

GATE CITY MARATHON AND RELAY

Gate City Marathon and Relay

Race Handbook-2015



May 17, 2015





EXECUTIVE SUMMARY

The first two pages of this handbook highlight some of the important points necessary to have a successful and safe race. And, while every racer needs to know the points that are listed here, it is not a substitute for reading the main handbook. The handbook provides comprehensive details that every racer needs to know.

Before you arrive:

- Read the handbook to become familiar with its contents.
- All relay team members and individual marathoners must have each signed the waiver posted on our webpage AND contained at the end of this handbook.

At the start:

- Registration and BIB pick up will open be open from 6:30-7:30 am Sunday morning.
 - Early BIB pick-up is Saturday May 16th from 10:00am-6:00 pm @ Fleet Feet Sports-ALL are encouraged to take advantage of early pick-up!
- The race will start at 8:00 am for Marathon and Relay.
 - With the exception of those signed up for “Sunrise Start” which will start at 7:00 am.

During the Race:

- Race Command will be located in the Relay Transition Area on Main St.
- Please follow all signs and instructions for which side of the road to run on and cross at intersections as defined by these signs and volunteers.
- Please ONLY park in designated race parking areas (map to be posted on website).
- Please obey ALL instructions provided by course volunteers and uniformed police officers.
- Please be respectful of all Nashua City residents, churches/houses of worship and businesses!
- Relay Teams-do not lose your BATON, this is your chip for timing the event.



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At the Finish:

- Collect your medal.
 - Relay teams: The runner to complete leg 5 should collect for the team, only the number of medals for each team member. E.g. if you are running on a 2-3 person relay team and only 2 participated, please only collect 2 medals.
- Runners may enjoy post-race food starting at 10:00 am. Small snack-type items will be available for runners ONLY starting at 9:00.
- Join us at the Arena for post-race beverages and Awards located @ 53 High St Nashua.

Safety and Medical:

- Southern NH Medical Center will be stationed in the Medical Tent in the Relay Transition area.
- Each Water stop on the course will have a 2-way radio with direct contact to the Medical Tent.
- AMR Ambulance will provide bike EMTs on the Mine Falls Park portions of the course.



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GATE CITY MARATHON AND RELAY Mission Statement

2015 marks our Inaugural year! This race is the brainchild of the Gate City Striders, meant as a replacement for the long-standing AppleFest Half Marathon. AF was the Striders' signature event for 31 successful years! The Gate City Marathon and Relay is meant to celebrate the City of Nashua by including runners of all abilities by running the streets of this beautiful city!

We have partnered with the City of Nashua, area churches, local high schools and businesses as well as High Hopes Foundation! As the largest running club in New Hampshire, we are excited to bring the race to the local running community and welcome many from around the US.

Community involvement is the cornerstone of the Striders' events! We are thrilled that so many local organizations are working with us in our first year and look forward to building those relationships for many years to come.

We hope you and your teammates have a fantastic time, we thank you for joining us this first year and making The Gate City Marathon and Relay a huge success!

Sincerely,

Jennifer Jordan

Gate City Marathon and Relay Race Director

1.0 Introduction

Welcome to 2015 Edition of The Gate City Marathon and Relay: Nashua, New Hampshire.

The 2015 Gate City Marathon and Relay Handbook is your comprehensive guide to all aspects of this event. Please read through it carefully and thoroughly. It is critical that each person on your Relay team (if applicable) read and be familiar with this handbook. We have also included an executive summary sheet of key points vital to everyone's success. Everyone's understanding of this information will greatly contribute to its safe and successful completion of the event as well as to the overall success of the Gate City Marathon and Relay. If you have questions or concerns between now and race day, please contact us via email @ gcmracedirector@gmail.com Otherwise, seek us out on race day at our Command Center location on Main St.



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Key Highlights:

A parking map will be posted to our website indicating areas we are allowed to park for the duration of the race. ALL parking on Spring Street is FORBIDDEN. We have agreed with the local churches to reserve this area for their parishioners, please respect this restriction. Additionally, we have agreed to reserve the lower parking area of the Elm Street garage for their use only.

