

The Hamptons Marathon, Half, and 5k

ATHLETE GUIDE

9/28/24

7:30 AM

Southampton, NY



WWW.HAMPTONSMARATHON.COM

Table of Contents

General Information

01-05

Race Rules and Regulations
Accessibility Guide
Quick Guide to Race Day Terms
Race Day Etiquette
Race Deadlines

Bib Mailing & Packet Pickup

06-08

Bib Mailing
Packet Pickup

Race Day Information

09-18

Timeline
Race Day Parking
Start Line Information
Race Bibs
Course Information and Maps
Spectator Information

Post-Race Information

19-23

Finish Zone
Swag
Results & Awards
Photos & More
Sponsors & Charity Partners

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?

No, registration will close the evening before the race.

Is there a bag drop this year?

Yes, runners can check a bag at the Gear Check tent directly next to the start/finish line on race morning.

Where do I get my race bib?

If you did not pay for bib mailing, you will need to attend packet pick-up.

Where and when is packet pick-up?

Location: Southampton Intermediate School ([70 Leland Lane, Southampton, NY 11968](#))

Time: Friday, September 27th 2024 from 6-8:30 PM | Saturday, September 28th 2024 (race morning) from 6am-7am

Can someone else pick up my race packet for me?

Yes, someone else can pick up your packet. They will need a copy of your ID (a photo is sufficient).

Is there race day packet pick-up?

Yes, packet pickup will be available from 6am-7am on race morning at the Southampton Intermediate School gym.

Are strollers allowed on the course?

Strollers are not allowed on the course.

Are pets allowed on the course?

Pets are not allowed on the course.

Is the race USATF certified?

Yes, both the half and full marathon courses are USATF certified.

Half- NY18061JG

Full- NY18062JG

Is this race a Boston qualifier?

Yes, this race is a Boston qualifier.

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 and/or law enforcement, you are doing so at your own risk.

What is the time limit?

The time limit for this event is 6 hours (1:30 PM) which is a 13:45 min/mile pace for the marathon.

- The cutoff time is determined by our event permit, which permits us to use the roads, police, support, and other city resources for a specified period of time.
- When the course closes at the cutoff time, any remaining participants must move off the roads and onto a sidewalk. Anyone who decides to utilize the course route after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.

Accessibility Guide



Handicap Parking

- If you need handicap parking for race morning, please contact us at info@hamptomsmarathon.com and we will assist you!

Accessible Toilets

- ADA portable toilets will be available at aid stations 1, 3, and 8 as well as the start/finish line.

Race Start Times

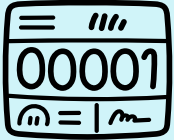
- Marathon/Half Marathon Wheelchair Division: 7:25 AM
- 5k Wheelchair Division: 7:40AM

Contact Us

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

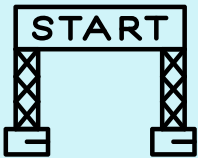
A Guide to *Race Day Terms*

RACE BIB



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

START/FINISH LINE CHUTE

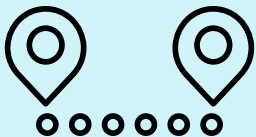


- The start line chute is where runners line up before the start of the race.
- The finish line chute is where runners receive their medal, water, and sometimes post-race snacks after crossing the finish line.



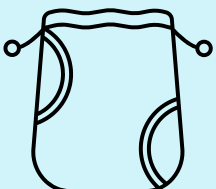
HYDRATION STATION

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



COURSE MILE MARKERS

- Mile markers are posted for each mile on the course. Please note that your GPS device may not sync perfectly with the mile markers on the course.



GEAR CHECK

Yes, runners can check a bag at the Gear Check tent directly next to the start/finish line on race morning.

Race Day Etiquette

**It is our goal that every runner has an enjoyable, safe race experience!
To support this goal, we ask that all participants follow the running etiquette below!
Thank you for your cooperation!**

START

When lining up at the start line, please be mindful of where you are lining up.

Participants who plan to walk or do a walk-run combination should line up toward the back of the corral.



At a Hydration Station, try to keep moving while grabbing your hydration. If you need to stop, look behind you before stopping or move to the side.



For the safety of all participants, faster runners should stay on the left of the course and walkers stay on the right.



To help keep the course clean, please dispose of your cup/trash in the dedicated waste cans near the hydration stations.



