



ATHLETE GUIDE

June 24, 2023

INDEPENDENCE RHODE RACE



Independence Rhode Race



Message from the Race Directors

Welcome to the Independence Rhode Race

The third stop in the Rhode Races Half Marathon Series

With this being our EIGHTH year of this gorgeous race (after a “skip year” in 2020), Bristol’s Independence Rhode Race is quickly becoming a MUST-DO race. The race continues to grow and we are excited to showcase this stunning course to more people outside the community. This year we are excited to add the 2 person relay!

*Please note, the course has changed slightly from previous years. Please make note of the course map as we are running this year in reverse!

This race course showcases all that makes Bristol on the 4th of July magical. We start and finish on the water at Independence Park – the usual host site of the nightly concert series. The race then courses along patriotic downtown Bristol as we follow and weave along the famous red, white and blue parade route. We then enjoy some beautiful views of the Bay only accessible by foot in Roger Williams University, a jaw dropping view of the Mt Hope Bridge, finishing the last miles along the coast and past the famous America’s Cup Museum. It is important to note that there is one spot that is unpaved on the shell path in Roger Williams University. There will be plenty of spots to take some pictures or just enjoy the view!

We are focused on our event impact on the environment and how we can improve that. These include the availability to opt out of a race shirt and instead we will donate those funds to have a tree planted in your name. We also offer Hydrapak Speedcups in order to reduce our cup waste. We will donate \$1 to Save the Bay for every cup purchased. We are eliminating our use of single use plastic zipties. There will be 5 gallon white buckets at every mile marker – please deposit all trash in these buckets rather than dropping them on course. In our pre- and post-race festival, we are asking all our participants and spectators to use the recycling trash bins for their water bottles and other plastics. Look for signs for recycling throughout the post race festival and help us in our efforts.

The half marathon and relay will start at 6:30 am. Please line up in the starting corrals at least 10 minutes before the start of your race. Pacers will be holding signs showing approximate pace times – please self seed in the start corrals based on these signs. If you are hoping to hit a certain finish time goal, keep an eye out for our pacers – they will be wearing singlets with their goal finish time. The race does have a strict cut off time of 3.5 hours. We do have an Early Start option for those needing more time, please email info@rhoderaces.us for more information on this.

We would also like to thank the hundreds of volunteers as well as the local police and fire department that help us execute this event. They help us provide a safe and enjoyable race and we are indebted to them.

A couple of race amenities to make note of - Race pictures are FREE and are provided by FlashFrame.io so be sure to smile for the camera! They will be available 2-3 days after the event. There is FREE Athlete Tracking using the RaceJoy app. Finally, free post race massages provided by Pappas/OPT Physical Therapy! And if you hit a new PR, be sure to stop by the Awards tent and ring that PR Bell!

The Official Post-Race Party is at Pivotal Brewing at 500 Wood St (you run past it on course!). Stop by after 11am and show them your bib for a free post-race refreshment! (Race Day only)

We hope that you will continue to join us in the best way to kick off your holiday weekend.

Susan and Karen

RACE WEEKEND SCHEDULE

Thursday

June 22, 2023

On-site Registration & Packet Pick Up

5pm-7pm

Rhode Runner

657 N. Main St., Providence, RI

Friday

June 23, 2023

On-site Registration & Packet Pick Up

3pm-7pm

Bristol Maritime Center

127 Thames St., Bristol, RI

Saturday

June 24, 2023

On-site Registration & Packet Pick Up

5am-6:15am

Independence Park

Thames St., Bristol, RI

Race Start

5:30am - Early Start Option

(for those needing greater than 3 hours)

6:30am - Half Marathon Start

8am-10am - Post Race Festival

Independence Park,

Thames St., Bristol, RI

PACKET PICK UP

Runners are highly encouraged to pick up their packets in advance of race day.

Race packets will be available race morning, but because of the early start and number of runners expected, we strongly advise all participants to plan ahead and pick up their packets on Thursday and Friday.

Participants should line up by 6:15 am in the starting corral near the intersection of Thames and Franklin Sts.

Download the RaceJoy app to allow family and friends to track you on course. It is free and available to all participants and spectators.

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

Please self seed your place in the starting corrals based on your projected finishing time. Look for signs indicating these times to help guide you in the chute.

COMMIT PART-TIME,

ACHIEVE --- FULL- TIME.



You work hard. You don't give up. And, you're always up for the next challenge. Be part of a winning team by joining the Army National Guard. Continue your education and learn new skills while you serve part-time, close to home.

