

THE HAMPTONS MARATHON & HALF, AND 5K



ATHLETE GUIDE
SEPTEMBER 23, 2023



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FAQS, 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 their ability to follow direction while wearing headphone devices. If you choose to wear headphones, please keep the volume down so you can hear and follow the direction of course volunteers.

Can someone else run in my place?

No, transfers of bib numbers from person to person is prohibited. Anyone racing with another runner's bib will be disqualified.

Can I register on race day?

Yes, you can register on race day onsite at race morning packet pick-up from 6:00 AM - 7:00 AM.

Is there a gear check this year?

Yes, gear check will be located near the start/finish line on race morning.

Where do I get my race bib?

You will be able to have your race bib mailed, or you will pick it up at packet pick-up.

Is the race USATF certified?

Yes, certification numbers are as follows:

NY18061JG Hamptons Half Marathon

NY18062JG Hamptons Marathon

Is The Hamptons Marathon a Boston Qualifier?

Yes, the full marathon is a Boston Qualifier.

Am I allowed to walk?

Yes, you can walk, but you must complete the race by 2:00 PM.

Can I change my distance?

Yes, you can change your distance. See the details below.

Runners without bib mailing: You can change your distance until 7:00 AM on Saturday, September 23.

Bib Mailers: To receive the correct bib in the mail, you needed to change your bib before the bib mailing deadline of noon on Friday, August 25.

If you change after this deadline, you will need to attend packet pick-up to receive the correct bib at the Solutions table.

Please note: Anyone who runs a distance with the incorrect distance timing chip will be disqualified.

What is the weather policy?

Races are held, rain or shine, unless we determine that conditions are too dangerous. This will be based on a prudent decision made on race weekend or race day by Race Officials and local law enforcement officials. If the race is cancelled due to inclement weather there will be neither refunds nor transfers. This position is consistent with USA Track & Field recommendations and with the protocol of sharing the risks associated with the sport of running. In the event of inclement weather or unforeseen circumstances, Capstone Event Group reserves the right to alter, cancel or eliminate any/all portions of the race.

If there is inclement weather during the race, it is your responsibility as a race participant to follow instruction from race officials and law enforcement in regards to inclement weather. If you disregard instructions from race officials, you are doing so at your own risk.

Are strollers allowed on course?

No, strollers are not allowed on the course. Thanks for understanding!

QUICK GUIDE TO RACE DAY TERMS

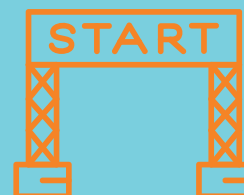


RACE BIB

- Wear your bib on race day with the number facing out.
- Your race bib has a timing chip on the back of it which records your time from the point you cross the start line to when you cross the finish line.
- Please do not bend the bib or remove the timing chip.

START/FINISH LINE CHUTE

- The start line chute is where runners line up before the start of the race.
- The finish line chute is where runners receive their medal, water, and post-race food after crossing the finish line.



GEAR CHECK



- Gear check is available for runners who would like to leave a bag behind during the race.
- Runners may opt to use this if they want fresh clothes or another item available after the race.
- Gear check is optional, and the race is not liable for any lost or damaged items.

HYDRATION STATION

- Hydration stations will be offered on the course.
- Runners can get water and/or a sports drink at the hydration station.



ACCESSIBILITY GUIDE

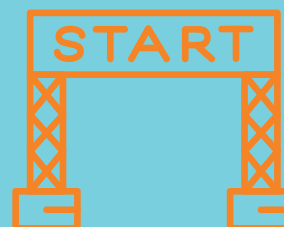
HANDICAP PARKING



- If you need handicap parking for packet pick-up and/or race morning, please contact us at info@hamptonsmarathon.com, and we will assist you!

RACE START TIMES

- Full marathon and half-marathon wheelchair/handcycle start: 7:55 AM
- 5K wheelchair/handcycle start: 8:10 AM



ACCESSIBLE PORTABLE TOILETS



Portable toilets, including a limited number of ADA toilets, will be available at the start/finish line.

CONTACT US

If you have a question about race weekend accessibility, please contact us at info@hamptonsmarathon.com!

