

Runner Guide



FROM THE RACE

Welcome to the inaugural Escape the Notch Marathon & Half Marathon!

We are very excited to have you be part of this amazing day. As you know, COVID-19 has changed the way races are done, but with the spirit of runners, races adapt and move forward.

We have made this guide to help you have the best race experience and understand our COVID-19 policies to ensure that everyone is kept safe on race day. Safety is paramount and we will do everything in our power to all of our runners safe, but we need your help. Please do your part to help keep everyone safe and read the COVID-19 safety measure in this runner guide.

Make sure to visit our website www.o2eventproductions.com & our Facebook page for race updates.

Together, we can have a safe and fun race!

Escape the Notch Marathon & Half Marathon



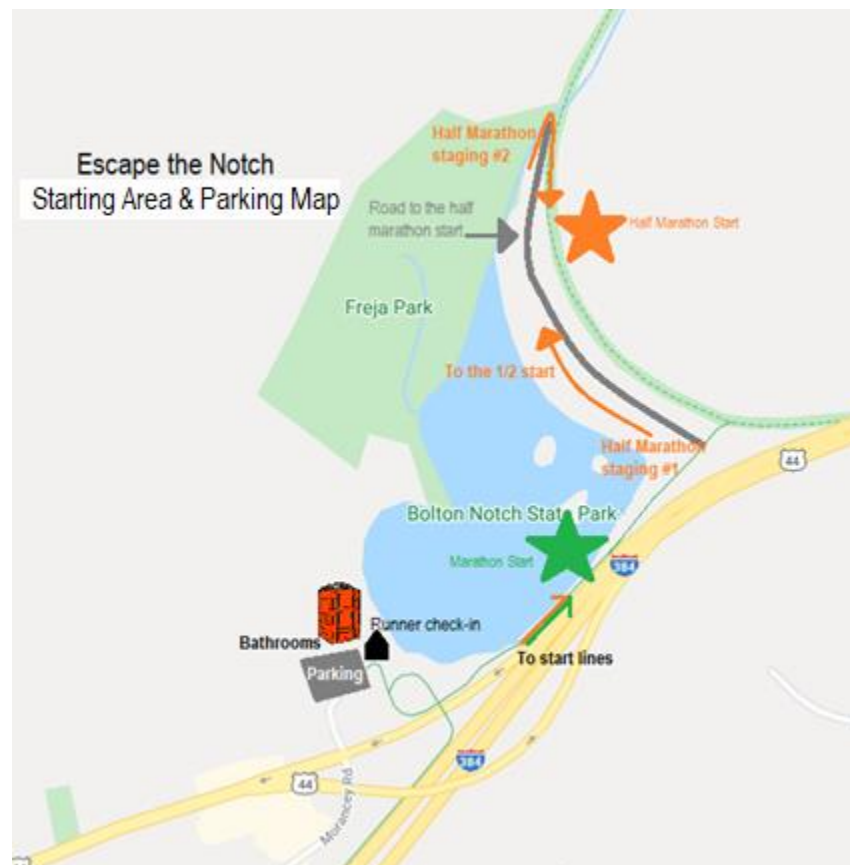
RACE BIBS & THE START

- **RACE BIBS;**

- a. You will receive your race bib in the mail by November 4th. We have done this to reduce contact and increase safety for everyone. If you do not receive your race bib by November 4th, please email us right away at events@o2eventproductions.com.

- **GETTING TO THE START**

- a. Runners should park at the Bolton Commuter lot on Morancey Rd. **NOTE: There is no transportation back to the start. You must provide your own transportation.**
- b. The start will be broken into waves to ensure runner safety. Wave assignments will be sent out by email by November 1st. You must run in your assigned wave or you will be disqualified from the race.
- c. Runners will check-in at the tent in the commuter lot.
- d. You will be directed to staging area #1 (See map) when it is your designated wave time.
 - i. Half Marathon Wave 1 at staging area #1 by 8:45 AM
 - 1. You will be directed to staging area #2 at 8:50 AM and then sent to the start.
 - ii. Half Marathon Wave 2 at staging area #1 by 9:00 AM
 - 1. You will be directed to staging area #2 at 9:05 AM and then sent to the start.
 - iii. Half Marathon Wave 3 at staging area #1 by 9:15 AM
 - 1. You will be directed to staging area #2 at 9:20 AM and then sent to the start.
 - iv. Half Marathon Wave 4 at staging area #1 by 9:30 AM
 - 1. You will be directed to staging area #2 at 9:35 AM and then sent to the start.
 - v. Marathon Wave 1 at START area 9:50 AM



ON THE COURSE & RUNNER TRACKING

- **WATER**

- a. Due to COVID-19, there will be 8oz water bottles at the water stops, in place of cups. Please be sure to hold onto your bottle until you get to the next water stop, to dispose of it. Please help keep our trails clean.
- b. Marathoners will have 7 water stops. A sports drink will be available at miles 13.2 & 19.5 miles.
- c. Half Marathoners will have 3 water stops. A sports drink will be available at mile 6.5 miles.

