

RACE INFORMATION

Thank you for registering for the **29th Annual Run to the Rock 5K, 10K and 1/2 Marathon** taking place on Saturday, September 7, 2024. Below please find important race information.

All races begin at 8:00am!

* The 5K start and finish are located at the Marshfield Recreation Department, 900 Ferry Street, Marshfield

* The 10K & 1/2 Marathon start at the Marshfield Fairgrounds, 60 South River Street, and finish at the Marshfield Recreation Department, 900 Ferry Street

PARKING:

Race day parking for all distances is at the Marshfield Fairgrounds, 60 South River Street, Marshfield. Enter through Gate E and follow the road to the back parking lot. Please do not park anywhere that is not designated parking for the race.

DISTANCE CHANGES:

If you are planning to run a different distance than what you registered for and have not already sent us an email, please let us know by noon **today** by sending an email to southshorerace@gmail.com.

BIB PICKUP:

- Pre-race bib pickup will be held on Friday, September 6th from 2pm - 7pm at Marathon Sports, 9 Court St in Plymouth
- Race day bib pickup **for all distances** will be held on Saturday, September 7th from 6:30am - 7:50am at Marshfield Fairgrounds, 60 South River Street, Marshfield - Enter through Gate E

PLEASE BE SURE TO HAVE YOUR REGISTRATION CONFIRMATION WITH YOU AS WE WILL NEED TO SCAN THE QR CODE

Yes, you can pick up for friends, family, etc. Please be sure to have a copy of their registration confirmation that includes the QR code.

BUS TRANSPORTATION - Runners Only

- The 5K starts and finishes at the Marshfield Recreation Department, 900 Ferry Street. There is **NO PARKING** available at the recreation department. All runners will need to park at the Marshfield Fairgrounds and take the shuttle to the start. You may also get dropped off at the start by a non-runner. Drop offs will be at the street. **Buses to the start for all 5K runners begin at 6:30am with the last shuttle departing Marshfield Fairgrounds at 7:30am**

SHARP.

- The 10K and 1/2 Marathon start at Marshfield Fairgrounds and finish at Marshfield Recreation where bus transportation will be provided to take you the 3 miles back to your cars after the race.
- Buses for all distances will run approximately every 15 minutes from Marshfield Recreation to Marshfield Fairgrounds between 8:30am and 11:30am to bring you back to your car.
- Shuttle buses are for RUNNERS ONLY!

HEADPHONES

If you are running with headphones please be sure they do not prevent you from following the directions of our on course volunteers. There are points where distances split in different directions. Don't make a turn onto the wrong course because your headphones are preventing you from following volunteer instructions.

BAG DROP

10K & 1/2 Marathon bag check will be available at the fairgrounds for anything you would like to have at the finish line. 5K bag check is at Marshfield Recreation.

DOGS

Dogs are not allowed on the race course. If you are participating with a service animal, please reach out to us before the race.

RACE SHIRTS

The shirt deadline was **August 20th**. If you registered after that date please check at the finish line to see if there are any extra shirts available. If you registered before the shirt deadline and would like your shirt please be sure to pick it up before the race starts at 8:00 am on Saturday. All shirts not picked up before the race starts will be given out at the finish line on a first come, first served basis. Sorry, we are unable to mail shirts.

AWARDS

Awards will be distributed at the conclusion of each race as soon as results are available.

- 5K at 9:00am, 10K at 9:30am, 1/2 Marathon at 10:30am
 - Times are approximate (see above re: distance changes)
- Awards for the 5K & 10K will be given to overall top 3 male & female and 1st place finishers in various age groups
- Awards for the 1/2 Marathon will be given to overall top 3 male & female and 1st, 2nd and 3rd place in various age groups.

Please be sure to collect your award on race day as we are unable to mail them. You may have

someone collect your award for you.

Looking for something to do after the race?? Check out the [Marshfield Community Rib Cook-off](#) taking place at the Marshfield Fairgrounds.

Visit the [website](#) for course maps and more.