



PARTICIPANT INSTRUCTIONS

(read me pretty please)

RACE MORNING SCHEDULE

Registration opens: 7:00AM

Half Marathon start time: 8:00 AM

5K Run start time: 8:30AM

PACKET PICK-UP & REGISTRATION

Packet & gear pick up will be available at Marathon Sports in Mashpee (11 Greene Street, Mashpee, MA 02649) at the dates and times. We highly recommend you get your bib number and gear prior to race day to save time and relieve stress. Runners receive 20% off purchases at Marathon Sports.

Please bring your personal bib assignment email to collect your bib number (print, or mobile version). You can look up your bib number up at beachandbackhalf.com.

In-person registration is available.

- Friday (6/9) 4 – 7 PM
- Saturday (6/10) 11 AM- 5 PM
- Race Day – Sunday (6/11) Starting at 7 AM
 - 4 Job's Fishing Rd.

Note: Friends CAN get your packet. No gear will be mailed.



BIB LOOKUP

You should be receiving an email with your bib number assignment by Thursday afternoon. You can also look up your bib number right now on beachandbackhalf.com.

PLEASE NOTE THAT YOU MUST COME TO PICK UP YOUR BIB WITH YOUR BIB ASSIGNMENT

PARKING & SHUTTLE BUSES

WE HIGHLY ENCOURAGE DROP-OFFS AT THE MASHPEE COMMONS, HOWEVER, THERE WILL BE NO EVENT PARKING ALLOWED AT THE COMMONS.

All parking MUST be done at Mashpee High School. All runners will be directed to Mashpee High School for shuttling (*less than 1 mile away from registration/bib number pickup*).

Shuttle buses will bring runners from the high school to the registration/post-race area next to the Mashpee Public Library, from 6:00AM to 7:30AM, for the Half Marathon, and 6:00AM to 8:00AM for the 5K Run (~8 minute ride + 12 minute walk to the start/finish line).

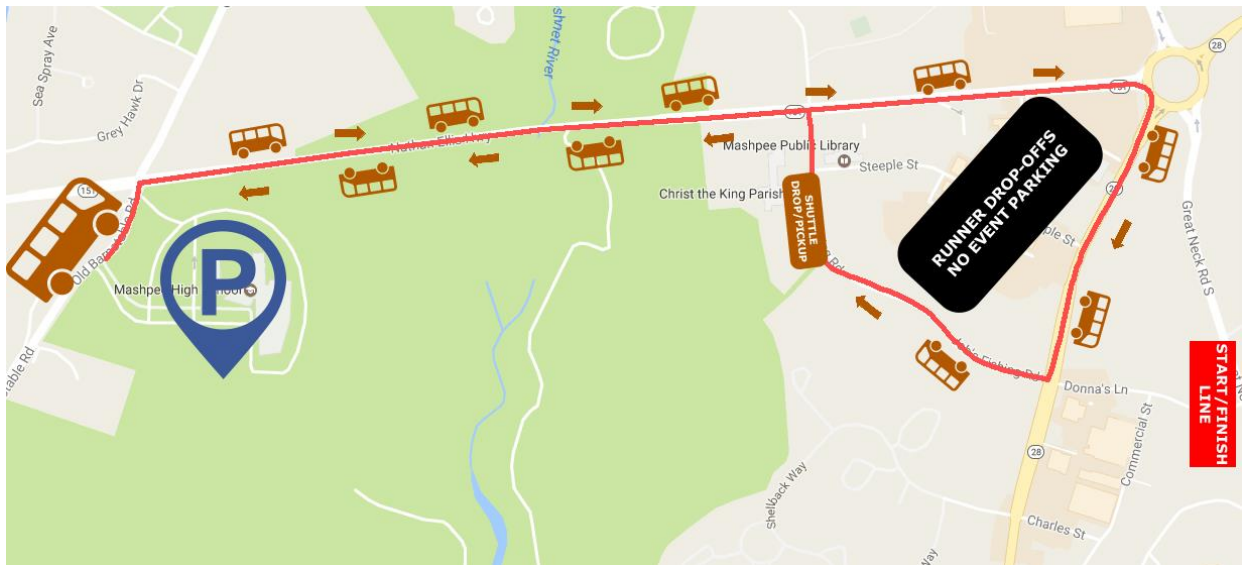
Note - you will need to be on a shuttle bus 30 minutes prior to your respective start time in order to make the start of your race.

