

# HAMPTONS MARATHON 2019 ATHLETE GUIDE







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## GENERAL INFORMATION

### About The Hamptons Marathon & Half

The Hamptons Marathon, a Boston Qualifier, is a favorite fall race for runners! The Marathon, Half-Marathon and 5K courses provide a flat, fast run through Southampton Village with views of the Atlantic Ocean and Shinnecock Bay.

We know that you work hard to train for race day, and we work hard to ensure that your preparation is rewarded with an exceptional race experience. When you run with the Hamptons Marathon & Half, we promise to go the extra mile for you from start to finish! If we can ever do anything to improve your experience, we encourage you to [contact us](#) and let us know!

### Race Rules & Regulations

#### Can I wear headphones?

It is unsafe to wear headphones while running. Event organizers will not restrict headphone use and leave it up to the athlete on his/her ability to follow direction while wearing headphone devices. If you do choose to wear headphones, please keep the volume level down so you are able to hear and follow the direction of course volunteers.

#### Can someone else run in my place?

No, you are not allowed to transfer bib numbers to another person. If you are unable to run as planned, you may defer your race entry to the following year. Visit our [FAQ page](#) for details!

#### Can I register on race day?

Yes. New this year, you may register at packet pick-up or online on race day up until packet pick-up ends at 7:00am. If you plan to register either in person or online on race day, be sure to leave time to pick up your race bib by the time pack pick-up ends.

#### Am I allowed to walk?

Yes, however, you must meet the requirements of the completing the race by 2:00 pm.

#### Are baby joggers, strollers or pets allowed during the race?

No, this is to ensure runner safety and comply with liability insurance policies.

#### Is there bag check?

Yes, there will be a baggage check area available near the start / finish area at the Southampton Intermediate School Gym. Look for the sign marked "Gear Check". Additional information is listed on page 5.



## PACKET PICK-UP

WE STRONGLY SUGGEST PICKING UP YOUR PACKET ON THURSDAY OR FRIDAY  
TO ENSURE A SMOOTH RACE MORNING!

- **Thursday, September 26:** 5pm-7:30pm at JackRabbit Sports ([UWS, 140 West 72nd Street, New York, NY 10023](#))
- **Friday, September 27:** 6pm-8:30pm at Southampton Intermediate School ([70 Leland Lane, Southampton, NY 11968](#))
- **Saturday, September 28 (Race Day):** 6am-7am inside the gym at Southampton Intermediate School ([70 Leland Lane, Southampton, NY 11968](#))

Bib numbers will be organized by distance and alphabetically by last name. Please have your photo I.D. ready when picking up your race packet!

### Packet Pick-Up for Someone Else

We allow you to pick up the race bib and t-shirt for someone other than yourself with a picture of their photo I.D. or a copy of their confirmation email sent to registered runners. Showing either forms of identification on a phone or printed out will be accepted.

### Switching Race Distances

You may increase or decrease your race distance prior to the race. You can change your race distance online at [hamptonsmarathon.com/change-race-distance](http://hamptonsmarathon.com/change-race-distance) until packet pick-up begins; after Friday, September 20th, you must change your race distance in person. Please note: If you do not change your race distance either online or in person with a Hamptons Marathon staff member prior to the race start, and run a distance for which you do not have a bib, you will be disqualified from the event.

## RACE MORNING: PRE-RACE

### Race Day Schedule

**6am-7am** - Race Day packet pick-up and registration

**8:00 am** - Hamptons Marathon and Half-Marathon start

**8:15 am** - 5k starts

**9:00 am - 11 am:** Age group awards can be picked up at the Customer Service Tent at the finish area.

**11:30 am - 2:30 pm:** Truly Hamptons Marathon Post-Race Party Presented by Southampton Inn





## Getting to the Start/Finish Area

The start/finish area is located at the Southampton Intermediate School ([70 Leland Lane, Southampton, NY 11968](#)).