If you're running as a group, please only run 2 abreast to ensure there is enough space for other runners.

FINISH

For your safety and the safety of others, please keep moving through the finish line.



If possible, pass on your left and alert the runner by saying, "On Your Left."

Race Deadlines

Category	Deadline	Form	Details
Change Distance	Saturday, September 28th at 7am	<u>Click here to change your distance.</u>	<p>You must fill out the change distance form online.</p> <p>Bib Mailers, if you changed your distance after Friday, August 23rd at noon, you will need to attend PPU to receive a new bib.</p>
Bib Mailing	Friday, August 23rd at noon ET	Bib mailing is closed!	Bibs and safety pins will be mailed to you. Please pick up your race swag at the post-race party.
Deferral Deadline	The deferral deadline is Tuesday, September 17th at 11:59 PM. No exceptions will be made.	<u>Click here to defer your entry.</u>	You will be issued a race credit for the amount you paid at registration excluding handling fees that can be applied toward registration for next year's race or another <u>Capstone race.</u>

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 should receive their bib by race day. Bibs and safety pins were mailed the week of **September 9th**.

If you do not receive your bib by race day, please come to packet pick-up and head straight to customer service to be assigned a new bib.

Runners with bib mailing, if you changed your distance **after** Friday, August 23rd at noon you will need to attend packet pick-up to receive the bib for the correct distance. Please head straight to customer service, so we can assist you!

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

If you plan to use gear check on race morning, you can pick up a bag on race morning.



Race Item	Will Receive in the Mail	Will Pick Up AFTER the Race
Bib	✓	
Safety Pins	✓	
Participant Shirt		✓
Finisher Gift (full and half marathon only)		✓

Packet Pickup



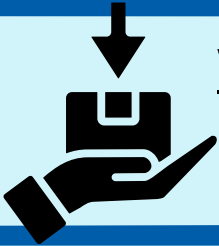
When:

Friday, September 27th | 6:00pm - 8:30pm
Saturday, September 28th | 6:00am - 7:00am



Where:

Southampton Intermediate School
70 Leland Lane, Southampton, NY 11968



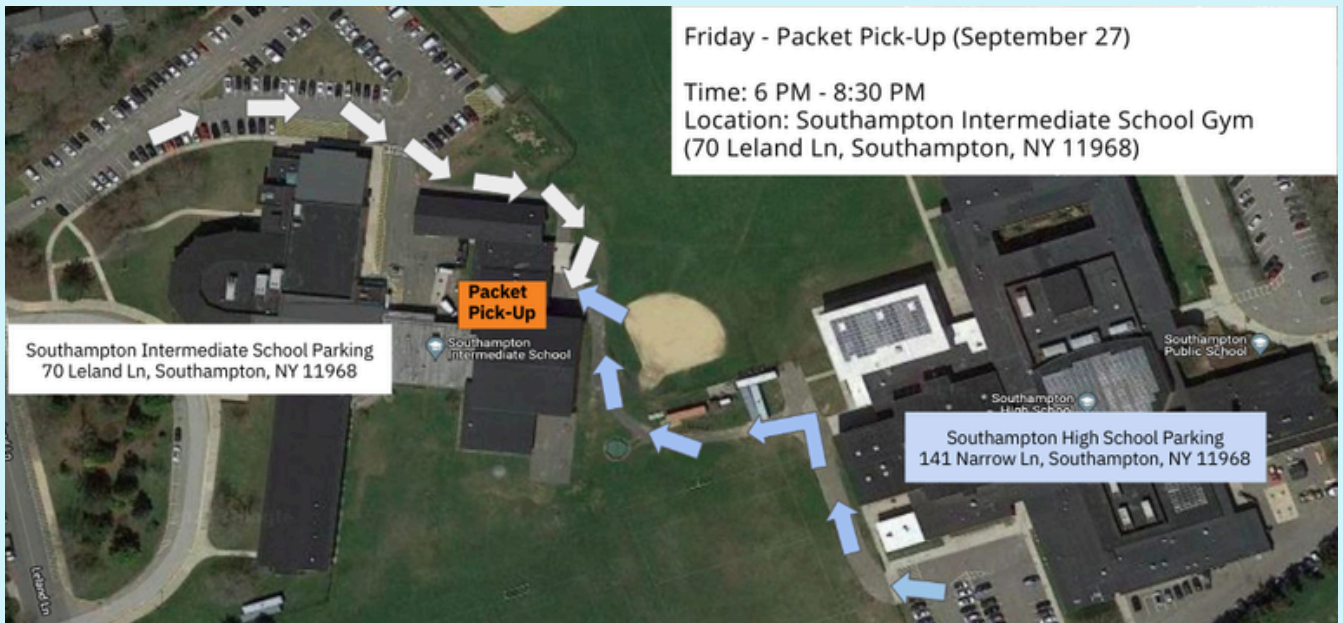
What You'll Receive:

Bib, safety pins, participant t-shirt, gear check bag, finisher gift (**half and full marathon only**)



Parking:

Runners can utilize the parking lot at Southampton Intermediate School (70 Leland Lane, Southampton, NY 11968) and Southampton High School (141 Narrow Ln, Southampton, NY 11968) for packet pickup. **Please note if you are utilizing race morning packet pickup: the high school lot is only available if you purchased a parking pass, and the intermediate school lot will be off-limits to all participants**



Packet Pickup FAQs

Can someone else pick up my bib for me?

Yes, someone else can pick up your bib for you. Please have them bring a copy of your ID to packet pick-up for verification purposes. A picture on their phone is sufficient.

If I am picking up bibs for multiple people, do I need to sign up for multiple reservation spots?

No, you only need to sign up for one slot if you are picking up bibs for multiple people

Can I change my reservation time after I've already submitted the form to reserve my spot?

Please email our customer service team at info@hamptonsmarathon.com and we will change your time for you.

Will I be able to exchange my t-shirt size at packet pickup?

At packet pick-up, you will receive the size shirt you selected at registration which will be printed on the back of your bib. If you would like to exchange your shirt size, you can do so AFTER the race based on the availability.


Will there be a packet pickup on race morning?

Yes, we will have packet pickup from 6am - 7am on race morning. Please plan accordingly to arrive in time to secure your bib and make it to the start line!


Race Day Timeline

6:00 AM: Recommended Arrival Time

7:30 AM: Full and Half Marathon Starts

 Wheelchair/Handcycles will start at 7:25 AM

7:45 AM: 5k Starts

 Wheelchair/Handcycles will start at 7:40 AM

9:00 AM: 5k Awards Available for Pickup

10:00 AM: Half-Marathon Awards Available for Pickup
at the timing tent

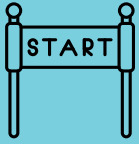
12:00 PM: Marathon Awards Available for Pickup
at the timing tent

1:30 PM: Finish Line Closes

2:00 PM: Gear Check Closes

2:00 PM: Finish Line Festival Ends

Race Day Information



Start & Finish Line Location

Start & Finish Line : 70 Leland Lane, Southampton, NY 11968



Start Times

Marathon & Half Marathon: 7:30AM

Wheelchair Division: 7:25 AM

5k: 7:45 AM

Wheelchair Division: 7:40 AM



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, be sure to **check out page 12** for more information!

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)

At 300 Hampton Road (~ 3 minute walk)

Street parking is also allowed at designated spots throughout the village, on the main roads!



Race Day Shuttles

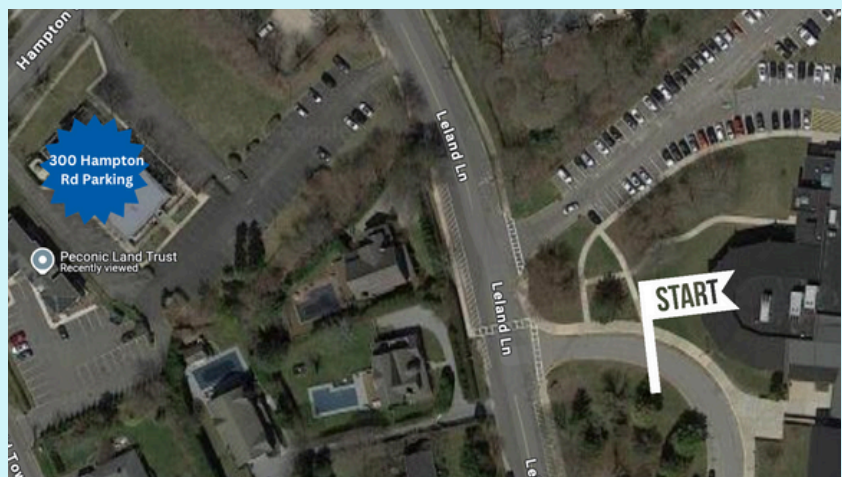
The Hampton Jitney will provide a free shuttle bus that will travel in a loop between the start/finish line and the following shuttle stops **from 6:00 AM until 3:00 PM. Runners and spectators who are able to walk to the start line are encouraged to do so.** If you plan to use the shuttle bus, please 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)

