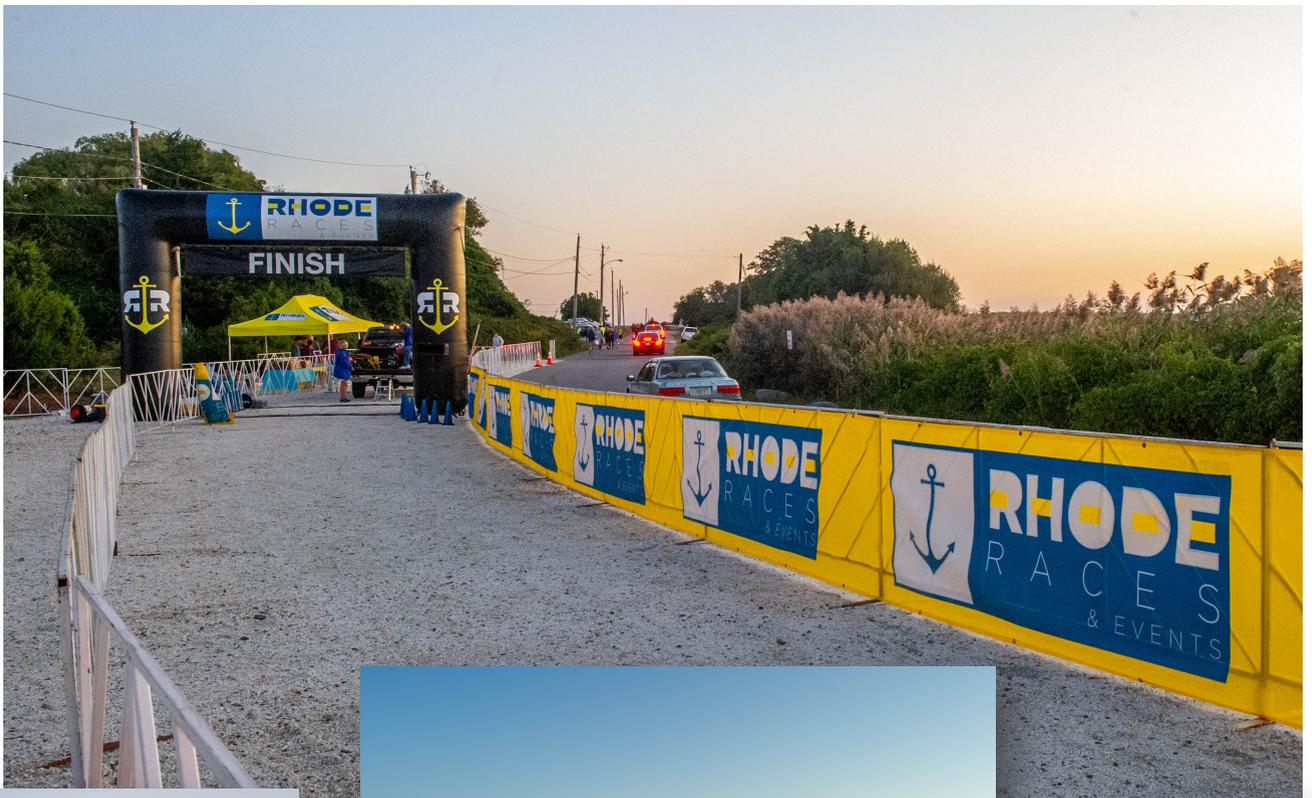




# ATHLETE GUIDE

October 1, 2022

## Jamestown Rhode Races



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# Message from the Race Directors

## **Welcome to the Jamestown Rhode Races**

The Jamestown Half Marathon has long been a favorite of ours. With its sweeping views of the Pell Bridge and Narragansett Bay, to its quaint windmills, small ponds and inlets, farms and gorgeous coves – there is not one part of the course that isn't stunning.

Due to requests from the Town of Jamestown, this race has a few changes this year. Capacity has been restricted to ensure residents have access to Fort Getty throughout the morning. As a result, only registered runners, and supporters in their car, will be allowed to park in Fort Getty. Your family and friends are welcome to join you on course, but only one car per registered runner will be allowed in Fort Getty. Please be prepared to show your registration confirmation to parking volunteers. Plan on arriving early as there will likely be some congestion getting in and out of Fort Getty Rd. Drive slowly and with caution as there will be pedestrians in the road.