- **BATHROOMS**

- a. There will be two port-o-potties at the runner check-in area and two at the finish area
- b. Marathon
 - i. One at 13.2 & 19.5 miles.
- c. Half Marathon
 - i. One at 6.5 miles.

- **TIMING SPLITS & RUNNER TRACKING**

- a. Marathoners will have timing splits at 3 miles, 6 miles, 9.55 miles, 13.1 miles, 19.5 miles.
- b. Half Marathoners will have a timing split at 6.5 miles.
- c. Results will be available at www.TLMRacing.com

- **ROAD CROSSINGS AND TRAIL GATES**

- a. There are 8 road crossings on the course and there will be volunteers to help you cross. Please be careful when crossing, as these roads are open to traffic.
- b. Trail gates on the course will not be open. There is room for runners to go around the gates.



RACE DAY SCHEDULE

- **Marathon**
 - Starts at 10:00 AM
 - Race course closes at 4:00 PM
- **Half Marathon**
 - Wave 1a 9:00 AM
 - Wave 1b 9:15 AM
 - Wave 2a 9:30 AM
 - Wave 2b 9:45 AM
 - Race course closes at 4:00 PM

RACE LOCATION

- **START LOCATION**
 - Bolton Notch State Park
- **FINISH LOCATION**
 - Hop River Greenway Trail near Trailside Treasures
 - 26 Willimantic RD, Columbia, CT

THE FINISH & POST RACE SWAG

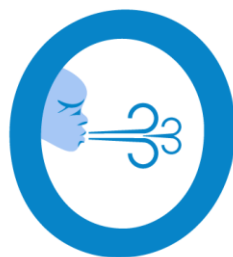
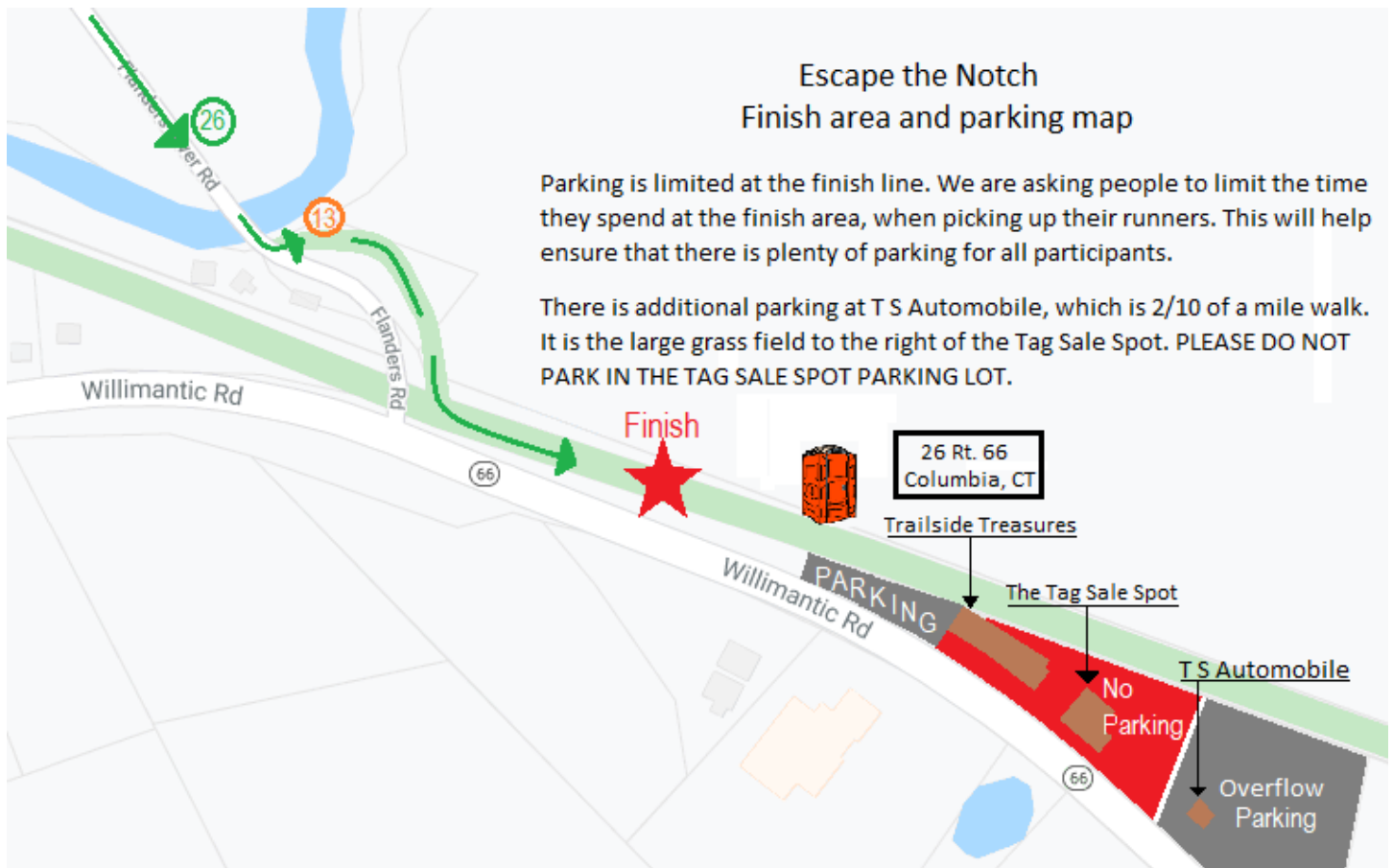
- When you cross the finish line, you will receive your well-earned medal. You will then be directed to the swag station to pick up your post-race tote bag.
 - a. The tote bag will include;
 - i. Race shirt
 - ii. Post-race goodies.
 - iii. Gift certificate for one free cupcake from Cupcake for Later.
 - iv. Gift certificate for one free slice of pizza from Pleasant Pizza.
 - b. Runners are encouraged to NOT stay and socialize post-race. This is done in effort to help with social distancing and keeping everyone COVID-19 safe.
- **GEAR CHECK**
 - a. Due to COVID-19, gear check is NOT available.
- **RESULTS**
 - a. Results will be based on "NET TIME".
 - b. Results can be found at www.o2eventproductions.com & www.tlmracing.com