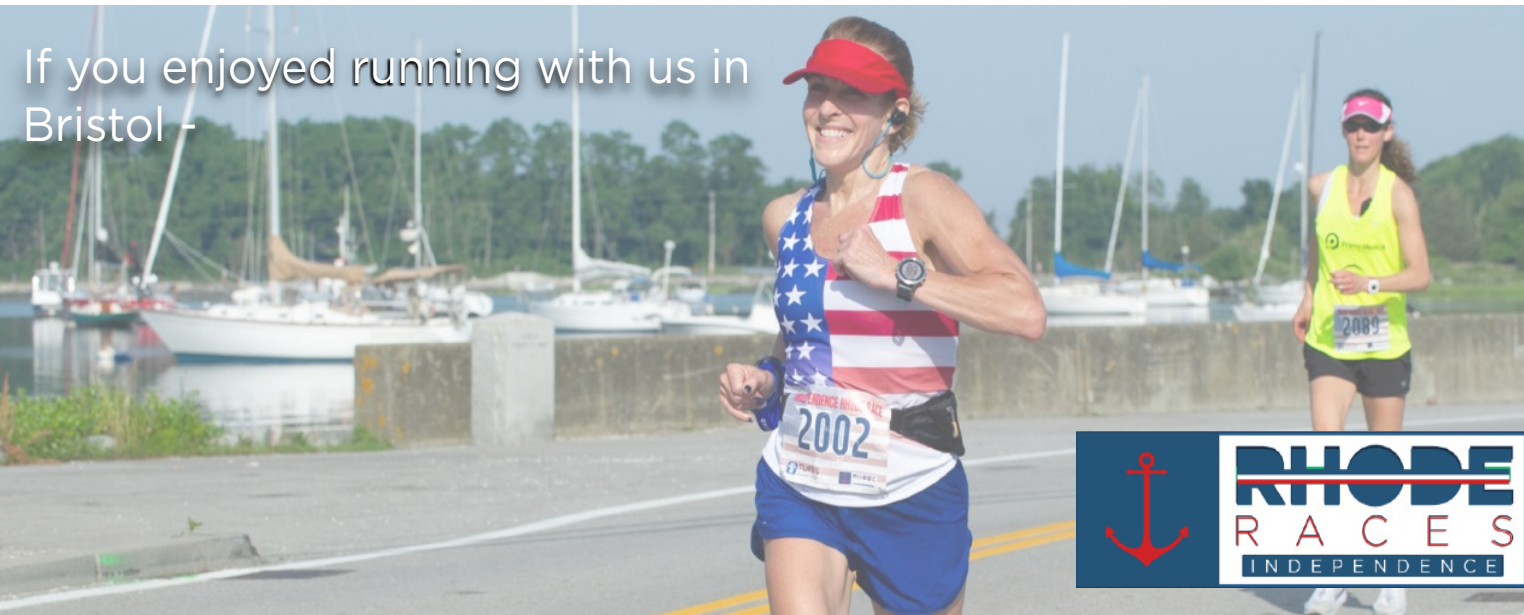
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Programs and Benefits Subject to Change





If you enjoyed running with us in
Bristol -



JOIN US FOR THE REMAINING RHODE RACES!



Jamestown Rhode Races
Saturday, September 30, 2023
Half Marathon



ADD 2 MORE RHODE RACES TO BECOME A RHODE MASTER - [RHODERACES.COM](https://RhodeRaces.com)



Ocean State Rhode Races
Sunday, October 29, 2023
Full Marathon, Half, 5k



Race Day Info

PARKING

Parking is available at Guiteras School as well as various municipal lots around town such as Court St., Thames St. and on street parking.

GEAR CHECK/LOST AND FOUND

Runners can check their gear at the race start near the Rhode Races Tent.

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.

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. We have an Early Start option for those needing longer than 3 hours. Please reach out to info@rhoderaces.us for more information.

PHOTOGRAPHS

FlashFrame.io will attempt to take photos of every runner, please be sure your bib is fully visible to the photographer as you pass so that the photo can be tagged to your profile. Pictures are FREE to view, download and share. They will be available 2-3 days after the race.

ATHLETE TRACKING

FREE Athlete Tracking, Send-a-Cheer, Social Share and race information available via the RaceJoy app. Download the app in advance of the race and your family and friends can follow and cheer on your progress via GPS progress alerts.

FINISH LINE ENTERTAINMENT

A DJ will provide lively entertainment for runners and spectators at the start and finish by Independence Park. Dance, jump and sing along after the race at the Independence Rhode Race!

MEDICAL

Medical Personnel will be located on course and in the finish line area.

