

## WELCOME TO THE FRANCONIA NOTCH HALF MARATHON



Get Racing Now is excited to host the 2nd annual Franconia Notch Half Marathon on one of the most scenic paved trails in New England-the Franconia Notch Recreation Trail. The race is hosted at Cannon Mountain Peabody Lodge. The race is certified by the USA Track and Field Association. Thank you for joining us to make this first annual Franconia Notch Half Marathon a success. USATF Certification #: NH18015BK

### EVENT SCHEDULE

Saturday October 26, 2019:

7:00am-830am: Registration and Bib Pick Up at the Cannon Mountain Peabody Lodge

**\*\*exit 34C**

8:40am- Mandatory Racer Meeting by start

9:00am- Start in 3 waves

-wave 1 self-reported <7:30 minute mile time

\*\*\*only runners in 1<sup>st</sup> wave are eligible for top 3 overall cash prizes

-wave 2 self-reported >7:30 <9:30 minute mile time

-wave 3 self-reported >9:30 minute mile time

11:30am-1:30pm Post-Race BBQ opens at the Peabody Lodge

-race day tickets available for purchase for \$13 though supplies may be limited

Awards: rolling times as top finishers arrive

### REGISTRATION/PACKET PICKUP TIME AND LOCATION

- Saturday pre-race at Cannon Mountain's Peabody Lodge (exit 34c) beginning at 7am



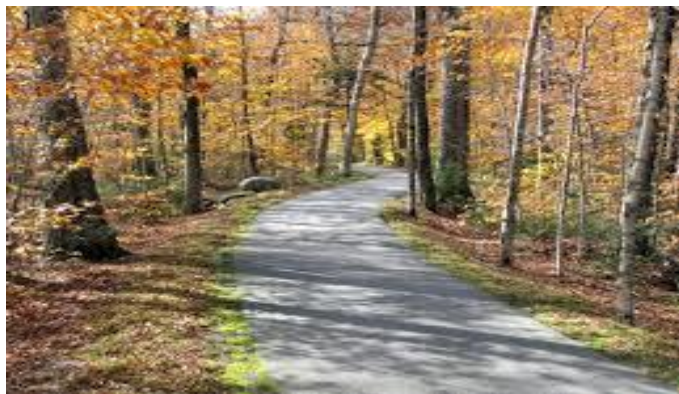
## PARKING

- Ample parking is available in the dirt lot across the street from Cannon Mountain Peabody Lodge area (watch for signs)
- Please **don't park in front of Peabody Lodge** as this area will be coned off for race start and finish, park across the road in dirt lot

## PACKET ITEMS

- Bib number & safety pins
- Timing Chip on bib
- Event T-Shirt
- Meal Ticket(s) if purchased in advance

## RACE COURSE



The Franconia Notch Half Marathon utilizes the beautiful, paved recreation trail of the Franconia Notch State Park which will be closed to the public, leaving the trail just for race runners. The trail winds through stunning terrain, providing some of the best scenery in the White Mountains. You will run past landmarks such as Echo and Profile Lakes, Cannon Mountain Tramway, Old Man of the Mountain Viewing Center, the Basin, and the Pemigewasset River. Fall colors are often peak this time of year. The

race finishes at the base of Cannon Mountain, behind the Peabody Lodge and lift area for a post-race BBQ and award celebration.

- The race will start in the parking area in front of the Notch View building adjacent to the Peabody Lodge
- The race starts travelling east on the south shoulder of Route 18 for about ¼ mile, then turn south onto the paved Franconia Notch Recreation Trail and runners will remain on the trail heading south until the turn-around point about ½ mile from the Flume Gorge Parking Area
- At Old Man Viewing Area volunteers will guide you through parking area, stay in coned area
- Lafayette Campground area will require running through parking lot briefly, use caution, follow guidance of volunteers who will direct you through coned areas
- There will be an aid station and cone in center of trail identifying the turn-around point
- The racers will exit the trail the same place they entered it after Echo Lake, and run west on the south shoulder of Route 18 then turning left up small hill to Cannon Mountain Peabody Lodge Area, finishing behind the lodge
- There will be mile markers every mile on course
- CLICK HERE for INTERACTIVE MAP: <https://www.mapmyrun.com/routes/view/2205059269>

**This is an out and back course so there will be 2-way runner traffic as the runners spread out and start to return on the course toward the finish. Stay to the right at all times when there is two-way runner traffic and slower runners should yield to faster runners.**

## RUN AID STATIONS

- There will be access to aid stations 6 times during the course at 4 different locations (2.2 mile, 4.8 mile, 6.5 mile turn-around, 8.3 mile and 10.9 and 12 mile marks and finish area)
- All Aid Stations will offer the following: Water, Gatorade
- Aid stations at 8.3, 10.9 and 12 mile mark will also offer Cliff Shot Energy Gel Razz
- Ok to drop cups near aid stations and volunteers will collect
- Finish area will have water, Gatorade, Rxbars, Orgain bars, and bananas
- There will be medical staff at finish area

