



Race Date: Oct. 31 - Nov. 8, 2020

## Frequently Asked Questions (and answers)

Updated July 1, 2020

- **Why is this year's race "virtual"?**

Out of an abundance of caution and concern for the health of our racers and volunteers, we have determined that it would be best to not host a race with 1,000 or more racers. We are also not entirely sure that we would be able to secure the permits and permissions from the various municipal and educational entities normally involved in our race. We are very disappointed to have reached this conclusion, but we feel it is the best thing to do. We are encouraging people to run or walk to support Cornerstone VNA, but to do so on your own time (between Oct. 31 and Nov. 8), and on your favorite course.

- **What is a "virtual" race?**

A virtual race is one that you run/walk on any course that you choose (as long as it is the correct distance), at any time during the race period (Oct. 31 - Nov. 8). There will be no course marshals, traffic control, or water stops on your course, so be as careful as you would be on any training run/walk that you do, especially if you will be on local roads. There will also be no water stops, so take what you need for proper hydration during your race.

- **Why should I sign up for a virtual race?**

While a virtual race is not the same as a "real" race, it still gives you the opportunity to test your capabilities at the distance of your choosing, to compare your time to others completing the same distance (all finishing times will be posted after November 8), and to support the great work by the essential personnel of Cornerstone VNA.

- **Why are there 3 distances this year?**

We are offering a "virtual" half marathon (13.1 miles), quarter marathon (6.55 miles), and a 5K (3.1 miles) to give everyone different options for participating. You can choose the distance that is right for you.

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

You can register on-line at <https://seacoasthalfmarathon.com/online/>. Registration is \$15 for each distance if you don't want a race shirt. The 5K and quarter marathon are \$35 with a long-sleeve cotton race shirt, and the half marathon is \$40, and includes a race shirt and a finisher's medal.

- **Can we register as a team?**

Yes, you and your family and friends can register as a team. You can race together, as long as you maintain adequate physical distance. You can also enlist your teammates to help you fundraise for Cornerstone VNA.

- **When will registration close?**

On-line registration will close at 11:59pm (EST) on October 31.

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

100% of the race revenue, after expenses, will go to Cornerstone Visiting Nurses Association (VNA). The expenses include items/services directly related to the race that have not been paid for by our generous sponsors. Cornerstone VNA is a registered non-profit (501c3) organization whose mission is to promote the optimum level of well-being, independence and dignity of those living in the community by providing trusted, compassionate and expert health care. You can learn more about Cornerstone VNA at [www.cornerstonevna.org](http://www.cornerstonevna.org)

In the 14 years that the race has been run, the Seacoast Half Marathon has raised over \$1,350,000 for local non-profits. The race organizers are all unpaid volunteers, so more of our revenue can go to our beneficiaries.

- **Will there be any extra fundraising for the beneficiary?**

During race registration, you can make a donation to Cornerstone VNA, and you can set up your own fundraising page where your family and friends can help you raise money for this great organization.

- **Are there fundraising goals?**

If you donate or raise \$100, you'll earn a SHM 2020 knit cap. And if you donate or raise \$300, you'll earn free registration in the 2021 Seacoast Half Marathon.

- **What do I get with my registration?**

Everyone who registers for this year's virtual races will be able to download and print a customized race bib to wear during their race (and for photos!). You'll also be able to download a finisher's certificate upon completion of your race. If you register for the Swag option 5K and Quarter Marathon, you'll get a long-sleeve race shirt. If you register for the Swag option Half Marathon, you'll also get a finisher's medal with your race shirt.

- **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, and do not receive a confirmation email within about 5 minutes, your registration did not go through, and you should try again.

- **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 complete the virtual race.

- **If I can't complete the virtual race, can my entry fee be 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 donation to Cornerstone VNA.

- **How do I get my race number?**

You can download your personalized race bib after you register. Wear it when you complete your virtual race, and make sure you get photos of you with your bib on!

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

You can register for a "No Swag" or a "Swag" option for each distance. If you choose No Swag, you'll save money, but you won't get a race shirt. If you choose the Swag option, you will get a race shirt. The shirts will be available for pick-up at any Runner's Alley store a number of weeks after the virtual races are completed (you'll be notified by email when they are available). If you prefer, your shirt can be shipped to you for a \$10 packing/shipping fee.

- **How do I report my finishing time?**

After you register, you'll receive an email that will tell you how to upload your race time to RunSignUp (where you registered for the race). After the race window closes, the times will be posted on the Seacoast Half Marathon website. All race times must be submitted by midnight on November 8.

- **What prizes will be awarded?**

We're sorry, but because people will complete their races on different courses and on different days, it would be impossible to compare finishing times to accurately determine who is the fastest in any category, at any of the distances. So no top finisher or age group prizes will be awarded for these virtual races.

- **When can I do my race?**

You can complete your virtual race any time between Saturday, October 31, and the end of the day on Sunday, November 8.

- **Can I walk this race?**

Of course. All runners and walkers are welcome.

- **Will there be finishers medals?**

Everyone who registers for the "Swag" option for the half marathon distance will receive a custom Seacoast Half Marathon finisher's medal.

- **Where can I post my race photos?**

We'll set up a Facebook group where everyone can post their Seacoast race photos so you can show your family and friends what you accomplished.

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