## Parking

There is ample parking within walking distance of the start/finish line. If you purchased a parking pass, you can park at Southampton High School ([141 Narrow Ln, Southampton, NY 11968](#)).

If you did not purchase a pass, parking is available on a first come first served basis at the following locations:

- Wickapogue at Old Town Lane (Roughly 55 Wickapogue on GPS)
- Behind 82 Main Street, Southampton
- 22 West Main Street, Southampton
- 44 Little Plains Road, Southampton

\*[Click here to view a map of additional parking locations](#)



*Click the image to view a larger version of the onsite parking map.*

## Parking Pass

If you purchased a parking pass for Southampton High School you should have received / will receive a separate email with parking details. If you are picking up your packet at JackRabbit in NYC or on Friday in Southampton, we will have your parking pass with your race bib. If you are picking up your race bib on Saturday morning you will not have your parking hangtag in hand before you need to park, please present the email to access the parking lot on race morning.

## Shuttles

On race morning, there will also be a FREE Hampton Jitney shuttle running from the lot at Old Town Lane (Roughly 55 Wickapogue on GPS) to the start/finish line. The shuttle will drive in a loop along Hill Street from Windmill Lane to Narrow Lane, down to Wickapogue to collect runners and drop them off near the start line.

## Hampton Jitney

Coming from New York City? We are happy to partner with The Hampton Jitney to offer a race day Jitney Jaunt from NYC and back. Buses will leave Manhattan starting at 4:25 am. Advance reservations are required. [Tickets are now available for purchase here.](#)



## Gear Check

Gear check will be located inside the Southampton Intermediate School Gym (70 Leland Lane, Southampton). Gear check bags will be provided at Packet Pick up, however runners may check any bag. Gear check will open at 7am race morning.

## Bibs

Please wear your race bib on the front of your shirt. If you are not wearing a shirt, pin your bib on the front of your shorts. Please do not bend or fold the timing chip! Each race distance will have a specified bib color listed below and mile markers throughout the course.

➔ **Bib and Mile Markers Colors:** 5k – Yellow | Half-Marathon - Orange | Marathon - Blue

## DURING THE RACE

### Course Map

[Click here to view](#) the marathon, half marathon, and 5k course maps!

### Important Course Information

The Hamptons Marathon will run along beautiful terrain on Long Island's East End. Runners will enjoy views of Shinnecock Bay, Cooper's Beach, and Southampton Estates.

- The full and half-marathon will follow the same route for the first 7-8 miles. At Great Plains Rd the half marathon will turn left and the marathon will turn right. The two races will rejoin the same course on Halsey Neck Ln and will follow the same course until the intersection of Cooper's Neck Ln and Meadow Ln. At this intersection the marathon will turn right and the half marathon will turn left.
- The final course split for the half and full marathon is near mile 12 for the half marathon and mile 22 for the full marathon - the intersection of Old Town Rd and Wickapogue Rd. At this intersection the half marathon runners will continue straight and the marathon runners will turn right on Wickapogue Rd.
- 5k runners will follow the same route as the half and full marathon until mile 0.5. From there, 5k runners will continue straight on Old Town Rd before making a slight right onto Toylsome Ln. Runners will then follow the route down N Main St. to the turnaround and follow the course back to the finish line.



## Hydration Stations

There will be plenty of hydration stations along the course, and there will be at least one Port-a-John at each hydration station. Please refer to the [course map](#) to view hydration station locations. Each hydration station will serve both water and sports drink. Please note hydration stations are subject to change closer to race day.

## Time Limits

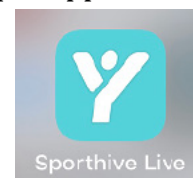
All runners must be finished by 2:00pm. Marathon and Half-Marathon runners have 6 hours to complete the race. Anyone still on the course after 2:00pm when the race ends will no longer be considered a race participant and will be fully responsible for their own well-being.

