



2019 ATHLETE GUIDE









Welcome to the 2019 Novo Nordisk New Jersey Marathon & Half Marathon weekend!

OVERVIEW

FRIDAY, APRIL 26 and SATURDAY, APRIL 27 Novo Nordisk NJ Marathon Race Exposition presented by Diadora

WHERE: (NEW Location!) Convention Hall, 1300 Ocean Ave, Asbury Park, NJ WHEN:

- Friday, April 26: 3PM 8PM
- Saturday, April 27: 10AM 6PM

WHAT: Race bibs and shirts, official race merchandise, beverages, and more!

SATURDAY, APRIL 27 RWJBarnabas Health Family Day, 5K and Kids Races

WHERE: The Great Lawn, Ocean Promenade, Long Branch, NJ WHEN:

- Race day registration and packet pick up opens at 8AM
- RWJBarnabas Health Family Day activities: 9AM 12PM
- 5K start: 9AM
- Kids Races: 10AM

WHAT: Running, entertainment, food vendors, face painting, carnival games, crafts, and more!

SUNDAY, APRIL 28 Novo Nordisk New Jersey Marathon, Half Marathon, Marathon Relay

WHERE: The marathon, half marathon, and marathon relay begin at Monmouth Park Racetrack in Oceanport and finish at the Ocean Promenade in Long Branch. WHEN: All distances start together at 7:30AM. WHAT:

- Point-to-point course travels through the diverse neighborhoods and business districts of Oceanport, Monmouth Beach, Long Branch, Deal, Allenhurst, Loch Arbour, Asbury Park and Ocean Grove.
- Flat, fast and with ample places for spectating. Post-race party overlooking the ocean afterward with music and a complimentary beverage.





NOVO NORDISK NJ MARATHON RACE EXPOSITION PRESENTED BY DIADORA FRIDAY, APRIL 26 and SATURDAY, APRIL 27

- The two-day Race Exposition is free and open to the public as well as all participants of the marathon, half marathon, marathon relay, 5K and kids races.
- We are expecting to host approximately 10,000 participants plus many more spectators at the Race Exposition.
- We will accept registration entries for all races at the Race Exposition on Friday, April 26.
- On Saturday, April 27, we can accept entries for the marathon, half marathon and marathon relay.
- Official race merchandise will be available for purchase at the Race Exposition and also on race day at the finish festival.

WHERE: (NEW Location!) Convention Hall, 1300 Ocean Ave, Asbury Park, NJ WHEN:

- Friday, April 26: 3PM 8PM
- Saturday, April 27: 10AM 6PM

WHAT: Race bibs and shirts, official race merchandise, beverages, and more!





RWJBARNABAS HEALTH FAMILY DAY, 5K and KIDS RACES SATURDAY, APRIL 27

Race Venue (Start and Finish) The Great Lawn, Ocean Promenade Long Branch, NJ 07740

- North of Pier Village and the Ocean Place Resort & Spa
- This is the same location as the finish line for the marathon, marathon relay and half marathon.

5K and Kids Races Registration

- Online registration is available for the 5K and Kids Races <u>HERE</u>.
- Late registration for the 5K and Kids Races and will be available on Friday, April 26, at the Race Exposition.
- Race day registration is available on Saturday, April 27, ONLY at the race venue (The Great Lawn, Ocean Promenade, Long Branch).

5K and Kids Races Packet Pick Up

- Race bibs and shirts can be picked up for the 5K and Kids Races at the following locations:
 - Friday, April 26: Race Exposition, 3PM 8PM
 - Saturday, April 27: Race Venue, 8AM
- PLEASE NOTE Race bibs for the 5K and Kids Races will NOT be available for pick up at the Race Exposition on Saturday, April 27. Come directly to the race site!

A full schedule of events is available <u>HERE</u>.

5K Awards

- A full listing of age divisions and awards for the 5K is available <u>HERE</u>.
- No awards will be given for the Kids Races.
- All participants in the 5K and Kids Races will receive a medal upon completing the race.

Family Festival, 5K and Kids Races Parking

• FREE parking will be available at Seven Presidents Park (just north of the race site) on a first-come, first-serve basis.