There are also a few changes to this year's course, with the start and finish at the toll booth at Fort Getty and a left turn off of North Rd. Please watch for signs and visit the course map.

In order to have a safe race, as well as be courteous to local Jamestown residents, please be sure to stay within the coned running lane, especially on North Rd and as you re-enter Fort Getty Rd on the way back to the finish. We appreciate your help with this.

We would also like to thank the over 200 volunteers as well as local police and security teams that help us execute this event. They help us provide a safe and enjoyable race and we are indebted to them.

We hope that you enjoy this breath-taking half marathon in Jamestown.

Susan and Karen  
Race Directors



## Race Weekend Schedule

### Friday

September 30, 2022

#### Packet Pick Up

5pm-7pm

*Rhode Runner*

*657 N. Main St., Providence, RI*

### Saturday

October 1, 2022

#### Packet Pick Up

5:30am-6:45am

*Fort Getty Rd., Jamestown, RI*

#### Race Start

7am - Half Marathon Start - by Toll Booth

8:30am-10:30am - Post Race Festival

*Fort Getty Rd., Jamestown, RI*

Due to capacity limits in Fort Getty, all spectators must carpool with runners. No access will be given to parking in Fort Getty for non-runners. Spectators are welcome to have their own cars on course, but parking in Fort Getty is limited to registered runners' cars only.

### Parking in Fort Getty

*Please be prepared to show your registration confirmation to parking volunteers to gain access to Fort Getty.*

Half Marathon participants should line up by 6:45 am in the starting corral near the Toll Booth on Fort Getty Rd.

A Driver's License or ID must be shown when picking up your bib.



26 MILE MARKERS

WATER STATION

RESTROOMS

ON COURSE NUTRITION



### PARKING

Parking is available at Fort Getty for registered runners only. Please be prepared to show your registration confirmation to access Fort Getty. Plan on arriving early as there will be some congestion getting in and out of Fort Getty Rd. Please drive with caution as there will be participants and spectators on the road.

### RACE START LOCATION

The Half Marathon will start and finish at the bottom of Fort Getty Rd., near the Toll Booth at 7am. Walk past the pavilion and head towards the stone gate entrance on Fort Getty Rd. to see the start line. Please allow plenty of time to park and walk to the start.

### RACE TIMING INFORMATION

Rhode Races uses the My-Laps timing system. This is a disposable timing tag that is attached to the back of your race bib. All runners will receive their My-Laps bib at registration. Please ensure your bib is worn on the FRONT of your shirt and do not cover the bib when you cross the starting or finish line mats for the most accurate time.

### TIME LIMITS

The race course will be secured for 3.5 hours. Walkers are welcome so long as they complete the course within the time limits.

### PHOTOGRAPHS

FlashFrame will be our on course photographer. All runners will be photographed. Pictures are FREE to view, download and share. They will be available 2-3 days after the race.

### FINISH LINE ENTERTAINMENT

A DJ will provide lively entertainment for runners and spectators at the finish line festival. Dance, jump and sing along after the race at the Jamestown Rhode Races!

The post race recovery area will be located near the finish. There will be music and recovery food. Enjoy the vendors, and snap a pic in our "photo booth" to create your memory of the Jamestown Rhode Races. Use hash tag #RhodeRaces for a chance to be featured on our social media.

### MEDICAL

A private ambulance company will be located on course and in the finish line area. If you are in need of assistance, please ask a volunteer at an aid station.

### AID STATIONS

Water will be available at every aid station and at the start and finish. Water, food and rest rooms will be provided at select locations on the course and at the finish. Please reference the course maps on the website for exact locations. Food at aid stations will consist of bananas, Clif shots as well as Nuun Hydration.

