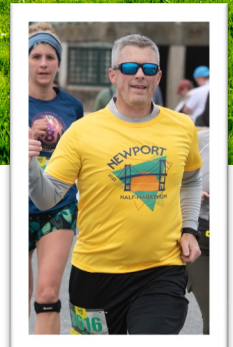
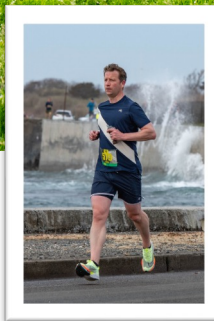
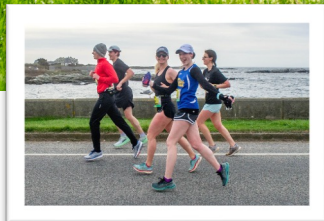
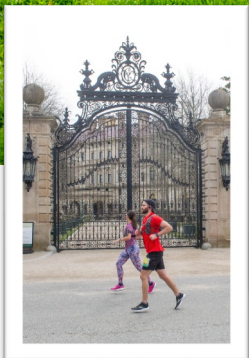




# ATHLETE GUIDE

April 13, 2024

## Newport Rhode Races



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# Message from the Race Directors

## **Welcome to 8<sup>th</sup> Annual Newport Rhode Races** **The first stop in the Rhode Races Half Marathon Series**

We are so excited for this year's Newport Rhode Races. What better way than to run through stunning Newport as it starts to come out of hibernation. Watch the daffodils pop up, the sea creatures come back to life and the city begin to unfold its beauty. This year's event sold out early and we are humbled by this. We are incredibly excited to celebrate Earth Month by moving our sustainability efforts through partnerships with Eastern RI Conservation District and Epic Renewal. We need your help in our environmental initiatives – please be mindful of your trash and pay attention to signs for waste disposal to help us in our efforts.

One of our charity partners is Newport in Bloom's Daffodil Days. As you run through the City, take a look around and enjoy all the beautiful daffodils as they emerge from their winter slumber. Stick around after the race and enjoy the festivals many events and discounts. Spring in Newport is unparalleled.

The full marathon will start first at 7:30 am, the half marathon will follow with an 8:00 am start time and the 5k will go off at 8:30 am. The Beach Mile kicks off at noontime, right on Easton's Beach. Please line up in the starting corrals at least 10 minutes 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. Be sure to NOT cross the starting mat until the timers start your race. ***One important note – if you are registered for the full marathon and stop at 13.1, you will be disqualified by USATF rules, there is not an option to record a half marathon event once you have picked up your bib.*** If you are hoping to hit a certain finish time goal, keep an eye out for our pacers– they will be wearing yellow singlets and holding 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 so be sure to smile for the camera! They will be available 2-3 days after the event. RaceJoy is our athlete tracker (SOS communication tool and cheerleader!) – it is free for both the participant and spectator. The Mobile Locker Co will be on site for the most secure gear check. Visit our Recovery Zone with yoga mats, trigger point tools and Physical Therapists provided by Pappas/OPT Physical Therapy!

Your bib has a tear off for one free beer (over 21 only) compliments of Horizon Beverages. Please do not tear this off in advance of receiving your beverage. After this, donations will be accepted for additional beer which can be purchased. Our Awards ceremony will take place at approximately 10:30 am for the Half Marathon and 11:30 am for the Full Marathon.

We hope to give you a running tour of RI – with races in some of the most iconic locations Rhode Island has to offer. Each race will showcase the beauty and authenticity of its location through stunning courses, architecture, and vibe.

Thank you for joining us - Susan and Karen







CITY OF NEWPORT  
OFFICE OF THE MAYOR  
Xay Khamyvoravong  
Mayor

April 2024

Welcome to Newport.

The City of Newport is very proud to host the Newport Rhode Races on Saturday April 13, 2024.

As Mayor of Newport and on behalf of the citizens, we look forward to welcoming runners and their supporters to participate in the race, celebrate the runners achievements and explore all that our City by the Sea has to offer visitors.

I would like to thank everyone involved in these races. The City wishes you all a safe and rewarding run through our wonderful city.

Sincerely,

Xay Khamyvoravong  
Mayor

XK:sc



## RACE WEEKEND SCHEDULE

### Thursday

April 11, 2024

On-site Registration & Packet Pick Up

4pm-7pm

*Rhode Runner 675 N. Main St., Providence, RI*

### Friday

April 12, 2024

On-site Registration & Packet Pick Up

1pm-7pm

*Innovate Newport, 513 Broadway, Newport, RI*

### Saturday

April 13, 2024

Shuttles to Race Site

5:00am-2:00pm

(Pause between 7am and 8:30 am for race start)

Half Marathon & 5k Parking

*Aquidneck Corporate Park, 31 John Clarke Rd.,  
Middletown, RI*

Marathon Parking

*Second Beach, Sachuest Point Rd. Middletown, RI*

On-site Registration & Packet Pick Up

5:45am-7:45am

*Easton's Beach, Memorial Blvd., Newport, RI*

Race Start

6:30am - Marathon Early Starters (+5.5 hour marathon)

7:30am - Marathon Start

8:00am - Half Marathon Start

8:30am - 5k Start

noon - Beach Mile Start

*Easton's Beach, Memorial Blvd., Newport, RI*

Post Race Festival

9:00am-2:00pm - Beer Garden sponsored by Sam Adams Brewery

*Easton's Beach, Memorial Blvd., Newport, 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.

