



Athlete Guide

Dear TRIMOM Athlete,

Race day is nearly here! We are excited to welcome you to the 12th Ocean's Run Marathon, $\frac{1}{2}$ Marathon, 4 Miler! Our fourth year, in Misquamicut Beach, RI!. This Athlete Guide is filled with the information you need to have an enjoyable experience.

The Ocean's Run is a production of TRIMOM Productions, LLC. If you have questions that are not answered here or on the pages of our website (<http://www.trimomprod.com>) devoted to The Ocean's Run then feel free to send us an email at info@trimomprod.com.

An email will be sent if we need to communicate any last minute news or announcements, but we also invite you to become a fan of TRIMOM on [Facebook](#) where we'll post quick updates as we get closer to race day.

Kathy Robbins and the TRIMOM Staff

www.trimomprod.com

Start Times & Directions

The event will be held on Sunday March 3rd. We are offering an 8:00am start time for all our racers. Please arrive and be ready to race by 7:45 am! The start and finish are at the [Misquamicut State Beach](#)!

Directions: From CT - Take 95 North to exit 92 to Route 78E. At the end of Route 78E, go straight thru the light onto Airport Road. Make a left onto Winnapaug Road. Go straight thru the next traffic light and take Winnapaug Road to the end. At the end make a left onto Atlantic Ave. The State Beach entrance will be up on your right!

From Points North - Take 95 S to Route 45 to Route 15. Once in Westerly, take the left hand exit across Route 1 North bound onto Shore Road. Make a left onto Weekapaug Road. Make a right onto Atlantic Avenue. Misquamicut State Beach is approx. 1 mile up on the left hand
We open at 7:00am for packet pickup!

Registration Pick-Up Times

PACKET PICKUP
OPPORTUNITY

Sunday March 3rd from 6:00am - 7:45am at RACE VENUE

Registration Pick-Up Continued...

Packet Pickup Concludes at 7:45am on
RACE YOU WILL NOT BE ABLE TO
PICK UP YOUR PACKET!
PLAN ACCORDINGLY!

What You Need To Know About Picking Up Your Registration Packet...

****YOU MAY NOT PICK UP ANOTHER ATHLETE'S PACKET WITHOUT THEIR SIGNED USATF WAIVER**

**NO EXCEPTIONS!!
DOWNLOAD - PRINT - PICKUP!**

**[MINOR USATF Waiver](#)
[ADULT USATF Waiver](#)**

RACE DAY INFORMATION!

- You will receive a bib number at packet pickup. Please affix your bib number to your race t-shirt/top that you will be wearing on race day. Your bib number is your timing chip!
- Timing Services will be provided by The TRIMOM Timing Company. Official results will be posted on the TRIMOM site. They are available in our results tent, on our Facebook Page.
- Please check your results while you are at the event!! IF THERE ARE ANY ISSUES -Please notify our timing staff AT THE EVENT!!!
- All parking is conveniently located at the Misquamicut State Beach!

NO Early Start NEEDED for $\frac{1}{2}$ MARATHON Athletes

While in previous years we have offered an early start for those half marathons needing over three hours - that is not necessary anymore!

For those athletes requiring OVER THREE HOURS on our course, it doesn't matter this year - we have a marathon distance going on - so take your time!

Our Course!

- Visible mile markers at every mile.
- Road Arrows and Turn signs, flaggers and police to clearly mark the course and major intersections
- Fluid Stations at every 2.5 miles
- Assorted Clif Shots and Gels, Assorted Bars, Water, and Gatorade Drink on course.
- Water is also available at the race start and finish line
- Toilets at start and finish area and at Mile 6/Mile 24 Area along the route.
- Event T-shirts for all participants

Our Courses

- Our Courses are all USATF Measured and Certified. Our Marathon is a Boston-Qualifier. PLEASE REVIEW THE COURSE!

ONLINE COURSE STREET BY STREET

- The actual distance of the 4 Miler is 4.2 Miles
- The Marathon is two loops of our Half
- The 4 Miler ends at the beach while the Half and Marathon continue STRAIGHT on Atlantic Ave. Please be aware of this, as 4 Milers will be turning right into the beach while you continue straight!

EVENT VOLUNTEERS

RACE FOR FREE

Our events require lots of help! Do you have some fans coming to cheer on? Do you have some friends that want to race, but their budget is a bit tight?

Whatever the reason, WE NEED HELP! So sign mom up for a water-station or throw the spouse out on a course!!

Click on our "VOLUNTEER" Picture for all the volunteer opportunities! Many Thanks!

[VOLUNTEER HERE](#)

Make sure you follow our **LARGE ARROW SIGNS** on the road to the finish. There are double arrows at all the turns and confirmation arrows on the straight sections. If you don't see double arrows - **DON'T TURN.**

There will be flaggers and Police at Major Intersections.

Misquamicut is extremely quiet this time of year. There **WILL NOT** be a volunteer at every small cross road in the neighborhoods. Use your head and always take a quick look before crossing any intersection! Even with police and volunteers, cars do not always heed to the runners!

KNOW THE COURSE!!