IMPORTANT DATES & DEADLINES

Category	Deadline	Form	Details
Change Distance Information	Saturday, September 23 at 7:00 AM	<p>Use this form to change your distance before Monday, September 18.</p> <p>If you need to change your distance during race week, you will be emailed directions on how to do so.</p>	<ol style="list-style-type: none"> 1. You must fill out the change distance form online. 2. If you change your distance after bibs are printed, you will need to pick up a new bib at the solutions table at packet pick-up. 3. We will communicate the bib printing deadline closer to race day.
Deferral Information	Wednesday, September 13 at 11:59 PM	Click here to defer your entry!	<p>You will be issued a virtual credit that can be applied toward registration for next year's race or another Capstone race.</p>
Bib Mailing Information	Friday, August 25th at noon	Click here to purchase bib mailing.	<p>Only your race bib and safety pins will be mailed.</p> <p>You can pick up your race swag after the race at the post-race party.</p>

Please note:

- Anyone who runs a distance with the incorrect distance timing chip will be disqualified from the race.
- You are not allowed to transfer your bib to another runner.

BIB MAILING



Runners who elected to have their bib mailed to them will receive their bib before race day. **Only bibs and safety pins will be mailed!**

If you do not receive your bib by Thursday, September 21, please come to packet pick-up to be assigned a new bib.

If you opted to have your bib mailed to you, don't forget - if you changed your distance after **noon on Friday, August 25**, you will need to attend packet pick-up to receive the bib for the correct distance.

If you plan to use gear check, you can pick up a clear bag on race morning at gear check which will be located outside near the start/finish line.

Check out the chart below to see what you will receive in the mail and what you will pick up after the race!

Race Item	Will Receive in the Mail	Will Pick Up AFTER the Race
Bib	✓	
Safety Pins	✓	
Participant Shirt		✓
Finisher Gift (Full and Half Participants Only)		✓

PACKET PICK-UP

Packet pick-up will be held at Southampton Intermediate School in Southampton, NY.



Location

Southampton Intermediate School |
70 Leland Ln, Southampton, NY 11968



Dates:

Friday, September 22 | 6:00 PM-8:30 PM

Saturday, September 23 (Race Morning) | 6:00 AM- 7:00 AM



Parking on Friday:

Parking is available on a **first come, first served basis at Southampton Intermediate School.**