**ID MUST BE SHOWN AT  
PACKET PICK UP**

**Runners MUST  
pick up their packets in  
advance of race day.**

Only those that reserved Race Day Bib Pick Up may pick up their bibs on race morning. All others must be picked up Thursday or Friday.

**There is NO PARKING  
at Easton's Beach or  
Memorial Blvd.**

Cars parked will be ticketed  
and towed.

**Arrive Early!**

Shuttles will PAUSE between  
7am and 8:30am for the race  
start.

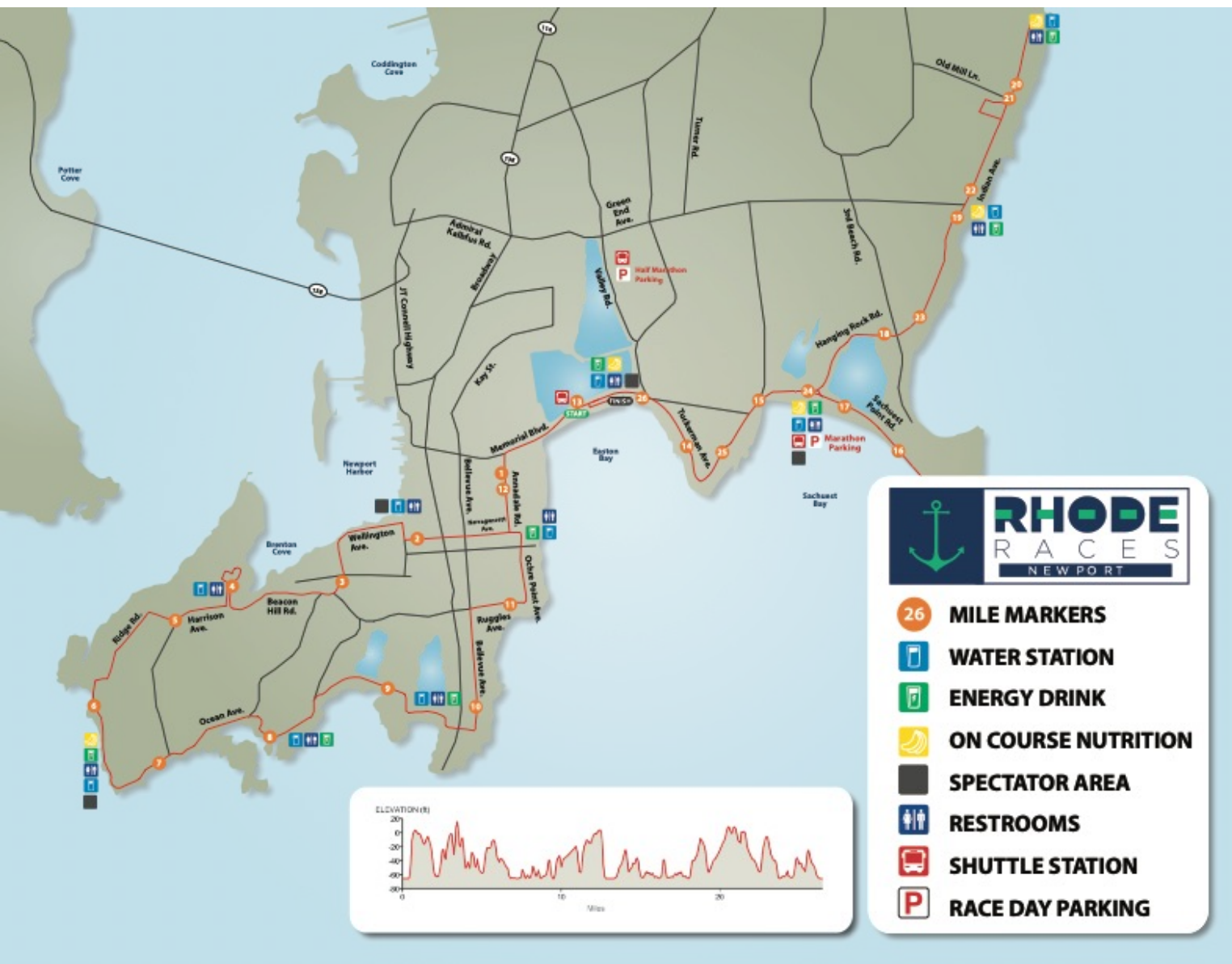
Please allow plenty of time on  
race morning to park in  
Middletown and take the shuttles  
to the race site.

Spectators are also welcome to  
ride the complimentary shuttles to  
the race start.