Race Day Parking and Shuttle Map



- Behind 82 Main Street (~15 minute walk)
- At 22 West Main Street (~17 minute walk)
- At 44 Little Plains Road (~ 10 minute walk)
- At 300 Hampton Road (~ 3 minute walk)



[Click here to view an interactive version of the parking / shuttle map!](#)

12 Parking Pass Information

If you purchased a parking pass, you will park at Southampton High School (141 Narrow Ln, Southampton, NY 11968).

Any vehicles found in this lot without a 2024 parking pass displayed on their rear-view mirror will 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.

How You're Getting Your Bib

Receiving Bib in the Mail

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.

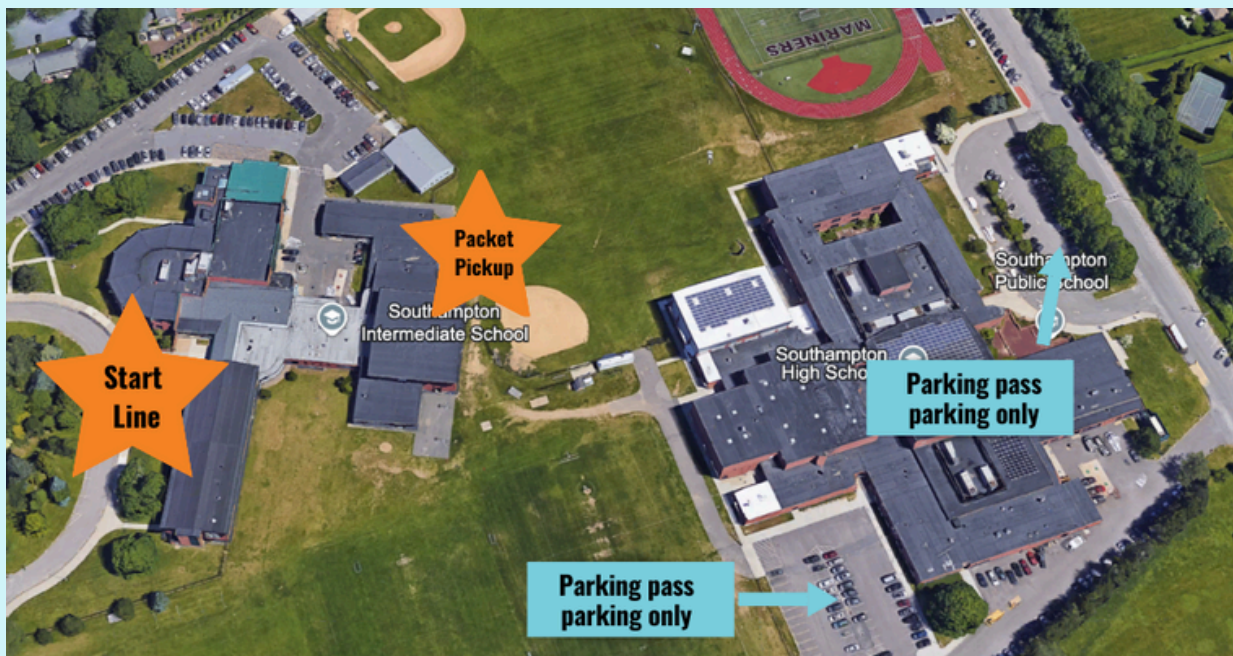
Attending Packet Pick-Up on Friday

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!

Attending Packet Pick-Up on Saturday

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 25th to access the parking lot on race morning and retrieve your pass.

How You're Getting Your Parking Pass



Race Day Information



Customer Service

If you have any customer service needs before the race, we are happy to help! Customer service will be located near the start and finish line on race morning.