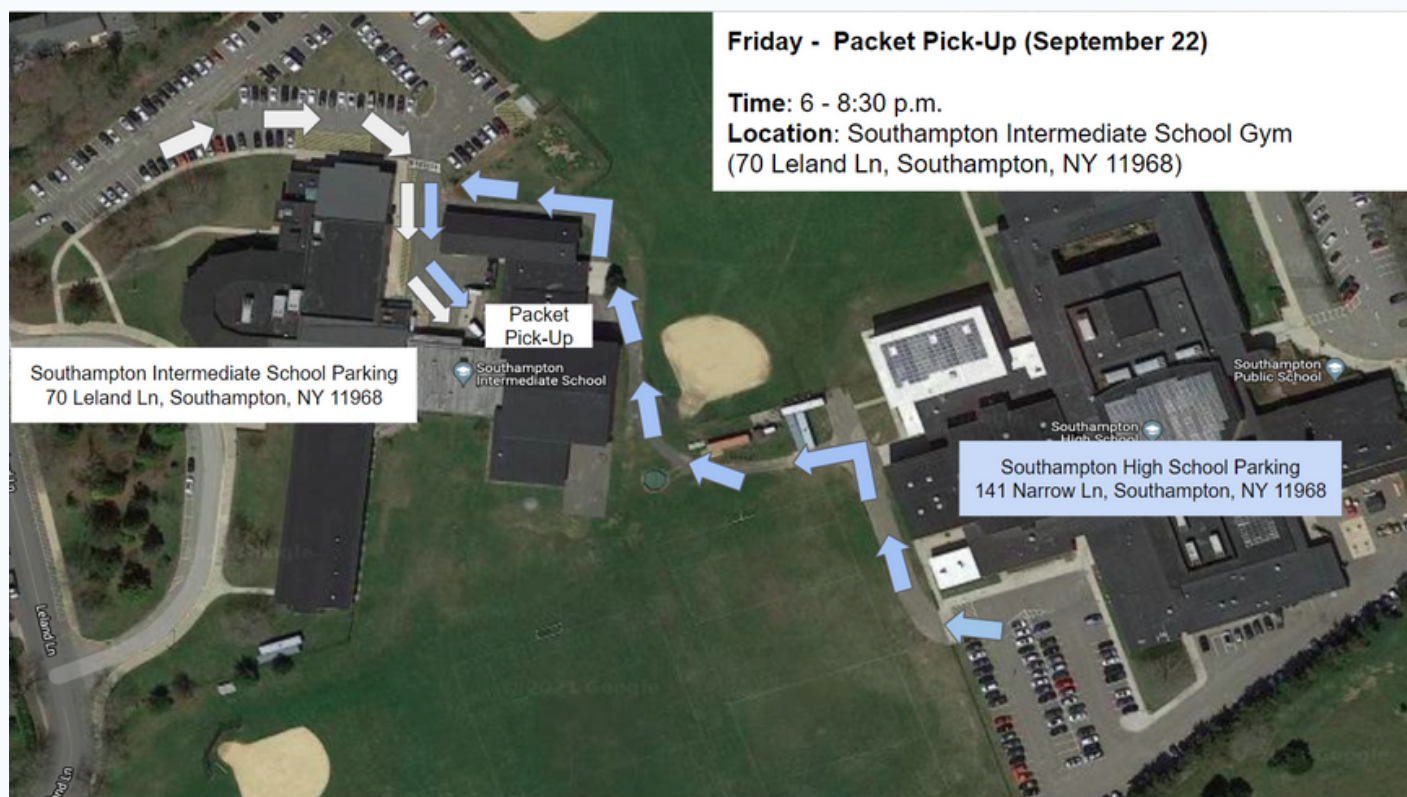
Parking on Saturday:

- **Parking is unavailable at Southampton Intermediate School on race morning.** Please use a suggested lot and walk/take the shuttle to Southampton Intermediate School.
- If you're planning to pick up your bib on Saturday morning, we strongly encourage you to build in parking and travel time.
- If you purchased a parking pass and plan to pick up your bib on race morning, show the Narrow Lane lot attendant the parking specific email you will receive race week.

Important Packet Pick-Up Reminders:

- We allow you to pick up other participant's race bibs. For verification purposes, please be ready to show the volunteer a copy of the bib number email or a copy of the participant's photo ID.
- At packet pick-up, you will receive the shirt size you selected at registration. If that shirt size no longer works for you, you can visit customer service after the race on Saturday to exchange your shirt while supplies last.

PACKET PICK-UP PARKING MAP



PACKET PICK-UP CHECKLIST

- ☐ **All Participants:** Pick-up your race bib!
- ☐ **All Participants:** Pick up your participant shirt. The shirt size you selected is on the back of your bib.
- ☐ **All Participants:** If you're planning to use gear check on race morning, pick up your gear check bag and ziptie.
- ☐ **Participants who Purchased a Parking Pass:** If you purchased a parking pass when you pick up your bib, please remind the volunteer that you purchased a parking pass, so they can give it to you.
- ☐ **Full Marathon & Half Marathon Participants:** Pick up your finisher gift!
- ☐ Have questions? Visit customer service!

RACE DAY TIMELINE

Saturday, September 23

6:00 AM

BIB PICK-UP OPENS

Race morning bib pick-up will be held at the Southampton Intermediate Gym.

7:00 AM

BIB PICK-UP CLOSES

8:15 AM

5K STARTS

Wheelchair participants will start at 8:10 AM.

9:30AM

HALF-MARATHON OVERALL AWARDS ANNOUNCED

Overall and age group award medals can be picked up at customer service after this announcement.

2:00 PM

FINISH LINE & GEAR CHECK CLOSES!

7:00AM

GEAR CHECK OPENS

Please attach your gear check tag to your bag before coming to gear check.