**Please stay off the  
sand dunes at Easton's  
Beach. They are a  
delicate ecosystem  
that help protect the  
beach's natural  
environment.**



# MARATHON and HALF MARATHON COURSE



[Interactive Google Map Link with Parking Lots](#)

# Race Day Info

## PARKING

There is NO PARKING at the start and finish area at Easton's Beach. There will be complimentary parking for all participants at designated lots. In order to accommodate the number of runners, there will be separate parking lots for the marathon, half marathon and 5k participants. FULL MARATHON participants park at Second Beach at 475 Sachuest Point Rd in Middletown, RI. HALF MARATHON and 5k participants park at the Aquidneck Corporate Park at 31 John Clarke Rd. in Middletown, RI. Please see the parking maps.

## ARRIVE AT LEAST ONE HOUR BEFORE YOUR RACE START

## SHUTTLES

Complimentary shuttles will provide continuous transportation for athletes and spectators to and from their respective parking lots from 5am to 2:00pm on race day. **There is a pause in shuttle service between 7am and 8:30am for the race start.**

## GEAR CHECK/LOST AND FOUND

Runners can check their gear at the Registration Tent. The Mobile Locker Co will also be on site for a more secure gear check. Lost and Found will be located at the Awards and Merchandise 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. The time limit to finish the marathon is a strict 6 hours while the time limit on the half marathon is 3.5 hrs. Walkers are welcome so long as they complete the course within the time limits. There is an Early Start option for those needing longer than 5.5 hours

## 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 start and finish by Easton's Beach. The post race recovery area will be located at Easton's Beach. Celebrations will include music, post-race food, Pappas/OPT Recovery Zone and one complimentary beer at the Sam Adams Beer Garden. Enjoy the vendors, walk the beach and snap a pic with our backdrop to create your memory of the Newport Rhode Race.

## MEDICAL

RI DMAT will be located at mile 6 and mile 19/22 on course and in the finish line area with Middletown EMT at mile 15/24. Roving gators and vehicles will also be available. Please see a volunteer at an aid station if you need assistance.

## AID STATIONS

Water will be available at every aid station and at the start and finish. Water, food and rest rooms will be available at all aid stations after mile 2. Please reference the course maps on the website for exact locations. Food at aid stations will consist of bananas as well as GU energy gels and Nuun electrolyte drink.

Half: mile 2, 4, 6.5, 8, 9.5, and 11

Full: mile 2, 4, 6.5, 8, 9.5, 11, 13, 15.5, 17.5, 19, 21.5, 22.5 and 24.

## INDIVIDUAL AWARDS

For the Full, 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

First Place 80+

First Place Non-Binary

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

## SPECTATORS

The best place for spectating includes Easton's Beach as well as Wellington Ave., Fort Adams and Brenton Point for both races. For the marathon, Sachuest Point Rd is also a good vantage point.

**BIBS MUST BE PICKED UP IN ADVANCE OF RACE DAY UNLESS YOU HAVE RESERVED RACE DAY PICKUP**



# NEWPORT 5k COURSE



**Joy Alert! This Race is in RaceJoy!**



Available for Apple  
and Android devices.

**Live Phone Tracking!**  
**GPS Progress Alerts!**  
**Send-a-Cheer!**

**RACEJOY**  
A RunSignUp Product

Share your race  
experience with  
supporting  
friends and family!

**Download RaceJoy Today!**

Questions?  
Email: [support@racejoy.com](mailto:support@racejoy.com)  
Website: [racejoy.com](http://racejoy.com)  
See RaceJoy Buzz Alerts or FAQ in App

Like us on Facebook to see what  
races are offering RaceJoy!



[www.racejoy.com](http://www.racejoy.com)

The advertisement for Wildfire Coffee Co. features a central image of a white cup of black coffee surrounded by coffee beans. The text 'WILDFIRE COFFEE CO' is in large, bold, orange letters, with 'BREW GOOD. DO GOOD.' below it. A logo of a flame inside a circle is at the top. At the bottom, there are three bags of coffee. A banner in the middle says 'CELEBRATE RACE DAY WITH 10% OFF A DRINK AT WILDFIRE COFFEE CO.' Social media handles '@WILDFIRECOFFCO' and 'wildfirecoffeecompany.com' are at the bottom.

Rhode Race - Newport



# HALF MARATHON & 5k PARKING

## HALF MARATHON PARKING DIRECTIONS

Half Marathon participants must park at the Aquidneck Corporate Park at 31 John Clarke Rd. Middletown, RI 02842