Post-Race/Finish line food will be provided by Chunky's Cinema Pub, Whole Foods, Stonyfield yogurt, Great Harvest Bread, and Portland Pie Company.

NUUN energy drinks provided at water stops and finish line, courtesy of Fleet Feet Sport Nashua.

Post-race beverages provided by Arena Sport Bar.

Medical support provided by Southern NH Medical Center and AMR Ambulance.

2.0 ***Sponsors and Beneficiaries***

Marathon Level Sponsors





"Relay" Level Sponsors



"GOLD" Level Sponsors





Adrian and Jane Levesque

“Silver” Level Sponsors



“Bronze” Level Sponsors





“Friends” of Gate City Marathon and Relay



In cooperation with:
High Hopes Foundation



Nashua High School South XC team
Nashua High School North XC team
Bishop Guertin High School XC team
Souhegan High School XC team
Milford High School XC team
Nashua Children’s Home
Nashua Police Explorers
Nashua CERT Teams

3.0 Pre-Race Preparations

3.1 What you must complete

Prior to showing up at registration, there are a few things you need to complete:

- Review this material thoroughly! Make sure each and every marathon runner or relay team member is familiar with this handbook. It is critical to your success and the success of the event!
- Sign the waiver! Individual Marathoner and Relay Teams must sign the waiver posted on our website and in the back of this handbook. It is the responsibility of the Relay Team Captains to collect signatures for all teammates. If a teammate is a minor (under the age of 18), a parent must sign the waiver.

3.2 Watch the weather



New England can be unpredictable. It may be cool in the morning and temperatures could rise quickly as the sun comes up. Hydrate well in days prior and throughout the race. We will post warnings (see medical section) and will provide cold towels upon completion. Know your body and seek medical attention if you need it.

3.3 Relay Team Strategy

Work out a strategy with your team. We have offered many team options: 2-3 persons or 4-5 persons. All teams must complete the 26.2/5-leg course. Example of things to consider:

- Who will run which legs
- What happens if someone isn't able to run

3.4 Good taste

Please be aware that there are younger volunteers and relay teams. Please make sure your attire is appropriate as well as your language and actions when in their presence. You will also be running past houses of worship and church will be in session, please be respectful. Additionally, you will be running through family neighborhoods, please be courteous. Our good behavior will go a long way in securing a place for this event for MANY years to come!

Please be respectful of personal property and parks by using the porto-potties provided. 2 will be at each water station on the course, a "bank of potties" near the relay transition area and in the post-race area (see map for details).

Any runner in violation could be disqualified from competition.

4.0 Registration and Activities on Main Street

On-line registration open until May 13th @ midnight.

Paper registrations accepted only on May 16th & May 17th, in person, at packet pick-up locations.

Packet/Number pick up will open Saturday May 16th from 10:00 am-6:00 pm and Sunday May 17th 6:30 am -7:30 am. Saturday location: Fleet Feet Sports Nashua on Coliseum Rd; Sunday location: Post-race/Information table on Main St.



4.1 What is required at packet pickup?

Signed hard-copy of waiver for each runner. There are separate sections for Marathoners and Relay teams, please sign the areas that apply. These must be presented when picking up numbers. For relays, all team members must sign; for minors under 18 a parent must sign.

Number cannot be picked up without waivers/signatures for all team members.

5.0 Safety

5.1 NO Earphones

Listening to music with headphones while running can be dangerous. Runners need to be alert and aware of their surroundings at all times. Runners will be running on streets open to traffic, at times you may be running in the same direction as vehicles. For runner's safety, headphones are prohibited. It is also required for runners to be able to hear instructions from Course volunteers and uniformed officers at all times.

5.2 NO Dogs

No dogs will be permitted to be on the race course, NO EXCEPTIONS.

5.3 NO Strollers/bicycles/blades/skates/motorized vehicles....

No bicycles, roller blades, motorized vehicles, strollers of any kind are allowed to be used or accompany runners on the course. The course is narrow and open to vehicle traffic, this will cause safety concerns for all, NO EXCEPTIONS.

