Welcome Message From the Race Director

Welcome!
YuKanRun.com is pleased to welcome you to beautiful Ipswich, Massachusetts! The historic coastal community of Ipswich is very pleased to host an exciting day of road racing.

Whether you are just hitting the road for the first time or are already passionate about the sport, our races provide fun, festive and competitive events where everyone is welcome. The most adventurous runners can tackle both races back-to-back for the ultimate challenge -The OceanView Challenge!

This Runner Packet contains all the important information you need in getting ready for the OceanView races.

Of much importance this year:

- Schedule of Events
- Course Maps
- Parking Information - IMPORTANT -

Good luck with your final race preparations!
The OceanView Road Races

SCHEDULE OF EVENTS

Sunday, November 3, 2019

No Early Birds, Please :)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00am</td>
<td>Race Day Registration Opens</td>
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<tr>
<td>8:00am</td>
<td>Bib# and Shirt Pick-Up Opens (no early material pick-up on Fri or Sat)</td>
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<td></td>
<td>- Step 1 - Pick-Up your Bib Number</td>
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<td></td>
<td>- Step 2 - Pick-up your Race Shirt</td>
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<tr>
<td>8:30am</td>
<td>5K Race Start</td>
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<tr>
<td>9:30am</td>
<td>Half Marathon Start</td>
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<tr>
<td>12:00pm</td>
<td>Awards Ceremony</td>
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<tr>
<td>12:30pm</td>
<td>Course Closes</td>
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Please note: The Half Marathon course will be open and supported until 12:30pm. Runners on the route beyond the three hour limit will not be supported by aid stations, volunteers, police, medical or finish line staff. Bag check will not be available. Please plan accordingly.
With two consecutive races scheduled back-to-back, the roads in the immediate area of the school will be very busy with runners on the morning of race day. To insure the safety of all runners, please be sure to stay alert and aware of the 5K runners that will begin the first race scheduled to start at 8:30am.

**IMPORTANT!**
If you would like to park directly at the race site at Ipswich High School, you’ll need to plan on arriving **prior to the start of the 5K race at 8:30am**! If you arrive after 8:30am, 5K runners will already be on the course and you will experience delays entering the parking areas.

**PIAN TO ARRIVE BEFORE 8:30AM**
Both the start and finish are located at Ipswich High School.

Ipswich High School
134 High Street
Ipswich, MA 01938

Please Note:
There is plenty of free parking available at the school. Parking lots are available **in front of the school and behind the school**.

**Please arrive before 8:30am or expect delays.**
5K Road Race begins at 8:30am

Courses will be clearly marked with arrow signs and mile markers.

Local police will provide race support on the course. However, the roads are open to traffic.

Please be sure to stay on the right side of the road.
COURSE DESCRIPTION:

Much of the half marathon course is flat/rolling.

The first 7 miles are flatter as you travel the roads of historic Ipswich.

Miles 8 and 9 include rolling hills as you make the turn in the beautiful and scenic Great Neck neighborhood. You’ll enjoy spectacular coastal views in this area.

Then, you’ll return to mostly flat roads on the remainder of the course for miles 10 through 13.1.

Courses will be clearly marked with arrow signs and mile markers.

Local police will provide race support on the course. However, the roads are open to traffic.

Please be sure to stay on the right side of the road.

Half Marathon begins at 9:30am and the course will be supported until 12:30 pm.
Please be aware of the **speed bumps** that are on the driveway of the school. Runners will pass over the **speed bumps** as they leave the school at the start of the race.

The **speed bumps** are clearly marked with signs.
RACES

The OceanView Road Races are a unique two-race celebration of running, fitness and competition. The event includes two spirited events that challenge runners to test their own limits. Racers are sure to meet new friends as well as fierce competitors along the way.

TIMING

State-of-the-art electronic chip timing will be provided for both races. The timing chip is conveniently located on the back of the bib number. Be sure to wear your bib number so that it is clearly visible from the front. Results will be posted on YuKanRun.com shortly after the races. Gun times are used for scoring.

RUNNER AWARDS

Runners compete in the OceanView Road Races to qualify for coveted prizes that will be the envy of friends and are sure to earn bragging rights in the running community.

Participants in either of the two races will earn a YuKanRun.com technical race shirt.

Runners that complete the half marathon will receive a custom OceanView Finisher Medal.

Runners that finish both of the races back-to-back will also receive custom YuKan runner's gloves.

With all that running, you deserve it.

The post-race celebration begins as soon as you cross the finish line! Be sure to stick around for food, music, giveaways and more.

