



**Race Date: November 14, 2010**

## **Frequently Asked Questions**

- ***Where can I register for the race, and how much will it cost?***

You can register on-line at [seacoasthalfmarathon.com](http://seacoasthalfmarathon.com). You can also download an entry form from the web site and mail it in with your check. Registration forms are available at Runner's Alley, 104 Congress St, Portsmouth, NH. Registration is \$50 until Oct. 31, and \$60 after that.

- ***When will registration close?***

On-line registration will close at 5:00pm (EST) on November 10, or when 1,400 people have registered. In each year the race has been run, the registration limit had been reached by early-to-mid September: Mail-in registrations must be postmarked on or before August 14. This deadline will be moved up if it appears the race will sell out prior to August 14. THERE WILL BE NO REGISTRATION ON RACE DAY, even if the race has not sold out. Please check the web site for updates on how many people have registered at any point in time, and to gauge how close the race is to closing.

- ***Where will my entry fee go?***

100% of the race proceeds, after expenses, will go to Great Bay Services. The 'expenses' include items/services directly related to the race that have not been paid for by our generous sponsors. Great Bay Services is a non-profit organization dedicated to assisting people with developmental disabilities live and work as valued members of the Seacoast Community. In the 5 years that the race has been run, the Seacoast Half Marathon has donated over \$200,000 to local non-profits. All the race organizers are un-paid volunteers, so more of our revenue can go to our beneficiaries.

We're sorry, but entry fees cannot be refunded. If you cannot participate, consider your entry fee to be a much-needed and appreciated donation to Great Bay Services.

- ***Will I receive a confirmation when I register?***

If you register on-line and provide a valid e-mail address, you will receive a confirmation e-mail. Only those who register on-line will receive a confirmation. If you attempt to register on-line, but do not receive a confirmation e-mail within an hour, your registration did not go through, and you should try again.

- ***Will there be a waiting list after registration closes?***

We recognize that some people will drop out of the race between when they register and race day. However, we will not keep a waiting list to fill those few voids.

- ***Where and when can I pick up my race number?***

Packet pick-up will be on Saturday, November 13 at Runner's Alley (104 Congress Street, Portsmouth, NH) from 10:00am until 4:00pm. You can also pick up your packet at Portsmouth High School on race day, November 14, from 6:45am until 8:15am. IF YOU REGISTERED ON-LINE, PLEASE BRING A COPY OF YOUR CONFIRMATION E-MAIL TO PACKET PICK-UP.

- ***Where can I park on race day?***

There is parking at Portsmouth High School, and there is another large lot in the Lafayette Professional Park just up the road from the high school entrance. We urge you to carpool if at all possible to reduce congestion before and after the race.

- ***Will there be a place where I can leave a bag during the race?***

There will be a designated bag storage room at Portsmouth High School. Bag storage will not be monitored, so leave your belongings at your own risk.

- ***Will I get a t-shirt?***

Yes, all registered participants will get a long-sleeve moisture-wicking race t-shirt.

- **What prizes will be awarded?**

1st Place (M/F): \$300 - 2nd Place (M/F): \$200 - 3rd Place (M/F): \$100

New course record (Runners only - M/F): \$100

1st Place Walker (M/F): \$75 - 2nd Place Walker (M/F): \$50 - 3rd Place Walker (M/F): \$25

All Age Group award winners will receive cool merchandise from Mizuno.

- **When will the race start?**

Walkers start at 8:00am, and runners start at 8:30am.

- **Can I walk this race?**

Competitive walkers (racewalkers, speed walkers, etc.) are welcome. This will be an informally-judged racewalking race. All registered walkers must walk the entire race or risk being disqualified.

- **Will there be an early start for walkers?**

Competitive walkers will start at 8:00am. Only those who have registered as a walker may start at 8:00. Anyone planning to run any part of the race should register as a runner, and start with the runners at 8:30.

- **Where does the race start, and how can I get to the start area?**

The race starts on Summit Dr, which is adjacent to Portsmouth High School. You can find directions on the race web site.

- **How long will the course stay open?**

The course will close at 11:30. At that time, course marshals will leave the course, and all water stops will close down and pack up. If you are still on the race course at 11:30, please move to the sidewalks and observe all local traffic regulations.

- **What is the course like?**

There are a few hills near the start/finish area. Most of the rest of the course is flat or with gently rolling hills. The course passes through suburban neighborhoods, by salt marshes, along New Hampshire's rocky coastline, through the historic village of New Castle where you'll see homes from the 1700s and 1800s, and along part of the Piscataqua River and Portsmouth Harbor. You will be on town roads that will also be open to traffic, so you should always stay to the right for your own safety. There are two metal-grate bridges on the course, so please be careful of your footing, especially if they are wet. Check the web site for a course map.

