

Ocean State Rhode Races



Ocean State Rhode Race

Message from the Race Directors

Welcome to the Ocean State Rhode Race Final stop in the Rhode Master Series

The Ocean State Marathon has a long history in Narragansett as the site of the ORIGINAL Rhode Island Marathon. It has been our goal to honor this tradition and bring back a genuine Rhode Island Marathon. Not only does the race start under the shadow of the iconic Coast Guard House at beautiful Narragansett Town Beach but the course itself boasts sweeping vistas of Narragansett Bay, beautiful winding back roads, historic homes and awe-inspiring bridges.

Narragansett has some great places to stay and enjoy the HAPPIEST seaside town - as voted by Coastal Living Magazine – just visit our travel page on RhodeRaces.com. There is parking available in the West and South Town Beach lots as well as on street parking in town.

With the close proximity to Halloween this year, we are hoping to have a little fun with the race. Feel free to dress in costume. But keep an eye out for the BEST Volunteers on race day! We are encouraging our volunteers to dress up and add some fun to your race day. We will ask you to vote after the race for your favorite Volunteers. We will award the winners an additional donation for their charity!

The full marathon will start first at 7:30 am, the half marathon will follow with a 8:00 am start time and the 5k will go off at 8:15 am. Please line up in the starting corrals at least 10 mins before the start of your assigned race. Pacers will be holding signs showing approximate pace times – please self seed in the start corrals based on these signs.

The half marathon will split from the marathon route at two intervals – at the intersection of Boston Neck Rd and Bridgetown Rd. (half marathon 7.8 mi) as well as at Old Boston Neck Rd and Bedford Circle (half marathon mile 11.2). Please watch for signs. Please review the course map for aid station locations – there are some narrow roads that prevented placement of safe aid stations. Please plan accordingly.

If you are hoping to hit a certain finish time goal, keep an eye out for our pacers, provided by Rhode Island Road Runners – they will be wearing singlets with their goal finish time.

We would also like to thank the hundreds of volunteers as well as local police, fire and security teams 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 provided by FlashFrame so be sure to smile for the camera! They will be available 2-3 days after the event. Visit our post race Recovery Zone presented by Pappas/OPT Physical Therapy, for a quick massage, roll out or stretch to help heal and speed your recovery! GPS Athlete tracking is free and available through the RaceJoy app. This app also provides progress alerts, splits and approximate finish times. This year we have added audio alerts of points of interest from the course.

We hope that you enjoy this ORIGINAL Rhode Race!

Susan and Karen - Race Directors

Race Weekend Schedule

Friday

October 27

On-site Registration & Packet Pick Up

5pm-7pm

Rhode Runner

675 N. Main St., Providence, RI

Saturday

October 28

On-site Registration & Packet Pick Up

12pm-5pm

Sons of Liberty Distillery

1425 Kingstown Rd, South Kingstown RI 02879

Sunday

October 29

On-site Registration & Packet Pick Up

5:45am-7:45am

Narragansett Town Beach, North Lot

Boston Neck Rd., Narragansett, RI

Race Start

6:30am - Early Start (for those needing 6+ hours)

7:30am - Marathon Start

8:00am - Half Marathon Start

8:15am - 5k Start

8:30am-1:00pm - Post Race Festival

Narragansett Town Beach

Boston Neck Rd., Narragansett, RI

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.

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 Friday or Saturday.

Race Day Parking is available in the SOUTH and WEST beach parking lots as well as marked spaces around town. Please plan on arriving at least one hour before your scheduled race start.

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



- 26 MILE MARKERS**
- WATER STATION**
- ENERGY DRINK**
- ENERGY GEL**
- ON COURSE FOOD**

ELEVATION (ft)







- 3 MILE MARKERS
- WATER STATION
- ENERGY DRINK
- ENERGY GEL
- ON COURSE FOOD



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Rhode Races**

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PARKING

Parking is available at the Narragansett Town Beach SOUTH and WEST lots. Please look for signs for the appropriate lots.

LOST AND FOUND

Lost and Found will be located at the Awards and Merchandise tent near the finish line.

GEAR CHECK

The Mobile Locker Co will be onsite for the most secure gear check for valuable items. There will also be a free volunteer gear check near the Awards 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 6 hours. After 6 hours, we will ask that you move to the sidewalk and the course will be unsupported and unsecured. Walkers are welcome so long as they complete the course within the time limits.

If you need more time, we will have the option for early starters at 6:30am. Please visit the INFORMATION desk when you pick up your bib on Friday or Saturday and let the staff know you wish to start early - we must know before Sunday morning. Again - the course will not be secure and supported until the race starts at 7:30a but this gives you more time to reach the finish line.