RWJBARNABAS HEALTH FAMILY DAY, 5K and KIDS RACES SATURDAY, APRIL 27 (Continued)

5K Timing

- Each 5K runner's race bib will have an b-tag affixed to the back. Be sure to not crimp the tag.
- Be careful to not switch bibs with family runners, hotel roommates, etc.
- You must wear the race bib on the front of your body on your outermost layer of clothing so you can be clearly identified at all times.

5K and Kids Races / Course Maps

Location of start, finish, and the aid station are indicated on the following course maps:

- <u>5K Map</u>
- <u>1/4 Mile Map</u>
- <u>1/2 Mile Map</u>
- <u>1.2 Mile Map</u>

On Course Safety

- Regular or jogging strollers, are allowed in the 5K race and are requested to start at the rear of the field, always yield to faster runners, and communicate and use extreme caution when overtaking runners.
- Bikes, skates and similar conveyances are NOT permitted on the Saturday course.
- Pacers on bicycles are NOT allowed on course.
- We strongly recommend that you do not use headphones during the races. It is important to be aware of your surroundings, including fellow runners and the possibility of errant traffic or emergency personnel traffic on the course.

5K Results

• 5K Results are hosted by Athlinks <u>HERE</u>.





Race Venue / Start Location Monmouth Park Racetrack 175 Oceanport Avenue Oceanport, NJ 07757

Race Venue / Finish Location

The Great Lawn, Ocean Promenade Long Branch, NJ 07740

• North of Pier Village and the Ocean Place Resort & Spa

Security / Start Venue

- Athletes will be provided with one race-issued clear bag at the Race Exposition.
- Only the RACE-ISSUED CLEAR BAG distributed at the Race Exposition will be allowed in the start venue area.
- Athlete equipment must be placed within the race-issued clear bag in order to enter the start venue area race morning.
- If you arrive at the entrance to Monmouth Park Racetrack with a bag other than the official race-issued clear bag, you will need to either leave your bag in your vehicle before heading to the start area or transfer all of your items into a race-issued clear bag.
- If necessary, you will need to return to your vehicle to leave your non-clear bag or hand it off to your support crew as it will not be permitted into the start venue.
- Fanny packs, hydration belts, water bottles and/or small hydration-only packs will be allowed but are subject to search at any time.
- Backpacks, duffle bags, drawstring bags or similar non-translucent bags will NOT be permitted.

Marathon, Half Marathon, Marathon Relay Start Time

- Athletes in wheelchairs will start at 7:29AM followed at 7:30AM in waves by the rest of the corrals numbered and colored 1 through 7.
- Runners must start in the assigned corral or risk being disqualified for an invalid finish time.





Marathon and Half Marathon Registration

- Online registration is available for the marathon, half marathon, or marathon relay through Friday, April 26. To register: <u>click here</u>
- Onsite registration for the marathon, half marathon, or marathon relay will be available on Friday, April 26, and Saturday, April 27, at the Race Exposition located at Convention Hall in Asbury Park.
- There will be no Race Day Registration on Sunday for the marathon, half marathon or marathon relay.

Marathon Relay Registration Details

- Registration is started by a Relay Captain who creates the team name and category and pays for the team while completing their own entry.
- The relay team members need to also complete entries, selecting the 4person Marathon Relay choice, Join a Team, the team category and then selecting the team name the Captain created to be added to that roster.
- Any changes in team members will need to be requested by email to <u>gail@runpacers.com</u> prior to April 21.

