



Race Date: November 10, 2019

## Frequently Asked Questions (and answers)

Updated NOV. 4, 2019

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

You can register on-line at [www.seacoasthalfmarathon.com](http://www.seacoasthalfmarathon.com). You can also download an entry form from the web site and mail it with your check. Registration forms are also available at Runner's Alley, 104 Congress St, Portsmouth, NH. Registration is \$75 until Sept. 3, and then \$85 until Nov. 10..

- **When will registration close?**

On-line registration will close at 5:00pm (EST) on November 6, or when 1,400 people have registered. Mail-in registrations must be postmarked on or before September 1. YOU CAN REGISTER AT PACKET PICK-UP (NOV. 9, 10AM-4PM AT RUNNER'S ALLEY IN PORTSMOUTH) AND ON RACE DAY (STARTING AT 7AM AT PORTSMOUTH HS).

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

100% of the race revenue, after expenses, will go to Haven and the Child Advocacy Center of Rockingham County (CACRC). The 'expenses' include items/services directly related to the race that have not been paid for by our generous sponsors. Haven and CACRC are registered non-profit (501c3) organizations whose mission is to advocate for and help protect children from sexual assault and violence.

In the 13 years that the race has been run, the Seacoast Half Marathon has raised over \$1,200,000 for local non-profits. The race organizers are all unpaid volunteers, so more of our revenue can go to our beneficiaries.

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

Yes, if you register on-line and provide a valid email address, you will receive a confirmation email. If you attempt to register on-line, but do not receive a confirmation email within about 5 minutes, your registration did not go through, and you should try again. If you register by mail and provide a valid and legible email address, you will receive an email confirmation when we log your entry into our database.

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

The Seacoast Half Marathon does not maintain a waiting list. So make sure you sign up before registration closes!

- **If I can't make it to the race, can I give my number to someone else?**

Seacoast Half Marathon race numbers are not transferable, so please do not give or sell your race number to anyone else if you cannot be at the race. Bib switching can create significant complications if there is a serious injury, and in determining the race's award winners. If someone races with another person's race number, they will be disqualified.

- **If I can't make it to the race, can I get my entry fee refunded?**

We're sorry, but entry fees cannot be refunded. If you have registered and cannot participate, consider your entry fee to be a much-needed, appreciated, and tax-deductible donation to Haven and CACRC.

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

Packet pick-up will be on Saturday, November 9 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 10, from 6:45am until 8:15am. **PLEASE BRING A COPY OF YOUR CONFIRMATION E-MAIL TO PACKET PICK-UP.**

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

There is a lot of parking room at Portsmouth High School. However, carpooling will do a lot to help 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, and please leave your valuables in your vehicle.

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

Yes, all registered participants will get a long-sleeve moisture-wicking race shirt. There will be men's and women's styles and sizes of race shirts, so make sure you check the appropriate box on your entry.

- **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 (runners only) will receive cool merchandise from Hoka.

- **When will the race start?**

Competitive 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 walking race. **All registered walkers must walk the entire race or they will be reclassified as a runner.** If you think you might run any portion of the race, please register as a runner.

- **Will there be an early start option?**

There will not be an early start option for runners in the 2019 Seacoast Half Marathon.

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

The 2019 Seacoast Half Marathon will start on Summit Ave, which is adjacent to Portsmouth High School. Directions to PHS are on the race web site.

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

The course will close at 11:30, 3 hours after the runners start. 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 as you make your way to the finish line.

- **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 roads that are open to traffic, so you should **always stay to the right** for your own safety, unless course marshals ask you to do otherwise. There is one metal-grate bridge on the course, so please be careful of your footing, especially if it is wet. Check the web site for a course map.

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

Yes, we will have race pacers in 2019. They will be running at 7:00, 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?**

You may, but it's really not a good idea. Parts of the course are on narrow roads, and you **must** be able to hear oncoming traffic and instructions from our course marshals. We want you to enjoy the race, and we want you to be as safe as possible while on the course. At the discretion of the course marshals or local Police, anyone using earphones irresponsibly may be disqualified during or after the race.

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

For insurance and safety reasons, strollers and all pets (yes, even racing gerbils) are not allowed on the race course.

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

Yes, there will be 5 water stations, approximately 2 miles apart. Each of them will have water and Powerade. The 3rd station (at approximately mile #7) will also have gel packs. Each water stop will be staffed by a different local non-profit organization. They will all be working hard to provide you with nourishment without you having to miss a step in the race, and to keep you smiling and motivated. Each of these non-profit groups will receive a cash donation for their service at the race.

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

There will be port-a-potties next to the Bean Real Estate building at the corner of Sagamore Ave and Wentworth Road, which racers will pass at about 1.5 miles, and again at about 7.5 miles.

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

This is New Hampshire - we don't know! 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 if the weather isn't good?**

We will only cancel the race if local authorities decide that it would be unsafe for racers to be on the roads. In the unlikely event that it is necessary to cancel the race, a notice to that effect will be posted on the race web site by race day morning. Please check the race web site on race day morning if the weather is questionable.

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

Yes, the Seacoast Half Marathon uses ChronoTrack "B-Tag" disposable chips. The chips will be on the back side of your race numbers. Please do not fold your race number, as that may damage the timing chips. Please make sure that your number is pinned in all 4 corners on the **front** of your torso, and that it is not obscured by a jacket or other garment, water bottle belt, etc. And please make sure you are wearing your own race number!

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

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

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

You bet! There will be a good variety of delicious food and drink (*for racers only, please*) in the Portsmouth High School 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 State Park, 1050 Ocean Boulevard in Rye - there is parking in the beach lot. You can also watch the race from the intersection known as Foyes Corner, which is the traffic circle the racers go through twice (at about 1.5 miles, and just past mile #7) on the course. Another good vantage point is at the intersection of South St and Junkins Ave, which is less than a mile from the finish. There is parking in the municipal parking lot just behind this intersection. Of course, the finish line is always a good place to cheer for 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 racers, 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. [Seacoast Spine And Sport Injury Clinic](#) will be offering massages just beyond the finish line at Portsmouth High School. The massages will be on a first-come, first-served basis.

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

The Portsmouth City Pool is across the parking lot from Portsmouth High School. For a \$5 fee, you can shower there, as well as go for a swim and soak in the hot tub after the race. Your fee will help with operating costs for the pool.

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

It will be in the Portsmouth High School cafeteria, starting at approximately 11:00.

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