5.4 Medical support

A Medical tent will be located at the finish/relay transition area. Please refer to our map for exact location. Bicycle EMT support will be provided on the Mine Falls Park Trail area. All water stops will be equipped with 2-way radios with direct connection to Medical Tent to summon ambulance support, on call in support of this event. Course volunteers will also be equipped with emergency contact numbers.

5.5 General

There may be times that runners are instructed to wait for traffic/cars to move through intersections. Any runners who do not follow instructions of uniformed officers may be disqualified from competition.



6.0 Running the Marathon and Relay

Relay teams may be 2-3 persons or 4-5 persons. ALL teams must complete the 26.2 mile/5-leg course. 2-3 person teams are identified with light blue BIBs; 4-5 person relays are identified with black BIBs.

6.1 Start times

Standard start time is 8:00 am for Marathon and Relay (leg 1). “Sunrise Start” is 7:00 am ONLY for marathon runners who need the extra hour to complete the race before Main Street is opened. Advanced approval is required, BIBs will be yellow for these runners. All should report to the start line by 7:45 for important announcements and singing of our National Anthem.

6.2 Relay Rules

All teams must complete the 26.2 mile course. There are 5 legs in total. Teams can determine who runs which legs, all transitions MUST be done at Main St transition area. Each runner will carry a chipped baton and must pass it to the runner who will run after them.

Any teams that do not begin running leg 5 by 12:15 will be sent without runner transition. Race officials will collect the BIB numbers for those teams and calculate the additional time required for the runner of leg 4 to complete their leg. This will be done to ensure ALL teams have the opportunity to officially complete the race before timing devices need to be removed to re-open Main Street.

6.3 Team Captain

All relay teams should identify a team captain.

6.4 Bibs/RFID

Only one (1) “chipped” baton will be issued per relay team. Each runner will carry the baton while running their leg and pass to the next runner at the transition area.

Because there is only one bib number for each team, each runner MUST fill out the emergency contact info on the back of EVERY bib in order to identify the runner, in case of an emergency. It is the captain’s responsibility to ensure each runner has completed this activity.

If transition from leg 4 to runner of leg 5 does not occur by 12:15, the runner of leg 5 will be sent without receiving the baton. The time will be adjusted to add the time it took for runner of leg 4



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to complete their leg. This will be done to ensure ALL teams are able to complete the race before timing mats are removed and Main St is open to traffic.

6.4 Runner changes

Relay team changes can only be done via email until Tuesday May 12, by team captain. All other changes must be made in person at early bib pick up.

6.5 Transition Area

Relay transition area will be clearly marked on the left side of Main St, in front of the Santander parking lot. Only runners transitioning should be in this area. A race official will be present calling out numbers as runners approach in order to provide opportunity for teams to transition in a timely manner. Captains, please ensure that your next runner is in place and ready.

There will be a “lap lane” for those running the full marathon to pass by unencumbered. Relay runners and spectators, please respect this space and do not gather in the road. There will be marathoners attempting to receive qualification times for the Boston Marathon, we want to ensure they are not hindered. We also want to ensure runner and spectator safety.

6.6 Trash Disposal

Trash bags and bins will be provided on Main St sidewalks, in Santander parking lot, in post-race area in Citizen’s Bank green area as well as at each water stop. Please try to use receptacles that are provided. When running and discarding fuel packaging and water cups, please do so near a water station; do not litter in Mine Falls Park.

7.0 MARATHON

7.1 The course is USATF certified to 42.195k (26.2 mile) distance. It is a Boston Qualifier.

7.2 Marathon runners will all have chipped BIBs. Sunrise Start participants will have a “gun” time as they will start before timing is in place. Standard Marathoners will be identified by a white BIB. “Sunrise Start” marathoners will be identified by a light yellow BIB.