Gear Check

Runners can check a bag at the gear check tent directly next to the start/finish line on race morning. Runners are encouraged to use a clear bag (provided at packet pickup) or they can bring their own bag.



Portable Toilets

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



Medical Support

Stony Brook Southampton Hospital will provide medical support. We will have medical professionals on-site throughout the race, including at the start/finish area.

Time Limits

The time limit for this event is **6 hours**, which is a **13:43 min/mile pace** for the marathon. The half marathon and 5k will also utilize this 6 hour time limit, as they share the same roads.

The cutoff time is determined by our event permit, which permits us to use the roads, police support, and other city resources for a specified period of time. After the permitted period ends, the roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydration stations, and course markings.

When the course closes at the cutoff time, any remaining participants must move off of the roads and onto a sidewalk. Anyone who decides to utilize the course route before or after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.



Pace Groups

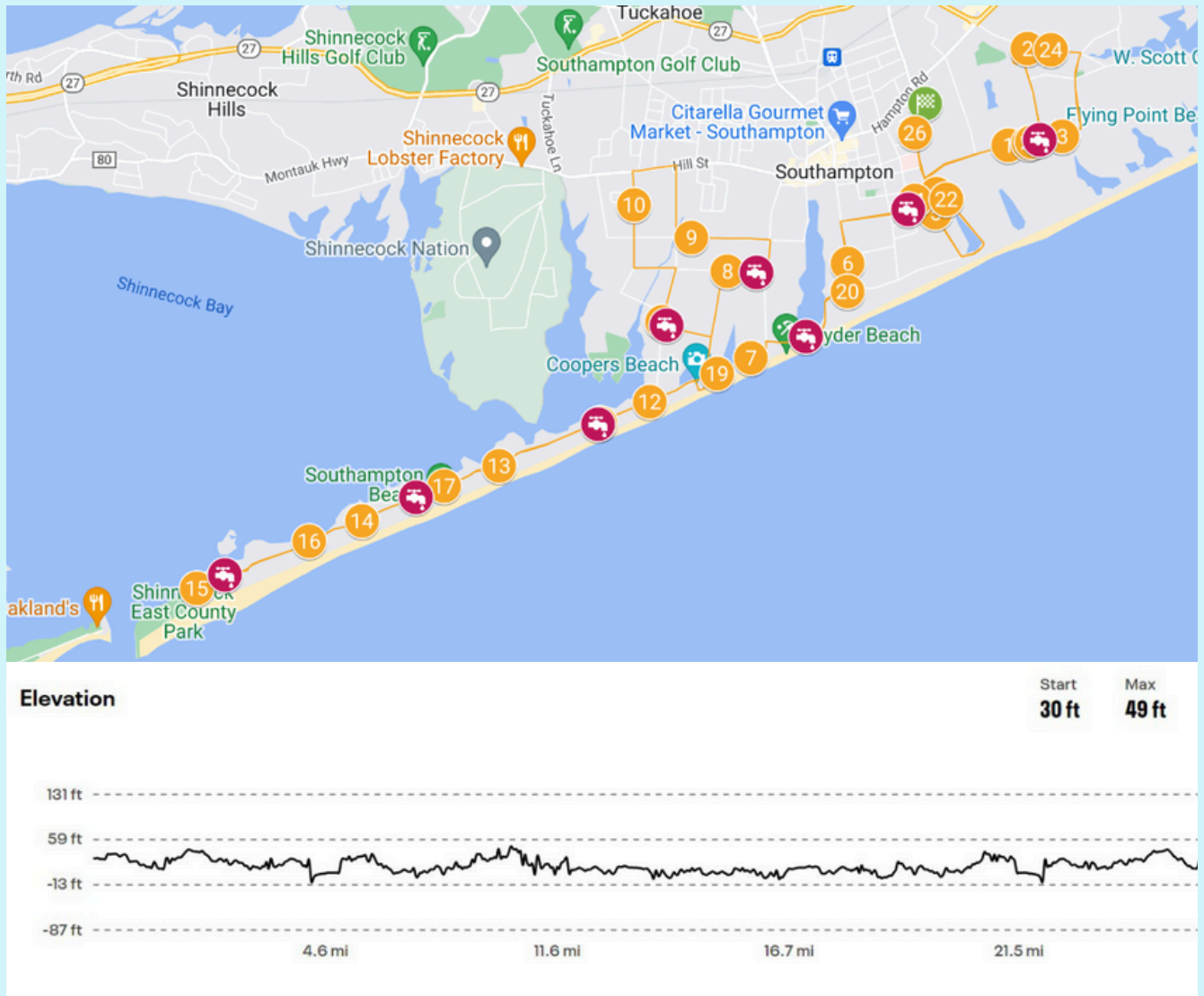
There are no official pace groups at the 2024 Hampton's Marathon.