### From the Newport Bridge

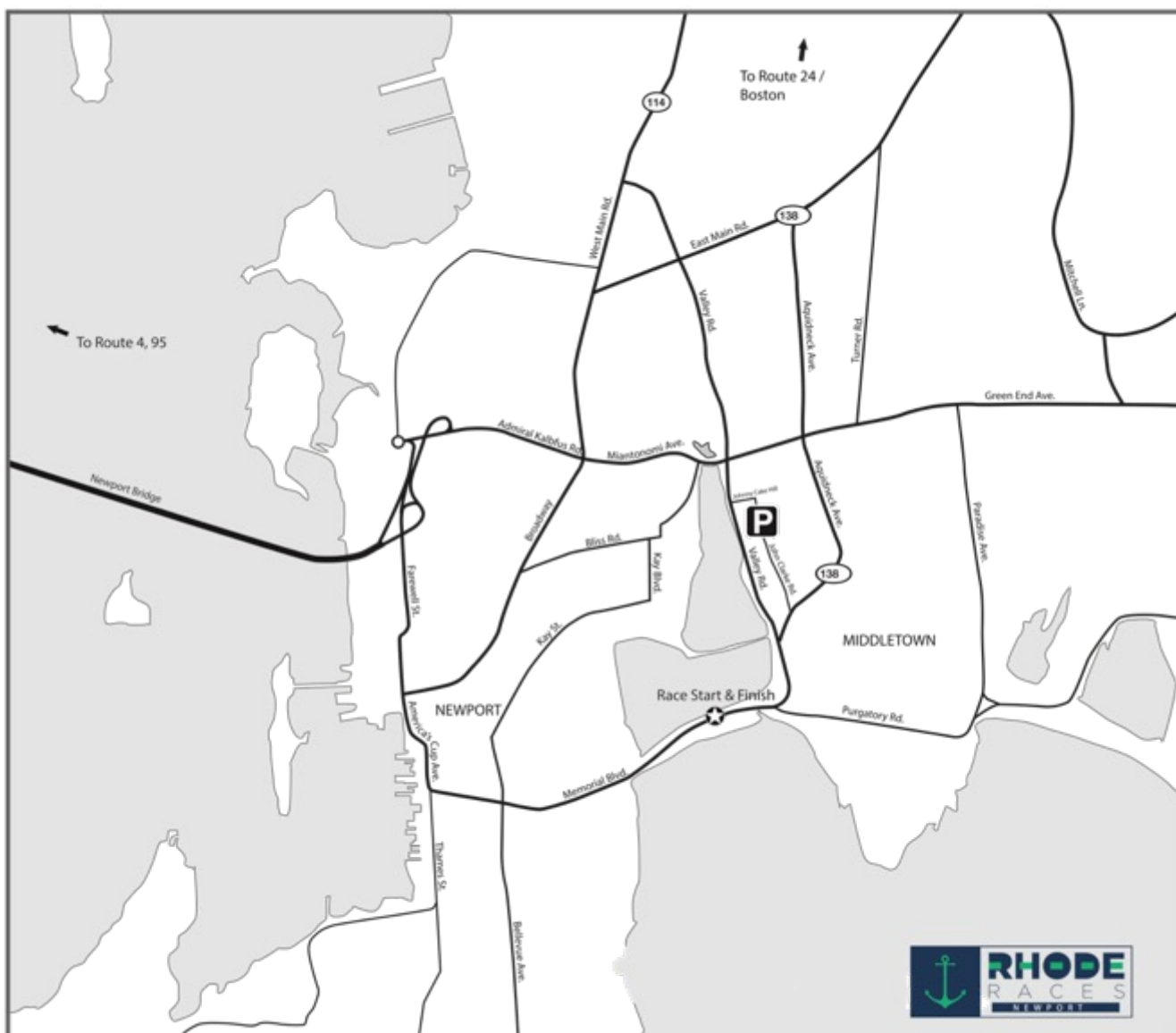
Stay STRAIGHT at end of Bridge towards Middletown  
Turn LEFT onto Admiral Kalbfus Rd  
Continue STRAIGHT on Miantonomi Ave  
Turn RIGHT onto Valley Rd  
Turn LEFT onto Johnny Cake Hill  
Turn RIGHT onto John Clarke Rd

### From West Main Rd.

Head South on West Main Rd towards Newport  
Turn LEFT onto Miantonomi Ave  
Turn RIGHT onto Valley Rd  
Turn LEFT onto Johnny Cake Hill  
Turn RIGHT onto John Clarke Rd

### From Downtown Newport

Head South on America's Cup Ave towards Bea  
Continue on Memorial Blvd  
Stay LEFT continuing on Aquidneck Ave  
Turn LEFT onto Valley Rd  
Turn RIGHT onto Johnny Cake Hill  
Turn RIGHT onto John Clarke Rd





# MARATHON PARKING

## MARATHON PARKING DIRECTIONS

Marathon participants must park at Second Beach at 475 Sachuest Point Rd, Middletown, RI 02842.

### From the Newport Bridge

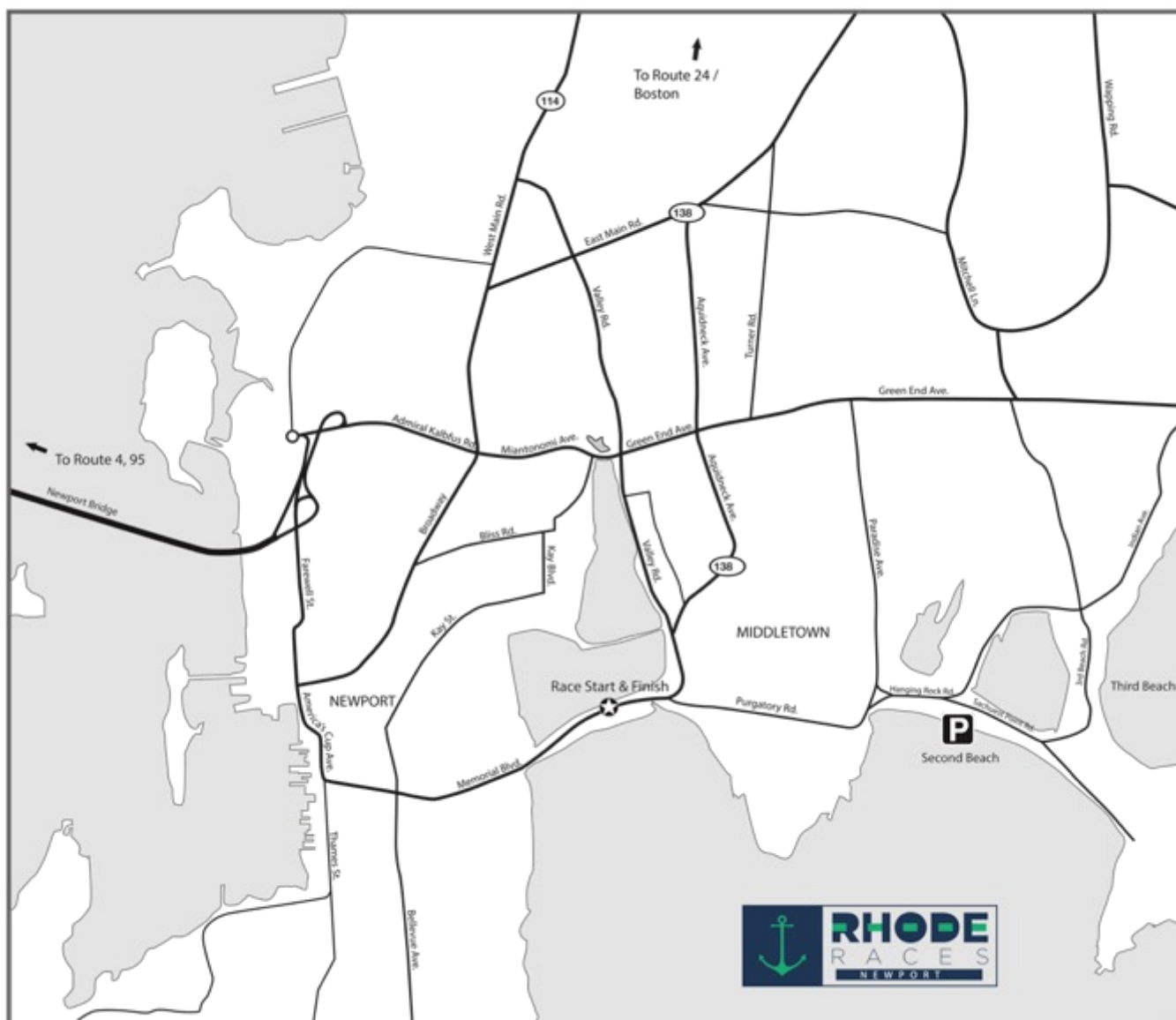
Stay STRAIGHT at end of Bridge towards Middletown  
Turn LEFT onto Admiral Kalbfus Rd  
Continue STRAIGHT on Miantonomi Ave  
Continue STRAIGHT on Green End Ave (through 2 traffic lights)  
Turn RIGHT onto Paradise Ave  
Turn LEFT onto Hanging Rock Rd

### From West Main Rd.

Head South on West Main Rd towards Newport  
Turn LEFT onto Miantonomi Ave  
Continue STRAIGHT on Green End Ave (through 2 traffic lights)  
Turn RIGHT onto Paradise Ave  
Turn LEFT onto Hanging Rock Rd  
Second Beach Parking lot is on the RIGHT

### From Downtown Newport

Head South on America's Cup Ave towards Be  
Continue on Memorial Blvd  
Stay LEFT continuing on Aquidneck Ave  
Turn RIGHT onto Crescent Rd  
Turn LEFT onto Purgatory Rd  
Continue on Paradise Ave  
Turn RIGHT onto Hanging Rock Rd (towards be



This event is zero waste, meaning we're working together to keep as much out of the landfill as we can. Check out the guidelines below and signage near waste stations to ensure you know where to toss any waste throughout the day.

## COMPOST



### **IF YOU CAN EAT IT, WE CAN COMPOST IT!**

FRUIT + VEGGIES • EGGS • DAIRY  
MEAT + FISH • NUTS • COOKED FOODS  
PAPER TOWELS • NAPKINS • CUPS

## RECYCLING



### **PLEASE RECYCLE ALL:**

CANS • BOTTLES • CARTONS • FOIL  
PLASTIC CONTAINERS • PAPER • CARDBOARD

## LANDFILL



### **PLEASE TOSS:**

PLASTIC BAGS, POUCHES, WRAPPERS  
PLASTIC WRAP • STRAWS • RUBBER BANDS

**Still not sure? Feel free to ask anyone with an Epic Renewal shirt!**

### **About Epic Renewal**

We are community composters working to build a zero waste world by keeping food waste out of landfills and using it to build healthy soils and nurture resilient and equitable food systems.