Awards will start at roughly 12:00noon
Top 3 places in each division:

■ Overall Male and Female
■ Male and Female Age Groups
  18 and under  40-49
  19-29        50-59
  30-39        60+

Winners will receive some amazing prizes courtesy of:

Award winners must be present at ceremony.
Awards will not be mailed after the race.
The race village will be assembled at the Ipswich High School. Registration tables, refreshments, vendor and sponsor booths will be set-up along with the finish line arch. The FAN STAND will be available for kids and the young at heart with balloons, cowbells and supplies to create signs and posters to inspire your favorite runners.

Aid Stations

5K Race
There will be 2 water stations on the 5K course.

Half Marathon
There will be six aid stations with water near miles 2, 4, 6, 8, 10 and 12. Sports drink and energy gel will be available on course as well. A portable restroom will be available along the course near mile 2, 5 & 11. Water and refreshments will be served at the finish as well.

The OceanView is an officially sanctioned USATF event. A USATF sanction is an official designation issued by USATF, through the New England USATF Association, which approves and licenses the holding of a competitive track & field, long distance running or race walking event in the United States. The sanction is also a contract, which evidences the event's commitment to follow national and international rules and regulations of the sport and to provide a safe environment for the participants and spectators. Under USATF rules, strollers and dogs are not allowed on the course. Headphones are not banned but discouraged to ensure runner safety. Gun times will be used for scoring and results.
Runner safety is everyone’s top priority. Area police departments will lead runners along the route. However, the roads are open to traffic. Local ambulance and EMT crews will be available to help ensure everyone enjoys the day - and remains safe.

WEATHER
During the fall months, Ipswich provides one of the most beautiful settings in the country for running. With historic homes, the charm of the downtown village and spectacular Crane’s beach, there are few locations that can match the character and charm of Ipswich. However, one of the challenges of running a road race is the uncontrollable conditions and unpredictable weather. To be sure you have the best race possible, come prepared after proper training and bring appropriate gear, clothing, sunscreen, hydration and nutrition.

Located along the coast of Massachusetts, just 31 miles northeast of Boston, Ipswich typically has November temperatures that average between 38°F and 58°F, while rainfall totals average just over 4.5 inches for the month. On race day, the average high is 54°F. However, New England weather is extremely unpredictable.

BE PREPARED FOR EVERYTHING - COOL OR WARM AND WET OR DRY RUNNING CONDITIONS.

HYDRATION
Proper hydration is especially important when running in a half marathon. Be sure to build your hydration plan in advance of your race and stick to your plan throughout your run. Here are a few simple tips to help you prepare your race hydration plan:

Your goal is to start hydrating for your next run at a time that is equal to the duration of your planned run. So if you have a 60-minute run, your hydration should begin one hour before your run. If your run is two hours, then you have two hours to focus.

Before a run, your goal is to make sure that you have both food and fluids in your system. Make sure that you have easy-to-digest, performance-oriented foods. Practice what works during your training. Race day is not the time to experiment with hydration or nutrition.

For a warm day, your target is approximately four ounces of fluids per mile. If you need more fluids than provided at the aid stations, be sure to carry a water bottle. The course will be supported until 12:30pm.

Above all else, come prepared after having properly trained for your race and know your limits - know when to stop and ask for help.

With proper planning, you’ll have a great race. Have fun out there!
The OceanView Road Races are made possible by the generous support of our sponsors. We’re fortunate to be a part of a local community that shares our passion for running and makes the races possible.
OFFICIAL ENERGY BAR

YuKan is proud to announce Quantum Energy Squares as the Official Energy Bar of the 2019 YuKanRun.com Race Series!

SPECIAL OFFER: Only $1

Visit the following link to take advantage of a special introductory offer and receive a sample pack of Quantum Energy Squares for only $1 with FREE SHIPPING!

CLICK HERE

Promo Code: YUKANRUN
Spaulding’s Healthy Running Program is designed to focus on injury prevention by teaching runners of all ages and abilities to run safely and efficiently. Healthy Running Program was developed in collaboration with the Spaulding National Running Center, one of the premier sites in the country. Our Licensed Physical Therapists perform a comprehensive evaluation to determine effective exercise and running strategies, taking into consideration any past injuries and/or medical issues as well as your running goals.

Our Healthy Running Program includes:

- Video analysis of running form
- Flexibility and strength assessment
- Instruction in proper form
- Postural assessment
- Individual exercise instruction
- Guidance in proper training

The fee for a 60-minute evaluation and a 45-minute follow-up visit is $175.

