



2018 Wallis Sands Half Marathon Athlete Guide



May 2018

Welcome to the Wallis Sands Half Marathon! We are excited that you will be joining us for this beautiful, coastal race that boasts one of the flattest courses in the region!

Please take a moment to review the important race details in this Athlete Guide.

RACE CONTACT

If you have any questions or if we can be of any service please email the race director Steph Murray at steph@streamlineevents.

TIMELINE

Saturday, May 19, 2018

10 am-2 pm	Packet Pickup Runner's Alley 104 Congress Street, Portsmouth, NH 03801 (located downtown across from the Friendly Toast) Phone: (603) 430-1212 Parking is available in the lots at Islington and Bridge Street and on Maplewood behind the Portsmouth Health Food Store. You can also park in the Portsmouth garage)
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Sunday, May 20, 2018

6:00 am	Parking Opens - Wallis Sands State Beach, 1035 Ocean Blvd, Rye, NH
6:15 am	Packet Pickup Starts
7:15 am	Walkers Start
7:30 am	Packet Pick Up Closes
7:45 am	Runners Line Up
7:55 am	National Anthem
8:00 am	Runners Start (wave start). Runners are assigned to waves based on their estimated finish time so that runners of similar pace will be together. Waves will leave every 4 minutes. It's ok to go in a different wave than the one you're assigned.
9:30 am	Post Race Food and Refreshments open under the tent for runners and volunteers only. We have a food truck this year called MELT that specializes in sandwiches that will be selling food to friends and family.
10:30 am	Award medals are handed out under the tent. If you want it, you have to stick around after the race. Special medals are awarded for the overall and age group divisions (note: EVERY athlete will also receive a finisher's medal when they cross the finish line). Overall and age group winners please make sure you check the timing monitors at the finish line to see if you've placed in your age category and have won a medal. In order to get your medal, you must pick it up at the award table at the race (under the packet pickup tent). Medals will not be mailed and cannot be picked up after the race.

RACE DAY PACKET PICKUP

- Race day packet pickup starts at 6:15am and ends at 8am at Wallis Sands Park – the race venue.
- You will get your bib number first and then move to your right to pick up your shirt.
- Bib numbers will be organized by last name, and signs will be posted by the packet pickup table so you can stand in the appropriate line (A – G, H – M, etc) to get your bib.
- Please check all the information on the back of your bib (name spelling, gender, age division, etc), since this information is used to score your race performance and award medals. If any information is incorrect, please notify the volunteer who gave you your packet and we will correct it right away.
- If you ordered a race sweatshirt, water bottle, or hat, you will get these to the right of the bibs.

RACE DAY PARKING

Wallis Sands State Beach is off of Route 1A in Rye, NH. The approx address is 1050 Ocean Blvd, Rye, NH.

Runners can park in the Wallis Sands parking lot. Please try to carpool and please arrive early enough to warm up and get your bib before the 8am start. No parking is allowed on Route 1A near the park entrance on both sides of the road. When the Wallis Sands parking lot fills to capacity, athletes will be asked to park ½ mile away from the beach lot on Route 1A. Police officers at the park entrance will direct you where to park.

Spectators should plan to arrive early as it might take longer to walk to the beach if parked ½ mile away.

NO DOGS ALLOWED

It is a state park law that no dogs are allowed at Wallis Sands State Park. NO EXCEPTIONS. The police and park officials will be enforcing this rule this year. We love dogs, but please leave your dog at home.

POST-RACE FOOD AND REFRESHMENTS

We will have pizza as well as some chicken, fruit, cookies, muffins, and other snacks and refreshments at the finish line waiting for you at the food tent.

WATER STATIONS AND PORTA-POTTIES

There will be 5 water stations serving water and Gatorade located approximately every 2 miles on the course. There will be portable toilets on the course located near the 3rd and 5th water stations.

Water Station locations: (mile locations are approximate)

1. Mile 2.2 - Route 1A at the sharp right turn in the road by the Rye boat launch
2. Mile 4.6 – Central Rd right after Love Lane
3. Mile 6.7 – Central and Washington, in front of town hall (**Porta potties a mile before this**)
4. Mile 9 – Wallis and Bracket Rd, by the stop sign before crossing Wallis.
5. Mile 10.5 – in front of Odiorne State Park Boat Launch (**Porta potties located here**)

Stay on the ride side of the road! The road is fully open to cars, so please be considerate of cars trying to pass you. Don't run in the middle of the road.

COURSE MAP AND DIRECTIONS

To view an interactive course map on Map My Run, click on the link below:

<http://www.mapmyrun.com/us/rye-nh/wallis-sands-half-marathon-route-88094333>



1. From the Wallis Sands parking lot, cross Route 1A (police present) and turn left to go south on Route 1A and continue for 4 miles. Runners will be running on the right/non-ocean side of the road
2. Turn Right on Perkins Rd around mile 4 (police present)
3. Stay Left to continue on Perkins Rd
4. Turn Right on Central Rd
5. Stay Left at the fork to continue on Central Rd (police present)
6. Stay Right at the fork to continue on Central Rd, not Grove Rd
7. Turn Right on Washington Rd just after the cemetery
8. Stay Right at the fork to continue on Washington Rd
9. Turn Left on Bracket Rd (police present)
10. Cross Wallis Rd at the 2 way stop sign intersection to continue on Bracket Rd (water station and police present)
11. Stay Right at the fork to continue on Bracket Rd, not Clark Rd
12. Stay Left at the fork to continue on Bracket Rd, not Parsons Rd (police present)
13. Turn Right on Pioneer Rd (1A) at the T intersection (police present). Here runners will cross the street to run on the left/ocean side of the road
14. At the entrance to the Odiorne Boat launch (last water station, porta potties available) get onto the path that runs along the inside of the fence to get off the road.
15. Turn Left into Wallis Sands State Park main entrance to finish

Enlarged sections of course map:

