



# MOUNT DESERT ISLAND MARATHON • HALF • RELAY

*Get real MAINE. Run MDI!*

**OCTOBER 15, 2023**

## >>> OFFICIAL RACE HANDBOOK <<<

**Please read this race weekend information carefully!**

This electronic PDF version of the race handbook is the only copy you will receive.



Welcome to the much-anticipated 20<sup>th</sup> running of the Mount Desert Island Marathon, Half-Marathon & Team Relay!

On behalf of the entire island community, our sponsors, and the hundreds of volunteers involved in this event, we are all very excited that you chose to run MDI!

**It is in your best interest to read this Race Handbook thoroughly prior to attending the Pre-Race Expo.** You will find details regarding Race Weekend activities, and more importantly, information to assist you in your final preparations for safe completion of this very challenging course.

In the unlikely event that you cannot find answers to your questions after reading this handbook, please visit the FAQ Page of our website: [runmdi.org/faq](http://runmdi.org/faq)

**Finally, please keep in mind that our volunteers are here to help you.** They are donating their time and energy to help make our event run smoothly. Please be kind to them and thank them for supporting you. We encourage ALL volunteers to read this Race Handbook in its entirety. However, volunteers may not be able to answer *every* question. That's why it is extra important that YOU read this Race Handbook in its entirety, too.

### **REMINDER:**

**This electronic PDF is the ONLY copy of the Race Handbook that you will receive!  
Please download and/or print a hard copy and read it prior to attending the Pre-Race Expo.**

**THANK YOU, TRAVEL SAFE, AND HAVE A GREAT RACE!**



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## **Pre-Race Health & Fitness Expo / Pre-Race Check-In:**

### **Requirements**

Know your bib number and have your photo ID ready. All participants must pick up their own bib number in person with Photo ID. No exceptions. (This means that you cannot send someone else to pick up your race materials.) Please plan your travels accordingly and allow yourself ample time to drive, arrive, park, get your bib, and browse the Pre-Race Expo.

Pursuant to the waiver agreement signed at the time of registration, your attendance at the Pre-Race Expo is required to pick up your race materials.

Due to insurance limitations, the race must ensure that all participants are officially registered with up to date emergency contact information and have agreed the participation waiver. Additionally, race officials work closely with local public safety and rescue departments. The complete entrant database with corresponding bib numbers and emergency contact info is shared with these departments. It is vital that this database matches the actual field of race day participants. The risk of unauthorized transfers is simply too high to allow anyone other than the registered participant to pick up their own bib number. Thank you for your understanding.

### **Location & Hours**

#### **MDI YMCA Gymnasium**

21 Park Street, Bar Harbor, ME 04609

[expo.runmdi.org](http://expo.runmdi.org)

- **Friday— 3:00PM - 7:00PM**
- **Saturday— 10:00AM - 5:00PM**
- **Parking—** There is paid parking available thru out downtown Bar Harbor. *(The [ParkMobile app](#) is very handy! We recommend downloading it ahead of time.)* Please do NOT park in the YMCA's lot. They will still be open for regular business and this parking must remain available for their members. Thank you for your cooperation. 😊

Our team, along with the attending vendors and our hosts at the YMCA, invest a lot of time and resources into the Pre-Race Health & Fitness Expo. Pursuant to the waiver agreement signed at the time of registration, your attendance is required to pick up your race materials.

### **Know Your Bib Number**

Your bib number assignment will be emailed to you before the race. Please make a note of it. Bib numbers will also be posted to the entrants list: [entrants.runmdi.org](http://entrants.runmdi.org) If you don't know your bib number you will need to go to the volunteer desk and have them look it up, and then go the back of the bib pick-up line. *(Hint: If you registered more than one runner using the same email address, you will only receive one bib assignment email. This is a system setting beyond our control to prevent spam email.)*

Please be aware of the following:

- The September 1<sup>st</sup> deadline to transfer your entry to another runner or defer to next year has passed.
- General Registration for all races has reached capacity. This means that the only option to switch races is thru the Charity Bib program. (There are no charity bibs for the Team Relay.) You may learn more here: [charitybibs.runmdi.org](http://charitybibs.runmdi.org)

### Can't Make the Pre-Race Expo? (Late Bib Pick Up)

All unclaimed bib numbers will be taken to the Village Green Gazebo in downtown Bar Harbor on race morning and will be available beginning at 6:00AM until 7:00AM. The Village Green is located at the corner of Main Street and Mt. Desert Street – a stone's throw from the Marathon starting line at 200 Main Street, and site of the half-marathon bus loading. **Race shirts and bags will NOT be available for late pick up.** If you skip the Pre-Race Expo you will still be able to participate with your bib number, but you will forfeit your race bag and shirt.

Pursuant to the waiver agreement signed at the time of registration, your attendance at the Pre-Race Expo is required to pick up your race shirt and race bag. These materials will NOT be mailed. Once the Pre-Race expo closes, our volunteers must pack up and vacate the space as quickly as possible, and then all hands are on deck to get the course set-up overnight and hold the race the next morning. **Late bib pick-up is a luxury. There is NO late race shirt/race bag pick-up.**

### Race Shirts

We do our very best to ensure that you receive the shirt size you requested at the time of registration. Please keep in mind that these shirts are ordered in advance, while registration remains open. *(This means our race committee has to estimate the size run that we order, based on current registrations, and past orders from previous years.)*

Shirts are distributed on a first come, first served basis, based on the size you requested at the time of registration, which is printed on your bib number. We recommend picking up your race packet at our Pre-Race Expo as early as possible for the best chance of getting the size you requested. There are no immediate exchanges, unless of course, if you and another runner want to trade. If you would like to change your shirt size, you have two options:

- 1.) Trade unworn shirts with your fellow runners. Look for the "shirt-swap" table.
- 2.) Return to the Pre-Race Expo on Saturday at 4:00PM to exchange your unworn shirt from any remaining stock.

**Note: Shirts that have been worn will not be accepted for exchange.**

## **Race Day – ALL COMPETITORS:**

### The Race Course

The Marathon, Half-Marathon, and Team Relay are all run on the same course. The Marathon & Team Relay start at 200 Main Street in Bar Harbor, while the Half-Marathon starts at 5 Manchester Road in Northeast Harbor.

**Portions of our course are open to local traffic. Please be respectful of our neighbors that are sharing their roads with you.** Please be aware of vehicles and other competitors around you. If wearing headphones, which is **strongly** discouraged, please remove one ear bud and keep the volume down. Noise cancelling headphones are strictly prohibited.

The race route, which runs through Bar Harbor, Otter Creek, Seal Harbor, Northeast Harbor (*site of the half-marathon start*), Somesville and finishes in Southwest Harbor, has been certified at 26 miles 385 yards (42.195km) by USATF. (Certification # ME23002JG) This certification distinguishes the Mount Desert Island Marathon as a direct qualifier for the Boston Marathon. We provide them with our official results if you should meet the qualifying standard.

Per our USATF certification, the marathon & half-marathon course has been measured and certified on the **LEFT** side of the road, **FACING oncoming vehicular traffic**. Do **not** run far out in the traffic lane, or cross the center line, over to the right side of the road or you will not be running the entire 26-mile, 385-yard distance, and you will risk being disqualified. It is very important to note that parts of the course will remain **open** to local traffic.

**The ONLY sections of the course closed to thru traffic are along Cooksey Drive (approx. miles 6.2 to 8.3 on the Marathon route), and Sargeant Drive (approx. miles 12.3 to 17.5 of the Marathon route / approx. miles 1.0 to 4.5 of the Half-Marathon route.)**

On these sections of the course that are closed to thru-traffic, runners should use caution, but may take the shortest possible paved route, on either side of the road, to cover the accurate marathon distance. (Note: Even on the sections of the course closed to thru-traffic, there may be limited local traffic or course volunteers.)

**It is the participant's responsibility to know the course.** You will find a course map in this handbook. All turns on the route are clearly marked with yellow directional arrows painted on the road with the imprint "MDI". There will be course marshals at key intersections. Anyone expecting to finish after 2:00PM should consider carrying route directions if unfamiliar with the course. (Included in this handbook and printed on the back of your bib number.) The Marathon course is marked in miles 1 to 26, and kilometers 5,10,15, 20, 25, 30, 35, 40 and the Half-Marathon course is marked in miles 1-13. Each distance along the route is marked directly on the road in yellow paint and with corresponding signs.

**\*Disqualification\*** The Mount Desert Island Marathon is organized and conducted under USA Track & Field rules. Entrants must comply with all applicable rules. Failure to comply may result in disqualification and/or a ban from future races.

Anyone seen competing on the RIGHT side of the course (except along Cooksey Drive or Sargeant Drives –see above) will be doing so in an unsafe manner and in violation of the rules of the event. Because the course has been measured and certified on the **LEFT** facing traffic any such violation may result in running less than the full distance and the participant risks immediate disqualification.

All entrants must complete the entire race course to be considered an official finisher. Those who are unable to finish must NOT, under any circumstances, cross the finish line.

No unofficial runners are allowed on the course or in the finish chute. This includes pacing by a coach, friend or family member. Unauthorized pacing by a bandit or bandits will result in immediate disqualification of the registered runner, and a ban from future editions of our race for all involved parties.

Running with another competitor's bib number is strictly prohibited.

### Race Route

- **Marathon & Relay** start at 200 Main Street Bar Harbor
- Follow Route 3 SOUTH
- Turn LEFT Cooksey Drive (mile- 6.3)
- Take next two LEFT turns (at approx. miles-7.7 and 7.9)
- Turn LEFT a stone fountain in Seal Harbor, returning to Route 3 (mile-8.4)
- Turn LEFT on Route 198 just past Asticou Inn (mile-11.4)
- Follow Main Street STRAIGHT through downtown Northeast Harbor
- Main Street becomes Rock End Road (keep Neighborhood House on left)
- Turn LEFT on Maple Lane (mile-12.7)
- Turn RIGHT on South Shore Road (mile-12.8)
- Keep left / go straight at all intersections
- South Shore Road becomes Manchester Road
- **Half-Marathon** starts at intersection with Neighborhood Road (mile-13.1)
- Bear LEFT on Sargeant Drive (mile-14.1 • mile-1)
- Turn LEFT on Route 198 (mile-17.3 • half: mile-4.2)
- Turn LEFT on Butler Road (mile-18.2 • mile-5.1)
- Turn LEFT and rejoin Route 198 (mile-18.6 • mile-5.5)
- Turn LEFT at traffic light on Route 102 in Somesville (mile 20.1 • mile 7.0)
- Finish on Main Street in downtown Southwest Harbor (mile 26.2 • mile 13.1)

### What items are NOT allowed on the course?

There are a number of items that are not allowed on the course including, but not limited to: participants running in the opposite direction of the race course, unregistered runners/walkers, unauthorized pacing by an unregistered runner, unauthorized cyclists, pets/animals, baby joggers/strollers, roller skates/ blades.

### Bib Numbers and B-Tag Technology

DO NOT FORGET YOUR RACE NUMBER! Your race number contains your B-Tag timing device. Folding, cutting, or otherwise altering your bib number will result in a finish time not being recorded for your efforts. Participants must securely pin the official race number on the **FRONT** of their clothing and display the number in a visible **at all times** location. Do not attach you bib number to a "bib belt/spibelt/fluid belt/etc." – these have been known to cause damage and excessive wear to the timing strips over the course of a race, resulting in no finish time.