8:00 AM

FULL & HALF MARATHON STARTS

Wheelchair participants will start at 7:55 AM.

9:00AM

5K OVERALL AWARDS ANNOUNCED

Overall and age group award medals can be picked up at customer service after this announcement.

11:00AM

MARATHON AWARDS ANNOUNCED

Overall and age group award medals can be picked up at customer service after this announcement.



START & FINISH LINE

Southampton Intermediate School // 70 Leland Lane, Southampton, NY 11968

RACE START TIMES

- Full and Half-marathon Wheelchair/Handcycle Start: 7:55 AM
- Full and Half-marathon Start: 8: 00 AM
- 5K Wheelchair/Handcycle Start: 8:10 AM
- 5K Start: 8:15 AM

RACE DAY CUSTOMER SERVICE

If you have any customer service needs on race day, the customer service tent will be located near the start and finish line on race morning.

PRE-RACE RESTROOMS

There will be portable toilets at the start/finish line on race morning for runners to use before the race.

RACE DAY PARKING

There is ample parking within walking distance of the start/finish line.

Please arrive early for the best parking opportunities. There is absolutely NO on-street parking allowed in Southampton Village residential areas. Law enforcement will ticket and tow any vehicles found in no-parking areas!

If you DID purchase a parking pass, you can park at Southampton High School (141 Narrow Ln, Southampton, NY 11968). Any vehicles found in this lot without a 2023 parking pass displayed on their rear-view mirror may be ticketed or towed. If you need to pick up your parking pass at Saturday morning packet pick up, you will have a short grace period to retrieve your pass and return it to your vehicle. For more information about retrieving your parking pass, check out the next page.

If you **DID NOT** purchase a parking pass, the following locations offer free parking for all participants on a first come, first serve basis. All parking locations can be found on our [official course map](#).

- Behind 82 Main Street (~15 minute walk)
- At 22 West Main Street (~17 minute walk)
- At 44 Little Plains Road (~ 10 minute walk)

RACE DAY SHUTTLES

The Hampton Jitney will provide a free shuttle bus that will travel in a loop between the start/finish line and the following shuttle stops **from 6:00 AM until 3:00 PM. Runners and spectators who are able to walk to the start line are encouraged to do so.** If you plan to use the shuttle bus, please allow a 20-25 minute wait. Both shuttle stop locations can be found on our [official course map](#).

- Shuttle Stop #1: Nugent Street, across from Rite Aid (82 NY-27A, Southampton, NY 11968)
- Shuttle Stop #2: Southampton Town Hall (116 NY-27A, Southampton, NY 11968)

**MORE DETAILS ABOUT SHUTTLES AND
PARKING INCLUDING A MAP CAN BE FOUND [HERE!](#)**

How You're Getting Your Bib

Receiving Bib in the Mail

Attending Packet Pick-Up on Friday

Attending Packet Pick-Up on Saturday

How You're Getting Your Parking Pass

Your parking pass will come in the mail with your bib. If it doesn't, please attend packet pick-up and get your pass from the parking pass table.

You will pick up your parking pass after receiving your bib. Please make sure you get your parking pass from the Parking Pass table before leaving packet pick-up!

If you are picking up your race bib on Saturday morning or your pass did not arrive in the mail you can use the email sent on Wednesday, September 20th to access the parking lot on race morning and retrieve your pass.



GEAR CHECK

Gear check will be offered near the start/finish line on race morning starting at 7:00 AM. Please attach your the gear check tag from your bib **before** coming to gear check on race morning.

All bags must be picked up by 2:00 PM.

The race is not liable for any items lost or damaged at gear check.

PACE GROUPS

Pace groups will not be offered. Thanks for your understanding!

LIVE TRACKING

Race splits will be available during the race [here](#).

There will be a timing split at approximately Mile 7 for Full and Half Marathon runners, and again at Mile 18.5 for the Full and Mile 9 for the Half Marathon.

TIME LIMITS

All runners must be finished by 2:00 PM. All distances will have 6 hours to complete the race. The is a 13:44 pace per mile for the marathon.

