FAQs and Race Update

Mystic Half Marathon • Sunday, May 15, 2016 • Race Start: 7:00 A.M.

Limited charity entries have just been released and are now available in the Mystic Half Marathon. Open for first come, first serve registration, details here.

THE MYSTIC 10K IS SOLD OUT.

Race Start is 7:00 A.M.

EMERGENCY TEXTING SERVICE

We offer a free emergency text notification service and use it only for last minute urgent information that you need to know in the event of an emergency or severe weather. Text MYSTICHALF to 84483 to receive Mystic Half Marathon alerts from HMF Events.

GENERAL INFO:

- There is no race day registration or packet pickup.
- Entry fees are non-refundable and entries are non-transferable. For more detail, click here...
- Click here for directions on how to confirm your entry.

YOUR ENTRY FEE INCLUDES:

- Shirt – custom designed and made of high quality, wicking technical fabric in gender specific sizing.
- Finisher Medal – we know that for some, it’s all about the bling – so we spend a lot of time and money to create a finisher medal that you will not want to take off.
- Accurately measured and USATF certified race courses.
- Results – accurate, quick and detailed, usually available before you even grab water in the finish chutes.
- Prize Money – Half: top 5, 10K: top 3.
- Awards – three deep in five year age groups – always clever and custom.
- Safety on the course: From top-notch medical services to the significant police presence we secure, nothing takes a higher priority at our races than your safety.
- Well marked courses with amazing volunteer support – we recruit lots of wonderful, cheering people who simply want to help you have an amazing day.
- Services on course – water, carbo fluids, carb gel, entertainment, medical, portalets.
- Professional management – the HMF staff are all trained in first aid, CPR, and safety procedures in race management. This is our job. Our only job. We take it really seriously.
- Professional race announcer calling out names at the finish line.
- Party – a post-race party complete with music, awards and delicious, abundant food, specifically selected for this race – always healthy, fresh and locally sourced. Gluten free options always available.
- Communication – Informative emails to answer questions and offer tips, sent to all registered runners before and after the race.
- HMF CAN will be onsite all weekend for your donation of non-perishable food items for the local food bank.
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PACKET PICKUP

- Saturday, May 14: 1:00 pm - 4:00 pm – at the Village Green in the Olde Mistick Village, Coogan Blvd., Mystic.
- There is No Race Day Pickup.
- Bring your photo ID to the Expo to pick up your packet.
- You may designate another person to pick up your packet. Your designee must bring a waiver/permission slip signed by you and a copy of your photo ID in order to obtain your packet. The permission format is included at the bottom of the Running Event Waiver.
- The Olde Mistick Village has plenty of free parking.

EXPO, SEMINARS AND COURSE TALKS

Free and open to all: Enjoy these hourly clinics presented by industry experts and Boston Legends.

Seminar Schedule
(all located in the Meeting House at the Olde Mistick Village)

1:00 p.m.
COURSE REVIEW... AND PACE TEAMS
Jim Roy, President, John Kelley Memorial Fund

2:00 p.m.
TRAINING AND RACING ADVICE FROM THE BOSTON MARATHON CHAMPIONS:
Amby Burfoot and Geoff Smith

3:00 p.m.
COURSE REVIEW... AND PACE TEAMS
(repeat of 1:00 p.m.)
Jim Roy, President, John Kelley Memorial Fund

RACE DAY DETAILS

Parking
We expect more than 2,000 people arriving for the race start and recommend that you allow extra time to arrive and park on race day. Our staff/volunteers will direct you to parking. Please follow their direction so we can accommodate all runners. Carpool, please! Click here for parking information.

Gear Check
You may check your gear in the race staging area, in front of Go Fish Restaurant at Olde Mistick Village. Gear Check closes at 10:30 a.m. on race day and all bags must be picked up before that time. HMF is not responsible for bags not picked up by 10:30 a.m. Any remaining bags are stored at HMF offices for 2 weeks after the race. After two weeks, anything remaining is donated to charity.

The Start
- Both the half marathon and the 10K start together on Coogan Boulevard in Olde Mistick Village.
- There is not a seeded start corral for this race.
- HMF offers pace leaders to help athletes to their goal time. There is no fee and anyone can use this service. Pace Leaders (wearing lime green Pace shirts) will assemble at 6:30 a.m. at the Information Tent in the pre-race area in front of Go Fish restaurant in Old Mistick Village. Click here for information about our Mystic half pace leaders.
THE COURSE

Course Limits
Our permit limits the half marathon to a 3 hour time limit. The 10K has a 1:30 time limit. The course will be closed at a 13:44 minute per mile pace. No race services including medical, aid stations or traffic control are available beyond this pace. If you fall behind the course limit pace, you can expect to receive a bottle of water. Our sag riders may request your race bib. Please do not expect food or timing at the finish. **More information on course limits.**

Not allowed on the course: Runners going backward, runners not wearing a race number, animals, bicycles, baby joggers, baby backpacks, runners carrying children, roller skates, roller blades, and wheeled vehicles other than push-rim wheelchairs or hand-crank chairs.