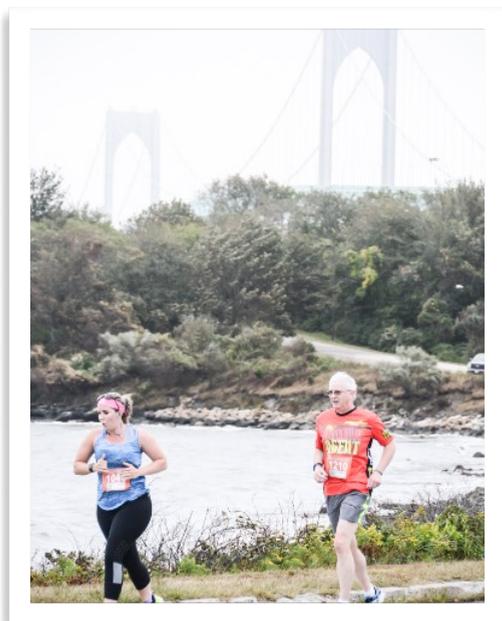
### INDIVIDUAL AWARDS

For the Half Marathon participants:  
Top 3 Open Men/Women  
Top Men/Women in each age group: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 +

Medals will be given to all finishers.

### SPECTATORS

The best place for spectating includes Mackerel Cove, Jamestown Harbor on Conanicus Rd. and Jamestown Village on Southwest Ave. Please note - spectators will only be able to park in Fort Getty if they are in registered runners vehicles.



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# FREQUENTLY ASKED QUESTIONS

## **Where is there parking available?**

All parking will be at Fort Getty in designated spaces. There is NO PARKING on Fort Getty Rd. Please travel all the way into the park and look for the parking attendants to direct you to the proper location. Please plan on arriving early as there is likely to be some congestion getting in and out of Fort Getty Rd. Also – please drive cautiously as there will be pedestrians sharing the road.

Due to capacity restrictions, Fort Getty parking will only be accessible to registered runners and family members in their cars. Family and friends are welcome to cheer out on course (within all local traffic rules and safety) but family and friends cannot park in Fort Getty. Please have them car-pool with the registered runner.

***Please be prepared to show your registration confirmation for access to Fort Getty parking.***

## **Will Chips be used or Athlete Tracking provided?**

Yes. All races are chip timed and will have starting mats. Both gun time and chip time will be provided. RaceJoy is our Athlete Tracker – it is free to both our participants and spectators.

## **Where and when is bib pick- up? PLEASE READ CAREFULLY.**

You may pick up your bib at the following times –  
Friday from 5 pm-7 pm at Rhode Runner, 657 N. Main St., Providence, RI  
Saturday from 5:30 am to 6:45 am at the Fort Getty Pavilion in Jamestown.

## **Can I pick up a friends registration packet?**

Runners need to show a driver's license when picking up their race packet. When picking up a packet for a friend you need a signed note from the runner and a photocopy of their license.

## **What is included in the registration fee?**

With the registration fee you will receive entry in the race, official race shirt, finishers will receive a medal, finish line food and beverage, on-course support, and free race photos.

## **Will there be medals?**

Yes. Medals will be awarded to all half marathon finishers.

## **Are there Age Group Awards?**

Yes, we will have an awards ceremony once most of our age group categories have filled in.

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**When does registration close?**

This race is at capacity and we will not have race day registration.

**What is provided at the aid stations and where are they located?**

Aid stations are located throughout the half marathon course at approximate 2 mile intervals. Please reference course map for exact locations. Aid stations will have water and Nuun Hydration. Some additional aid stations will have Clif energy gels and bananas.

**Does the course have many hills?**

The course is relatively hilly with some gradual elevation changes.

**Will there be medical stops on the course?**

There will be finish line medical and on course support.

**Will there be pacers running the Half Marathon?**

No, due to the capacity restrictions at this year's race, we have made the unfortunate decision to eliminate pacers in order to accommodate more runners.

**Is there a time limit for the race?**

Yes, the Half Marathon has a walker friendly time limit of 3.5 hours. If you need more than 3.5 hours, please select the Early Start option.

**Can I push a stroller?**

No. USATF insurance does not cover strollers on the course, so they are not permitted.

**Are course maps available?**

Yes. Select the "Courses" tab on the race website home page.

**Once I finish can I go back and run in with my friend? Can a friend or family member cross the finish line with me?**

No. If you cross the finish line twice the slower time will be recorded. Due to the size of this race, finishing with a family member is allowed but not encouraged. We would like to give all our participants ample room to finish safely.