## Medical Support

We will have medical professionals on site throughout the race, including a medical support tent at the start/finish area. If you have a medical emergency while on the course, please notify the nearest volunteer or police officer so that we can dispatch proper assistance to you as quickly as possible.

## Live Tracking / Race App

All marathon, half marathon, and 5k runners will have free live tracking through the Sportshive Live App! Visit [our website](#) for details on downloading the app and setting up live tracking for runners and spectators. For Android Users: The App is available in the Google Play Store. To download, search by keyword "Sportshive Live". For iOS Apple Users: The App is available in the Apple App Store. To download, search by keyword "Sportshive Live". Once downloaded, search for the "Hamptons Marathon".



## Recommended Spectator Locations

We recommend the following spectator locations for friends and family to cheer you on during the race. Please note that these spectator points will only apply to marathon and half marathon runners. If you would like to cheer on your 5k runner, please do so near the start/finish area.

- **The intersection of [Old Town Road and Gin Lane](#):** The Full Marathon will pass this location twice, once at mile 4.5 and again at mile 21. The Half Marathon will pass this location at mile 4.5 and again at mile 11.75.
- **[14 Gin Lane](#):** The Full Marathon will pass this location twice, once at mile 6.5 and again at mile 19. The Half Marathon will pass this location at mile 6.5 and mile 9.3
- **Southampton Intermediate School ([70 Leland Lane, Southampton, NY 11968](#)):** The start and finish line is a great location to cheer on all distances!





## AFTER THE RACE

### Finisher Medals

Every marathon and half-marathon finisher will be presented with a finisher medal after they cross the finish line.

### Awards

Overall awards will be announced during the awards ceremony at the Truly Hamptons Marathon Post-Race Party Presented by the Southampton Inn. Overall awards can be claimed at the party. Age group awards can be claimed at the Customer Service Tent at the finish line following the race until 11 AM. Age group awards can also be picked up at the post-race party starting at 12:15 PM. Please note, all awards must be picked up on race day. We will not mail any awards.

**5k:** Overall awards will be announced at 9:30am

**Half-Marathon:** Overall awards will be announced at 10:30am

**Full Marathon:** Overall awards will be announced at 11:30am

Age groups are as follows: 19 & under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74, and 75-up.

### Overall Awards

	5k	Half Marathon	Marathon
1st	Medal	Medal	Medal
2nd	Medal	Medal	Medal
3rd	Medal	Medal	Medal

### Age Group Awards

	5k	Half Marathon	Marathon
1st	Medal	Medal	Medal
2nd		Medal	Medal
3rd		Medal	Medal





## Truly Hamptons Marathon & Half Post-Race Party Presented by Southampton Inn

We are excited to announce that we will be hosting an Official Post-Race Party at the Southampton Inn this year. Please join us at the party to celebrate your race accomplishment with food, drinks, live music & an overall awards ceremony!



### Food

After the race, runners will be treated to some great food options from our sponsors and local partners, including fruit and bagels! Food tents will be located in Runners Village.

### Results

Results will be posted in real time online to [HamptonsMarathon/race-results](https://hamptonsmarathon.com/race-results) during the race. Results also will be available at the results tents in Runners Village!

### Participant Photos

Professional photographers will be along the course as well as at the start/finish area to take pictures of every runner throughout the race. A link to purchase and view photos will be emailed to you from our photographer within 7-10 days of the race.

### Post-Race Survey

You will receive a link within a few days after the race for a post-race survey. Your feedback helps us make improvements for future races so that we can continue to provide first-class events! To show our appreciation for you taking the time to fill out the survey, we will randomly select two runners to receive a FREE RACE ENTRY to next year's event! Thanks in advance!



*Do you have any additional questions? We're here to help!  
Use the contact information below, and we'll respond as soon as possible!*

Email: [info@hamptonsmarathon.com](mailto:info@hamptonsmarathon.com)

Facebook: @HamptonsMarathon | Instagram: @hamptonsmarathon |

Twitter: @runthehamptons