

WELCOME TO THE NIAN TIC BAY ½ MARATHON AND 5K

If you are preregistered you can look up your registration on race's website – www.nianticbayhalfmarathon.com now. Bib numbers are now assigned. You can also look up your entry when you arrive at East Lyme's Rocky Neck State Park.

Raceday entrants will be accepted starting at 7 a.m.

Please note the earlier start time for this year's race

Schedule- all events are at Rocky Neck State Park

9/27 – ½ Marathon, 5K, Music & More

7-8:45 a.m. Packet Pickup and Registration.

7 a.m. – 1 p.m. Runner's Expo.

9 a.m. 5K Start*

9:05 a.m. ½ Marathon*

9:30 a.m. – 12 p.m. Live entertainment with Run for Cover.

9:20 a.m.–12:30 p.m. Finishers Post Race Snack.

10:20 a.m. 5K Awards.

11:30 a.m. ½ Marathon Awards.

*Both the 5K and ½ marathon will start a little over ¼ mile away from the registration area. To get to both race starts, enter the beach near the Concession Stand and take a right once you go under the railroad tracks. Continue for a few hundred yards and both races start in the parking lot behind the Pavilion.

Please plan to arrive early. No traffic will be allowed into Rocky Neck Park from 8:45 - 9:50 a.m. on Sunday, September 27.

5K Runners will be directed to the North lot (lot farthest from the beach). 5K runners will not be allowed to leave the park until the last 5K runner finishes (about 9:50 a.m.). If a 5K runner parks in the West Beach and East Beach lots (lots nearest the beach) they will not be allowed to leave until about 10:30 a.m.

½ marathon runners will be directed to park in the West Beach and East Beach lots (lots nearest to the beach). The 5K course is flat. The ½ marathon is a mostly flat two loop course and features one hill of note on each loop. You can find course maps and other race information on www.nianticbayhalfmarathon.org. If you have a question that cannot be answered on the website, feel free to call us at (203) 481-5933.

Portable toilets will be located on the ½ marathon course. Expect to see toilets twice in each loop of the two loop course.

The first 12 miles of the ½ marathon course will have restricted traffic for at least 2 1/2 hours. The timing service will time all those finishing in under 3 1/2 hours.

There will be a fully staffed medical tent near the Finish Line. The doctors, nurses and emergency medical technicians who staff this tent work at the Road Race for your safety and benefit. Please follow their instruction. Medical personnel have been given the authority by Race officials to disqualify any runner who insists on continuing when the doctor has recommended that they retire from the Race because of injury or physical stress.

There will be 9 aid stations on the marathon race course and one aid stations on the 5K course. Please use them. GU20 (orange flavor) will also be available four times in the ½ marathon course. GU Gel will be available at one time during the race (about 8 miles into race).

Mile markers and street markings are at each mile.

A baggage claim is available on raceday. All items must be picked up by 12:30 p.m. The race is not responsible for lost or stolen items.

The food tent is available for runners only. There will be a selection of pizza, bagels, munchkins, fruit and pasta salad. Food vendors will be available for spectators.

Results will be posted near the Finish as soon as they become available. Please do not request this information from individual race officials at the Finish Line. Awards given to the top three finishers in each age category in the ½ marathon & 5K race.

Categories

5K race: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ (1st only).

½ marathon race: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ (1st only).

Directions to Rocky Neck State Park. Exit 72 off route 95. Left off exit. Rocky Neck State Park entrance will be on your right in less than a ¼ mile.