RACE PARKING

- **PARKING**

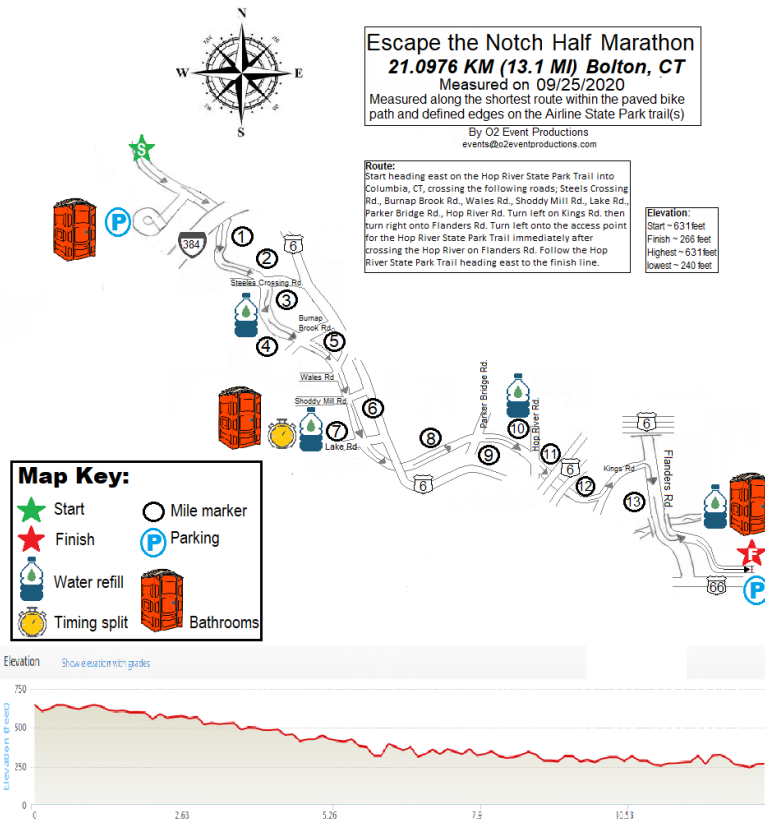
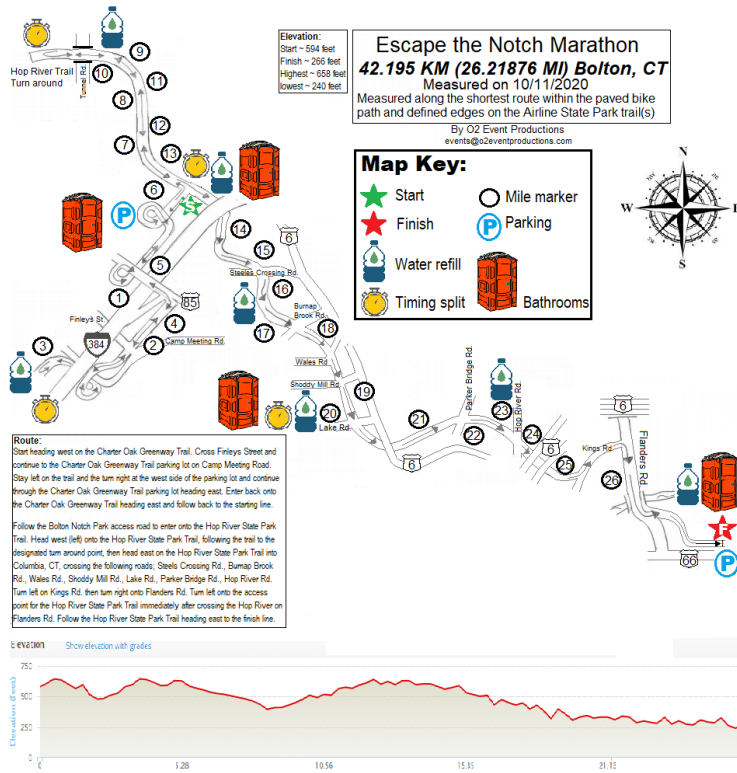
- Start
 - Morancey Rd Commuter Parking lot – Bolton, CT
- Finish
 - 26 Rt. 66 Columbia, CT
 - Parking is to the left of Trailside Treasures
 - Overflow parking at 22 Rt. 66 Columbia, CT
 - Parking in the grass field of T.S. Automobile
 - **NO PARKING ON THE PAVED LOT OF THE TAG SALE SPOT**
 - See Parking map.