Anyone still on the course after 2:00 PM will no longer be considered a participant and will be fully responsible for their own well-being. Official times and post-race amenities cannot be guaranteed for runners who finish after the time limit.



MEDICAL STATIONS

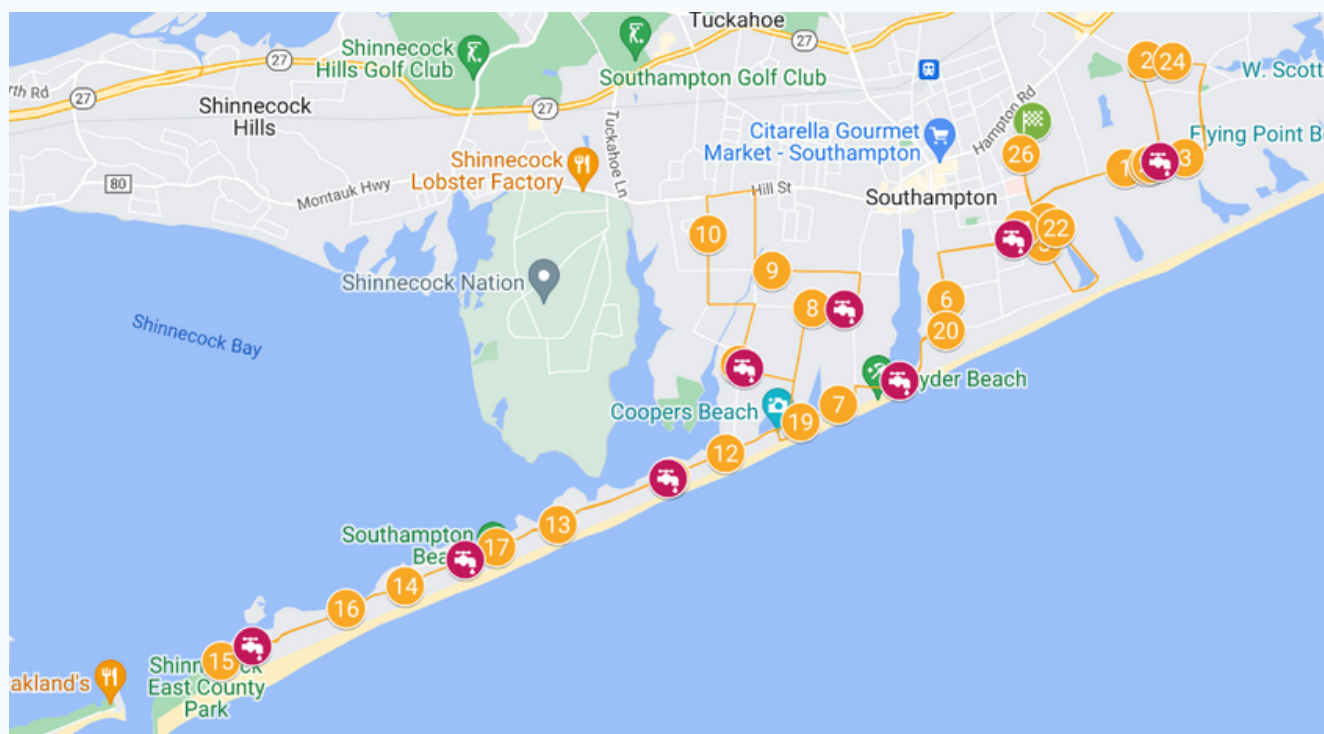
Stony Brook Southampton Hospital will provide medical support. Medical support will be available at the start and finish line, as well as on the course.