Race numbers are color-coded so that participants, spectators, and race officials can identify the various groups:

- BLUE = Experienced Marathoner (*You have completed at least one marathon.*)
- GREEN = Greenhorn (*This is your first marathon – you picked a good one!*)
- PURPLE = Charity Fundraising Participant (*Cheer loudly for these generous participants!*)
- YELLOW = Team Relay
  - (*Each relay participant will be issued two bibs. The bib with the team name and number is to be worn on the front, while the "RELAY" bib must be worn on back.*)

- RED = Half-Marathon
  - (Each half-marathon participant will be issued two bibs. The bib with the participant name and number is to be worn on the front, while the "HALF" bib must be worn on back.)

In addition, participants first names or team names\* will also be printed on their race numbers. \* Your bib number will be printed on September 1<sup>st</sup> using the data you supplied at the time of registration.

### Timing on the Course, Finish Times and Final Results

The race is being timed by ARE Event Productions using B-Tag timing. A link for live tracking and results will be available on our website. ([results.runmdi.org](https://results.runmdi.org)) There will be time splits as follows:

- Marathon & Relay: 1<sup>st</sup> half, 2<sup>nd</sup> half, 20M, last 10K, finish (gun and net)
- Half: 6.9M, last 10K, finish (gun and net)

The AREEP Results Kiosk will also be on site at the end of the finish chute for immediate results and age group awards pick up. In addition, your bib number will feature a personalized results QR code.

### Fluid & Energy Replacement

Fluid replacement stations at approximately every two miles along the route and each will offer lemon-lime Gatorade and water. At the discretion of race management, a fluid station may be moved slightly to avoid hills, narrow sections of roadway or blind corners. These stations will be set up, stocked and manned by volunteers. Various flavors of GU Energy Gel will be available beginning at the mile 16 fluids station. If you prefer a particular brand or flavor, we recommend carrying your own energy replacement products. **Note for late finisher's: Fluids stations may gradually become self-serve, as our volunteers are assigned accordingly. The course and finish line close at 2:30PM.**

### Finishing the Race

The first rule of finishing the race is to make sure you finish the race! Just before you cross the actual finish line timing mats (located under the banner) you will first cross a set of 'announcer mats' that are in place to identify you to our race timers *before* you finish. **DON'T STOP YET! You're not over the finish line until your cross the set of timing mats under the banner!** (FWIW, the 'announcer' mats help our race timers announce your name as your finish – *and maybe your new PR if you happen to set one!* – these mats also help to identify bandits, bib mules, cheaters, etc.)

### Finish Line Amenities

Space blankets and the **Bar Harbor Bank Runner Hospitality Area** with food and beverages will be offered at the end of the finish chute for runners that need to refuel.

### Late Finishers

The course and finish line will close at 2:30PM. Water stops may gradually become self-serve, as our volunteers are assigned accordingly. The finishing area will also start to be disassembled so that Main Street may be re-opened right at 2:30PM. Shuttle buses make their last trip out of Southwest harbor at approx. 3:00PM. It is your responsibility to arrange other transportation if leaving Southwest Harbor after 3:00PM.

### Sweep Vehicle

The sweep vehicle will start running at approx. 12:00PM. **Please don't start the race if you have not properly trained and you doubt your ability to finish.** The sweep vehicle will drop you at the finish in Southwest Harbor. Please check in with race officials at the finish if you are unable to complete the course. **Do NOT cross the finish line if you did not run the entire course!**

### Transportation from Southwest Harbor-SWH (finish), back to Bar Harbor-BH (start)

There is free bus transportation from the finish, back to the Village Green in Bar Harbor, where the Marathon & Relay started, and where Half-Marathoners caught the bus to their start in Northeast Harbor. Buses will load behind Bar Harbor Bank (across from the finish line) and run continuously once filled.

**Shuttles will begin running from Southwest Harbor back to Bar Harbor at approx. 12-NOON.** Shuttle buses make their last trip out of Southwest Harbor at approx. 3:00PM. You will need to arrange other transportation if leaving Southwest Harbor after 3:00PM.

### Race Photographers

We are proud to offer FREE race photos from **Capstone Photography**, who will be stationed on the course capturing photographs of each participant. (SMILE!) You must have your bib number pinned securely on your **FRONT** and visible at all times. (Note: Race photographers do their very best to capture every participant.)

### Awards

All finishers will receive a medal after they complete the race. The top three overall finishers (male and female) in the Half-Marathon and full Marathon will be recognized on the podium shortly after they finish.

There are no formal age-group awards ceremonies. Age group finishers may claim their awards as age divisions are filled. **It is the competitor's responsibility to check the results and claim any awards they might have won before they leave.** Awards will be given to the top three male and female finishers, in age groups: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ and the first 3 Mount Desert Island residents. The top three relay teams will also be awarded.

**Awards will not be mailed.** To be eligible for an award you have to run the race and finish the race. After you finish the race you have to exit the finish line thru the finish chute, and you can't leave the finish chute without passing by the **ARE Event Productions Results Kiosk**, where your results are available *nearly immediately* after finishing. If you won an age group award, that will also be available for immediate pick up. (Every year we hear from people who didn't check the results and are surprised to find out later that they placed in their age group. Don't underestimate yourself!)



## **Race Day – MARATHON:**

### Marathon Starting Area - Traffic and Parking

#### **START LINE LOCATION: 200 MAIN STREET, BAR HARBOR**

Downtown Bar Harbor, including south Main Street, and the entire area around the Village Green will be very congested on the morning of the race. All parking options in downtown Bar Harbor are an easy walk to the starting line. Please note that both paid and permit parking rules are not enforced until 12:00PM on Sunday. (This means that you will need to pre-pay for parking; if you select two hours, you will be able to park until 2PM.) See complete parking guidelines and maps online: <https://www.barharbormaine.gov/400/Parking-Information>

**\*\*DO NOT park on Main Street south of the starting line (i.e., the marathon course.)\*\***

**Paid and permit parking rules in Bar Harbor will be enforced during MDI Marathon weekend.**

In addition to paid parking, there is also free parking available at Conners-Emerson School, located at 11 Eagle Lake Road. Finally, permit parking will be lifted on race day on the following streets: Glen Mary Road, Shannon Road, Park Street, and lower Ledgelawn Ave (south of Park Street only).