Shuttle buses will also be provided for spectators from Mashpee High School to the Registration/post-race party area near the Mashpee Public Library after 8:00AM, and for both participants and spectators back to the high school from the post-race area until 2PM.

(PLEASE REFERENCE SHUTTLE ROUTE MAP BELOW)



PARKING & SHUTTLE ROUTE MAP



Once you have parked, and have been dropped off by the shuttle, or individually at Mashpee Commons, you will get your bib number at registration, which is location directly next to the “shuttle drop/pickup” area indicated above.

After that, you will walk to the start/finish line, also indicated above (near the intersection of Donna’s Lane and Great Neck Rd S).

Note - Please allow at least 12 minutes to cover this distance.



POST RACE PARTY – BEER GARDEN

Join us at the post-race beer garden presented by Naukabout Beer Company for some brews, tunes, and grub, which will be held on the green directly across from the Mashpee Public Library (Address: 4 Job's Fishing Rd.).

The Beer garden will offer complementary Naukabout beer to all finishers. Naukabout will be pouring their IPA, Blonde, and their brand new Summerberry Beer.

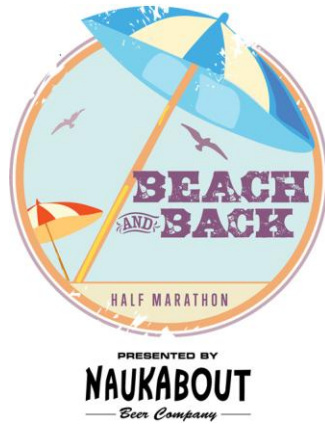
Live Music provided by James Decatur, will be playing from start to finish!

Currently, there will be the following delicious food options for purchase (*more options possible on race morning*):

- **Cape Cod Coffee Roasters** – *Cape Cod Coffee was founded in 1970 as a family owned and operated coffee business. Today, Cape Cod Coffee continues the family tradition by providing only the finest quality coffee, fried donuts, and customer service.*
- **The Lobster Trap** – *Lobster Trap was founded in 1969 as a neighborhood fish market on the Back River in Bourne. Over time, we have evolved to include restaurants, and catering. They are committed to providing guests with the best possible products they can source, prepared with care and served with pride.*
- **Ella's Wood Fire Pizza** – *Established in 2008, Ella's Wood Burning Oven will be providing a menu that includes a variety of perfectly blistered wood-fired pizzas.*

In addition, there will be the below vendors, offering complimentary samples:

- Noosa Yoghurt
- Suja Juice
- Krave Jerky

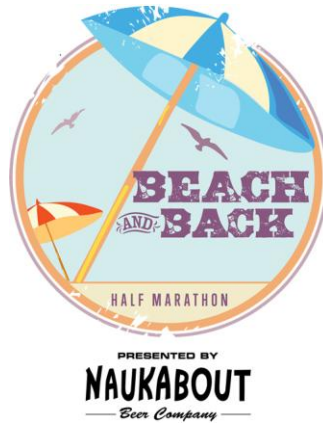


The Post Race Party is strictly 21+ (you MUST bring your ID to drink!)

Family and friends that aren't running are absolutely encouraged to check out the shops at the Mashpee Commons!