Fluid stations are located at every one to two miles along the course. Water and Gatorade (lemon-lime) will be available at all locations along the course. GU Energy Gel will be located at Mile 7.5 (Half).

PLEASE DON’T LITTER ALONG THE COURSE – DISPOSE OF CUPS AND PACKS IN RECEPTACLES PROVIDED.

A color-coded Event Alert System (EAS) will communicate the status of course conditions to participants leading up to and on race day. The levels range from Low (green) to Moderate (yellow) to High (red) to Extreme (black) based primarily on the weather, as well as other conditions. HMF employs the Event Alert System at all events. Become familiar with the system [here](#).

Medical Services
There are several locations with medical personnel along the course. If medical attention is required, alert any Fluid Station, who will contact the nearest medical team. Satellite Medical Units on Half Marathon course: at mile 3 and 11. Medical teams are also stationed inside the finish chutes and in the post-race area.

Entertainment on the course: Live music and DJs are located at the start, miles 6.5, 8.5, 10, 11.5 and at the finish.

Portalets are located every 1 -2 miles on the course. We shouldn’t have to say it but we do. Don’t pee on people’s property during the race! If you do and are caught, you will be disqualified from the race (and worse, perhaps). Really, people?

If you drop out of the race and want transportation back to the finish area, go to any fluid station and request transportation. Our sag truck will provide you with a ride back to the finish. Be prepared to wait up to one hour for transportation.

PLEASE DON’T LITTER ALONG THE COURSE – DISPOSE OF CUPS AND PACKS IN RECEPTACLES PROVIDED.

THE FINISH

- All finishers will receive a free :30 video on their personal race by iRewind with the option to purchase a longer version. Information on your video will be emailed to you immediately following the race.
- All finishers will have their photo taken as they cross the finish line. These photos will be available for purchase approximately 5 days after the event. Click on the link on hartfordmarathon.com.
- Finisher medals and bottled water will be given out in the finish chutes and if the weather warrants, half marathoners will be given a heat wrap.
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Other Race Day Activities

- The HMF FitKids Run at 9:00 am – various short fun runs (1/4 mile, 1/2 mile) for kids ages 2 – 11. $10 per child includes the run, a super hero cape, and finisher medal. The run takes place completely inside Olde Mistick Village. Register on race day in the post-race area.
- Exhibitors and Entertainment until 10:30 a.m.
- Registered athletes are welcome to pass through the Food Tent where we will serve warm Ansio & Sons Chabatta bread with organic cheddar cheese, Organic Fuel Muscle Recovery Chocolate Milk, Bakery on Main Truebars, and bananas.
- Pre/Post race stretching is offered by the Independence Physical Therapy.
- All awards presented in the post-race area on race day. We award prizes based on net time for all age group awards. We award prize money based on gun time. For categories and divisions, click here.
- Free showers for all registered Mystic Half Marathon and 10K runners at the Ocean Community YMCA, 1 Harry Austin Drive Mystic. Runners: bring your own towel and show your race bib at the entrance. Courtesy of the Ocean Community YMCA.

Lost and Found

The Results Tent in the post-race area is the locations for all Lost & Found items. After race weekend, items will be available at the HMF office for two weeks. Clothing items left in the start areas are donated to charity immediately after race start.

Race Morning Child Care

Are you participating in the Mystic Half Marathon? The Denison Pequotsepos Nature Center (DPNC) is offering safe and supportive childcare all morning with a fun Animal Detective program for kids. We will hike through the forest looking for animal signs, build shelters, and play games. Dress for the weather and bring a bagged lunch. Ages 3-12. Program meets at the DPNC. 6:30-10:30 am $25.50/member, $30/nonmember. Further detail and registration here.

SPECTATORS

How can I find out if a runner has finished?
Results for all events will be published on our website during and immediately following the races.

How can I find out if someone has dropped out of the race or is in the Medical Area?
Check at the Information Tent located in the post-race area.

What are the best places to watch the race?
- Start – Coogan Boulevard
- Halfway point – intersection of Coogan Boulevard and Jerry Browne Road (walking distance from start and finish )
- Finish – Mystic Aquarium

The date will be set later this year for the 2017 Mystic Half Marathon and 10K.

COMMUNITY IMPACT

Click here for road closure information.