



The New Hampshire Marathon
At Newfound Lake

Sponsored by the Bristol Recreation Advisory Council

Hello Runners – We are excited to be able to hold the race this year! Saturday, October 2, 2021 marks the date of the 28th Annual NH Marathon, Half Marathon, 10K Road Race & Kids Race at Newfound Lake. If you're on this list, you are registered for an event! And here are some final announcements & reminders:

For the 2021 races we will require masks to be worn at registration/bag pick-up and at the starting line of the race. Once the race begins you may remove your mask. See our COVID Race Day Mitigation info below.

- **All races begin at 9am!** The Marathon & 10K start right on Lake St. in Bristol just outside the Newfound Memorial Middle School (NMMS) where all runners check-in. The School is located at 155 North Main St. in Bristol, NH 03222.

- **Half Marathon Start:** Is located just beyond Sculptured Rocks in Groton (13.1 miles away). We bus half marathoners out to their starting location - **REMINDER TO ALL HALF MARATHONERS: FINAL BUS LEAVES NMMS PARKING LOT AT 8AM SHARP!!** Registration starts at 7 am at the Newfound Memorial Middle School. **PLEASE NOTE: We are asking all half marathoners to ride the bus and not be dropped off at starting line. The drop off causes road safety issues and bogs down the buses and the runners. If you insist, please have driver drop you off at DROP OFF HERE SIGN.**

- **Parking:** We have volunteer parking attendants at the school that will lead you to the first available spot when you drive in. This can take a few extra minutes – so plan ahead & leave early to give yourself enough time to get parked & checked in, especially if you're in the half!

- **Packet Pickup:** Available Friday 10/1 from 4:30-6:30pm (please no runners on school grounds until 4:30pm) & Saturday 10/2 from 7:00--8:45am both in NMMS cafeteria.

- **Pasta Dinner:** This wonderful pre-race meal is held on Friday night, 10/1 from 5-7:30pm at the Bristol Masonic Hall located at 61 Pleasant St. in Bristol (about 1/4 of a mile from NMMS). It is not too late to join either - if you want to go to the pasta dinner, just show up & pay at the door to get in! ***This dinner***

30 North Main Street Bristol, NH 03222

603-744-2713 race@nhmarathon.com www.nhmarathon.com



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has been called the "best pasta dinner in the country" by one of our participants & they should know... they've run a marathon in all 50 states!

- **Chip Timing:** The NH Marathon will use the Chrono Track Systems B-Tag to time all runners. The single-use timing mechanism is on the back of the bib, therefore, the bib number cannot be folded or altered and must be worn on the outer most layer of clothing on the front of the body. This device will track all runners finish time as they cross the finish line mat. The start time is off of the gun as we don't have start mats down.

- **Registration: Is still open!** Feel free to recruit other runners... online registration is open until Tuesday, 9/28 & we accept race day registration as well.

- **Race photography:** We do not have an official photographer this year. We will be posting pictures from volunteers on Facebook Page
<https://www.facebook.com/nh.marathon/>

- **Water Stops:** There are water/sports drink stops just about every 2 miles spread out along the course. You can view more race details here
- <http://nhmarathon.com/race-details/> including a course map with water stops & toilet facilities marked out.

There will also be plenty of refreshments for runners at the finish line, showers are available in the school & there is entertainment in the park. We hope that runners will hang out after the race, cheer on other runners & take advantage of all the NH Marathon has to offer!

If you have any other questions, feel free to contact the NH Marathon at race@nhmarathon.com or call at 603-744-2713.

NH Marathon Covid Mitigation Plan Info for Runners

On Friday, October 1, 2021, from 4:30 p.m. until 6:30 p.m. and on Race Day Saturday from 7:00 am until 8:45 am, both pre-registered runners and ones registering that day will be able to pick up their bibs (numbers), their shirts, and swag in the cafeteria. **Runners and volunteers working the registration**

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tables will be required to wear masks while in the building and when social distancing is not possible. Hand sanitizer will be available, and pens will be sanitized after each use before being made available for another use.

Runners in the half marathon will be bussed to the starting line in Groton, **they will be required to be masked while on the bus and distance as much as possible. We will request that all bus windows will remain open while traveling to the Half Marathon start.**

Volunteers at water stations will be masked, and hand sanitizer will be used and available to runners.

At the finish line, hand sanitizer will be available. **Masks will be required at the finish line area when social distancing cannot be maintained.** Any volunteer handling food or beverages to be distributed to the runners will be masked and hand sanitize often.

If it comes to our attention that someone tested positive for COVID we will follow CDC guidelines. This includes runners, volunteers, and spectators. Local authorities and the state of NH Health Department will be notified.

Any issues will be updated on our web-site. If it becomes necessary we will be having registration/outdoor bag pick up outdoors at the same location.

Please STAY HOME if you:

- have any of the following symptoms: Fever greater than 100F, chills, sore throat, difficulty breathing or shortness of breath, new cough, new loss of sense of smell or taste, new runny nose or nasal congestion (different than normal allergies), vomiting or diarrhea, muscle aches, fatigue or headache.
- Have tested positive for COVID-19 or been in close contact with someone who has tested positive for COVID-19 in the last 14 days.

Thanks, good luck & we'll see you on Saturday the 2nd!