LOCATIONS:

**Framingham**
570 Worcester Road
508.532.4262

**Marblehead**
Lynch/van Otterloo YMCA
40 Leggs Hill Road
781.639.0055

**Medford**
101 Main Street, Suite 101
857.238.4904

**Malden**
350 Main Street, 1st Floor
Malden, MA 02148
617.952.6420

**Orleans**
65 Old Colony Way
508.833.4197

**Quincy**
South Shore YMCA
79 Coddington Street
617.952.6990

**Sandwich**
311 Service Road
508.833.4197

**Wellesley**
65 Walnut Street, Suite 260
781.431.9144 x1201
Limited Edition Runner Shirts!

We are pleased to introduce our special limited-edition OceanView Road Race runner shirts. These comfortable long-sleeve cotton blend shirts feature the race logo on the front. On the back, you’ll find your name included along with the names of all other runners* competing in this year’s race.

These unique shirts will be available in special limited edition colors. However, these special shirts will be available in limited-quantities on race day for only $25 each. Once they’re gone, they’re gone!

Please Note: Every runner will receive a technical race shirt as part of their entry. This special runner shirt offer is separate from the race shirts included with registration.

*Features runners pre-registered through 10/15/19.
ENJOY A BEER!
After your race, be sure to visit the nearby True North Ale Co.
and redeem your beer ticket at the bar.

Don’t Leave Without One!
FREQUENTLY ASKED QUESTIONS

Can I run with my dog or push a stroller?
Under USATF rules, strollers and dogs are not allowed on the course.

Can I run with headphones?
Headphones are not banned but strongly discouraged to ensure runner safety.

Do all half marathon finishers receive medals?
Yes! Everyone that completes the half marathon course will receive a custom YuKan finisher medal.

I didn’t pick up my award after the race, can you mail it to me?
Our awards ceremony features a classic podium to honor each winner. Awards will not be mailed after the race.

What is the time limit for the half marathon race?
The course will be open and supported for three hours. Runners on the route beyond the three hour limit will not be supported by aid stations, volunteers, police, medical and finish line staff.

Will there be a bag check at the start/finish line?
Bag check will not be available. Please plan accordingly.

Are the roads open to traffic?
Yes, the roads are open to traffic. Area police departments will monitor and manage traffic along the route.

My GPS watch was off. Is the distance accurate?
The half marathon is a USATF Certified Course. Please be sure to review the article regarding GPS watches and accuracy. GPS Watches May Not Track Runs Accurately - NYTimes.com

Can I get a refund or transfer to another race if I registered but can’t run?
No, all registrations are non-refundable and non-transferable. Once you have entered a race, your entry fees are non-refundable, non-exchangeable, and non-transferable under any and all circumstances, including, but not limited to, cancellation of the event or of your participation.

Can I be guaranteed my shirt size?
No. Shirts are ordered well in advance and the sizes provided are used as estimates to complete the order. For the best chance of receiving your preferred size, be sure to pick up your shirt as early as possible. Shirts will not be mailed.

What if there is a storm or inclement weather on race day?
There is no rain/snow date for this race. The race director reserves the right to modify, shorten, or cancel the race in the case of inclement weather or unforeseen circumstances that make the race unsafe. Race management will work with town and city officials to determine if a cancellation is required.
FREE FINISHER PHOTOS!

FlashFrame Photography is the official race photographer for the event.

Race photos will be available online a few days after the race. Please watch for the email and social media posts announcing when the photos are available - **likely near the end of the week**. Download, post or email as many as you like - they're FREE!
Spectators will be fortunate to watch the OceanView Races in the scenic and historic community of Ipswich.

There are so many amazing places to watch. Great vantage points are located near the famous Great Neck in Ipswich.

Bring your cowbells, noise makers, posters and spirit to cheer the runners on! Share in the post-race celebration too. Get your kids cheering and shaking their cowbells and be sure to visit our FAN STAND as well.

And remember, safety is our top priority. So, there may be times we need to provide directions to spectators to ensure clear or unobstructed paths. Most importantly, we appreciate your support and cooperation in making this day fun for all!

FlashFrame is the official race photographer for the event. Race photos will be available online shortly after the race.

- IMPORTANT -

Spectators should arrive with runners prior to 8:30am to have access to parking. If spectators arrive at the school after 8:30am they will experience traffic delays! Please review the parking details and events schedule to be sure you are able to watch and cheer for your favorite runners.

Volunteers are the heart and soul of the OceanView Road Races. Whether sharing a smile at the registration table, handing water to grateful and thirsty runners or presenting awards to deserving racers, there’s so many ways to help. If your friends and family are joining you on race day and are eager to support your run, please contact us at www.yukanrun.com.