Packet Pick Up / Locations

- Packet pickup for the marathon, half marathon, and marathon relay is offered at the Race Exposition presented by Diadora, located at Convention Hall in Asbury Park.
- Hours are:
 - Friday, April 26: 3:00PM 8:00PM
 - Saturday, April 27: 10:00AM 6:00PM

Race Day Packet Pickup (Sunday)

- This athlete amenity requires an advance purchase of \$25.
- This can be purchased as you complete your race entry online or as an addon item through 12PM, Sunday, April 21.
- To purchase this add-on item, please <u>click here</u>





Race Bib Assignment and Identification

- The NJ Marathon utilizes dynamic bib assignment, providing you with your bib number as you collect your packet.
- You will be required to present a government-issued photo ID at the Race Exposition in order to pick up your race bib.
- Race bibs and t-shirts may be collected for all races by another person.
- If you need to have someone else pick up your packet, be sure to confirm your registration to ensure that you are registered and provide a copy of your photo ID to the person collecting your packet for you.
- If you are picking up a packet for other entrants, you will be limited to a maximum of 5 packets including your own as one. Be sure to bring photo IDs for every entrant for whom you are picking up.
- For the 4-person Marathon Relay, the entire 4-runner packet will be distributed at one time at the Relay table of Solutions. This can be to the Captain or to a designated team member. A full runner roster with all team members registered online thru their own entries will be required to release a team packet.
- The SOLUTIONS table at the Race Exposition will be ready to make any needed updates to your race record, race distance, bio information, etc.

Diadora Race T-shirt

- At all packet pick up locations, you can collect the Diadora race t-shirt in the size you specified during online registration.
- There will be a race t-shirt exchange after the race at the RESULTS / T-SHIRT EXCHANGE tent in the finish festival.

Race Categories and Awards

• A complete list of age divisions and categories can be found <u>HERE</u>.

Special Categories

- Specially-abled participants are welcome in all NJ Marathon race distances.
- Please review details on the respective race web pages found <u>HERE</u>, particularly the pace requirement for crank hand-cycle chairs.





Pace Team

- The NJ Marathon is privileged to be served by a full team of both marathon and half marathon pacers.
- Members of the pact team will be wearing brightly colored singlets, special race bibs, and carrying finish time signs overhead.
- Pace team members will be matched to the projected run times for each corral.
- Look for the pace team members in your corral on race morning.
- Details on members of the pace team can be found <u>HERE</u>.
- Members of the pace team will be available to answer your questions at the Race Exposition presented by Diadora.

Charity Partners

- The NJ Marathon has important partners in local and national communities in our non-profit and charity affiliates.
- Please consider being a fundraising athlete and/or making a direct donation to these special providers.
- Complete details can be found on the NJ Marathon website <u>HERE</u>.

Parking / Start Venue

- Parking is FREE to all runners on Sunday, April 28, at the Start Venue located at Monmouth Park Racetrack.
- The parking lots at the Start Venue open at 5:00AM.





Parking / Finish Venue

- A limited number of Finish Area parking passes are available through registration or the add-on items purchase form for the spots at Seven Presidents Park in Long Branch.
- You will receive your purchased Finish Area parking pass via email during race week.
- The Finish Area parking lot will open at 5:30AM on Sunday morning and tickets will be collected upon ENTERING the lot.
- There is no provided transportation on race morning from the Finish Area parking lot to the race start.
- PLEASE NOTE: At 7:45AM Sunday morning the Finish Area parking lot can only be accessed from the North – driving directions will be on the parking pass.
- PLEASE NOTE: You will not able to access Ocean Blvd via Joline between 7:30AMand 10:00AM

Race Day Buses from NYC / Javits Center (Sunday)

- Race morning buses departing from NYC / Javits Center will be open to athletes and spectators.
- Athlete tickets INCLUDE Sunday packet pickup for \$35.
- Additional spectator bus tickets can be purchased for \$15 each.
- Tickets for these buses must be purchased in advance when registering or in the add-on purchase capability.
- There is no return bus to NYC after the race. Athletes will need to make separate arrangements. There are regularly scheduled NJ Transit trains from the Long Branch station.

Lodging

- We have secured excellent rates for many local accommodations.
- Our partner hotel information and booking details can be found <u>HERE</u>.





Predicted Pace and Start Corrals

- Athletes are asked to provide a predicted finish time during registration for their selected race distance Marathon, Marathon Relay, Half Marathon.
- Corrals are assigned to each runner based on that projection.
- A sticker for the corral number and color will be affixed to the front of each runner's race bib.
- For course safety, for accurate timing and scoring, it is REQUIRED that all runners start in the numbered / colored corral noted on their bib or risk being disqualified for an invalid finish time.
- The start timeline moves very quickly race morning spanning 14 minutes from first to last runner to begin their race.
- There will be course marshals in the start chute to help you to get into the correct corral.
- Requests to switch a corral to run with a friend is only fine when moving back in corral and not moving forward.