7.3 “Sunrise Start” Rules:

The Early Start offers an early start for runners whose expected finish time is greater than five hours but less than 6 hours. Early Start Time: 7:00am. Runners should report to the start by 6:45

- Early Start is ONLY for runners who expect to have a finish time greater than five hours but up to 6 hours, no exceptions. The Race Director reserves the right to disqualify any runner who



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completes the marathon in faster than 4:45 and these runners are ineligible for any prizes or awards.

- There will not be start mats; start times will be recorded by stopwatch. Official times will be based on this “gun” time.
- Support will be limited until official race start at 8:00am. This means until the start of race there will be no police on the course, only portions of the course will be marked, but there will be no traffic volunteers, no intersection control and there will be no water stops. For the first hour, runners will need to provide their own support and obey all traffic signals. Marathon Relay Teams are NOT eligible for the Early Start.
- Runners who participate in the Early Start are not eligible for any monetary prizes or age group awards.
- To sign up for the Early Start, register online and answer yes to the Early Start question. You must acknowledge these rules as part of your extra safety waiver.
- If you have already registered and would like to participate in the Early Start contact us at gcmracedirector@gmail.com
- Main St must re-open by 1:30pm, timing mats will be removed by 1:15pm so runners who finish after this time will not receive an official finish time.

8.0 Course Description

The race will run through Nashua city neighborhoods open to daily vehicle and pedestrian traffic. Where possible, a coned bike lane will be created for runners. If safety requires, runners should utilize sidewalks being careful of pedestrian traffic.

All should obey traffic signals and instructions provided by uniformed police officers and course volunteers.

A course volunteer will be stationed at major intersections, turns and street-crossings.

A portion of leg 3 will run through Mine Falls Park. Runners should be prepared for trail-type conditions including loose dirt/gravel, roots, holes and pedestrians. Another portion of this leg will run on the paved bike path coming into downtown. Runners should be aware of traffic on the cross-streets, drivers will not be expecting runners to cross these streets.

The elevation of the course does not exceed 80’.

Mile marker and directional arrows will be provided. Additionally, there will be “Runner in Road” signs for your safety.

9.0 Food support

Your entry into the 2015 Gate City Marathon and Relay includes one complimentary beverage (alcoholic or non-alcoholic) provided by the Arena Sports Bar on High St. It also includes food



provided by Chunky’s Pub, Whole Foods, Stonyfield yogurt, Great Harvest Bread and Portland Pie Company. Energy drinks are provided by NUUN, courtesy of Fleet Feet Sports-Nashua.

10.0 Medical Support and Emergencies

Medical professionals will be on hand in our finish line Medical Tent, located in the Santander parking lot, courtesy of Southern New Hampshire Medical Center. AMR Ambulance will also be on hand in this area. Additionally, AMR will provide bicycle EMT patrolling the Mine Falls Park portion of the course. Each water stop will have a 2-way radio on hand with connection to the Medical Tent. All course volunteers will have contact info for key personnel but 911 will be activated, if necessary; AMR ambulance will be on-the-ready through-out the city. An AED (automatic external defibrillator) will be located in the post-race area.

The Gate City Marathon will employ an Event Alert System. A color-coded Event Alert System (EAS) will communicate the status of the course weather/heat conditions to participants on race by the use of color-coded signs in the Start/Finish/Transition area. The levels range from Low (green) to Moderate (yellow) to High (red) to Extreme (black) based primarily on the weather.

Alert Level	Event Conditions	Recommended Actions
Extreme	Event Cancelled/Extreme and Dangerous	Participation stopped / Follow event official instruction
High	Potentially Dangerous	Slow down / Observe course changes / Follow event official instruction / Consider Stopping
Moderate	Less than ideal	Slow Down / Be prepared for worsening conditions
Low	Good	Enjoy the event / Be alert

Local Hospitals



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Southern New Hampshire Medical Center:

8 Prospect St, Nashua, NH (603) 577-2000

St Joseph's Hospital:

172 Kinsley St, Nashua (603) 882-3000

11.0 Finish Line and Prizes

Finish line is located on Main Street in Nashua, near City Hall. City Hall address for GPS mapping is: 229 Main St Nashua NH.