**LEARN  
MORE!**







**NEWPORT**  
APRIL 13, 2024  
FULL AND HALF  
MARATHON



**BRISTOL**  
JUNE 24, 2023  
HALF MARATHON AND  
2 PERSON RELAY



**JAMESTOWN**  
SEPTEMBER 30, 2023  
HALF MARATHON



**NARRAGANSETT**  
OCTOBER 29, 2023  
FULL AND HALF  
MARATHON

---

# RHODE RACES

## HALF MARATHON SERIES



Earn extra swag, enjoy entry discounts and race to be crowned the Rhode Master Champion

Join us for the remaining races and take the Running Tour with the most iconic locations Rhode Island has to offer.

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Add 2 or more races to be a part of the Rhode Races Half Marathon Series

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Get your exclusive  
sample pack offer today!

# ALOHA

Organic Plant-Based Protein

## Happy, Meet Healthy

**14g**

PROTEIN

**5g**

SUGAR (OR LESS)

**UP TO 10g**

FIBER

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**Protein Bar**



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 @aloha

### Good For You & For The Planet







IT'S JUICY. IT'S HAZY.  
IT'S WICKED.







**Girls on the Run 5k**

May 11, 2024



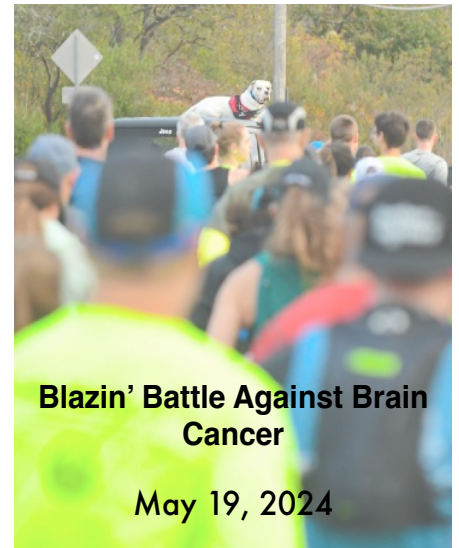
**The Wine Run at Leyden Family Farms**

June 2, 2024



**Gaspee Days 5k**

June 8, 2024



**Blazin' Battle Against Brain Cancer**

May 19, 2024

**Join us for more  
GREAT EVENTS**



**The Wine Run at  
Westport  
Vineyards**

September 15, 2024



**Pawtuxet River Run of the Mills 5k**

November 2, 2024

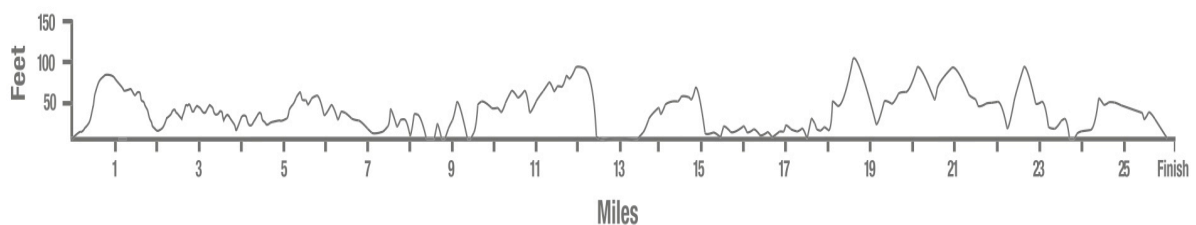
# Race Course Turn by Turn

## Turn by Turn Directions

START - Memorial Blvd heading west (in front of Rotunda)  
LEFT - Annandale Rd  
RIGHT - Narragansett Ave  
RIGHT - Marchant St  
LEFT - Wellington Ave  
STRAIGHT - Brenton Rd  
STAY RIGHT - Beacon Hill Rd  
STAY RIGHT - Harrison Ave  
RIGHT - Fort Adams Dr  
RIGHT - Fort Adams Dr (Towards Beach)  
LEFT - Through Sail Newport Parking Lot  
LEFT - Fort Adams Dr  
RIGHT - around perimeter of parking lot  
RIGHT - Fort Adams Dr  
RIGHT - Harrison Ave  
RIGHT - Ridge Rd  
RIGHT - Castle Hill Ave  
LEFT - Ocean Ave  
RIGHT - Coggeshall Ave  
LEFT - Bellevue Ave  
RIGHT - Ruggles Ave  
LEFT - Ochre Point Ave  
LEFT - Narragansett Ave  
RIGHT - Annandale Rd  
RIGHT - Memorial Blvd  
RIGHT - Easton's Beach  
HALF MARATHON FINISH - Easton's Beach  
Parking Lot