Along the entire length of Rt. 1B (approximately mile 8 - mile 11), runners and walkers MUST stay to the right side of the road. The course has been remeasured so that staying to the right will still result in a true 13.1 mile distance. This regulation has been mandated by local law enforcement to allow traffic to move, and for your safety.

- **Are there any course changes this year?**

In 2008, the course was modified because of bridge reconstruction on the original Seacoast Half Marathon course. Since then, we have returned to the original course. The course description and the course map on the race website are correct for the 2010 race.

- **Will there be pacers in the Seacoast Half Marathon?**

Yes, we will have race pacers again in 2010. They will be running at 7:30, 8:00, 8:30, 9:00, 9:30, and 10:00 minute miles. You will be able to line up with the pacer of your choice at the start of the race.

- **Can I wear earphones during the race?**

No. The race is run on open roads, and it is important that all entrants listen for traffic and course marshal directions. For your safety, please leave your earphones in your car. USATF rules prohibit earphones. At the discretion of the race organizers, anyone wearing earphones of any type may be disqualified before, during, or after the race.

- **Can I run the race with a stroller or with my dog?**

For insurance and safety reasons, please do not bring strollers or pets onto the race course.

- **Will there be water stations on the course?**

Yes, there will be 5 water stations, approximately 2-2.5 miles apart. Each of them will have water and Gatorade. The 3rd station (at approximately mile #7) will also have gel packs.

- **What is the water station competition?**

Different local non-profit groups will be at each water station, and they will all work hard to have the best, most energetic water station crew. Pick up a ballot and vote for the best water station after you cross the finish line. The winning group will earn \$500 for their organization.

- ***Will there be port-a-potties on the course?***

There will be port-a-potties at the old Mobile gas station at the corner of Sagamore Ave and Wentworth Road, which racers will pass at about 1.5 miles, and again after mile #7.

- ***What kind of weather should I expect?***

Mid-November temperatures in coastal New Hampshire are typically in the 40s. However, the weather can be quite variable, so watch the local forecasts, and be prepared for changes.

- ***Will the race be run, even if the weather isn't good?***

We will only cancel the race if local authorities decide that the weather is so bad that it would be unsafe to run it. That is a very unlikely event. If it is necessary to cancel the race, a notice to that effect will be posted on the race web site. Please check the race web site on race day morning if the weather is questionable.

- ***Does this race use chip timing?***

Yes, this year the Seacoast Half Marathon will use ChronoTrack disposable chips. The chips will be delivered to you on the back of your bibs, with instructions on how to attach them to your shoe. After you've completed the race, simply tear off your chip and place it in the trash.

- ***Will there be finisher's medals?***

Yes, every racer who crosses the finish line will get a custom Seacoast Half Marathon medal.

- ***Will there be food available after the race?***

You bet! There will be a good variety of delicious food and drink (for race entrants only, please) in the cafeteria immediately following the race.

- ***As a spectator, where is the best place to watch the race?***

There are several good places from which to watch the race: One is at Wallis Sands Beach, at the intersection of Marsh Road and Rt. 1A in Rye - there is plenty of parking in the beach lot. Another good location is the Seavey Creek Bridge, on Rt. 1A, just north of Odiorne State Park. There is a parking area just off the bridge. Another good vantage point is at the intersection of South St and Junkins Ave, which is less than a mile from the finish. To get to this vantage point from anyplace before mile 8 on the course, drive north on Sagamore to South St, and then turn right onto South. Turn left onto Junkins, and park in the municipal parking lot on the right. Of course, the finish line is always a good place to cheer on your favorite racer!

Please DO NOT drive on the race course and slow down to cheer for your runner during the race - it is dangerous for you, for your runner, for the other participants in the race, and for other drivers on the road.

- ***I'm coming in from out of town. Where do you recommend I stay?***

There are several local hotels that are only a short drive to the race start. We've posted links to those hotels on our website.

- ***Can I get a massage after the race?***

Yes. Massage tables will be set up inside Portsmouth High School, near the cafeteria, and will be available on a first-come, first-serve basis. Look for signs for the massage area after the race.

- ***Will showers be available after the race?***

There will be plenty of room for you to change after the race, but no showers will be available.

- ***Where and when will the awards ceremony be held?***

It will be in the Portsmouth High School cafeteria, starting at approximately 11:15.

**More questions? Send an email to [racedirector@seacoasthalfmarathon.com](mailto:racedirector@seacoasthalfmarathon.com), and we'll do our best to answer them for you.**