

GATE CITY MARATHON, HALF MARATHON AND RELAY

Gate City Marathon, Half Marathon and Relay

2019 Race Handbook



May 19, 2019



2019 Official Race Handbook

EXECUTIVE SUMMARY

The first two pages of this handbook highlight some of the important points necessary to have a successful and safe race. While every racer needs to know the points that are listed here, it is not a substitute for reading the main handbook which 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 must submit signed copies of waiver contained at the end of this handbook. Individual marathoners and half marathoners signed a waiver through the registration process.

Pre-Race instructions:

- Registration and BIB pick up will be open Sunday morning (Race Day-May 19) from 5:45-6:30 am for marathon and relay and from 5:45-7:30 am for half marathon.
 - Early BIB pick-up is Saturday May 18th from 10:00am-6:00 pm @ Nashua Country Club (25 Fairway Street, Nashua, NH) -ALL are encouraged to take advantage of early pick-up!
 - RELAY Teams: Your packet will be available for your team, do not send individuals. We encourage the team to come to Fleet Feet but only one person will be given the packet for the team. YOU MUST HAVE SIGNED WAIVERS FOR EACH RUNNER ON THE TEAM.
- The race will start at 7:00 am Sunday May 19th for Marathon and Relay.
- The Half Marathon will start at 7:50 am
- Small snack-type items will be available for runners ONLY starting at 6:00 am.

During the Race:

- Race Command Center will be located in the Santander Parking lot on Main St. Nashua
- OBEY all signs and instructions for which side of the road to run on and cross at intersections as defined by official signs and volunteers.
- OBEY parking instructions, park in designated race parking areas (map posted on [GCM website](#)) ONLY.
- OBEY ALL instructions provided by course volunteers and uniformed police officers.



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- 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.

At the Finish:

- Collect your medal.
- Relay Teams: The runner to complete the final leg of the relay should collect all medals for the team, one for each team member.
- Runners may enjoy post-race food & beverage starting at 9:00 am. Small snack-type items will be available before the race for runners ONLY starting at 6:00 am.
- Join us in Finish area in Santander Parking lot for post-race beverages and Awards beginning at 10:00 am. There will be an awards presentation for the top overall finishers in the Marathon and Half Marathon.
- Beer tickets can be redeemed starting at 10:00 am just down the street from the finish line at The Peddler's Daughter, 48 Main St.

Safety and Medical:

- Southern NH Medical Center will be stationed in the Medical Tent next to Race Headquarters.
- The Water Stop lead, who will be roaming the course, will have a 2-way radio with direct contact to the Medical Tent.
- Life-line Ambulance will provide bike EMTs on the course.



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MISSION STATEMENT

2019 marks our 5th year! This race is the brainchild of the Gate City Striders, and serves as a replacement for the beloved AppleFest Half Marathon. AppleFest was the Striders' signature event for 31 successful years! The Gate City Marathon, Half Marathon and Relay is a celebration of the City of Nashua by including runners of all abilities who will be running the streets of this beautiful city! In our efforts of inclusion, we are adding award categories for Visually Impaired runners in 2019.

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 this race to the local running community and welcome runners and spectators from around the US.

Community involvement is the cornerstone of the Striders' events! We are thrilled that so many local organizations are joining us for our 5th annual event 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 year and appreciate your contribution in making The Gate City Marathon, Half Marathon and Relay a huge success!

Sincerely,
Mark Furler
Gate City Marathon, Half Marathon and Relay, Race Director



1.0 Introduction

Welcome to the 2019 Gate City Marathon, Half Marathon and Relay: Nashua, New Hampshire.

The 2019 Gate City Marathon, Half 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. Understanding this information will greatly contribute to a safe and successful completion of the event as well as to the overall success of the Gate City Marathon, Half Marathon and Relay. If you have questions or concerns between now and race day, please contact us via email gcmracedirector@gmail.com. Race day we will be located at our Command Center on Main St.

Key Highlights:

A parking map is posted on our website indicating areas we are allowed to park for the duration of the race. **NO PARKING on Spring Street and this will be strictly enforced.** 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 level of the Elm Street garage for their use only and will be marked accordingly.

Post-Race/Finish line food will be provided at the finish line.

Gatorade energy drinks provided at ALL water stops and finish line.

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

2.0 Sponsors and Beneficiaries

We thank all our sponsors for their continuous support in being able to make this event possible. Please see our website for a list of all our current sponsors. <http://www.gcsmarathon.org/sponsors.html>

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, half 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! 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



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to collect signatures for all teammates. If a teammate is a minor (under the age of 18), a parent must sign the waiver. Individual marathoners and half marathoners have signed waivers at time of registration.

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

The Relay is for the marathon distance only.

Work out a strategy with your team. For 2019, we offer only 1 relay team option: “build-your-own”. Teams will have up to 6 runners, and the team must complete the entire course. If your team consists of 6, each must run and complete one leg; if your team is less than that runners, decide who will run more than one leg. All teams must complete the 26.2/4-leg course. Consult the course maps on the event webpage for a map of all the relay legs. Example of things to consider:

- Who will run which legs
- What happens if someone isn't able to run
- Transportation to/from the optional exchange zone at Greeley Park for teams of 5 or 6

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. Each leg will have 2 water stops, each water stop (water stop #s 2, 5, 7, 9, 11, 13) will have at least 1 port-potty, a “bank of potties” in the post-race area in Santander parking lot Bank (see map for details).

Any runner in violation maybe disqualified from competition.



4.0 Registration and Activities on Main Street

On-line registration is open until May 15th @ 7:00am.

Onsite registrations are accepted only on May 18th & May 19th, in person, at packet pick-up locations. If you are signing up a relay team, **DO NOT FORGET TO BRING ALL SIGNED WAIVERS.**

Packet/Number pick up will open Saturday May 18^h from 10:00 am-6:00 pm at Nashua Country Club and Sunday May 19th 5:45 am -6:45 am at the Post-race/Information table on Main St.

Half marathoners can pick up their bibs on race morning until 7:30 am.

4.1 What is required at packet pickup?

Signed hard-copy of waiver for each relay runner. 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 relay team members.

5.0 Safety

5.1 NO Earphones/headphones

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 runners' 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 area. Please refer to our map for the exact location. Bicycle EMT support will be provided on the Mine Falls Park Trail area. Water stop Manager will carry 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.



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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, Half Marathon and Relay

Relay teams will consist of up to 6 persons. ALL teams must complete the 26.2 mile course. Relay runners are identified with BIBs indexed from 3000+. Relay teams will run with a baton that contains the team's timing chip. Teams are encouraged to decorate their baton but do not remove or alter the chip.

Marathon runners are identified with BIBs indexed from 100-999, half marathon runners are identified with BIBs indexed from 1000-2999. Runners may NOT switch categories after the race has begun. Any runner who does will not be eligible for any awards. These BIBs will be chipped.

6.1 Start times

Standard start time is 7:00 am for Marathon and Relay (leg 1). All should report to the start line by 6:45 for important announcements and singing of our National Anthem.

The Half Marathon will start at 7:50 am and should report to the start line no later than 7:40 am.

6.2 Relay Rules

All teams must complete the 26.2 mile course. Teams can determine who runs which legs and they need not be identified prior to the race. All transitions MUST be done at an official transition area. Each runner will carry a chipped baton and must pass it to the runner who will run after them.

The city has allowed us to keep Main St closed from 7:00 am - 2:00 pm. All teams should have completed the race in this time.

There is a secondary exchange zone at Greeley Park on Concord St. Teams are responsible for their own transportation to/from this exchange zone.

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.



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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.

6.4 Runner changes

Relay team changes can only be done via email until Tuesday May 14, by team captain. All other changes must be made in person at early bib pick up Saturday May 18.