SPECTATOR LOCATIONS

Location	5k	Half Marathon	Full Marathon
Southampton Intermediate School (Start & Finish Line)	Start & Finish Line	Start & Finish Line	Start & Finish Line
Intersection of Old Town Road and Gin Lane		Mile 4.5 Mile 11.75	Mile 4.5 Mile 21
14 Gin Lane		Mile 6.5 Mile 9.3	Mile 6.5 Mile 19



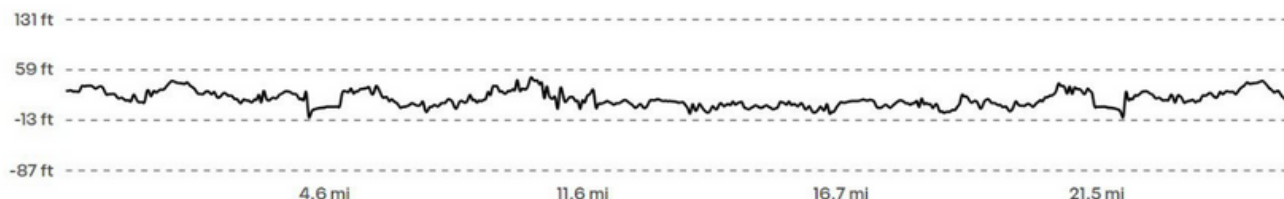
MARATHON COURSE MAP



Elevation

Start
30 ft

Max
49 ft



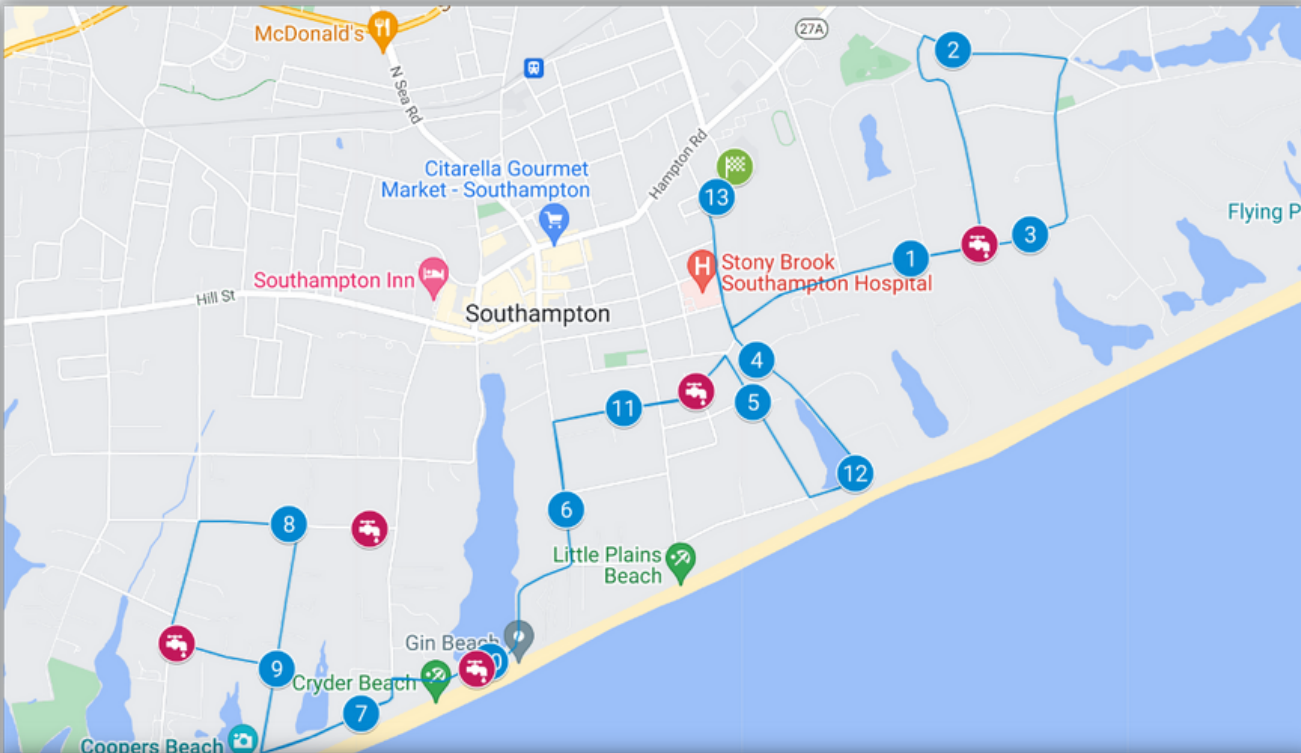
[CLICK HERE TO ACCESS THE COURSE MAP AS A GOOGLE MAP.](#)

