



## 2022 RACE DAY RUNNER INFO SHEET

**Welcome Runners!** Thank you for participating in the 50th running of the ASICS Falmouth Road Race. Below are some notes to help you have an amazing experience at this year's race! For updates on our COVID-mitigation strategies and expectations, visit [falmouthroadrace.com](https://falmouthroadrace.com).

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**RUNNER SHUTTLE BUSES:** Once again, Falmouth Public Safety and organizers of the ASICS Falmouth Road Race urge runners to use our bus service to access the Start Line in Woods Hole.

Our team has worked especially hard to improve our transportation plan to include an efficient and runner-friendly, 3-zone bus loading system at the **Lawrence School** on Lakeview Ave.

**Please assist us by arriving before 7:00 AM.** Too many runners arriving after 7:00 AM leads to longer lines and waits for everyone.

### **PER FALMOUTH PUBLIC SAFETY:**

**You must arrive at Lawrence School –across the mat and on the field– no later than 7:15 AM to guarantee a ride to the start**

**Plan extra time for race-day traffic and parking.** If you arrive after 7:00 AM, you are not guaranteed a ride to the start. Please plan accordingly!

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### **Start Area:**

One of the unique experiences our runners have is the opportunity to stage in downtown Woods Hole while waiting to start their race. Woods Hole is a quaint, wonderful village surrounded by a harbor and Vineyard Sound, the body of water between Martha's Vineyard and Cape Cod. The views are beautiful and there is plenty of water available at several locations around the start area.

**Medical station:** Runners in need of medical attention at the start will find a 10'x10' pop-up tent with several medical volunteers on the grass just behind the "Candle House," the building on Water Street with a foundation made of large rocks.

- **Pulse Start System:** Once again the race will utilize a “Pulse Start” system, which starts groups of 1,000 runners onto the course at a time with a two-minute interval between each pulse. Which pulse you start in is all up to you! The only exception are runners who requested (and sent in proof) to be seeded in either the elite start or the seeded corral - bib number assignments between 1 and 899. Elite men will start at 9:00 AM and seeded runners will start at 9:03 AM. **Please Note:** If you have not submitted proof for assignment to the seeded corral and were not assigned a number lower than 899, you will not have access to the front corral on race day.
- There are **over 200 portable restrooms scattered** throughout Woods Hole. You are probably well aware of the row of restrooms in the parking lot near the harbor, but did you know there are also restrooms over by the Woods Hole Aquarium on Albatross Street? Often, there are no lines for those restrooms.

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**LEAVE YOUR BAGS AT HOME:** Public safety officials are asking runners not to bring bags. Bags are not allowed on buses. There is no gear check, and due to COVID-19, we will not have clothing donation bins for clothing left behind. So travel light for this year’s race!

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**GOLD HEARTS** on the race bibs will help identify our Numbers for Nonprofits runners! Charity runners who are going the extra mile and raising funds for charities in our Numbers for Nonprofit program will have a large gold heart outline on their bibs. Be sure to thank them for their dedication and hard work in raising funds for some wonderful organizations. **We have a special gift for our charity runners at the NFNP booth located in the Number Pick-up room. Be sure to get one when you pick up your runner bib!**

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**THE COURSE:** Water, medical, and cheer stations are located along the course. Please reference our [Official Course Map](#) for details. Below is the course progression chart and the latest times that runners should reach a specific mile to stay within the time limit of our course. Runners falling behind this schedule may be asked by public safety officials to move to the side of the road.

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LOCATION	MILE	TIME
<b>START: Captain Kidd, Water St. in Woods Hole</b>		9:30
158 CHURCH STREET	1	9:45
NOBSKA RD. down the hill	2	10:00
OYSTER POND ROAD after BELLEVUE AVE.	3	10:15
SURF DRIVE before MILL ROAD	4	10:30
CLINTON AVE. & SHERIDAN AVE.	5	10:45
101 FALMOUTH HEIGHTS ROAD	6	11:00
<b>FINISH: Grand Ave. &amp; Central Park Ave.</b>	7	11:15

**NOTE: BASED ON APPROXIMATE TIME THAT LAST RUNNER CROSSES THE START LINE, AND A 15 MIN./MILE PACE TO FINISH.**

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### BIKE VALET:

The ASICS Falmouth Road Race Bike Valet program will continue to operate at the intersection of Crescent and Grand Avenues, adjacent to the 10K mark on the course. There are limited spaces available and the program has closed each year because it has reached capacity. Buses for the program will start at 6:15 AM, with the **last bus departing at 7:15 AM**. Only registered runners, with a bike, a visible 2022 race bib, and who have pre-registered for the program, are eligible to board a bus at the Bike Valet location.

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### WHERE TO PARK:

One of the most challenging questions the race gets asked each year is “Where do I park?” The best answer is: any municipal building/parking lot and/or business that is NOT open on Race Day. There is no single lot in Falmouth that can accommodate the vehicles of all the runners and spectators who participate in the race. Businesses that are open on Race Day have towed runners’ cars in the past, so please be respectful of private properties and businesses in town when you are parking your vehicle. Please note, per Falmouth Police Department, that there is **no parking on Worcester Court**, so please plan accordingly if you have parked in this area in the past.

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### FINISH AREA:

This year, each runner will be given a bag for refreshments provided by our sponsors after they cross the finish line. These bags are for runners only but the traditional hot dogs provided by Kayem are located on the ball field and available to all! The Friends & Family Meet-Up Zone, presented by UPPAbaby, located on the ballfield, is a great place to find your family and friends. Enjoy music by CapeCodRadio.com and frozen treats by Yasso.

**PLEASE help us to keep Falmouth Heights clean!** As we strive to become a **Zero Waste** event, we ask for your cooperation. How can you help? Deposit your recyclables in the recycling bins on the way out of Falmouth Heights and bring any and all food, paper, and plastic waste to one of our **Recycling Stations**. A big thank you to Cavossa Disposal Corporation for partnering with us in this endeavor. Thanks in advance for making the extra effort to support us in this goal!

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### OTHER RACE DAY INFO:

- **Runner Tracking and live results:** Encourage your family and friends to follow your progress through the **RTRT app**, available in google play and the apple store. You will find a results tent on the ballfield as well.
- **Alerts:** Race Day alerts will be shared on our social sites and through our **RTRT app**.
- **Awards:** All finishers get a 50th running medal and race champions will be presented with their awards at the finish line.
- Top overall and top Falmouth resident age-group winners and course Cheer Contest awards will be presented in September upon verification.

- **Exit:** To get back to downtown Falmouth and the Lawrence School area, exit the ballfield at the corner opposite to the finish line and walk by the harbor, taking a left on Main Street and beyond. There will be plenty of directional signage and volunteers on Race Day.
  - **Results:** Your race bib will record your official time, but if you would like to time your run on your smartphone for immediate results and mile splits, please download the [ASICS Runkeeper app](#). A complete list of unofficial results will be available by **2:00 PM** on Race Day on our website.
  - **Be social:** Be sure to share your race photos on Facebook and Instagram and tag **#FalmouthRoadRace #FRR50th**
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*We hope your experience is a fun one, whether it's your first or your 50th. A huge thank you to ASICS, our title sponsor, and to all of our sponsors, vendors, and volunteers; and to our medical team, our organizing committee and each of our community partners as well!*