Live Tracking

A link for live tracking will be provided closer to race day.

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.

Marathon Course Map



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

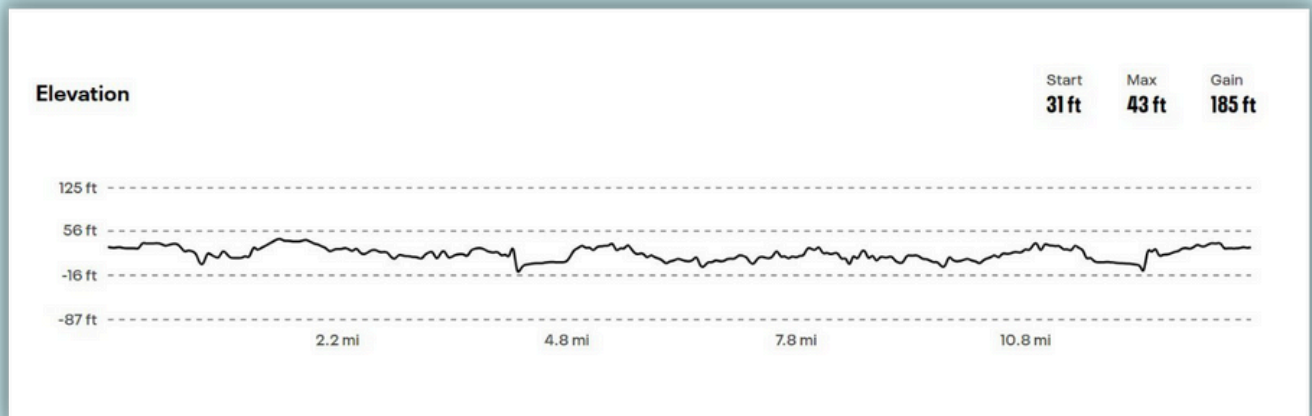
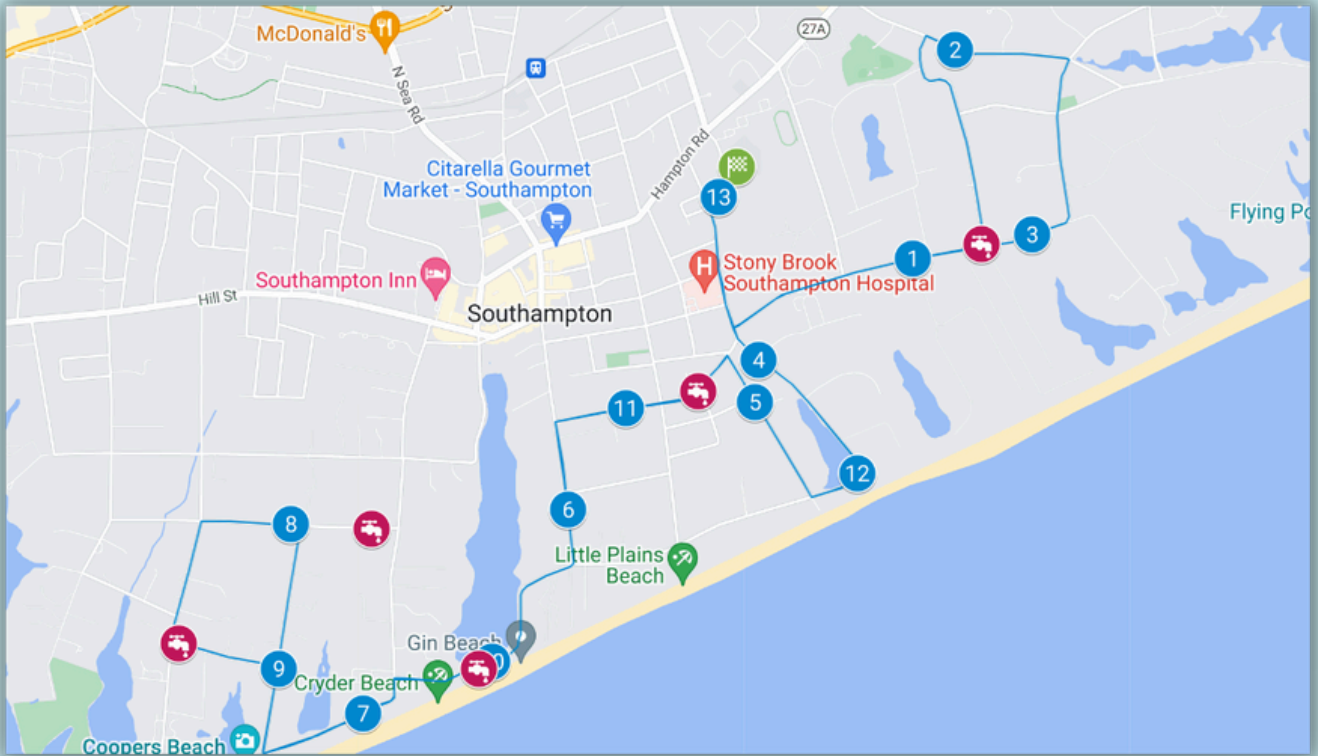
Please note: The map can be filtered by distance for ease of use