[CLICK HERE FOR A DOWNLOADABLE COURSE MAP.](#)

HYDRATION STATIONS

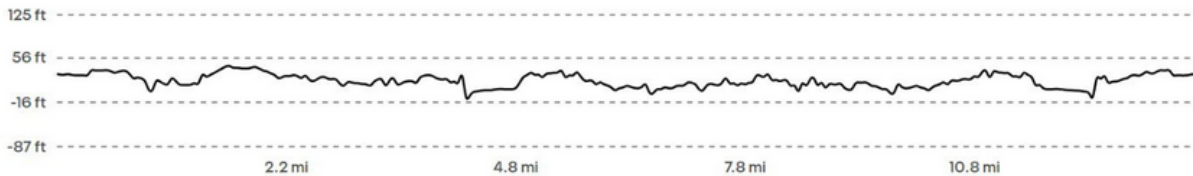
Water and Gatorade will be available at all hydration stations. A portable toilet will also be available at each hydration station. Please refer to the [official course map](#) for hydration station locations.

HALF MARATHON COURSE MAP



Elevation

Start 31 ft Max 43 ft Gain 185 ft



[CLICK HERE TO ACCESS THE COURSE MAP AS A GOOGLE MAP.](#)

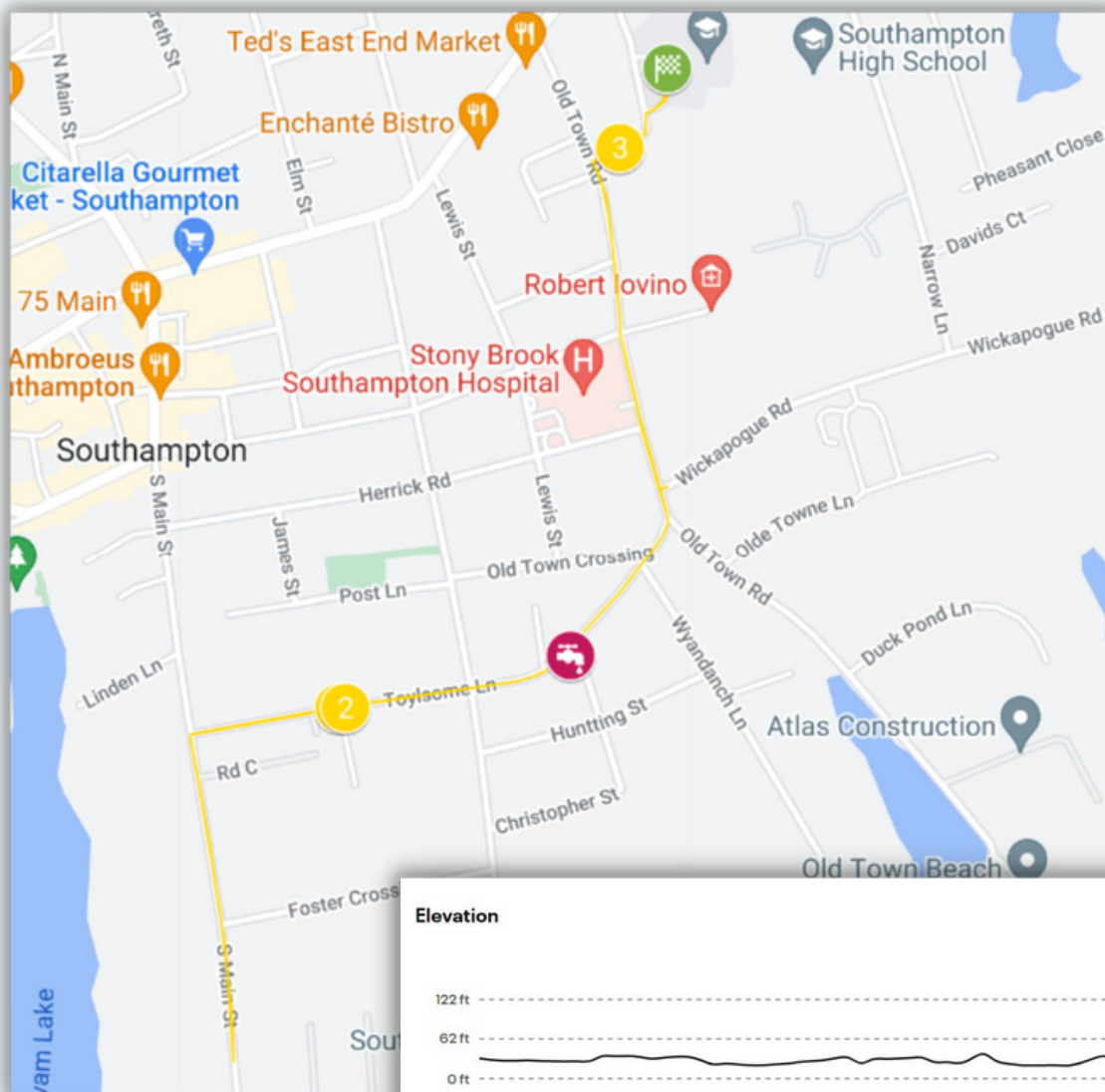
[CLICK HERE FOR A DOWNLOADABLE COURSE MAP.](#)

