

→ **It's FINALLY HERE!** ←



SPONSORED BY Ashworth Awards!

**10:00^{am}/5K - 10:45^{am}/10M or both for the
13.1 BadAss Half Combo**

Sunday, February 16, 2020

Schneider Electric

70 Mechanic St., Foxboro, MA 02035

→ **Registration Opens at 8:00am** ←

THE WAMPS ARE LOOKING FORWARD TO CELEBRATING WITH YOU!!
Online Registration will close at 3:00pm on Saturday, February 15
.... if we don't sell out before then! We are almost there!

*We are so glad you are running with us as we celebrate the 25th Anniversary of the OFTM, sponsored by Ashworth Awards. Whether you are running the 5K, 10M or both for the 13.1 BadAss Half Combo, **WELCOME!***

THANK YOU to all who have registered!!! Please know all the good things that make the OFTM special are ready and waiting for you: a couple of great courses, a warm venue, delicious treats and lots of dedicated volunteers. Medals (specially designed by Ashworth Awards) and amenities have been produced, gathered and allotted for our amazing, registered runners, along with tender-loving timing care by elitefeats, that will keep you updated from beginning to well after you cross the finish lines. WAMPS have done their best to make February 16, 2020 an awesome day for you that will leave you with memories of a great race or two! We just wanted to share a few things about race day to help make your morning run as smooth and easy as your miles are going to be. If there's anything missing below, please don't hesitate to reach out to Sandy at oftmdirector@wampanoagroadrunners.org and I'll be happy to answer any questions you may have.

IF THE RACES SELL OUT, what happens?

While it is just so nice to see the interest in our event and the inquiries if we sell out before race day asking "can I still come and register even though I don't want a medal or shirt?" We know it's not easy to hear that "no" you can't register and run even though you don't want the medal. There are other moving parts involved such as giveaways, food, space and field size we've agreed to with the Town to keep this a manageable and safe running event for all. Should you wish to come and wait on race morning to see if registered runners do not participate, we would welcome your registration, but please understand there is no guarantee and we cannot give medals or shirts at that time as registered runners may choose to come in after the races to pick up their items. We also still want to abide to the committed field sizes to keep the races safe for all. That being said, if we can accommodate you, we will try and do our best, but please know, you will need to wait until races are complete to get a medal and/or shirt, if available. Hey, we are runners, too. We get it!! We want you to run!!!

WAMPS 'RUN' THE OFTM to give runners a chance to run great, safe courses in the dead of winter. Yes, some years have been better than others, but every year we do our best to work with Mother Nature. She's been pretty kind to us over the 25 years with a hiccup or two here and there, but we are hardy, understanding runners (hmmm, maybe a little OC and a little impatient... not us, right?) so we get it if things change at the last minute. This is New England! If anything goes crazy (AND IT WON'T) please check for an email from elitefeats, a text if you submitted your cell phone number, OFTM Facebook @theOFTM, Instagram @old_fashioned_10_miler, Twitter @OldFash10Miler or www.wampanoagroadrunners.org. AND THE REAL REASON and why the heart of this race keeps beating is so that we can continue to help those in need. We have been supporting local charities, organizations, schools and families since the first OFTM and we aren't stopping now, no matter what Mother Nature does!

Here's just a few Local Charities that we are happy to support because of YOU:

* Foxboro High School Scholarships * Foxboro Discretionary Fund * N. Attleboro High School Scholarships
* Attleboro Area Interfaith Collaborative (supporting Attleboro, N. Attleboro, Mansfield & Seekonk)
* Wrentham Development Center * Southern Norfolk County ARC * Julia Cekala Foundation * Jamie Fund
* Attleboro Area Arts Museum * YMCA Reach Out for Youth * The Ocular Immunology and Uveitis Foundation
* Families in our communities that may need our support

So, that's it for now. Again, if there's anything (impossible, I think;-) missing, please let me know.

Thank you for choosing the OFTM! You are going to have an awesome race.... or two!!!

On behalf of the WAMPS, the OFTM Race Committee and all the volunteers that are waiting for you,
See you on Sunday!

Sandy

Sandy Sheehy

OFTM Race Director

oftmdirector@wampanoagroadrunners.org

LET'S GET THIS PARTY STARTED!

When should I arrive on race day? Registration opens at 8:00am. It is highly recommended to arrive by 9:00am for best parking, to gather your bib/shirt and giveaways and get a nice warm-up in.

If you're registered before 3:00pm on Saturday before race day, and supplied a cell number, you will have been texted your bib number. - Bib pick up at Registration will be in numerical order this year. Greeters will be available to help you find your bib number if needed. REMEMBER, for best chances of guaranteed Live Results: Wear your bib mid-torso. Your belly button is the sweet spot!

Where do I park? Set your GPS to **70 Mechanic Street, Foxboro, MA 02035**. Schneider Electric Foxboro has graciously given permission to use their lots. Once you've turned into the entrance, please follow directions from the volunteers. While there is plenty of parking, do get there early to avoid traffic backup.

Can I leave my bag in the cafeteria while I race? Preferably not, but if you choose to do so, it is at your own risk.