Race-Issued Clear Bag / Gear Check

- Sunday races will have a race-issued clear bag / gear check area near the start line and a bag pickup area near the finish line.
- The race bib has a tear-away tag that is to be laced through the Race-Issued Clear Bag drawstring for identification.
- Look for signs for "Bag Drop" and "Bag Pickup."
- Race-Issued Clear Bags will be transported from the start area to the finish venue and made available after you complete your race.
- Security measures dictate that only the race-issued clear bag can be used to both enter Monmouth Park Racetrack on race morning and as the check gear bag for transport to the finish area.
- All athlete belongings must be placed within the race-issued clear bag. Gear Check trucks will depart from Monmouth Park Racetrack at 7:30AM sharp.
- All bags must be handed off to the Gear Check volunteers at the trucks no later than 7:25AM.
- Note Please DO NOT leave valuables in your race-issued clear bag as we cannot be responsible for the contents.
- Be sure to leave your clear gear bag ONLY in the designated areas. Bags left unattended at the start venue will be discarded due to security guidelines.
- Any items of clothing, food, gear dropped at the start line or along the course will either be donated to charity or destroyed by the authorities.
- Race-issued clear bags can be collected post-race in the athlete section of the finish area. Please see post-race section for details on festival area security requirements and athlete gear bags.





Individual Runner Timing

- Each runner's race bib will have an electronic b-tag affixed to the back.
- Be sure to not crimp the tag.
- Be careful to not switch bibs with family runners, hotel roommates, etc.
- You must wear the race bib on the front of your body on your outermost layer of clothing so you can be clearly identified at all times.
- On Sunday, timing splits will be recorded at the start, finish, mile 6.2, mile 13.1, and mile 20.

Timing Clocks

• There will be no clocks for personal timing on the full marathon or half marathon course.

MARATHON RELAY / Timing

- Each team member will wear one of 4 identical bibs which do NOT have a b-tag. The team will be issued one hard timing chip affixed to a strap.
- The chip with the strap will serve as the team hand-off baton and will be turned in at the finish in exchange for 4 finisher medals.
- The strap can be worn around the ankle or wrist or carried in the hand.
- Each member must wear their race bib on the front of their body on the outermost layer of clothing so can be clearly identified at all times.
- A relay bib also serves as a relay transition shuttle pass.
- Split timing with mats will be collecting data at the relay transition locations, 8.6M, 15M, 22.1M, 26.2M.
- **IMPORTANT NOTE**: There is a course cut off at mile 11.5 at 10:30 a.m. Any runner who does not reach this point, will be directed to complete the Half Marathon course. Any runner who is directed to the Half Marathon course, will not reach the transition 2 location. If your partner does reach this point by 11:25, the third leg runners should start their run at this time.

MARATHON RELAY / Team Transitions

- First leg Approximately 8.6 miles, will begin at the Start Line and end at the First Relay Transition Area on Long Branch Avenue between Avenel and Chelton Ave (Lenna W. Conrow Elementary School)
- Second leg Approximately 6.4 miles, will start at the First Relay Transition Area and end at the Second Relay Transition location at Ocean Ave and Parker Ave in Deal, Mile 15 (in front of Deal Casino)
- Third leg Approximately 7.1 miles, will start and end at the Transition Area at Ocean Ave and Parker Ave in Deal, Mile 22.1, (in front of Deal Casino)





- Fourth leg Approximately 4.1 miles, to the finish at Long Branch Ocean Promenade.
- Staff will be onsite at transition to help with any questions and to ensure that each team completes the baton-strap hand-off properly.

