



Participant Guide

Second Annual 5k Road Race

Thursday, November 26th, 2020

Campton & Thornton, NH





Hello Runner! We've made it through quite a year together. We are glad that you have remained healthy and safe throughout this challenging year and only hope that it has been the same for those close to your heart. It will be a pleasure to have you join us at the Second Annual Dam Turkey Trot this Thanksgiving day!

With all that has happened this year, this event is of particular significance to us. This time of year we are typically reminded to reflect on the gratitude we owe to those around us. With this event we would like to extend our heartfelt gratitude to the great community that has stuck together through these unique challenges. It stands to reason that you have found similar gratitude for the community that has supported you. We welcome you this Thanksgiving morning to run with heart and feet full of gratitude, remembering the value of good sportsmanship, and appreciating this beautiful space we call home.

Thank you for taking the time to read through the information that we've prepared here to help you be ready for race day. Please feel free to reach out to us with any questions or concerns before race day. We look forward to seeing you safe and ready to run on Thursday!

Happy Trails,

Andrew

Freshtracksracing@gmail.com

www.facebook.com/freshtracksracing

TLDR (Too Long, Didn't Read)

- Print and complete your waiver - <https://bit.ly/3hFNJ0v>
- Mask required except on course.
- Don't forget your canned good!
- Park and check-in at Campton Baptist Church, [1345 Main St. Campton, NH 03223](#)
- Course map attached at end of guide.
- Race starts at 8AM.
- Participants start 1 by 1, 5 seconds apart.
- Join us at the Dam Brewhouse for results, prizes, and company.
- No refunds if you need to withdraw. Thank you for supporting the Campton Area Resource Center.
- Questions? Email us at Freshtracksracing@gmail.com

Health and Safety Policies

Due to the current circumstances surrounding COVID-19 and New Hampshire's mandated health and safety regulations all participants will be required to wear a face covering:

- during check-in,
- while waiting to start the race,
- while using the facilities at the Campton Baptist Church and the Dam Brewhouse,
- as well as in any instance you are within 6... make it 10 feet of anyone who is not a member of your household.

Please let us know if you have any special requirements that prevent you from meeting this requirement. **Otherwise, if you do not abide by this requirement you will be disqualified and asked to leave the event.** This safety measure is very important to us and our community. We greatly appreciate your cooperation.

If you do not have a mask with you, we would be happy to provide you with one. Our staff will be masked, gloved, and prepared with handsanitizer for themselves and all participants as needed.

Race Day Schedule

6:30AM - Check-in is open

7:30AM - Pre-race briefing

8:00AM - On your marks, get set, go!

8:30AM - Join us at Dam Brewhouse

10:00AM - Thank you, go home!

The Campton Area Resource Center

Your race entry supports the Campton Area Resource Center a non-profit organization that operates the Got Lunch program for local schools as well as a food pantry and thrift shop. The funds generated from this race will help the Resource Center to continue supporting our community members in need as we continue together into a potentially difficult winter for everyone. If you would like to extend your support we can suggest that you visit their thrift store at [12 Six Flags Rd, Campton, NH 03223](https://www.google.com/maps/place/12+Six+Flags+Rd,+Campton,+NH+03223).

Parking

Please park in the lot adjacent to the Campton Baptist Church at:

1345 Main St, Campton, NH 03223

Link to Google Maps: <https://goo.gl/maps/cmReumDrotyfzXB99>

Please follow any directions members of our crew give you while parking to make sure we respect the space we are using and maximize the lot's capacity.

Toilets

Toilets will be available at check-in inside the church and at the Dam Brewhouse after the race as well. Don't forget to wash your hands! There will be no toilets on course.

Participant Check-In

After you've parked, please wear your face covering and make your way to check-in at the front of the church. Follow markings on the ground to line up six feet apart from other participants and wait your turn to pick up your bib. All registered participants have been asked to complete a waiver before race day. If you have not yet done so, please follow this link to print and complete your waiver.

Participant Liability Waiver: <https://bit.ly/3hFNJ0v>

After checking in please keep your face covering on and wait in the nearby area for start line instructions.