NAUKABOUT
Beer Company





BAG DROP

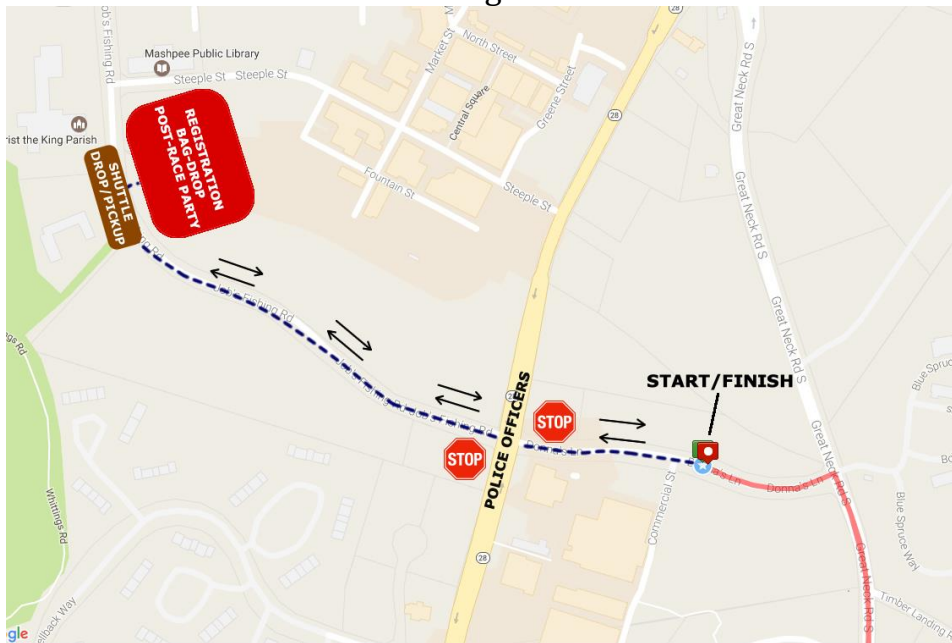
There will be a baggage drop near the registration area.

Note: The baggage drop will operate under the HONOR SYSTEM

START

The half marathon will start at 8:00AM sharp, and the 5K Run will start at 8:30AM sharp.

Please plan your morning accordingly - you will need to be on a shuttle 30 minutes prior to your respective start time in order to make the start of your race. As you can see from the below start/finish layout map, in addition to the shuttle trip, and collecting your bib number, you will have ~10-12 minute walk to the start line from the registration area.



Note: Once you complete your event, you will be walking back to the registration/post-race area (shown in map above)



AWARDS

All overall and age group awards for both events will be mailed out to winners the week after the event.

PORTA POTTIES

Porta potties will be available at Mashpee High School, the registration/post-race area, and the start/finish line.

We will also have several units out on the course.

COURSE

There will be water stops approximately every mile on the course. Gatorade will be available at miles 6 & 10.

THIS IS NOT A CLOSED COURSE TO TRAFFIC.

There will be Police details, and volunteer course marshals at all key intersections, to hold traffic for runners. Please do your best to run safely, and to hug the right side of the road along the entire course, *especially when there is a coned off running lane for your safety!*

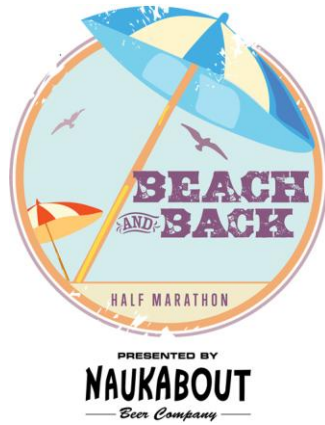
Course map below.

Interactive course map at: beachandbackhalf.com



PRESENTED BY
NAUKABOUT
Beer Company





COURSE MARKING

Always follow the directional arrows that look EXACTLY like the below image. They will be posted on white barricading at each turn/intersection! In addition, there will also be orange spray chalk on the ground to help you navigate the course.