MARATHON RELAY / Team Transportation

- Shuttle buses will be staged at the start venue and will transport athletes who are running the second, third or fourth leg of the relay to their respective locations.
- IMPORTANT The Shuttle transporting runners from the start area to the first transition area will leave Monmouth Park at 7:30AM SHARP. This is the SAME TIME as the race start. All athletes who are running the first leg of the relay will not be able to watch the start and hope to get on the shuttle bus.
- Shuttles transporting runners to the second transition location will depart from the start venue at 8:00AM.
- Shuttles transporting runners who will run the fourth leg of the relay will depart the start venue at 8:45AM.
- Shuttles will take runners from each transition area to the finish area running continuously until approximately 1:30PM.
- Relay runners are not required to use our shuttles for transportation but absolve the NJM from responsibility for safety and timeliness if not.

MARATHON RELAY / Team Reunion

• The relay team shuttles will drop team members at the main bus depot location in front of the Ocean Place Resort. The last leg runner will collect all 4 Relay Finisher medals and runners can meet past the chute in the finish festival area.

Marathon, Half Marathon and Marathon Relay Course Details

- The Point-to-Point course is USATF certified, a great Boston qualifying race, and is very fast and virtually flat course (few very gentle rolling stretches and bridge crossings).
- Full details can be found <u>HERE</u>.





On Course Emergency Alert System

- An Emergency Alert System has been implemented for the Marathon and Half races. Flags will be positioned throughout the course to alert athletes of race conditions. On race day, please take note of the flags and heed the instructions associated with each color. Flags will be at every aid station, the start and finish line.
- GREEN FLAG: Proceed as normal.
- YELLOW FLAG: CAUTION Slow down, use caution and drink plenty of water.
- RED FLAG: EXTREME CAUTION Slow down, use extreme caution and drink plenty of water due to dangerous weather conditions. Timing of the event has stopped and no awards will be issued.
- BLACK FLAG: STOP Seek shelter immediately in the event of a weather emergency. The race has been canceled due to extreme conditions or course emergency such as lightning, tornado, or natural disaster.

On Course Safety

- Regular or jogging strollers, bikes, skates and similar conveyances are not permitted on the Sunday course.
- Pacers on bicycles are not allowed on course.
- We strongly recommend that you do not use headphones during the races. We all need to be aware of our surroundings, including fellow runners and the possibility of errant traffic or emergency personnel traffic on the course.
- Please take time to notice spectators, bands and the beautiful scenery.

Course Maps <u>HERE</u>

Course Turn By Turn HERE

Aid Stations

- Aid Stations and Medical Tents are marked on the Marathon and Half Marathon course maps.
- Electrolytes and water will be available at all aid stations.
- Gatorade (Regular) Formula (lemon-lime) will be available at each aid station with Gatorade served first as you approach the stations and water served second.
- There will be Honey Stinger energy gels (Fruit Smoothie, Vanilla and Mango Orange) available at miles 7.9, 15.8, and 21.3, and bananas at miles 13.3 and 23.6.





Portable Toilets

• Portable toilets will be available at the start and finish and along the course at every aid station.

Time Limits

- Marathon and Marathon Relay All runners must complete the 26.2 mile course in 6 hours and 30 minutes (approximately 15 minutes per mile). There will be three cutoff locations that will be enforced.
- Half Marathon All runners must complete the 13.1 mile course in 3 hours and 15 minutes (approximately 15 minutes per mile) with one cutoff location.
- MILE 5.7 ALL runners must reach Mile 5.7 by 9:15AM. After 9:15AM, instead of making the left turn on Patten Avenue, athletes will be directed to bear right to Florence Avenue. Runners will then turn left at Atlantic Avenue, and rejoin the course as they turn right onto MacArthur Avenue at mile 8.3 (eliminating 2.3 miles from the Half course or 15 miles from the Marathon).
- MILE 11.5 All Marathon and Marathon Relay runners must reach the 11.5 mile mark in 2 hours and 50 minutes or less. After 10:35AM, no Marathon or Marathon Relay runners will be permitted to make the right turn onto Ocean Avenue and all runners will be directed to finish the Half Marathon course.
- MILE 17.2 All Marathon and Marathon Relay runners must reach the 17.2 mile mark (Boardwalk in Asbury Park) by 11:55AM. After this time, instead of turning right and heading south on the boardwalk, runners will be directed to turn left and head toward the finish line (eliminating 2.8 miles of the course).
- FINISH LINE Finish line for all will close at 2:30PM.