The City of Nashua has approved us closing 2 blocks Main Street between Hollis St and Pearl St. The START Line, Relay Transitions, and FINISH line will all be in this area, making this a great spectator race. A map is posted on our website detailing the area.

Top 3 men and women, overall individual marathon winners will be awarded their prizes immediately following the finish of the last of this group. Their awards will be presented in the finish area on Main Street. Newton shoes will be awarded to each, courtesy of Newton Shoes.

All other age group and relay team awards will be presented at the Arena Sports Bar beginning at 2:00 pm.

Awards will not be mailed to recipients.

12.0 Cancellation/Refund Policy

NO refunds will be offered.

If a "significant event" such as weather, terrorism, etc were to occur on or near race weekend and state and local authorities deem it unsafe for us to hold the event, we will be obligated to cancel the event. Notification of cancellation will be done via direct email to email addresses provide on on-line registration forms and on our website.

There is no rain date, due to the complexity and permitting requirements.

Medals, t-shirts, pint glasses will be mailed to those eligible to receive them. Anyone who is deferring marathon entry is ineligible for any of these items.

13.0 Extras

One-of-a-kind pint glasses are awarded to the first 250 eligible registrants.



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Race t-shirts will be given to the first 500 eligible registrants. If you were added to a Relay team after the 500 registrant level was reached, you will not receive a t-shirt.

One-of-a-kind swag bags are guaranteed to the first 600 eligible registrants.

Finisher medals will be presented to marathoners and relay teams who complete the race.

Gear check will be provided in post-race area. Affix the "Gear Check" ticket that is on your BIB.

APPENDIX: WAIVER

Gate City Marathon and Relay
C/O The Gate City Striders
P.O. Box 3692
Nashua, NH 03061
www.gcsmarathon.org

As a condition of my participation in the 2015 Gate City Marathon and Relay (the "Event") as a runner, volunteer or otherwise, I hereby covenant not to sue, and agree to release from liability, Gate City Marathon and Relay and Gate City Striders together with its founders, owners, officers, directors, managers, agents and employees, including but not limited to

- (a) Gate City Marathon and Relay and their respective investors, officers, directors, managers, members, agents and employees;
- (b) Gate City Marathon and Relay race officials and volunteers;
- (c) Gate City Marathon and Relay, Inc., its agents, servants, employees, officers, and directors;
- (d) The Gate City Marathon and Relay race officials, volunteers and sponsors;
- (e) the State of New Hampshire, the City of Nashua, agents, servants, employees, officers, and directors;
- (f) USA Track and Field; and
- (g) any and all other sponsors, suppliers, agents, independent contractors and other personnel in any way assisting or associated with this Event (collectively "Releasees").

This Race Release and Waiver (this "Release") is a contract with legal and binding consequences and it applies to all activities relating to the Event, whether located on the race course, exchanges or other race-related venues. I have read this Release carefully before signing, and I understand what it means and what I am agreeing to by signing.



In consideration of the acceptance of my application for entry or participation as a volunteer in this Event by one or more Releasees, I hereby freely agree to and make the following additional contractual representations and agreements:

1. I know that this Event, is held on open roads and is a potentially hazardous activity. I voluntarily assume full and complete responsibility for all risks associated with participating in the Event and for any injury or accident that may occur during my participation in this Event, including by way of example and not limitation:

(a) illness; (b) traveling to and from the event; (c) falls; (d) collisions with pedestrians, vehicles, other participants, and fixed or moving objects; (e) the effects of weather, including temperature extremes and humidity; (f) traffic accidents; (g) the negligence of myself and/or others, including Releasees; (h) animal attacks; and (i) road conditions, including surface conditions such as pot holes.

I am aware of and appreciate all of these risks.

I understand that both vehicle traffic and spectators will be present along the race course and that police protection will not be provided. I know that the presence of vehicle traffic during the race increases the risk of motor vehicle accidents involving participants, spectators, and/or other vehicles, and that such accidents can result in death or serious injury.

