



# **1<sup>ST</sup> ANNUAL BEANTOWN MARATHON**

**BARE COVE PARK – 52 BARE COVE PARK DRIVE**

**HINGHAM, MA 02043**

**START - 7:00 AM**



## **RACE INFORMATION**

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

Date: September 10, 2017

Start Time: 7:00AM Sharp (arrive at least an hour early; see below)

- *The start line is ~.5 miles from the parking lot*
- *Baggage check (if necessary)*
- *Set up your personal hydration/nutrition station (if necessary)*

## **PACKET PICKUP**

### **NO PICKUP RACE DAY!**

Packet & gear pickup will be available at Marathon Sports in Norwell (134 Washington St, Norwell, MA 02061) on the below dates and times. We **REQUIRE** that you get your bib number and gear prior to race day to save time and stress on race morning. Runners will receive 20% off when pickup up their gear at Marathon Sports.

Make sure you bring your bib assignment email to collect your bib number (print, or mobile version).

- Friday – (9/8) 4-7 PM
- Saturday – (9/9) 11AM – 5PM



## **BIB NUMBER**

We will be sending out an email next Wednesday (9/6) that contains your bib number. Please make sure you have this email when you arrive to packet pickup (print, or mobile version).

If you would like to get an early start, bib number assignments are currently posted on [beantownmarathon.com](http://beantownmarathon.com)

## **BAGGAGE CHECK**

We will be offering a baggage 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, just make your way over to the 10x10 pop-up tents. 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 twist ties to fasten the tag to your personal belongings. Once complete, just hand it off to the volunteers, and pick it up post-race.



## **WATER STOPS**

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

*Water stop #1: Water + Gu Gel*

*Water stop #2: Water + Gu Gel*

*Water stop #3: Water + Gu Gel*

*Water stop #4: Water + Gu Gel*

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

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## **PERSONAL HYDRATION/NUTRITION STATION**

We are giving all runners the option to stock their own personal hydration/nutrition station. On your walk/jog to the start line from the parking lot, you will pass these tables. They will be sorted/labeled by bib number (look for your corresponding # range), so you just need to find your table, set your bottle(s) down and you are good to go.

Please keep in mind, as you pass these tables during the race you will be responsible for locating, and replacing your drink on the table. It might be a good idea to label your bottles with your bib number incase other runners at your table are drinking out of something similar.

See map above for location.

## **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, just to be safe. 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 that you hit each check point the appropriate number of times, before turning to the finish!



## **FINISH**

As you can see from the USATF course map below, 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 is you are a lap short.**

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

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

## **AWARDS**

We will be mailing Marathon Sports gift certificates to ALL runners post-race that qualify for Boston 2018.

There will be no awards given to top performers overall, or by age group.



## **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 2 minutes at the start.

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

- Group #1: 3:05 or less (7:00 AM start)
- Group #2: 3:06 – 3:20 (7:02 AM start)
- Group #3: 3:21 – 3:30 (7:04 AM start)
- Group #4: 3:31 – 3:40 (7:06 AM start)
- Group #5: 3:41 – 3:55 (7:08 AM start)
- Group #6: 3:56 – 4:30 (7:10 AM start)
  - *If you selected not to run with a specific group, please start towards the back of group #6.*

*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!*





## **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!

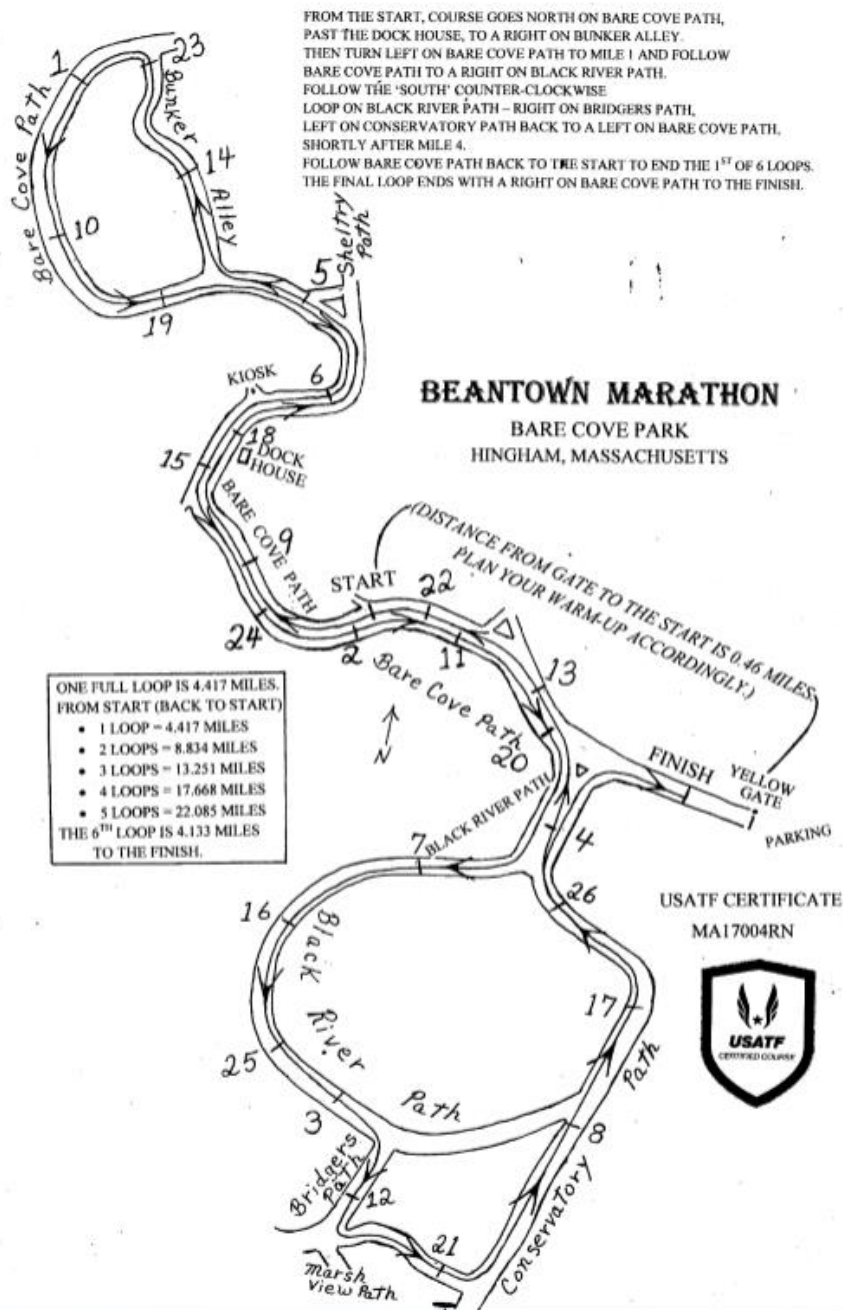
If you are not at the location before the start of the race, PLEASE make sure to hug the right side of the road at all times on your way there. There are points along the course that are very narrow, and we don't want anything interfering with a runner's path.

**Please be courteous of the runners!!!**

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## MARATHON

### USATF COURSE MAP – Certification #MA17004RN





## **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 on bikes that will flow through the course, ensuring no one needs assistance. In addition, we will have a stationary unit at the finish line.

## **PORTABLE TOILETS**

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

- Parking lot
- On the way to the start line
- Two additional locations on the course