

# Eastern States 20 Mile Run for the Border Half Marathon FAQ

## ***Can I register on race day?***

Yes, at the Traip Academy in Kittery for the 20-mile starting at 8:30 a.m. and Wallis Sands Beach In Rye for the half marathon, starting at 9:15 a.m.

## ***When and where can I pick up my race packet?***

To make sure your race morning goes as smoothly as possible we encourage you to pick your packet up at Runner's Alley, [104 Congress St, Portsmouth, NH](#) on either Friday from 2 to 4 pm or Saturday from 10 am to 4 pm. All racers will receive 15% off at Runner's Alley during those times. A great opportunity to pick up last minute race essentials. In addition, you can pick up your race bib and shirt on race day, before the start.

## ***How does the bus work?***

20-mile runners will be bused to the start at The Traip Academy High School in Kittery. Buses will load at the Winnacunnet High School parking lot in Hampton from 7:15 a.m. to 9:20 a.m., when the last bus will promptly leave. Please note this a new location for the bus departure this year!

Half marathon runners will be bused to the start at Wallis Sands beach. Buses will load at the Winnacunnet High School parking lot in Hampton from 8:15 a.m. to 9:20 a.m., when the last bus will promptly leave.

To avoid having to wait to board the bus in Hampton, please arrive early to use one of the early buses. The post-race party and awards ceremony will also take place at the Winnacunnet High School in Hampton. Shuttle buses will bring you back to the high school from the finish line after the race.

## ***Do I have to take the bus?***

No. If however, someone is picking you up at the finish, please be advised it is extremely congested at the finish line. Your ride will have to park on Route 286, before the intersection at Route 1A. There is an empty lot at the fireworks store right before you reach 1A.

## ***Where is the start?***

The start of the 20 mile is in front of the Kittery Library, a short walk from the pre-race gathering at the Traip Academy. The start of the half marathon is at Wallis Sands State Beach in Rye, on route 1A.

## ***Can I park at the start?***

There is VERY limited parking at the Traip Academy. There is parking at Wallis Sands (half marathon), but please be advised there is NO return bus service to these locations after the race.

### ***Where is the finish?***

The finish is on Bay State Road in Salisbury, just beyond the state line and the Route 1A and 286 intersection.

### ***Can someone pick me up at the finish line?***

Yes. Again if someone is picking you up after the race, see above for parking instructions.

### ***Is there baggage transport?***

Yes, please have your bag well secured and clearly marked with your race number (they will be posted before the race) and bring it with you to the start. We will provide bag tags if needed. Your bag will be returned by bus to the finish line, where a race volunteer will help you retrieve it.

### ***Is there a course map I can see somewhere?***

A course map can be found by clicking this link:

<http://www.gmap-pedometer.com/?r=7026876>

The half marathon follows the final 13.1 miles of the 20-mile route.

### ***Wait, this map says the race is 20.25 miles!***

In fact, it is. To make sure the race gets the three different states included in the route, you will get a bonus quarter mile. We will have a 20-mile split included in the results.

### ***Is the course hilly?***

No, it is fairly flat, and in fact a small, net downhill from the start of the 20-mile to the finish. Another reason why it is good training for the Boston Marathon!

### ***Can I start the race early?***

No, unfortunately, we cannot allow official runners to start early. Our permits, police coverage, and bridge crossings prohibit the race from offering this option.

### ***How can I make sure I stay on course?***

Studying the course map (referenced earlier) is a good place to start. If you are in the main pack, following the runners ahead of you should keep you on course. Once the race turns left onto Route 1A just past mile 2, it stays on that road the rest of the way, aside from a half-mile inland detour at mile 12.5. There is an aid station with volunteers to direct you at that point. Just past mile 11, Sea Street curves right off of 1A. You need to keep left to stay on 1A. It is clearly marked in orange painted arrows.

We do have a lead pace car, but that will only be ahead of the first runner. Sometimes that runner can get away from the pack, so if you are fast, study the route. Regardless of speed, if you get to a major intersection and are not sure where to go, ask the detail officer we have on duty.

### ***Are the miles marked?***

Yes, all miles are marked in orange paint on the road, visible and easy to see from a distance.

### ***Is there anything interesting to see on this route?***

Without a doubt, this is one of the singular most scenic races in New England. After crossing the new Memorial Bridge at mile 1, you will run through downtown Portsmouth. At mile 4 you will run by Odion State Park's wooded forests and marshlands. Stunning seaside views of the ocean will accompany you from mile 6 all the way down the course, into Hampton Beach. After running over the Seabrook Bridge at mile 18, the final two-mile stretch along the dunes and cottages will bring you to the finish line in Massachusetts.

### ***Is there a time cutoff? Can I walk the race?***

Yes, the time cutoff is 4.5 hours for the 20-mile and 3.5 hours for the half marathon. You will need to be at mile 10 by 2 hours 15 minutes in 20-mile to continue to the finish. So if you can sustain that pace walking, you are welcome to participate.

### ***Where is the best place for my family/friends to see me along the route?***

The beach parking lots are good viewing points, and have easy parking access. Wallis Sands in Rye, Jenness Beach in Rye, and North Beach in North Hampton are a few.

### ***How many aid stations are there along the route?***

There will be six aid stations on the 20-mile course, at miles 3, 7, 10, 12.5, 15, 18. (For the half marathon, miles 3, 5.5, 8, and 11). Water, sports drink and Hot Shot will be available at the aid stations. Small snack items and a protein drink will be available at mile 15 (mile 8 for the half marathon).

### ***What about porta potties?***

Porta potties will be located at the Winnacunnet High School, the bus loading area, at the start, at miles 3, 7, 15 and 17 on the 20-mile course (miles 8 and 10 for the half marathon) and at the finish. Restrooms will be available at the Traip Academy (Wallis Sands for the half marathon) before the race and at Winnacunnet High School at the awards ceremony. There are no shower facilities available, although you can change there.

### ***What if I need to drop out?***

The best place to drop out is at one of the aid stations. We have a "sag wagon" at the back of the race that can pick you up if needed. If you need to stop on the route, please let someone else know so we can notify the sag wagon and then wait to be picked up. If it is a medical emergency, either call 911, or have a fellow runner or race personnel do so. We do have EMT services on duty in North Hampton and also at the finish line.

### ***Are there medals for finishers?***

Yes, very stylish medals for all finishers!

***How about shirts?***

Yes, high quality tech shirts for all entrants. You will receive them at packet pickup.

***Is there food and drink after the race?***

We offer a nice post-race gathering at the Winnacunnet High School, where there will be food, music, and the awards ceremony. We will have soup, pizza and more. It is a warm, comfortable setting. We invite you to join us there any time after the race, until 4:00 p.m. There are snacks and drinks at the finish line.

***Are there awards for top finishers?***

Awards will be given to the top five male and female finishers, as well as the top three in each of the following age groups: under 20, 40 to 49; 50 to 59; 60 to 69; 70 and over. You must be present at the Winnacunnet High School to collect your award at the awards ceremony, scheduled for 3:00 p.m. (2:00 p.m. for the half marathon)

***Do you think I can set the course record?***

It will take quite a run to do it! The men's record is 1:45:40 (5:17 per mile pace), set by Casey Moulton in 2009, and the women's record is 2:01:49 (6:05 per mile pace), set by Emily Levan in 2005. If you do, and win the race, there will be a \$200 bonus for you.

***How many other races cover three different states in one race?***

None that we know of. See you at the race!