## MARATHON CONTINUES:

RIGHT - Memorial Blvd  
CONTINUE - Purgatory Rd  
RIGHT - Tuckerman Ave  
RIGHT - Paradise Ave  
RIGHT - Hanging Rock Rd  
TURN AROUND - Sachuest Point Rd  
RIGHT - Hanging Rock Rd  
CONTINUE - Indian Ave  
TURN AROUND - Indian Ave  
RIGHT - Mohawk Dr  
LEFT - James Ct  
LEFT - Cornelius Dr  
RIGHT - Indian Ave  
CONTINUE - Hanging Rock Rd  
LEFT - Paradise Ave  
LEFT - Tuckerman Ave  
LEFT - Purgatory Rd  
CONTINUE - Memorial Blvd  
LEFT - Easton's Beach  
MARATHON FINISH - Easton's Beach  
Parking Lot





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# FREQUENTLY ASKED QUESTIONS

## Where is there parking available?

There is NO parking and drop offs at the start/finish.

Full Marathon Parking will be located at Second Beach, 475 Sachuest Point Rd. Middletown, RI.

Half Marathon & 5k Parking Lot will be located at Industrial Park, 31 John Clarke Rd. Middletown, RI. Shuttles will run continuously starting at 5 am until 2pm, except from 7am to 8:30 am for the start of the races.

***THE LAST SHUTTLE BEFORE THE START OF THE RACE IS AT 7 AM. Shuttle service will resume at 8:30am.***

Allow yourself plenty of time to park, take the shuttle and pick up your race bib and timing chip. Spectators are allowed on the shuttles but we ask you allow the runner's on first.

## 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. We have partnered with RaceJoy to provide a comprehensive race communication experience. One feature of this robust app is live athlete tracking using your smartphone.

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

You may pick up your bib and register for the race at these times/locations:

- *Thursday from 4:00 pm- 7:00 pm at Rhode Runner, 657 N. Main St Providence RI.*
- *Friday from 1:00 pm- 7:00 pm Innovate Newport, 513 Broadway. Newport, RI*
- *Saturday from 5:45 am- 7:45 am at Easton's Beach. MUST BE RESERVED IN ADVANCE*

YOU MUST HAVE A PHOTO ID for bib pickup. ***Only those that reserved Race Day Bib Pick up will be allowed to pick their bib race morning, all other participants must pick up on Thursday or Friday.***

## 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 (half and full marathon), finish line food and beverage, on-course support, Recovery Zone by Pappas/OPT Physical Therapy, and free race photos, free athlete tracking via RaceJoy, and one free Sam Adams or Narragansett beverage (for those participants over the age of 21.)

## Will there be medals?

Yes. Medals will be awarded to all full and 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 – tentatively scheduled for 9:30am (5k), 11am (half marathon) and 12:30pm (full marathon)

---

**Is the course USATF certified?**

Yes, the marathon course is USATF certified.

**Is the Marathon a Boston Marathon Qualifier?**

Yes, the Marathon is a qualifying race for the Boston Marathon.

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

Aid stations are located throughout the half and full marathon course at approximate 2 mile intervals. Please reference [course map](#) for exact locations. Aid stations will have water and Nuun Hydration drink as well as portable toilets. Some additional aid stations will have GU energy gels and bananas.

**What do I do with my belongings at the start?**

There will be a gear bag check at the start in the Registration Tent. All gear must be placed in bags and any unattended bags will be discarded. Please do not leave anything valuable in our gear check, as Rhode Races & Events are not responsible for lost or damaged items. The Mobile Locker Co will be on site for a more secure gear check. Please visit [www.themobilelockerco.com](http://www.themobilelockerco.com) to learn more. Any clothing discarded at the start of the race will be donated to a local group home.

**Does the course have many hills?**

The course is moderately hilly. You can go to our website to check out the elevation map under the tab "Course." Please visit the "Course" tab on the website for full elevation and turn by turn directions.

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

There will be finish line medical and on course support at various locations throughout the route. Aid stations will have assistance.

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

Yes, there will be pacers running the half and full marathon for various finishing times. Look for them as they will be wearing singlets and carrying signs. Pacers will provide pace for a marathon time of 3:30, 3:45, 4:00, 4:30 and 5:00. The half marathon will have pacers at 1:40, 1:50, 2 hrs, 2:15, 2:30 and 2:45.

**Is there a time limit for any of the races?**

Yes there are time limits. The Half Marathon has a walker friendly time limit of 3.5 hours and the Marathon time limit is hard cut off of 6 hours. We have an Early Start option for those needing longer than 5.5 hours.

**Where are the best Hotels to stay?**

To find the race hotels click on the "Travel" tab on the Rhode Races Newport homepage

**When does registration close?**

Pre-registration closes on Wednesday before the race. You may still register online after this date if the race is not sold out, but no further changes can be made to shirt sizes, deferrals, transfers, etc.

**Can I push a stroller? Run with a dog?**

No. our insurance strictly prohibits dogs and strollers on the course, so they are not permitted. We will have to remove you from the race if you are running with a stroller or dog so please make other arrangements.