Aid Stations on Course

There will be one aid station at the half-way point on course. This aid station will have water served by a member of our crew. This or any member of our crew can help you with any issues you encounter while at the race. We will also have a Thornton police officer on site to support us with anything beyond our abilities.

The Start Line

In order to keep you, other participants, and our community safe we will be adjusting our standard start line procedures. All racers will be assigned a bib number according to their projected finish time. The number on your bib will determine where you are placed in line at the start. The race organizers will explain this process in more detail prior to the race start. Please wear your face covering while you are stationed in line. at your spot at the start line. Participants will be released by a staff member one at a time, 5 seconds apart. You will be timed from the moment you cross the start line till the moment you cross the finish line.

The Finish Line

After finishing your race you will be welcomed back with a cheer and your results. You may stick around after the race and join us in the parking lot of the Dam Brewhouse to hear the winners announced and claim any prizes you might have won.

Results

Results will be posted at the finish line, later at the Dam Brewhouse, and on our race page after the race.

Prizes

We have prizes for the first female and male competitors overall as well as in age groups. These prizes will be handed out in the parking lot of the Dam Brewhouse after the race. Age groups are: under 13, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70+. As a prize winner you will have your pick of an item from our prize table. These prizes have been provided by some of our favorite local businesses. We hope you enjoy them!

Course Maps and Marking

This year's course is slightly different from last years, which ran from the Dam Brewhouse to Owl's Nest Golf Club and back. The course in 2020 will start from Campton Baptist Church, head up Mad River Road, turn right onto Upper Mad River Road, and turn around at the top of a short hill to return along the same route. A map of the course is included at the end of this document and will also be on display at check-in. You can also see a preview of the course on Strava at <https://www.strava.com/activities/4276113201>.

The course will be marked with arrow signs along its length. Please follow these signs, any directions for our crew, and any markings we may add on the road.

Volunteers

We are forever grateful to the volunteers that help make this event possible! Please share your gratitude with them as you pass them at check-in, aid stations, on course, and at the finish line. If you know anyone that would like to help us out on race day, please let them know they can find us at check-in and help out however they're comfortable.

Refunds

We will not be offering any refunds for withdrawn entries or no-shows. Your race entry will still help support the Campton Area Resources Center, and for that we are very grateful.

Thank You to Our Partners!

Some of our favorite local businesses and others further afield were generous enough to donate their space or items for our prize table. Many of them have been an outstanding support this past year both for us here at Fresh Tracks and for their greater community. Please be sure to check them out and share our gratitude. Thank you!

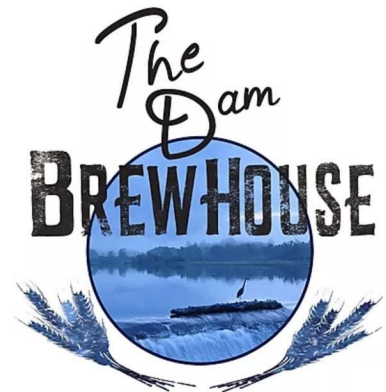


The Campton Baptist Church has been very generous with their space. You will be parking, checking-in, starting, and finishing here.

<http://camptonchurch.org/>

Join us after the race in their parking lot for results, prizes, and good company.

<https://www.dambrewhouse.com/>



Pick up a coupon for a free coffee if you win your category! We love the fresh coffee and tasty treats they always have freshly made.

<https://madrivercoffeeroasters.com/>

Join Hilary in her online video fitness classes to get ready for the ski season or any other time of year. You could pick up a free course if you win!
<http://www.hilarymccloy.com>



We are so excited to have this fun new froyo shop right in Campton. Stop by for a treat this winter! You could win a free serving in the race prizes!

<https://www.facebook.com/Jujus-FroYo-102694284851469/>

Our friends at Move Free Designs make awesome hats and other gear! They're offering all our participants 20% off their full store. You could also win a 50% off coupon on the prize table!
<https://www.movefreedesigns.com/>



Thomas Roberts Salon

Thomas Roberts has kept us looking put together during this wild year. Pick up a prize from the on the prize table. Stop by for a cut on Plymouth Main Street.

We look forward to seeing you on race day!

Happy Trails!