### Marathon Baggage Check

**ALL BAGS ARE SUBJECT SECURITY CHECKS. Limit one (1) small, self-supplied, sturdy bag per runner. SECURELY attach the GEAR CHECK TAG from the bottom of your bib number to identify your bag. (No large luggage will be accepted.)** We will provide a vehicle to transport runner's baggage to the Finish Line Area in Southwest Harbor. You must check your small bag 30 minutes prior to the start of your race. **No bags will be accepted after 7:30AM.** The baggage check will be stationed at the Village Green in Bar Harbor, near the start. Race officials are not responsible for lost or stolen items. Please leave any and all valuables with family or friends. Unclaimed bags will be donated to charity.

### Marathon Restrooms

- Portable toilets will be available near the Village Green in Bar Harbor. Additional restrooms are located at the Bar Harbor Police & Fire Station near the corner of the Village Green.
- Portable toilets will be placed in several appropriate locations along the race route.
- There are additional facilities in Northeast Harbor at the Great Harbor Maritime Museum (mile-12.2, on left) and Neighborhood House (mile-12.3, on left).
- There are restrooms on Route 102 at mile-23.4 on the right. Cross the road with caution.
- At the finish line portable toilets will be also available.

### Marathon Official Start – 8:00AM

All runners must be lined up on Main Street by 7:35AM for our start line ceremonies and announcements. The race will start on time at 8:00AM sharp! **There is no early start.** All runners should stage themselves at the starting line by the honor system. Faster runners, those expecting to run at or under 6:00min per mile, should be in the first few rows at the starting line. Runners expecting to take over 5hrs to complete the distance (11:30min per mile) should line up further back in the field; runners of varying other abilities should self-seed in between. Walkers should line up at the very back of the field. Failure to be respectful when lining up to start is unsafe and inconsiderate of your fellow runners. ARE Event Productions will be providing start time mats and the race will be scored by net time. (*i.e., the actual time it takes you to go from the start line timing mat to the finish line timing mat.*)

**Race Day – HALF-MARATHON:****Half-Marathon Start Buses****BAR HARBOR VILLAGE GREEN (buses load on Kennebec Place)**

We highly recommend using the provided bus transportation to the start. **You are required to be wearing a RED half-marathon bib number to board.** These buses will leave from the Village Green in Bar Harbor beginning at 6:15AM, and will run continuously once filled until 7:15AM. It is very important that you do not try and wait for the “last bus” or you could miss the start of the race. (This is because we cannot possibly transport all the runners at one time.)

Buses will unload at the Neighborhood House in Northeast Harbor, where you can check your bag and stay warm until the race starts. The starting line is an easy walk from here. (Approximately ¼-mile.)

*You have trained hard for your race. Please leave yourself ample time to get there, check your bags, and get ready to run in a relaxed manner.*

(Note: Bus transportation to the Half-Marathon Start is one way. Shuttle buses from the Finish Line in Southwest Harbor are non-stop and will bring passengers back to the Bar Harbor Village Green, where you originally boarded the bus to go to the Half-Marathon start in Northeast Harbor.)

**Parking for Half-Marathon Start Buses**

Downtown Bar Harbor, including south Main Street, and the entire area around the Village Green will be very congested on the morning of the race. All parking options in downtown Bar Harbor are an easy walk to the Village Green. Please note that both paid and permit parking rules are not enforced until 12:00PM on Sunday. (This means that you will need to pre-pay for parking; if you select two hours, you will be able to park until 2PM.) See complete parking guidelines and maps online: <https://www.barharmoraine.gov/400/Parking-Information>

**\*\*DO NOT park on Main Street south of the starting line (i.e., the marathon course.)\*\***

**Paid and permit parking rules in Bar Harbor will be enforced during MDI Marathon weekend.**

In addition to paid parking, there is also free parking available at Conners-Emerson School, located at 11 Eagle Lake Road. Finally, permit parking will be lifted on race day on the following streets: Glen Mary Road, Shannon Road, Park Street, and lower Ledgelawn Ave (south of Park Street only).

**Half-Marathon Starting Area - Traffic and Parking****START LINE LOCATION: 5 MANCHESTER ROAD, NORTHEAST HARBOR**

Downtown Northeast Harbor, including Main Street, will be very busy. Please do not park on Main Street as this is the marathon route. Please park at the Marina or in the town lot behind the Old Firehouse Museum. If you are leaving a car in Northeast Harbor you must have a way to get back to it. (Note: Bus transportation to the Half-Marathon start is one way.)

The Half-Marathon start is located at the end of Neighborhood Road and Manchester Road. This is very near to where the buses drop you. There is **NO** parking, nor runner drop-off at this location.

**\*\*DO NOT park on Main Street (i.e., the marathon course.)\*\***

**Posted hourly parking rules In Northeast Harbor are not enforced during MDI Marathon weekend.**

### Half-Marathon Baggage Check

**ALL BAGS ARE SUBJECT SECURITY CHECKS. Limit one (1) small, self-supplied, sturdy bag per runner. SECURELY attach the GEAR CHECK TAG from the bottom of your bib number to identify your bag. (No large luggage will be accepted.)** We will provide a vehicle to transport runner's baggage to the finish area in Southwest Harbor. You must check your small bag 30 minutes prior to the start of your race. **No bags will be accepted after 8:15AM.** The baggage check will be stationed at the Neighborhood House in Northeast Harbor, about ¼-mile from the start. Race officials are not responsible for lost or stolen items. Please leave any and all valuables with family or friends. Unclaimed bags will be donated to charity.