Where and when does the 5K start? The 5K starts at 10:00am on Neponset St. & Bradford Ave. It's a right out the door of the cafeteria **about .15m up**. Plan to be at the start by 9:45am.

Where and when does the 10M start? The 10M starts at 10:45am on Foxhill Rd; turn right out the door of the cafeteria, turn right onto Pond. Pond turns into Foxhill. **It's about .5m mile from Cafeteria**. Plan to be at the start by 10:30am.

Where do the races finish? Both races finish in the parking lot off of Neponset St, just past the cafeteria, to the right. Runners will be directed where to go and will see the finish line chute as they turn into the parking lot.

Are there start/finish mats? Yes.

How will the 13.1 BadAss Half Combo Work? If you've registered prior to the start, simply start & finish the 5K and then make your way to the start of the 10M. (Please be at the start line of the 10M on Foxhill Rd, .62m from finish line, by 10:40am.) The cumulative finishing times of both races will be your finishing time for the BadAss Combo.

How does the Team Competition Work? The top **3 TEAMS** that run the longest cumulative distance from finishes in the 5K, 10M or combined will win: **1st Team - \$150, 2nd Team - \$100, 3rd Team - \$50 in cash** or we will donate to your favorite local charity on your Team's behalf. Teams must pre-register BEFORE race day and field at least 5 finishers who are on the pre-registered team roster.

Where are the bathrooms located? Porta-Johns are located to the left of the building when outside looking at the front of the cafeteria.

Are there Porta-Johns along the way? Yes for the 10Miler. Approximately at the 5m mark on the right side of North St.

Is there a First Aid Station? Cold packs, Band-Aids, bandages & disinfectant will be located at the podium inside the cafeteria, at each water stop and at the finish line.

Will there be mile markers? Yes. For every mile on both courses.

Are there water stops? Yes. The 5K has 1 water stop at 1.5m and the 10M has 3 water stops at about the 3m, 5m and 7m marks. Gatorade will also be available at the 5m and 7m water stops along the 10M course.

Will there be splits called out? Yes. At 1, 3, 5, 7 and 9 miles for the 10M and 1 and 2 mile marks for the 5K.

Where/when can I find my race results? All race finishes will be texted to your cell phone as soon as you cross the finish line if you provided a cell number during online registration. Lists by race distance will also be displayed inside the cafeteria as soon as they are collated and shuttled over from the finish line.

What time are race awards announced? 5K- after last runner crosses finish line at about 11:15am; 10M & BadAss Combo - after last runner crosses finish line at about 1:00pm

What is the Course Record for 10M? **Men:** 49:34, **Women:** 57:11 \$150 cash prize if **10M** record is broken.

Are there finisher's medals? Yes. Medals will be given to finishers of all races after they cross the finish line.

Are there Awards? Yes. **OVERALL M/F Finishers** in ALL races. Top 3 M/F Age Group Finishers in the **5K & 10M**. 1st in Age Group for **BadAss Combo**.

Will there be photos taken? Yes, and they are **FREE!** Check out your results again on your phone same day – photos will be uploaded from the finish line by elitefeats. They will also be made available through Candidly Captured, with a link to be shared once photos are gathered, a few days after race day. Check your results one more time that evening for your personal Finish Video **PLUS** find more pics on Facebook @elitefeats.

Is there post race food available? Yes. Please for runners only: macaroni & cheese, Willow Tree Chicken Salad sandwiches, bagels, fruit, coffee and water. Must have bib to enter line. Seconds are available once all runners have received their meals.

Is there a runner's raffle?

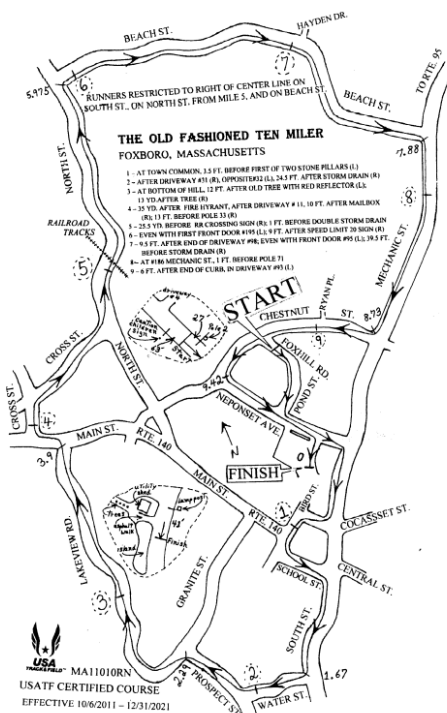
Yes. Winning bib numbers will be posted on poster boards, as well as announced in cafeteria. Check the **RAFFLE BOARD** as soon as you come to pick up your bib, as the first pass of winning bib numbers will be posted early. In order to claim/pick your raffle prize, you must show your bib number to volunteers at the Raffle Table.

What do I do if I need to drop out of the race? Try to get to nearest water stop at 3m, 5m, 7m or any split timers and let a volunteer know. If an emergency, have volunteer call 911. If a non-emergency, have volunteer call Sandy at 508-904-7217 for assistance.

Are there maps available for the courses? Yes, see below & click to enlarge/download.

Click on the Maps to Download / Enlarge

Old Fashioned 10 Miler



Flat 5K