HYDRATION STATIONS

Water and Gatorade will be available at all hydration stations. A portable toilet will also be available at each hydration station. Please refer to the [official course map](#) for hydration station locations.

5K COURSE MAP

COURSE MAPS



Elevation

Start 33 ft Max 40 ft Gain 29 ft



[CLICK HERE TO ACCESS THE COURSE MAP AS A GOOGLE MAP.](#)

[CLICK HERE FOR DOWNLOADABLE COURSE MAP.](#)

HYDRATION STATIONS

Water and Gatorade will be available at all hydration stations. A portable toilet will also be available at each hydration station. Please refer to the [official course map](#) for hydration station locations.



POST-RACE PARTY

After the race, check out the post-race party, which will include:

- Post-race snacks and water
- Results Tent
- Customer Service
- Gear Check
- Race Swag (More information Below!)

RESULTS

You can check out your results at the results tent at the post-race party.

We will post [results online](#) as soon as they become available!



OVERALL AWARDS

Overall award medals will be given to the **top 3 male and female finishers for the full marathon, half-marathon, & 5K**. Overall awards are based on gun time.

Overall awards will be announced the finish line at approximately the following times:

- **9:00 AM - 5K Awards Announcement**
- **9:30 AM - Half-Marathon Awards Announcement**
- **11:00 AM - Full Marathon Awards Announcement**

Overall awards medals can be picked up at the results tent after the awards announcement for each distance.



AGE GROUP AWARDS

Age Group Awards medals will be awarded to the the **top three male and females in each age group** for the **full and half marathon**.

Age Group Awards medals will be given to the **top male and female finisher** in each age group for the **5K**.

Age group awards are based on chip time.

Age group awards can be picked up at the results tent after the announcement of the overall awards for each distance.

Age Groups		
19 & Under	35-39	60-64
20-24	40-44	65-69
25-29	45-49	70-74
30-34	50-54	75 & Up
	55-59	

RACE SWAG

All participants will receive the race shirt!



Full Marathon Medal!



Half-Marathon Medal!



If you opted for bib mailing, you can pick up your participant shirt before or after the race. Before the race, you can get your shirt in the gym at Southampton Intermediate School. After the race, you can pick it up at the customer service tent at the post-race party.

ITAB



If you purchased iTab engraving when you registered for the race, you will receive your iTab **in the mail** approximately two weeks after race day.

RACE PHOTOS



You will receive an email after the race with a link to your race photos from the race photographer, Finisher Pix. Please be sure to **follow the instructions in the email** in order to access your photographs.

We will also post a link to the photographs on our [website](#)!

RESULTS CORRECTION



If your race results are inaccurate or missing, please complete the race corrections form which will be posted [here](#) after the race.

POST-RACE SURVEY



Your feedback matters! Please complete the post-race survey, so we know what we did well and how we can improve. We will email you the post-race survey after the race.

**Thank you to our
2023 Sponsors!**



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