## Are course maps available?

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

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

Please send an email to [info@rhoderaces.us](mailto:info@rhoderaces.us) or visit on-site registration during bib pick up to switch race distance, if there are still available bibs in your new distance. If the new distance is sold out, you are not able to switch events unfortunately as our shirts and medals are event specific. Please note – if you are registered for the full marathon and finish your race at 13.1, you will be disqualified under USATF rules. Once you have picked up your bib, you cannot switch to the half marathon.

## 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?

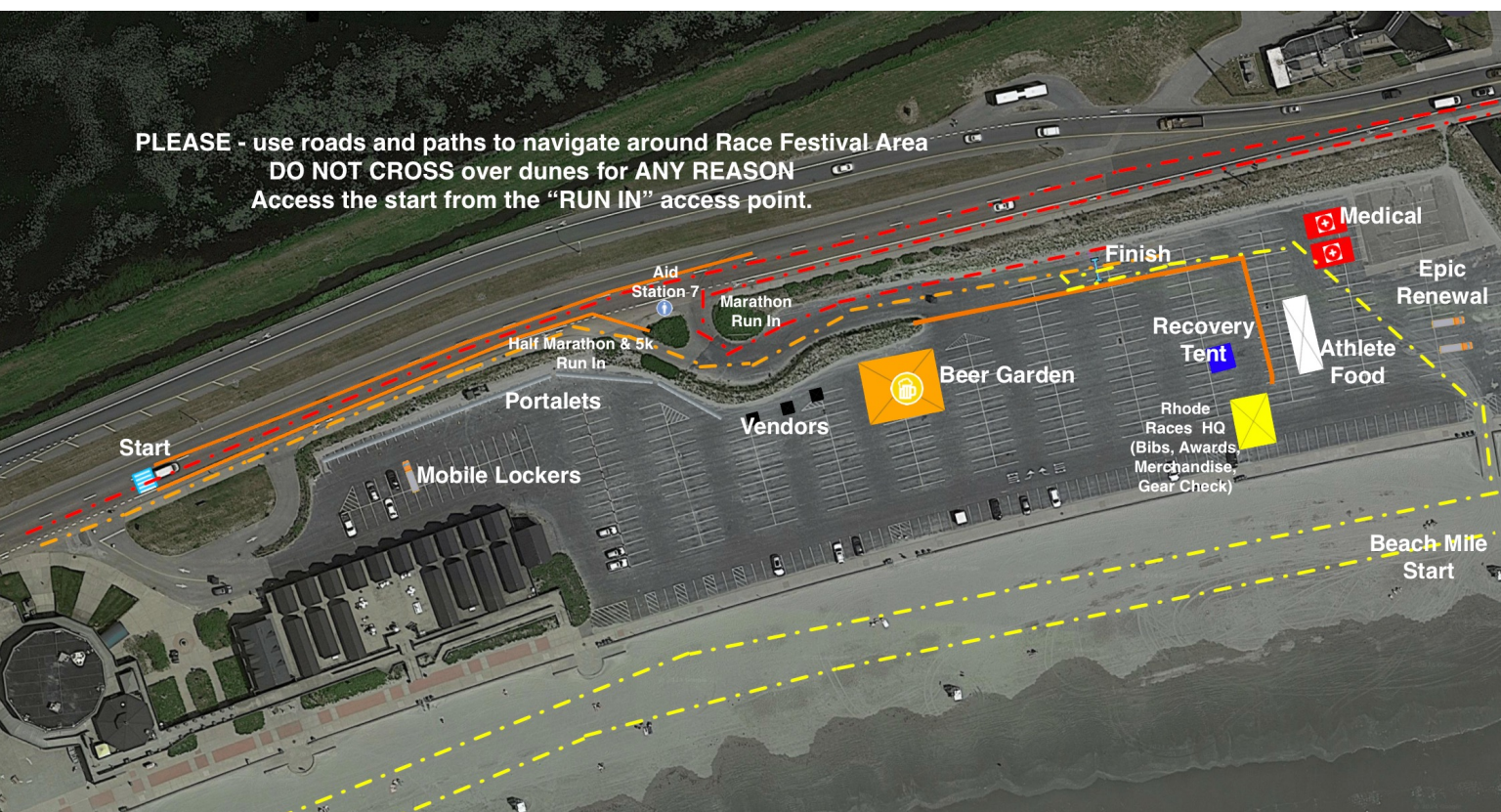
Due to the size of this race, it is not allowed. We would like to give all our participants ample room to finish safely.

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

The results will be posted on our Facebook Page and website by Sunday afternoon

## Are there restrooms along the course?

Yes. There will be port-a-johns located at every aid station on the course, generally every 2 miles. Please see the course map.





# Thank you to our Sponsors!



## April 13, 2024





# Time to Run.



topo

OOFOS®

asics

HOKA ONE ONE

g  
n

  
new balance

  
MIZUNO.

SAUCONY

 BROOKS

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CODE

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