

2019 New Jersey Race Weekend Logistics

The Expo/Packet Pickup

- Located at the Convention Hall at 1300 Ocean Ave, Asbury Park
- **Hours:** Friday 3-8; Saturday 10-6
 - If you are running the 5k, you must pick up your 5k bib either on Friday or at 8am on Saturday before the 5k
- This race uses dynamic bib assignment, which means you will not be assigned bib number(s) until you pick up your packet(s) at the expo
- You will be assigned a start corral for Sunday – please use your assigned corral. If you need a new corral, see the race folks at the expo.
- You must have a photo ID to pick up your packet(s).
- You can pick up a maximum of 5 packets. If you are picking up for others, you must have a copy of their photo ID.
- You will be given a clear plastic bag – THIS IS THE ONLY BAG ALLOWED FOR GEAR CHECK

5K Information

- **Location:** The Great Lawn, Ocean Promenade, Long Branch, NJ (same as finish for Sunday races)
- Park at Seven Presidents Oceanfront Park (“first come, first served”)
- **Starts @ 9AM**
- Our group will meet for group picture at 8:30 AM (location TBD once we get down there and can scope out an exact location)

Half/Full Information

- **Start Location:** Monmouth Park Racetrack at 175 Oceanport Ave, Oceanport, NJ
- **Finish Location:** Ocean Promenade, Long Branch, NJ
- Park at racetrack (parking opens @ 5:00 AM)
- Shuttle busses will take us back to start (runners & spectators) after we’re done celebrating at the finish venue
- **Both races start at 7:30 AM**
- Check your gear (MUST USE CLEAR BAG PROVIDED AT PACKET PICKUP) by 7:25 AM. Do not store valuables in your gear check bag. Be sure to pack a change of clothes and any desired post-race nutrition.
- Our group will meet for group picture at 6:45 AM (location TBD once we get down there and can scope out an exact location)
- Pacers are available (more information available on the NJ Marathon website)
- Discarded clothing will be donated
- Full time limit: 6:30
 - Must reach mile 5.7 by 9:15 AM
 - Must reach mile 11.5 by 10:35 AM
 - Must reach mile 17.2 by 11:55 AM
- Half time limit: 3:15
 - Must reach mile 5.7 by 9:15 AM

- Location of aid stations/medical tents indicated on course maps (available via Athlete Guide – see our resource page)
- Gatorade (**regular** formula, lemon-lime) and water at all stops – Gatorade will be offered first, water 2nd
- Portable toilets will be available at the start and finish and along the course at every aid station
- Honey stinger gels offered at 7.9, 15.8, and 21.3
- Bananas offered at 13.3 and 23.6

Important Finish Venue Information

- When you finish your race on Sunday, proceed to the gear check to get your things.
- Use a changing tent (located near gear pick up area) to change into dry, warm clothes and get out any post-run nutrition you want to use
- YOU MUST RECHECK YOUR BAG if you want to enter the finish venue. NO BAGS OF ANY KIND WILL BE ALLOWED IN THE FINISH VENUE, including the clear plastic bag you used for gear check. This includes spectators – no bags allowed.
- Inside the venue, you will find our tent (along with lots of other fun stuff going on).
- **If you would like us to store lawn/beach chairs for you, please bring them to the store by Thursday, 4/25/19, at 8:00 PM. We will bring them to the finish venue on Saturday before the race where they will be stored with our tent until you get to the finish area on Sunday.**

Runner Tracking

- Download the Athlinks App (runners – you will create a profile and it pulls up all of your old races – very cool!)
- Spectators/Supporters should click on “Discover” and select the race (should be available on the app next week). From there they can search for the runners they want to track.
- Notifications will be sent when runners start, cross the mats at 6.2, 13.1, 20, and finish. Live tracking is not available.

Other Important Stuff to Know

- Your bib must be worn on the FRONT and on your outermost layer at all times. This is essential to proper timing
- Athlete Guide has many recommend spectator spots