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, Oct. 5 from 11:00am–7:00pm and Sunday, Oct. 6 from 5:30am–7:15am
- **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 Marr Team runner t-shirt) will be available for pick-up on Saturday, Oct. 5 at Dockside Grill. A limited number of shirts will also be available on race day in the shuttle van and at Skillins Greenhouse at the Marr Fund team tent.

- **When:** Saturday, Oct. 5 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, a shuttle van driven by Dan Downey 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 van.

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 Stops
Please encourage friends and family to pass out water/Gatorade or cheer for the team at either of the two locations listed below. A supply kit will be provided. Please remind spectators to pay attention to [road closures](#).

- **Location #1:** 1 Hammond Road, Falmouth
- **Location #2:** 290 Foreside Road, Falmouth (opposite Falmouth Foreside Fire Station)
Marr Fund Team Cheering Locations
Please encourage friends and family to cheer for the team at either of the locations listed below. Noisemakers and t-shirts will be provided. Please remind spectators to pay attention to road closures.

- **Location #3:** 11 Belmont St., Portland
- **Location #4:** Skillins Greenhouse (89 Foreside Road, Falmouth)

**Spectator Map:** The four locations above have been created for Marr supporters, however, the spectator map on page 5 provides additional viewing areas.

**Post-race party**
Join the Marr Family for a post-race party celebrating our runners and featuring remarks from Reisa Sperling, MD, MMSc.

- **When:** Sunday, Oct. 6 from 1:00pm – 4:00pm
- **Where:** Home of John Marr Sr., 6 Mariner Lane, Falmouth
- **RSVP by clicking here**
- **Fundraising prizes will be awarded at 2:00pm followed by a team photo**

**Suggested Race Day Plan and Contact Information**

**Questions? Contact** Caroline Duncan (617-763-4657) or Ali Luthman (774-262-0314)
**For Shuttle Van Support Contact:** Dan Downey (207-252-7585)

**Course Map:** see page 4

**Shuttle Van Pick-up Locations**

- AAA parking lot (68 Marginal Way, Portland)
- Skillins Greenhouse (89 Foreside Road, Falmouth)
  - Runners should continue to park at Sullivan Tire 251 US-1, Falmouth, ME 04105 and then walk to Skillins Greenhouse for the shuttle van
- 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 (and then walk to Skillins Greenhouse to meet the shuttle van)
  - **Van Details:** Departs from Skillins Greenhouse at 7:00am for starting line. The van will continually loop between the AAA parking lot and Skillins Greenhouse. Runners are encouraged to join family and friends at Skillins Greenhouse. For van shuttle support, call Dan Downey (207-252-7585).

Relay Leg #2 (8.9 miles)
- **Arrival Time:** 7:30am *Road closes at 8am*
- **Race Start Time:** will vary depending on team
- **Race Start Location:** Skillins Greenhouse
- **Parking Information:**
  - **Parking:** Sullivan Tire (and then walk to Skillins Greenhouse to meet the shuttle van)
  - **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 Skillins Greenhouse or AAA in Portland. Post run, please consider joining us at Skillins Greenhouse after your run to cheer on Marr Fund Team members. For van shuttle support, call Dan Downey (207-252-7585).

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 (and then walk to Skillins Greenhouse to meet the shuttle van)
  - **Van Details:** Shuttle Van will depart from Skillins Greenhouse 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 the shuttle van is able to pick you up and transport you back to AAA in Portland. For van shuttle support, call Dan Downey (207-252-7585).

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 (and then walk to Skillins Greenhouse to meet the shuttle van)
  - **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 Skillins Greenhouse in Falmouth. For van shuttle support, call Dan Downey (207-252-7585).
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 Pretie 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.
**Spectator Map**  
FULL / HALF / 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. There is no parking on Route 88.

- 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.

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

- **Baxter Boulevard,** 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.