### Half-Marathon Restrooms

- Portable toilets will be available in Bar Harbor where you board the buses near the Village Green in Bar Harbor. Additional restrooms are located at the Bar Harbor Police & Fire Station near the corner of the Village Green.
- In Northeast Harbor there are facilities at the Great Harbor Maritime Museum on Main Street and portable toilets will be available at the Neighborhood House Community Center, where shuttle buses from Bar Harbor unload and where you check your bag.
- Portable toilets will be placed in several appropriate areas along the race route.
- There are restrooms on Route 102 at mile-23.4 on the right. Cross the road with caution.
- At the finish line portable toilets will also be available.

### Half-Marathon Start – 8:30AM

All participants must be lined up at the start by 8:15AM. The race will start on time at 8:30AM sharp! **There is no early start.** All runners should stage themselves at the starting line by the honor system. Faster runners, those expecting to run at or under 6:00min per mile, should be in the first few rows at the starting line. Runners expecting to take up to 3hrs to complete the distance (13:40min per mile) should line up further back in the field; runners of varying other abilities should self-seed in between. If you're walking the race you should line up at the back of the field. Failure to be respectful when lining up to start is unsafe and inconsiderate of fellow runners. ARE Event Productions will be providing start time mats, and the race will be scored by net time. (*i.e., the actual time it takes you to go from the start line timing mat to the finish line timing mat.*)

**HALF-MARATHON NOTE:** You are starting your race at mile-13.1 of the Marathon. Depending on your pace, this means that the elite marathon participants who are competing for the win, podium, and top-10 will "catch you" on the course. They will come up on you from behind **very quickly**. Please yield to them. This means you must run/walk single file when these competitors are present. **DO NOT** jog/walk 2-3 abreast after the marathon runners start to catch you. Failure to do so could result in a collision/serious injury.

## **Race Day – TEAM RELAY:**

### **Team Relay Starting Area - Traffic and Parking**

#### **START LINE LOCATION: 200 MAIN STREET, BAR HARBOR**

Downtown Bar Harbor, including south Main Street, and the entire area around the Village Green will be very congested on the morning of the race. All parking options in downtown Bar Harbor are an easy walk to the starting line. Please note that both paid and permit parking rules are not enforced until 12:00PM on Sunday. (This means that you will need to pre-pay for parking; if you select two hours, you will be able to park until 2PM.) See complete parking guidelines and maps online: <https://www.barharbormaine.gov/400/Parking-Information>

**\*\*DO NOT park on Main Street south of the starting line (i.e., the marathon course.)\*\***

**Paid and permit parking rules in Bar Harbor will be enforced during MDI Marathon weekend.**

In addition to paid parking, there is also free parking available at Conners-Emerson School, located at 11 Eagle Lake Road. Finally, permit parking will be lifted on race day on the following streets: Glen Mary Road, Shannon Road, Park Street, and lower Ledgelawn Ave (south of Park Street only).

### **Team Relay Information**

Hand-off zones are not considered “finish lines” in the sense that any post-race amenities are supplied. Your team vehicle should be equipped with any food/beverages you might require once completing your relay leg. The finish line is located in Southwest Harbor, and this is where all finishers are awarded medals, and also site of the post-race runner hospitality area. Please plan accordingly.

All team members may accompany the anchor leg (the person who is running the final leg to the finish) across the finish line, where all team members will be awarded medals. Be sure the anchor leg reaches the finish line before other team members, for accurate and fair team timing.

Relay participants must be in place at designated hand-off zones using personal transportation. NO OFFICIAL TRANSPORTATION IS PROVIDED TO RELAY HANDOFF ZONES.

- The 3-Person Relay hand-off are located at miles-8.5 and 18.6
- Public Safety Relay hand-off zones are located at mile markers 6, 12, 18, 24.
- Do not handoff before or after these relay zones or your team will risk being disqualified.
- *Note: Relay hand-offs are by honor system. There is no finish line, nor finish line amenities at the team relay hand off areas. Your team is not finished until you cross the official finish line in Southwest Harbor.*
- Do not drive on closed roads.
- **IMPORTANT: See website for specific driving instructions and maps: [relay.runmdi.org](http://relay.runmdi.org)**

### **Team Relay Restrooms**

- Portable toilets will be available near the Village Green in Bar Harbor. Additional restrooms are located at the Bar Harbor Police & Fire Station near the corner of the Village Green.
- Portable toilets will also be placed in several appropriate areas along the race route. There are additional facilities in Northeast Harbor at the Maritime Museum (mile 12.2, on left) and Neighborhood House (mile 12.3, on left).
- There are also restrooms on Route 102 at mile 23.4 on the right. Cross the road with caution.
- At the finish line portable toilets will be also available.

**Team Relay Start – 8:00AM**

Leg 1 runners must be lined up at the start by 7:35AM for our start line ceremonies and announcements. The race will start on time at 8:00AM sharp! **There is no early start.** Runners should stage themselves at the starting line by the honor system. Faster runners, those expecting to run at or under 6:00min per mile, should be in the first few rows at the starting line. Runners expecting to take over 5hrs to complete the distance (11:30min per mile) should line up further back in the field; runners of varying other abilities should self-seed in between. Walkers should line up at the very back of the field. Failure to be respectful when lining up to start is unsafe and inconsiderate of fellow runners. ARE Event Productions will be providing start time mats, and the race will be scored by net time. (*i.e., the actual time it takes you to go from the start line timing mat to the finish line timing mat.*)

**Team Relay Finish Area Traffic and Parking**

Relay Teams are limited to one team vehicle. Be aware that some lots have both public and permitted spaces. (Please park thoughtfully and responsibly.) All options below can be accessed to / from the race day detour.