[Click Here to View the Hydration Station Locations](#)

- Water and sports drink will be provided at each station
- Gu will be available at the following stations: 6 & 8 for the full marathon only
- There will be portable toilets available at each hydration station

Half Marathon Map



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

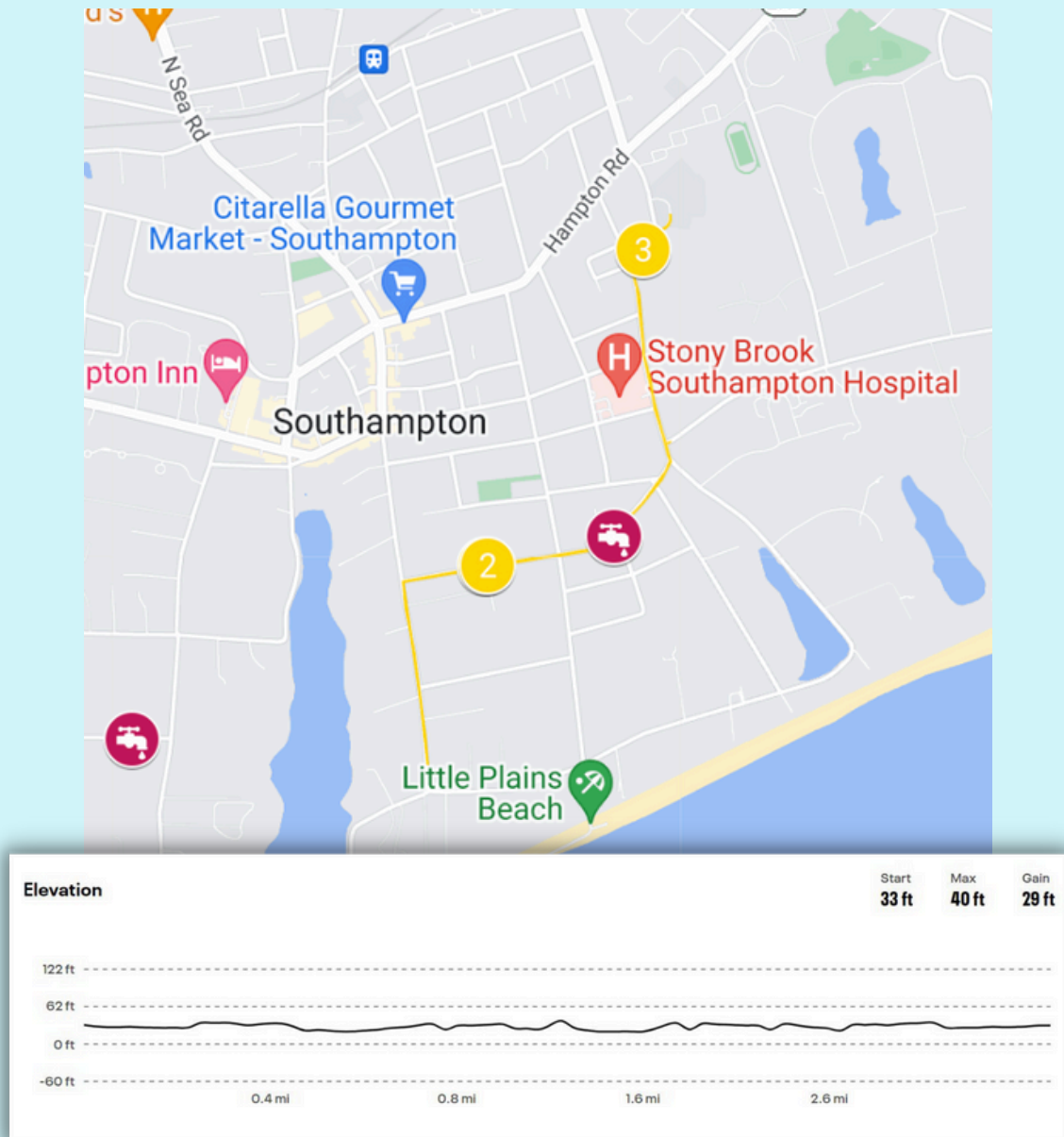
Please note: The map can be filtered by distance for ease of use