Shuttle Buses

- In addition to the relay transition buses, the NJ Marathon offers a free shuttle bus service between the start area to the finish area, and the finish area back to the start area throughout the day (post-race only - the shuttle will NOT get a runner to the start).
- These free shuttle buses are available to both runners and spectators. The buses will begin running from the Monmouth start area to the finish as soon as the road is clear of runners.





Spectating Best Spots

- The point-to-point courses for the marathon, half marathon and marathon relay are "spectator friendly". Bring a noise-maker and a strong voice to cheer.
- Best suggested viewing locations include:
 - Finish area: On the Ocean Promenade in Long Branch.
 - Eastern end of Broadway (Mile 9.4): A short walk across Ocean Blvd. from the finish line brings you to Broadway (the future location of the Broadway Arts Center).
 - Pier Village is at miles 12.8 (half and relay) and 25.9 (marathon): In addition to being a great vantage point, it's also a great place to relax during the races as it is full of shops and restaurants right at the beach!
 - Corner of Ocean Avenue and Brighton Avenue, West End and Long Branch: This beautiful, tree-lined stretch is closed to traffic (park west of Second Avenue) and is at mile 11.5 of the marathon, half marathon and relay. At mile 24.5 of the full marathon it comes back north toward the finish line. This avenue is full of shops and restaurants. The beach is one block east.
 - Asbury Park Boardwalk: The Boardwalk in Asbury Park is another great location to watch the full marathon. The stretch of Boardwalk south from Convention Hall is lined with shops and restaurants and is another great location to relax and watch the race.
 - Ocean Grove between the Great Auditorium and Ocean Avenue: At this southern most point of the Marathon course the street is lined with B&Bs and pleasant ocean views. This is the point of the race when many of the marathoners start to have difficulty and would greatly appreciate your encouragement. Please cheer them on as they turn north toward the finish line, which is still about seven miles away.

Athlete Tracking and Results

- Complete results details can be found <u>HERE</u>.
- All Results will be hosted through Athlinks <u>HERE</u>.
- The NJ Marathon will be offering Sunday race-day tracking though Athlinks, which will map runners through our six timing points.
- The Athlinks app can be downloaded <u>HERE</u>.





Finish Festival / Security Measures

- For the safety of athletes, spectators, volunteers and staff, security will be extremely tight.
- NO bags of any kind can be permitted to enter the finish venue. This restriction INCLUDES the race-issued clear bags, and purses, backpacks, diaper bags, etc.
- There will be police security checkpoints at all entrances to the finish festival specifically checking to stop any bags from entering.
- As an athlete finishing your race, retrieve your race-issued clear bag from the Gear Check area, locate what you want from your bag, use the changing tents and then return your bag to Gear Check to be able to re-enter the festival to celebrate. If you leave the Gear Check area WITH your race-issued clear bag you will be directed to the venue exit.
- Spectators should leave all bags in their vehicles as any spectator who has a bag will be asked to be rid of it before they will be permitted to enter the venue.

Marathon and Half Marathon Awards

- On race day, the first 3 Overall Male and Female Marathon and Half Marathon finishers Awards will be presented onsite in the festival area as soon as placing has been verified.
- All Age Group Awards will be mailed two weeks after the race.

Entertainment

• Plan to stay a bit and celebrate post-race in the festival area - enjoy the entertainment planned for your celebration!

Photos

- There will be photos taken on course, and at the finish line by MarathonFoto.
- There will also be a NJ Marathon Photo Booth for posing for those memorable finish area shots.

Finisher Certificates

- The Athlinks results capability for custom Finisher Certificates will are available for everyone to commemorate their achievement.
- Photos and Certificates will be available through the results <u>HERE</u>.





2020 NJ Marathon

- Registration will open in the early weeks of May 2019!
- Please check the NJ Marathon website for the most up-to-date information!