Suggested public parking is as follows:

- **Upper Town Dock lot** — 108 Clark Point Road
- **Lower Town Dock lot** — 176 Clark Point Road
- **Clark Point Road** — approx. 2 to 29 (*between Main Street and Maple Lane*)
- **Post Office lot** — 21 Clark Point Road
- **Main Street** — approx. 350 to 375 (*south of the Finish Line*)
- **Paid lot off Main Street** — south of the finish line (*neighboring 3 Rod Road*)
- **Great Harbor Marina lot** — 11 Apple Lane
- **Manset Town Dock lot** — 55 Shore Road
- *Privately owned lots may also offer paid parking.*

## **Race Day – SPECTATORS:**

### Spectators:

No vehicles will be permitted to follow the race routes leaving Bar Harbor and Northeast Harbor. No exceptions. (You will be stopped by course marshals and have to turn around, wasting precious time.)

Spectators are encouraged to carpool as much as possible. Be aware that some lots have both public and permitted spaces. (Please park thoughtfully and responsibly.)

You MUST follow the routes below to successfully spectate the race and meet your runner at the finish line in Southwest Harbor:

- **Start Line (Marathon & Relay)**
  - Downtown Bar Harbor, including south Main Street, and the entire area around the Village Green will be very congested on the morning of the race.
  - The Marathon & Relay start at 200 Main Street in Bar Harbor.
  - Paid Parking and Permit Parking rules are enforced beginning at noon on Sundays.
  - Marathon & Relay Official Start - 8:00AM
- **Mile 11.5 (Marathon & Relay)**
  - Exit Bar Harbor on Route 233 / Eagle Lake Road.
  - Follow Route 233 / Eagle Lake Road for approximately 5-miles until you reach the intersection of Route 198, located just past MDI High School. (Where the pasta dinner is held.)
  - Turn LEFT on Route 198 toward Northeast Harbor and follow until you reach the intersection with Route 3. (Approximately 4.5-miles.)
  - This spectator zone is located at the intersection of Route 198 & Route 3, locally known as "Asticou Corner."
  - Be sure to park on the opposite side of the road from where the racecourse is. Runners will be on the left, heading toward Northeast Harbor.
- **Mile 12.3 (Marathon & Relay)**
  - **+ Start Line (Half-Marathon)**
    - Continue on Route 198 to downtown Northeast Harbor.
    - Follow signs to park at the Marina (on your LEFT).
    - IMPORTANT: You will be driving on the racecourse briefly and you will have to cross the marathon route to park at the marina. RUNNERS HAVE THE RIGHT OF WAY! Please yield to them and drive with caution.
    - Walk up Sea Street into town. The Marathon and Relay race route is on Main Street.
    - This spectator zone is located on Main Street.
    - The start line for the Half is located at 5 Manchester Road, near the intersection with Neighborhood Road.
      - Walk south on Main Street toward Neighborhood House.
      - Turn left on Neighborhood Road and walk to the end.
      - Turn left on Manchester Road.
      - Half-Marathon Official Start: 8:30AM
- **Mile 17.2 (Marathon & Relay)**
  - **+ Mile 4.1 (Half-Marathon)**
    - Upon leaving the Northeast Harbor Marina, reverse direction on Route 198 and follow back the way you originally came for approximately 3-miles until you reach the intersection with Sargeant Drive. (Note: Sargeant Drive is closed to ALL traffic on race day.)
    - Be sure to park on the opposite side of the road from where the race course is. Runners will be on the left, heading toward Somesville.

- This spectator zone is located at the intersection of Route 198 and Sargeant Drive.
- **Spectating at the Finish Line (Marathon, Half-Marathon, Team Relay)**
  - Family and Friends Reunion Area: Make a plan now to reunite with your runner on the section of Main Street, (south of the finish line) that is closed to traffic on race day.
  - Continue on Route 198 to Somesville. Turn left at the traffic lights onto Route 102, heading toward Southwest Harbor. (Approx. 2 miles.) You will be sharing the road with the marathon course for a short period. PLEASE DRIVE WITH EXTREME CAUTION THRU DOWNTOWN SOMESVILLE! The road is very narrow!
  - Turn RIGHT onto Pretty Marsh Road – Route 102, located just after the Somesville Fire Station.
  - You have two options to get to Southwest Harbor from here:
    - >>>OPTION #1
      - Follow Pretty Marsh Road – Route 102 to Seal Cove. (Approx. 7.5 miles.)
      - Turn LEFT onto Seal Cove Road. (Note: Road is mostly unpaved.) Follow until the road becomes paved again, and go straight thru any intersections. (Approx. 4 miles.)
      - Turn RIGHT to Route 102 at the end of Seal Cove Road. (*This is the race course, drive carefully!*)
      - Follow Route 102 to the Herrick Road detour. (Approx. 0.7 miles)
      - Southwest Harbor parking is as follows:
        - **Upper Town Dock lot** — 108 Clark Point Road
        - **Lower Town Dock lot** — 176 Clark Point Road
        - **Clark Point Road** — approx. 2 to 29 (*between Main Street and Maple Lane*)
        - **Post Office lot** — 21 Clark Point Road
        - **Main Street** — approx. 350 to 375 (*south of the Finish Line*)
        - **Paid lot off Main Street** — south of the finish line (*neighboring 3 Rod Road*)
        - **Great Harbor Marina lot** — 11 Apple Lane
        - **Manset Town Dock lot** — 55 Shore Road
        - *Privately owned lots may also offer paid parking.*
    - >>>OPTION #2 (*longer, but most scenic route!*)
      - Follow Pretty Marsh Road – Route 102 thru Seal Cove and Tremont to Bass Harbor.
      - Turn LEFT onto Route 102-A and head toward Bass Harbor Light.
      - Follow Route 102-A along Seawall (very pretty!) to Manset.
      - Route 102-A ends at the intersection with Route 102.
      - Turn RIGHT onto Route 102 towards downtown Southwest Harbor. (Approx. 19 miles.)
      - Southwest Harbor parking is as follows:
        - **Upper Town Dock lot** — 108 Clark Point Road
        - **Lower Town Dock lot** — 176 Clark Point Road
        - **Clark Point Road** — approx. 2 to 29 (*between Main Street and Maple Lane*)
        - **Post Office lot** — 21 Clark Point Road
        - **Main Street** — approx. 350 to 375 (*south of the Finish Line*)
        - **Paid lot off Main Street** — south of the finish line (*neighboring 3 Rod Road*)
        - **Great Harbor Marina lot** — 11 Apple Lane
        - **Manset Town Dock lot** — 55 Shore Road
        - *Privately owned lots may also offer paid parking.*