2. As a condition of my participation, I agree to abide by all traffic and pedestrian laws and regulations and to follow any and all of Releasees' safety instructions, including all rules and conditions set forth in the Race Handbook, which is available on the Gate City Marathon and Relay Series website, www.gcsmarathon.org. I understand that my failure to do so may result in serious injury or death and may be grounds for my disqualification from this Event.

3. I acknowledge that I should not enter and participate in this Event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this road race and I further agree that race officials may authorize necessary emergency treatment for me.

4. Having read this Release and knowing and assuming these risks, and in consideration of the acceptance of my participation, I hereby for myself, my heirs, my executors, administrators or anyone else who might claim on their own behalf or my behalf (collectively my "Successors"), covenant not to sue, and FOREVER WAIVE, RELEASE, DISCHARGE, and HOLD HARMLESS Releasees from any and all claims or liability of any kind or nature whatsoever arising out of or related to my participation in this Event, even though such liability may arise out of negligence or carelessness on the part of Releasees.

5. In exchange for my being permitted to participate in the Event, and understanding there will be no additional compensation to me, I hereby authorize Gate City Marathon



and Relay & Gate City Striders, to use my image or likeness for race promotional purposes. I understand the race registration fees are nonrefundable. I have read the Race Handbook and agree to abide by the rules and conditions contained therein.

6. I acknowledge and agree, for myself and my Successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my Successors assert a claim contrary to what I have agreed to in this Release, the claiming party shall be liable for the expenses (including legal fees) incurred by the Releasees in defending such claim. This Release may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as consent to any subsequent waiver or modification. I consent to the release by any third party to Releasees and their insurance carriers of my name and medical information that may relate to any injury or death I may suffer arising from my participation in the Event. Every term and provision of this Release is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.

7. I acknowledge and agree that there are no refunds if the race is cancelled or delayed due to causes beyond Releasees' control, including but not limited to, acts of God, war, strikes or labor disputes, fires, riots, terrorism, vandalism, accident, government orders, certain severe weather conditions such as severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, severe weather conditions where significant damage or altercations to the race course occur, or any other force majeure event.

FOR INDIVIDUAL MARATHON PARTICIPANTS ONLY

(sign and print name of entrant above)

Age: _____ Date: _____

FOR SUNRISE START PARTICIPANTS ONLY (Please SIGN both marathon sections)

I further acknowledge that by participating in the "Sunrise Start", I am not guaranteed course support, including but not limited to water support, police support at major intersections, etc. I have read and accepted all the conditions present by Gate City Marathon and Relay @ www.gcsmarathon.org

(sign and print name above)

Date: _____



FOR RELAY PARTICIPANTS ONLY

RELAY TEAM NAME: _____

CIRCLE ONE:
2-3 PERSON TEAM OR 4-5-PERSON TEAM

SIGNATURES REQUIRED FOR ALL TEAM MEMBERS(Parent must sign for minors):

CAPTAIN: _____(SIGN AND PRINT NAME)
_____ (DATE)

RUNNER (1): _____(SIGN AND PRINT NAME)
_____ (DATE)

RUNNER (2): _____(SIGN AND PRINT NAME)
_____ (DATE)

RUNNER (3): _____(SIGN AND PRINT NAME)
_____ (DATE)

RUNNER (4): _____(SIGN AND PRINT NAME)
_____ (DATE)

If signing for my minor child, I acknowledge that:
My Child is fit for the Event, and I consent to my Child's participation. I have read and I understand the above Release. In consideration of allowing my Child to participate, I consent to the Release and agree that its terms shall likewise bind me, my Child, and our respective heirs, legal representatives, assignees and anyone else who might claim on their own behalf or mine or my Child's behalf. I hereby release and shall defend, indemnify and hold harmless Releasees from every claim and any liability that I or my Child may allege against the Releasees (including reasonable legal fees and costs) as a direct or indirect result of injury or death to me or my Child because of my Child's participation in the Event, whether caused by the negligence or carelessness of my Child, the Releasees or others, to the maximum extent permitted by law. I covenant not to sue Releasees on my behalf or on behalf of my Child or my Child's estate for any claim arising from my Child's participation in the Event.