**Where can I find the results of the race?**

The results will be posted on our Facebook Page and website within 24 hours of the race.

**Are there restrooms along the course?**

Yes. There will be port-a-johns located at each aid station around the course.

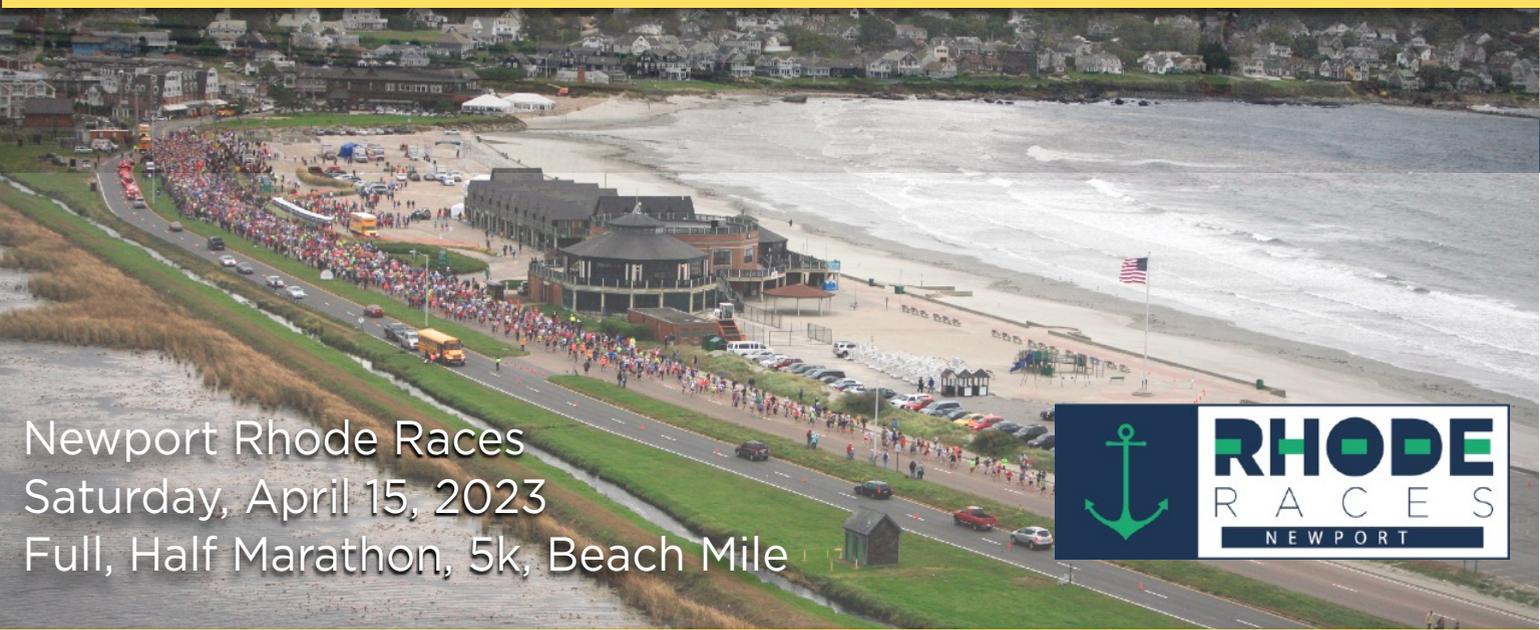
If you enjoyed running with us in  
Jamestown -



Ocean State Rhode Races  
Sunday, October 23, 2022  
Full, Half Marathon and 5k



Join us at more Rhode Races!



Newport Rhode Races  
Saturday, April 15, 2023  
Full, Half Marathon, 5k, Beach Mile



[RhodeRaces.com](https://RhodeRaces.com) - Use 2022RUNRRE for 20% off exp 12/1



Independence Rhode Races  
Saturday, June 24, 2023  
Half Marathon



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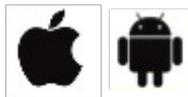
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I discovered Shimmerwood seltzer after running a marathon, I recovered faster than I ever had after running that distance... tasty and medicinal.

**Robert J.**  
Rhode Race Participant

# Joy Alert! This Race is in RaceJoy!



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