**NOTES:** Spectators are an important complement to our race. Please watch for and report any downed or disoriented runners. There are HAM Radio personnel stationed at many points along the course. In the event of an emergency call 911. Finally, as you will be driving on parts of the marathon course, doing so with safety flashers on will help inform competitors that you are part of the race as well as helping to slow other traffic. Please drive slow. **If you stop to cheer ALWAYS pull off on the opposite side of the road from where runners are present. (Runners will be on the LEFT, facing traffic.)**

## **Race Day – MEDICAL & EMERGENCY INFO:**

### Emergency Medical Support

Local rescue departments will be monitoring the course and finish line. Mount Desert Island Hospital will have a finish line medical tent to triage and transport any runners needing emergency medical attention. Race officials and/or medical staff reserve the right to remove any participant from the course if any such person appears to be placing themselves at risk of serious harm/injury by continuing. **Spectators & participants should dial 911 in case of an emergency.**

### Emergency Communications

The Ellsworth Amateur Wireless Association HAM Radio Club will be providing communications on the course. If you have difficulties during the race and need assistance, look for a HAM radio operator. (Radio operators will likely be sitting in personal a vehicle with a big antenna on top, parked along the side of the road.) Please check in with race officials at the finish if you are unable to complete the course. **Do NOT cross the finish line if you did not run the entire course.**

### Important Health & Medical Considerations for All Participants

Long distance running is a very strenuous, and a potentially dangerous endeavor, even for trained athletes, especially if precautions are not taken. Every runner should consult a physician prior to training for, or competing in a long distance race. If you are sick or injured do not start the race!

**Dehydration** is your enemy during the race. It can result in many things, none of them good. The impact of not taking in enough fluid before and during an endurance event is very real and can cause anything from previously mentioned impaired performance, to cramps, heat exhaustion, hypothermia or even heatstroke. If you find yourself or see another participant in trouble on the course it is important to remember that assisting a fellow runner is infinitely more important than any personal accomplishment in the marathon.

A well-trained, acclimatized marathon runner will lose at least 12 ounces of fluid per hour of exertion (in ideal weather conditions). During a marathon this totals 4-6% loss of body weight due to dehydration. Athletic performance is impaired by as little as 1-2% loss of body weight due to dehydration or as soon as 5-7 miles into the race (sooner if not properly hydrated before the start). It takes 30-40 minutes for fluid to empty the stomach and re-hydrate the muscles. If you wait until you are dehydrated to begin drinking it will be too late to help your performance during the marathon. The moral of this story: Drink early and drink regularly.

It is also important to note that drinking excessive amounts of fluids before, during, or after the race can result in impaired performance and can be unhealthy, dangerous, and even cause death. **Hyponatremia** means that the sodium level in the blood is below normal. Your body needs sodium for fluid balance, blood pressure control, as well as the nerves and muscles. When the sodium level in your blood is too low, extra water goes into your cells and makes them swell. This swelling can be dangerous especially in the brain, since the brain cannot expand past the skull.

Hypothermia or loss of body heat can result from exposure to conditions in a fall marathon. These conditions include extended periods of exertion, dehydration, and exposure to wet and cold or windy conditions for several hours. Symptoms of hypothermia include excessive, uncontrollable shivering, excessive tiredness, and reluctance to keep moving, confusion or possibly collapse. If suffering from any symptoms of hypothermia, or if a fellow participant appears to be suffering seek help. Get warm dry clothing, find shelter from exposure, lie down and drink warm fluids if available.



The other extreme is excessive buildup of heat in the body. This can lead first to muscle cramps, often in the arms, legs, or abdomen. A heat-related condition can result from unseasonably hot conditions or dehydration. It can also result from overdressing, even on a cool day.

Heat exhaustion is due to a profound water (and salt) loss, which significantly impairs cooling. Heat exhaustion is characterized by generalized weakness, nausea, headache and dizziness, low blood pressure, elevated pulse, and elevated temperature. Moving out of the sun, drinking fluids, are useful treatments for heat illness, but medical care may be needed. If in doubt, get help.

Heatstroke is a life-threatening, medical emergency characterized by severe dehydration, high body temperature, and a “shut-down” of the ability of the body to cool itself. Affected individuals may be delirious or comatose, and may have stopped sweating. The pulse can be rapid and weak, blood pressure low and body temperature very high. Damage to vital organs is imminent. Sometimes despite the best medical care, death can occur. If you suspect a runner may be suffering from heat exhaustion or heat stroke, GET HELP by any means necessary. Remove the person from direct sunlight, loosen or remove clothing, wet the body surface and fan to promote air movement and evaporation, rub the skin with ice if available.

## Race Day – OTHER HELPFUL INFO:

### Weather

Mount Desert Island is an island in the unpredictable North Atlantic. Weather conditions here vary significantly during the fall season and often within the same day. It is important for each participant to plan appropriate apparel for the weather at the start, forecasted conditions through the day, and especially when fatigued and or dehydrated later in the race. The normal high and low temperatures for race weekend in October is 54° and 40°. The record high and low temperatures are 74° and 28°. Any and all sorts of precipitation are always a possibility.