**PLEASE DO NOT LITTER on the course (or anywhere).**

## RESTROOMS

- Restrooms available at registration area in Cannon Mountain Peabody Lodge at start & finish
- On running course there will be access to restrooms 6 times

- 2 porta potties located at mile 2.2 and mile 10.9 aid station passed twice on out/back course
- Park restrooms at The Basin are open on both sides of highway (about mile marks 5, 5.5, 8, 8.5)
- look for red restroom signs on course

## FIRST AID



Medical staff will be located at the finish area. Volunteers at each aid station will have radio access to finish area medical staff. If you are having medical issues, reach out to volunteers at aid station and they can access medical staff.

## COURSE TIME LIMIT

There is a 4-hour time limit for the course which accommodates an 18.32 minute mile.

## TEMPERATURE

The average temperature in the Franconia Notch State Park on October 26<sup>th</sup> has been 44 degrees F.

The lowest temperature has been 33 degrees F and the highest temperature 54 degrees F. We advise you to watch the weather forecast and dress accordingly.

\*\*\*The heated Peabody Lodge is available at the start and finish to stay warm before and after the race

## VOLUNTEERS



Adaptive Sports Partners of the North Country is our Official Charitable Partner, and many of their members will be on-site volunteering. Most of the proceeds of this race will go to support this great organization. Please take a moment to express your appreciation of their efforts on race day.

## SPECTATORS

All spectators are welcome throughout the venue. Friends and family may enjoy a post-race meal (see below).

**Spectator Locations:**

- Start and finish area ideal for spectating
- Tramway area (recommend arriving before start of race only, as racers crossing will block traffic in and out of this area and cause delays for traffic and spectators, recommend avoiding this area as runners return to finish, again because traffic will be blocked to allow runners to pass)
- Basin Area on west side of 93 (access heading north)
- Turnaround point at mile 6.5 (access at Flume Gorge Parking area, walking about ½ mile north on Franconia Notch Recreation Trail)

**\*\*\*PLEASE DO NOT DRIVE INTO LAFAYETTE CAMPGROUND AREA as this is a congested area with hikers and hiker shuttles, campers, etc. and will create congestion for runners who move through this area on the course**

**No pets are allowed in the Franconia Notch State Park**

## POST-RACE FOOD



racers.

The post-race BBQ is slated to start at 11:30 am thru 1:30pm. Food includes burgers, grilled chicken or vegetarian burger, pasta salad and chips. For planning, we encourage racers to purchase meal tickets in advance for racer, and friends and family joining them. Advanced purchase of meal tickets now closed. Meal tickets can be purchased on day of event for \$13 but supplies will be limited.

Bottled water, Gatorade, Rx Bars, Orgain bars, and bananas will also be available at the finish area for



The logo for RXBAR, featuring the word "RXBAR" in a white, bold, serif font with a registered trademark symbol, set against a black background.



## AWARDS & MEDALS

Awards will be rolling as top finishers arrive and will occur on the back deck of the Cannon Mountain Peabody Lodge just off the finish area. Listen to the announcer regarding your age group or overall awards. Relax, listen to music and cheer on your fellow runners.

All finishers will receive a custom Franconia Notch Half Marathon finisher medal!

Additional Awards will be provided for:

- **Top 3 overall Men (\$500 first, \$250 second, \$100 third)**
- **Top 3 overall Women (\$500 first, \$250 second, \$100 third)**
  - \*\*\*overall winners will not be included for prizes in age categories
- **Top 3 Men and Women in the following age categories:**
  - 19 and under
  - 20-29
  - 30-39
  - 40-49
  - 50-59
  - 60-69

- 70-79
- 80 and up

## RESULTS AND TIMING

Timing is provided by Racewire. All individuals will receive disposable timing chips. The race will be “chip timed” so all racer’s times will start when they cross the start line (not when the gun goes off) and end when they cross the finish line. Live results will be available at: <https://my.racewire.com/results/36144>

## WAIT LIST

All wait list registrants will be accepted into the Franconia Notch Half Marathon, so plan on racing. Show up for registration on race day in lower level of Peabody Lodge from 7am-830am.

## LOCAL LODGING AND DINING

Please check out local lodging and dining options at the Franconia Notch Chamber of Commons website: [www.franconianotch.org](http://www.franconianotch.org)



## SPONSORS

Get Racing Now and the Franconia Notch Half Marathon would like to thank the organizations that have helped us develop this first annual race.

# The Cenk Foundation

Supporting research and other activities that improve health and well-being.







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