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COURSE MAP AND ELEVATION PROFILE



FREQUENTLY ASKED QUESTIONS

Q: Can I bring my family/friends to watch?

A: We are encouraging runners to only come with people who are running. We're respecting social distance orders by the state of Connecticut.

Q: Do I have to wear a mask?

A: Yes & no. We are requiring all runners to wear a mask during pre & post-race activities. You may remove your mask on the course IF you have at least a six (6) foot space between you and other runners.

Q: How will waves be grouped?

A: Waves will be divided up based on times that you provided us during registration.

Q: Do I have to start in my assigned wave?

A: Yes. Waves will be based on a set number of runners to ensure there is adequate room for social distancing.

Q: What will happen if I still start in the wave I am not assigned too?

A: Disqualification from the race.

Q: Will there be space to socially distance before the race?

A: There is a large area near the parking that will allow space to socially distance or you may wait in your car.

Q: Will there be an award ceremony?

A: No. Results will be posted on-line at the conclusion of the race.

Q: Will results be based on "Gun time" or "Net time"?

A: We will use Net times for all results.

Q: What do I do after I finish?

A: Runners will be asked to follow the chute back to the main staging area to collect refreshment packet and depart from the race.

COVID-19 SAFETY MEASURES

To ensure public safety, the race will be implementing COVID-19 safety measures. All participants **MUST** wear a mask during pre-race, post-race and when unable to maintain 6 feet when on the course.

Participants will start in waves of no more than 30 and will have to stay 6 feet apart. ~This will be done with X marks at the starting line, indicating where participants need to stand at the starting line. ~Runners will be assigned waves based on their estimated finish time

NO drafting rules. ~Similar to triathlons, i.e. runners must maintain a 6-foot separation from other runners they pass or are passed

Participants are “strongly encouraged” to leave finish area ASAP after they finish the race. ~No congregating in groups pre- and post-race.

Hand sanitizer will be available for participants for both pre- and post-race.

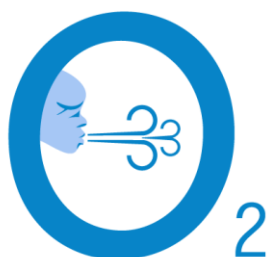
Bathrooms will have X's on the ground to ensure social distancing, as participants wait to use the bathrooms.

There will not be an award ceremony. This will help encourage participants to not stay after the race.

Participants will be given a post-race refreshment bag at the end of the race. This will reduce touch points for participants.

Results will be posted on-line only. Results will be posted after the completion of the race.

Race bibs will be mailed to runners prior to the race.



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