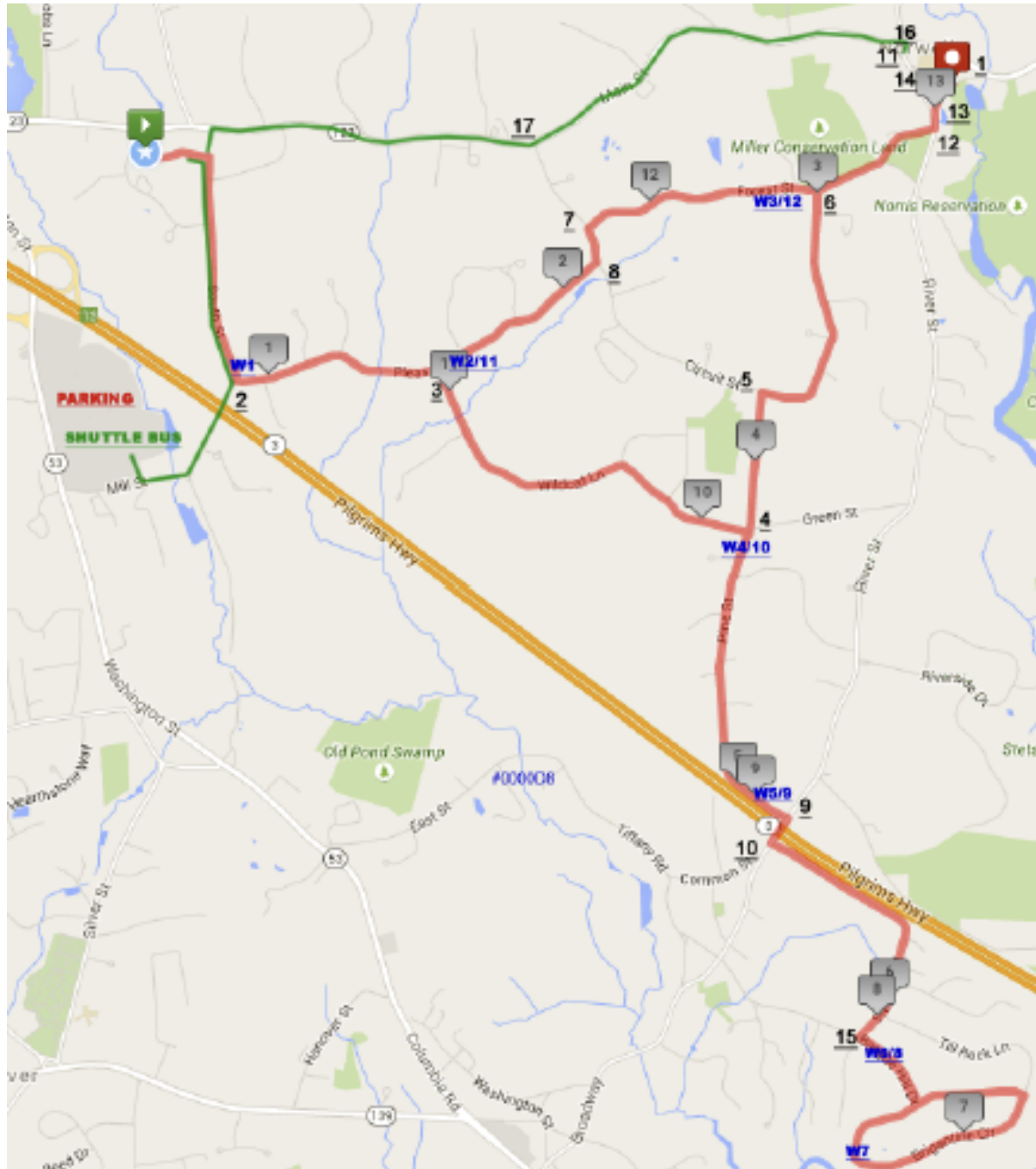
5K Course Map





Half Marathon Course Map

(disregard shuttle route and parking location)





MORE INFORMATION ABOUT FIRST PARISH CEMETERY