[Click Here](#) to View the Hydration Station Locations

- Water and sports drink will be provided at each station
- There will be portable toilets available at each hydration station

5k Map



CLICK HERE TO ACCESS THE COURSE MAP AS A GOOGLE MAP.

Please note: The map can be filtered by distance for ease of use



Click Here to View the Hydration Station Locations

- Water and sports drink will be provided at each station
- There will be portable toilets available at each hydration station

Spectator Locations

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



Post-Race Details

Finish Line Festival

After the race, check out the finish line festival, which will include:

- Post-race snacks and water
- Official Race Merchandise
- Results Tent
- Sponsors
- Customer Service
- Gear Check



Overall Awards

Overall Award Medals will be presented to the **top three male and female finishers** in the full marathon, half-marathon and the 5k based on **gun time**. **There will not be an awards ceremony.**

Please note that awards will **NOT** be mailed. Winners must be present after the race to receive their award medal! Overall awards can be **picked up at the results tent** at 9am for the 5k, 10am for the Half Marathon, and 12pm for the marathon.

Please note the time may change based on when results are finalized.



Age Group Awards

Age Group Awards are based on **chip time** and will be awarded to the the **top three male and females in each age group** for the **full marathon, half marathon, and 5k**. **There will not be an awards ceremony.**

Age group awards can be **picked up at the results tent** at the same times as the Overall Awards: 9 am for the 5k, 10 am for the Half Marathon and 12 pm for the Marathon.

Age Group Categories:

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

Post-Race Details



Participant Swag

All full and half marathon participants will receive a participant shirt, finisher gift, and finisher medal. 5k runners will receive a participant shirt, but **NOT** a medal or finisher gift.

Bib mailers will pick up their race shirt after the race at the Finish Line Festival!

Please make sure to get all of your swag before you leave the event. We will not be able to mail any swag after the race.



Participant Photos

Professional photographers will be along the course as well as the start/finish area to take pictures throughout the race. When they become available, a link to the race photos will be posted on our [website](#). FinisherPix, the race photographer, will email a link to runners.



Results Correction

If your race results are inaccurate or missing, please complete the race corrections form that will be emailed to you after the race.

Official Race Merchandise

We are excited to be partnering with USA Racing to provide merchandise for sale at Packet Pickup and at the Finish Line!



Thank You to Our 2024 Sponsors!



Fox Pest Control is the trusted name for residential pest control in the Long Island area. We take pride in providing high-quality service and have helped thousands of customers rid their properties of pests. Our vision is to expand our positive impact on the world by growing the Fox Family through continuous, faithful efforts and developing meaningful relationships. Call us today for a free inspection and same day service!

TWENTYSIXDIAMOND The Everyday Medal for runners. Each piece worthy of your great accomplishment, made in 14K gold with natural diamonds. The Classic Marathon collection, 26.2, has exactly 26 diamonds- one diamond for every mile of the Marathon. Global shipping. Visit us at www.twentysixdiamond.com





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.**

Follow Us!

