Preparing for Race Day: Running to support the Josephine and John Marr Alzheimer’s Research Fund

**Packet Pick-up and Expo**
Packet pick-up is **MANDATORY** for runners as this is where you will receive your race day ‘tracking’ bib. Relay team captains are encouraged to pick-up the packet and distribute bibs among team members.

- When: Saturday, Sept. 29 from 11:00am–7:00pm and Sunday, Sept. 30 from 5:30am–7:30am
- Where: Sullivan Gym, University of Southern Maine, 96 Falmouth Street, Portland
  1. There is NO RACE-DAY REGISTRATION
  2. [More information](#)

**Marr Fund Team Gear Pick-up and Size Exchange**
Race day gear (custom runner t-shirt) will be available for pick-up on Saturday, Sept. 29 at Dockside Grill. Shirts will also be available on race day in the shuttle vans and at Skillins Greenhouse.

- When: Saturday, Sept. 29 from 4:00pm–6:00pm
- Where: Dockside Grill, Second Floor, 215 Foreside Road, Falmouth

**Marr Fund Team Shuttle Vans**
As a perk to Marr Fund Team runners, two shuttle vans will be provided to assist with the transportation of relay runners to and from Relay Exchange Points. A ‘Marr Fund Team’ sign will be posted on the shuttle vans.

Those wishing to take advantage of this perk should familiarize themselves with the ‘Day of Plan’ outlined below. Please note that it is ultimately the responsibility of each relay team/runner to plan their travel arrangements and pay attention to [road closures](#) which start at 5:00am in some locations.

If you are planning to coordinate your own travel, please familiarize yourself with the [directions and parking information for each Relay Exchange Point](#):

- **Relay Exchange Point #1 and #3**: Skillins Greenhouse (89 Foreside Road, Falmouth)
- **Relay Exchange Point #2**: Intersection of Route 88 and Gilman Road in Yarmouth

**Marr Fund Team Water Stop / Cheering Locations**
Please encourage friends and family to cheer for the team at any of the three locations listed below. Noisemakers and t-shirts will be provided. Water and Gatorade will be available for runners. Please remind spectators to pay attention to [road closures](#).

- **Location #1**: 1 Hammond Road, Falmouth
- **Location #2**: Skillins Greenhouse (89 Foreside Road, Falmouth)
- **Location #3**: 290 Foreside Road, Falmouth (opposite Falmouth Foreside Fire Station)
**Post-race party**
Join the Marr Family for a post-race party celebrating our runners and featuring remarks from Dorene Rentz, PsyD!

- When: Sunday, Sept. 30 from 1:00pm – 4:00pm
- Where: Home of Josephine and John Marr, 6 Mariner Lane, Falmouth
- Please RSVP to Ali Luthman at aluthman@bwh.harvard.edu
- Fundraising prizes will be awarded at 2:00pm followed by a team photo

**Suggested Race Day Plan and Contact Information**

**Questions?** Contact Ali Luthman (774-262-0314) or Caroline Duncan (617-763-4657)

**Course Map:** see page 4

**Shuttle Van Pick-up Locations**

- AAA parking lot (68 Marginal Way, Portland)
- Sullivan Tire parking lot (Falmouth Shopping Center – 251 U.S. Route 1, Falmouth)
- Relay Exchange #2 (Intersection of Route 88 and Gilman Road in Yarmouth)

**Marathon and Half Marathon**
- **Arrival Time:** 7:00am
- **Race Start Time:** 7:45am
- **Race Start Location:** Start line (Baxter Boulevard between Forest Avenue and Preble Street)
- **Parking Information:** AAA parking lot; or arrange for someone to drop you off and pick you up

**Relay Leg #1 (5.9 miles)**
- **Arrival Time:** 7:00am
- **Race Start Time:** 7:45am
- **Race Start Location:** Start line (Baxter Boulevard between Forest Avenue and Preble Street)
- **Parking Information:**
  - **Parking:** AAA parking lot OR Sullivan Tire
  - **Van Details:** Departs from Sullivan Tire parking lot at 6:40am for starting line. The van will continually loop between the AAA parking lot and Sullivan Tire. Runners are encouraged to join family and friends at Skillins Greenhouse. For van shuttle support, call Caroline Duncan.
Relay Leg #2 (8.9 miles)
- **Arrival Time:** 7:30am *Road closes at 8 am*
- **Race Start Time:** will vary depending on team
- **Race Start Location:** Skillins Greenhouse
- **Parking Information:**
  - Parking: Sullivan Tire
  - **Van Details:** Van will pick you up at the completion of your run at Relay Exchange Point #2 in Yarmouth and transport you back to Sullivan Tire in Falmouth or AAA in Portland. Post run, please consider joining us at the Skillins Greenhouse cheering section. For van shuttle support, call Caroline Duncan.

Relay Leg #3 (5.7 miles)
- **Arrival Time:** 8:00am
- **Race Start Time:** will vary depending on team
- **Race Start Location:** Intersection of Route 88 and Gilman Road in Yarmouth
- **Parking Information:**
  - Parking: Sullivan Tire
  - **Van Details:** Shuttle Van will depart from Sullivan Tire to Relay Exchange Point #2 at 8:00am. Runners will be able to stay in the van until the relay leg starts. At the end of your relay leg, please remain at Skillins Greenhouse until Shuttle Van #1 is able to pick you up and transport you back to Sullivan Tire in Falmouth or AAA in Portland. For van shuttle support, call Caroline Duncan.

Relay Leg #4 (5.7 miles)
- **Arrival Time:** 9:00am at Sullivan Tire
- **Race Start Time:** will vary depending on team
- **Race Start Location:** Skillins Greenhouse
- **Parking Information:**
  - Parking: Sullivan Tire
  - **Van Details:** Shuttle van will pick you up at AAA parking lot in Portland upon completion of your relay leg and transport you back to Sullivan Tire in Falmouth. For van shuttle support, call Caroline Duncan.
Marathon Relay

**TOP SPECTATOR SPOTS**

Because several sections of the course are closed to traffic, there are limited places that have easy access for spectators. Unnecessary vehicle traffic is discouraged on the sections of Route 88 that aren’t closed to traffic since runners will be traveling in both directions.

- Corner of Depot Rd. and Route 88 in Falmouth. Both roads will be closed to traffic, but spectators can park at Wal-Mart or another shopping center on Route 1 and walk about 3 miles to Route 88.
- Corner of Route 88 and Tuttle Rd. In Cumberland (access from Route 1 – best to park along Route 1)
- Gilman Rd. in Yarmouth: Gilman Rd. will be closed to traffic, but spectators can get to within walking distance of the course from Route 88 south, via either Route 1 or I-295.

In addition, spectators are asked not to park on Route 88 at any point on the course, as runners will be traveling in both directions.

**ROAD CLOSURES**

The following roads will be closed to non-local traffic, with the exception of official race vehicles, on race day:

- Baxter Boulevard between Forest Ave. and Preble St. from 5 a.m. to 2 p.m.
- Depot Rd. In Falmouth from Route 1 to Route 88, 8 a.m. to 1 p.m.
- Route 88 in Falmouth from Depot Rd. to north of Depot Rd., 8 a.m. to 10:30 a.m.
- Johnson Rd. in Falmouth from Route 1 to Route 88 (local traffic only), 8 a.m. to 1 p.m.
- Gilman Rd. in Yarmouth from Route 88 to Prince’s Point Rd., 9 to 11 a.m.