6.5 Transition Area

Relay transition area will be clearly marked on the right side of Main St, just beyond 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. It is also the responsibility of the teams to watch for their approaching runner. Captains, please ensure that your next runner is in place and ready. Relay runners should not pass through the "FINISH" line unless you are completing the final leg.

There will be a "Pass-thru" 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.

We have added a Visually Impaired Award category for the full and half marathons. These runners that require guides that may also be transitioning, will do so in this relay transition area. Please watch for these runners.

6.6 Trash Disposal

Trash bags and bins will be provided on Main St sidewalks, in Santander parking lot, 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 and the certification number is: NH19001BK

7.2 Marathon runners will all have chipped BIBs.

7.3 Do not switch categories after the race starts, BIB number provides visual aid to course support. Runners who switch after the start are ineligible for any awards.



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7.4 Main St must re-open by 2:00 pm, timing mats will be moved by then so runners who finish after this time may not receive an official finish time.

8.0 HALF MARATHON

8.1 The course is USATF certified to the 13.1 mile distance. Certification number: NH19002BK

8.2 Half marathon runners will all have chipped BIBs.

8.3 Half marathoners should be prepared for the finish line that will be on the left-hand side of Main St. 1 Lane on East Hollis St will be dedicated to all runners' approach to Main St on Loops 1 & 3. All lanes will be clearly marked.

8.4 Do not switch categories after the race starts, BIB number provides visual aid to course support. Runners who switch after the start will be ineligible for any awards.

9.0 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 where possible.

A portion of leg 2/4 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.

10.0 Food support

Your entry into the 2019 Gate City Marathon, Half Marathon and Relay includes one complimentary beer (for 21+) provided by The Peddlers Daughter. It also includes food provided by many local sponsors and the Gate City Striders. Energy Gels on course are sponsored by Honey Stinger and Energy drinks will be Gatorade.



11.0 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, Life-Line Ambulance will provide bicycle EMT patrolling the Mine Falls Park portion of the course. A 2-way radio will be provided to the water stop manager 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 throughout 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

Southern New Hampshire Medical Center:
 8 Prospect St, Nashua, NH (603) 577-2000
 St Joseph’s Hospital:
 172 Kinsley St, Nashua (603) 882-3000

12.0 Finish Line and Prizes/Awards

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 & half marathon winners will be awarded their prizes approximately one half hour AFTER the finish of the last of these groups. Their awards will be presented at the awards ceremony by the finish line on Main Street

All age group and relay team awards may be collected in the Volunteer check in tent in the finish area on Main Street approximately one half hour after completion.

Awards will not be mailed to recipients.



13.0 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 & Facebook page.

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

Anyone who is deferring entry is ineligible for any of these items.

14.0 Extras

Race t-shirts will be given to those registered before April 22nd. If you were added to a Relay team after April 22nd, you will not receive a t-shirt.

One-of-a-kind swag bags are guaranteed to the first 700 eligible registrants.

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

Gear check will be provided in post-race area. See gear check section at headquarters on race day to fill out a bag tag.



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APPENDIX: WAIVER

Gate City Marathon, Half 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 2019 Gate City Marathon, Half 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, Half 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, Half Marathon and Relay and their respective investors, officers, directors, managers, members, agents and employees;
- (b) Gate City Marathon, Half Marathon and Relay race officials and volunteers;
- (c) Gate City Marathon, Half Marathon and Relay, Inc., its agents, servants, employees, officers, and directors;
- (d) The Gate City Marathon, Half 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, Half Marathon and Relay & Gate City Striders, to use



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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 alterations to the race course occur, or any other force majeure event.

FOR RELAY PARTICIPANTS ONLY

RELAY TEAM NAME: _____

CIRCLE ONE:

2-PERSON TEAM, 3-PERSON TEAM, 4-PERSON TEAM, 5-PERSON TEAM, 6-PERSON TEAM

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

	(SIGN AND PRINT)	(DATE)
CAPTAIN		
RUNNER (2)		
RUNNER (3)		
RUNNER (4)		
RUNNER (5)		
RUNNER (6)		

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.