



Athlete Guide

September 15 - October 15, 2020



[Haven't registered yet? Click here to register!](#)

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GENERAL INFORMATION

About the Hamptons Marathon & Half

In the summer, the 2020 Hamptons Marathon & Half was converted to a virtual event with in-person activities cancelled. After consultation with the medical team and industry leaders, this is the only responsible action to take in an effort to ensure the safety of our participants, spectators, volunteers, and community and to not divert valuable resources away from our local health system.

But the race will go on! A virtual race means that you can run the 5k, Half Marathon or Full Marathon on your own time and wherever is convenient for you. You'll still receive the swag you love like a medal, shirt, buff and bib that will be mailed to you for your convenience.

Hamptons Marathon founders Amanda Moszowski and Diane Weinberger are usually there on race day saying hello to our amazing runners and giving them that boost of encouragement. This year, Amanda and Diane have taken to social media to give that encouragement. They host a virtual Happy Hour for runners where they talk all things Hamptons (like what went wrong for the first ever Hamptons Marathon!). Registered runners will receive an exclusive invitation to join them on October 15 for a LIVE virtual Happy Hour where they will answer some runner-submitted questions!

RUN

When to Run

The best part about a virtual race is that you don't have to worry about a 5 AM wake-up call. You can run whenever you want as long as you finish by the final day of the race on October 15. Prefer to keep that race-day vibe and begin at 7 AM on a Saturday? Great! Are you more of a night owl and want to finish your run at 2 AM on your treadmill? It sounds a bit weird, but go for it!

Where to Run

Since we aren't able to meet in person this year, that means you can run wherever you feel most comfortable. Your favorite park? Check. The treadmill when it's raining? Go for it.

Are you having trouble deciding and are close to Southampton? Try running the [beautiful Hamptons course](#) (safely, of course!).



SWAG

RACE SWAG

What's better than the satisfaction of knowing that you pushed yourself and crossed the finish line? Race swag! All participants of the 2020 Virtual Hamptons Marathon & Half will receive a Finisher Tee, Medal and exclusive Buff!



How to Get Your Swag

We've made getting your 2020 swag easy! Participant swag will be mailed to the address used on your registration form. Please note that we are only able to ship to US addresses.

When will you receive it?

If you registered by October 1: Your swag will be delivered by **October 16.**

If you registered October 2 – 15: Your swag will be delivered by **November 1.**



HAPPY HOUR

You've been logging your training miles and gearing up for the race, but you don't have to train alone! Meet Hamptons Marathon founders and Southampton pseudo-celebs Amanda Moszkowski and Diane Weinberger on social media for Happy Hour. Every other week, they will share their experience as race directors. From how they got started, to hilarious behind-the-scenes stories, grab an ice-cold drink and join them for some much needed community connection.

The best part? 2020 registration includes an exclusive, invite-only Happy Hour with Amanda and Diane LIVE on October 15 to wrap up the race! Registered runners will have opportunities to submit their burning questions to be answered at the live Q&A session. Always wondered what the hardest part about being a race director is? How do they feel giving back to the community through their charity partnerships? What was their funniest race story? Ask these and more!



RESULTS & RACE END

Share Your Results

Once you've run your distance, you will be able to submit your results online to see how you stack up to the competition! From September 15 - October 15, a results form will be available on our website where you can submit your distance, time and age category. Once submitted, check back to see how others did!



Post-Race Survey

Your opinion is important to us! You will receive a link within a few days after the conclusion of 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. Thanks in advance!

Share Your Run

There won't be any professional photographers, but we still want to see your run! Take a picture of you running and upload it along with your results during results week. Also, share with us on social media during your trainings, workouts, and what your finish line looks like to you.



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
Facebook: [@HamptonsMarathon](https://www.facebook.com/HamptonsMarathon) | Instagram: [@hamptonsmarathon](https://www.instagram.com/hamptonsmarathon)
Twitter: [@runthehamptons](https://twitter.com/runthehamptons)