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 Ocean State Rhode Races!

The post race recovery area will be located at the Narragansett Town Beach South Lot. Celebrations will include music and recovery food. Enjoy the vendors, and snap a pic in our "photo booth" to create your memory of the Ocean State Rhode Races.

MEDICAL

A private ambulance company will be located on course and in the finish line area. If you are need of medical attention, please let one of our aid station or course marshal volunteers know.

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 aide stations will consist of bananas, Gatorade at select locations and assorted Clif Shot gel products.

INDIVIDUAL AWARDS

For the Full Marathon, Half Marathon and 5k participants:

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

Top Binary and 80+ Finisher

Medals will be given to all finishers of the Full and Half Marathon

SPECTATORS

The best place for spectating includes Old Boston Neck Rd and Boston Neck Rd., Boston Neck Rd and Bridgetown Rd., Boston Neck Rd and Gilbert Stuart as well as North Kingstown HS.

If you enjoyed running with us in
Narragansett -

Hangover Classic 5 Miler
January, 1, 2024
Bristol, RI



Join us at more Rhode Races!



Newport Rhode Races
Saturday, April 13, 2024
Full, Half Marathon, 5k, Beach Mile



RhodeRaces.com - use code 2023RunRRE for 20% off, expires 12/1



Independence Rhode Races
Saturday, June 22, 2024
Half Marathon
Bristol, RI





Ocean State Rhode Race FAQs

Where is there parking available?

All parking will be at the West and South Beach Parking Lots.

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.

Where and When is registration and bib pick-up? PLEASE READ CAREFULLY.

You may pick up your bib and goody bags at the following times –

- Friday, October 27th from 5:00 pm - 7:00 pm at Rhode Runner, 657 N. Main St. Providence, RI.
- Saturday, October 28th from noon - 5pm. Sons of Liberty, 1425 Kingstown Rd., South Kingstown, RI 02879
- Sunday, October 29th from 5:45 am - 7:45 am at Narragansett Town Beach, North Lot.

Can I pick up a friends 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?

Registration fee will include entry into the race, event T-shirt, finishers medal (half and full marathon), Bib, Timing Chip, GPS Athlete Tracking via RaceJoy, finish line food and beverage, Recovery Zone, parking and free photos.

Will there be medals?

Yes. Medals will be awarded to all finishers of the full and half marathon.

Are there Age Group Awards?

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

What do I do with my belongings at the start?

There will be a free gear bag check in the Registration/Awards Tent. 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. We highly encourage you to leave items in your vehicles as the parking is close to the start/finish. Clothing discarded at the start of the race will be donated.

Additionally, The Mobile Locker Co will be onsite for the most secure gear check. Please reserve your locker at <https://www.themobilelockerco.com/>

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 Gatorade. Some additional aid stations will have Clif energy gels and bananas.

Does the course have many hills?

The course is rolling hills in some sections, but relatively flat on the back half. 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 finish line medical and roving on course support. Please let an Aid Station volunteer know you need medical aid and a sag vehicle or ambulance will be called.

Will there be pacers running the Ocean State Marathon?

Yes, there will be pacers running the marathon for various finishing times. There will be pacers running at marathon paces of: 3:30, 3:45, 4:00, 4:30, 5:00. There will also be pacers for the half marathon running at 1:40, 1:50, 2:00, 2:15, 2:30 and 2:45.

Is there a time limit for any of the races?

Yes there is a time limit, the Marathon has a walker friendly time limit of 6 hours. We do have an early start option at 6:30am for those that may need extra time. Please sign up for this when you pick up your bib.

Where are the best Hotels to stay?

The small community of Narragansett has a number of wonderful lodging choices. To find the recommendations on where to stay, click on the "Travel" tab on the web page.

**When does registration close?**

Pre-registration ends on the Wednesday before the race. You may register on line after this date, but deferrals and transfers will no longer be allowed.

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 "Course Details" tab on the race website home page.

Once I finish can I go back and run in with my 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.

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US AT OUR BOOTH ON RACEDAY.**

Programs and Benefits Subject to Change



Where can I find the results of the race?

The results will be posted at on our website within 24 hours after the event date.

Are there restrooms along the course?

Yes. There will be port-a-johns located at every aid station around the course, at approximately 2 mi intervals

What if I want to run a different distance than I registered for?

You can change your race distance at any time, right up until the morning of the race.

You can process this change yourself, right up until pre-registration closes. After pre-registration closes (typically the Wednesday before the race) - we ask that you visit the On Site Registration desk when you pick up your bib so that we can change your bib number and race distance for the timer.



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