2 PERSON RELAY

The first runner on the team will run 7.5 miles with the 2nd person completing the half marathon distance with 5.6 miles. Individual splits will not be recorded - only the total team time. Each team will be given a race bib belt to act as the "baton" with the chipped bib attached. The exchange zone will be at the Aid Station near Roger Williams University. Participants must transport themselves to and from the exchange zone, but there is plenty of parking available at RWU. Each member of the team will receive a medal; one medal will be given at bib pick up, and the second medal will be given at the finish.

AID STATIONS

Water will be available at every aid station and at the start and finish. Bananas, Clif Shots and Nuun Electrolyte Drink will be available at all aid stations after Mile 2. Please reference the course maps on the website for exact locations

Portapotties are available at every aid station.

Approximate mile markers - 2 (water only), 4, 6, 8, 10, and 12

AWARDS

Top 3 Open Men/Women

Top 3 Men/Women in each age group: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79

1st Place 80+ Runner, 1st Place Non-Binary

RELAY TEAMS - 1st Place All Male Team, 1st Place All Female Team, 1st Place "Open" Team for Co-Ed and Non-Binary

Medals will be given to all finishers of the Half Marathon.

SPECTATORS

The best place for spectating includes Independence Park and Old Ferry Rd. Other key locations include the Town Common and the Mt Hope HS. No spectators are allowed on Roger Williams University grounds.

FREQUENTLY ASKED QUESTIONS

Will Chips be used and provided?

Yes. All races are chip timed and will have starting mats. Both gun time and chip time will be provided.

Where and When is registration?

You may pick-up your bibs and race shirt at the following times and places: Thursday June 23rd at 5:00- 7:00 pm, at Rhode Runner, 657 N. Main St, Providence, RI; Friday June 24th at 3:00 pm - 7:00 pm, at Bristol Maritime Center, 127 Thames St., Bristol, RI; Saturday June 25th at 5:00- 6:15 am, in Independence Park, Thames St, Bristol

Can I pick-up a friend's registration packet?

Every runner needs to show a 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, Recovery Zone by OPT Physical Therapy, and free race photos, and free athlete tracking via RaceJoy.

Will there be medals?

Yes. Medals will be awarded to all finishers.

Are there Age Group Awards?

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

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

Aid stations are located throughout the course. Please reference course maps for exact locations. Aid stations will have water and Nuun Electrolyte. Some additional aid stations will have Clif energy gels and bananas.

What do I do with my belongings at the start?

There will be a gear bag check at the start of the Half Marathon. All gear must be placed in labeled bags and any unattended bags will be discarded. Please do not leave anything valuable in our gear check, as Rhode Races & Events is not responsible for lost or damaged items. All clothing discarded at the start of the race will be collected and donated.

Does the course have many hills?

The course does have some inclines along the downtown miles of 2-6 as we cross in and out of the parade route, and then again around mile 9 and 11 as we dip down to the water on the end of the peninsula . You can go to our website to check out the elevation map under the tab "Course Details "

Will there be medical stops on the course?

There will be medical personnel at the finish line and roving throughout the race. Aid stations will have assistance.

Will there be pacers running the Independence Rhode Race?

Pace groups from Rhode Island Rhode Runners will be provided for the half-marathon. They will have pacers running at half-marathon paces of: 1:40, 1:50, 2:00, 2:15, 2:30 and 2:45.



PIVOTAL

BREWING COMPANY



**Follow the stack
for a post-race party!**

**June 24
11 am**

**Runners 21+ can redeem their bib for
a complimentary beer**

500 Wood Street Bristol, RI @pivotalbrewingcompany

Is there a time limit for the race?

Yes, there is a time limit. The Half Marathon has a strict time limit of 3.5 hours due to the popularity of Bristol at this time of year. If you need more than 3.5 hours, please select our Early Start option.

When does registration close?

Pre-registration closes on Wednesday before the race. You may still register online after this date, but no further changes can be made to shirt sizes, deferrals, transfers, etc.

Can I push a stroller?

No, pushing a stroller is not permitted due to USTAF restrictions.

Are there course maps available?

Yes. Select the "Course Details" tab on the race website homepage.

Once I finish, can I go back and run in with a friend?

No. If you cross the finish line twice the slower time will be recorded.

Can a friend or family member cross the finish line with me?

Due to the size of this race, it 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, but you can sign up to have your results texted to you from your RunSignUp.com/profile page.

Are there restrooms along the course?

Yes. There will be port-a-johns located at every aid station. Please visit our Course Maps tab at RhodeRaces.com for exact locations.



Independence Rhode Race



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June 24, 2023



Bristol Half Marathon