Cast-off clothing at the start, on the course, or at the finish will be collected and donated to charity. There is no official lost and found. *(This means that you should not leave clothing you might want to wear again on the course.)*

### Good Race Etiquette

If MDI is your first race, or if you're still new to the sport, you may not be familiar with some of the "rules" – both stated and unwritten:

- **Pay for your spot:** Running in a race you haven't entered, also called "banditing", is not fair to race organizers, volunteers, and especially the people who have paid to participate. It's also unsafe, since race organizers plan their course amenities, such as water and sports drinks, and medical assistance based on the number of people who have signed up for the race. And, overcrowded race conditions can lead to falls and other problems. Don't do it.
- **Don't run with someone else's bib number:** Race organizers must work very closely with the local Emergency Management Agency and supply an entrant database to all area EMS departments. This database includes all runners first and last names by bib number, along with the corresponding emergency contact information for each participant. If a runner wearing your bib has a medical issue, we won't be able to help them as effectively if we don't know them. If you run using someone else's bib, we don't know you, so you're at risk as well. You get the idea. Run only with your own race number—period. If we find you doing otherwise, you and anyone else involved risk being suspended from future Run MDI events.
- **Line up properly:** MDI is a small event and since there are no starting corrals, runners must 'self-seed' themselves at the starting line. Nothing is more annoying to a runner at the start of a race than having to weave around slower runners after the gun goes off. Faster runners should line up at the front of the starting line, slower runners and walkers at the back. If you are unsure if you are lined up in the right place, ask some of your fellow nearby competitors their anticipated pace, and if it's faster than yours, move further back. Run MDI races are chip-timed, so the time it takes you to reach the starting line won't count in your final net time.
- **Don't jingle:** Don't carry loose change or a set of keys in your pocket. Although it may not bother you, the constant jingling can be really annoying to those who are running near you.
- **Don't block the running path:** If you're running with a group, don't run more than two abreast (i.e., 2 runners side-by-side), so others can pass you. **ATTENTION HALF-MARATHONERS: You must run or walk single file when faster runners are present so that they may safely pass you.**
- **Show volunteers appreciation:** Please say "Thank You!" to race volunteers who hand you water, put your medal around your neck, or otherwise help you. They're volunteering their time and the race would not be successful without them.
- **Thank supporters, too:** Acknowledge race spectators who cheer for you as you pass them. If you're too tired to say "thanks," show them a smile, wave, or give them a thumbs up. It will make them feel good and encourage them to keep rooting for others.

- **Use caution at fluid stations:** Water stations can get a bit chaotic and crowded. Use caution when running into a water stop and make sure you're not cutting off other runners or spilling water on them. If you're going to stop or slow down to walk through the water stop, make sure there's not a runner behind you.
- **Keep moving at the finish:** Don't immediately stop at the finish line or in the chute. There will be runners coming in right behind you, so keep going until it's safe to come to a stop.
- **Don't be a glutton:** Don't take more than your fair share of food and drinks at the finish line. The back of the pack runners will appreciate it when there are still enough goodies for them at the end.

**OTHER RACE WEEKEND EVENTS:****Official Pre-Race Pasta Dinner hosted by the MDIHS Music Boosters****Date:** Saturday, 5:30PM-7:00PM.**Location:** Mount Desert Island High School, 1081 Eagle Lake Road/Route 233, Bar Harbor**GPS:** 44.369799, -68.298968**Menu:** *"Food For The Sole"* All-you-can-eat chicken or tofu parmesan, homemade garlic bread, mixed greens salad with homemade vinaigrette, dessert, and beverages.*You've been training for months.**It's the night before the marathon.**You want to eat right...**stay centered...**and get back to your room with time to pack and prepare.**What you DON'T want is**a hard time finding parking...**in a packed town...**and a long wait for a table...**for a meal that's not going to help you tomorrow.*

The Mount Desert Island High School Music Boosters has specifically designed the perfect "night before the marathon" experience for runners and their families.

There will be a limited number of tickets for sale at the pre-race expo. There may be a limited number of tickets available at the door. (Note: There are no actual tickets issued for this event. Instead, your name will appear on a guest list at the door.)

***Directions to the pre-race dinner***

Mile 26 Café is located at the Mount Desert Island High School and is hosted as a fundraiser by the MDIHS Music Boosters. From Route 3 in Bar Harbor follow Route 233 west, approximately 5 miles - Mount Desert Island High School is on the right. From other points on the island, follow Route 198 to Route 233 East - the High School is just over half a mile on the left. There is plenty of free parking.

**Mary Parker 5K**

The Mary Parker 5k to benefit **Island Connections** will be happening Saturday morning at 9AM. This race starts and finishes at the MDI YMCA, site or our Pre-Race Expo. For more information or to sign up, please visit:

[islconnections.org/annual-running-for-rides-mary-parker-memorial-race/](http://islconnections.org/annual-running-for-rides-mary-parker-memorial-race/) (This event is organized by **Island Connections** with help from the MDI YMCA.)

**Kids Run**

The tenth edition of our FREE Kids Run will be held in Northeast Harbor on Saturday, the day before our Marathon, Half, and Relay. (Advance registration required. Shirts and medals to the first 100.) This free event has been made possible by Crow Athletics and Bangor Savings Bank! For more information please visit: [kids.runmdi.org](http://kids.runmdi.org)

**Official MDI Marathon After Party****The Annex at Side Street Café • 49 Rodick Street, Bar Harbor • Race day, 12pm-10pm***Join your fellow runners at The Annex (at Side Street Cafe) for the official MDI Marathon After Party!***WE HOPE TO SEE YOU THERE!**

# RUN MDI

Mount Desert Island Marathon • Half • Relay



#RUNMDI

Please see the complete interactive Event Map, powered by Google: [eventmap.runmdi.org](http://eventmap.runmdi.org)

