

HAMPTONS MARATHON HALF + 5K



9.27.2025

Southampton, NY

Athlete Guide

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RULES & REGULATIONS

Can I wear headphones?

It is unsafe to wear headphones while running. Event organizers will not restrict headphone use and leave it up to the athlete on their ability to follow direction while wearing headphone devices. If you choose to wear headphones, please keep the volume down so you can hear and follow the direction of course volunteers.

Can someone else run in my place?

No, transfers of bib numbers from person to person is prohibited. Anyone racing with another runner's bib will be disqualified.

Can I register on race day?

Pending availability, registration will be open until 6:30 AM on race day.

Is there a gear check this year?

Yes, gear check will be offered.

Where do I get my race bib?

If you did not pay for bib mailing, you will need to attend packet pick-up.

Can someone else pick up my race packet for me?

Yes, someone else can pick up your packet. They will need a copy of your ID (a photo is sufficient).

Are strollers allowed on the course?

Strollers are not allowed on the course.

Are pets allowed on the course?

Pets are not allowed on the course.

Is the race USATF certified?

Yes, all distances are certified. See the certification numbers below.

- Full: NY25011JG
- Half: NY25006JG
- 5k: NY25007JG

Is this race a Boston qualifier?

Yes, the full marathon is a Boston Qualifier.

Is this an open or closed course?

While police will be at key intersections, **the course is open to traffic.** Stay alert and mindful of your surroundings as you run.

What is the weather policy?

Races are held, rain or shine, unless we determine that conditions are too dangerous. This will be based on a prudent decision made on race weekend or race day by race officials and local law enforcement officials. If the race is cancelled due to inclement weather, there will be neither refunds nor transfers. This position is consistent with USA Track & Field recommendations and with the protocol of sharing the risks associated with the sport of running. In the event of inclement weather or unforeseen circumstances, Capstone Event Group reserves the right to alter, cancel or eliminate any/all portions of the race.

If there is inclement weather during the race, it is your responsibility as a race participant to follow instruction from race officials and law enforcement in regards to inclement weather. If you disregard instructions from race officials and/or law enforcement, you are doing so at your own risk.

What is the time limit?

The course will close for all participants at 1:30 PM. The cutoff time is determined by our event permit, which permits us to use the roads, police support and other city resources for a specified period of time. After the permitted period ends, roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydrations stations and course markings.

When the course closes at the cutoff time, any remaining participants must move off of the roads and onto a sidewalk. Anyone who decides to utilize the course route before or after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.

What will happen to clothes left at the start line or on the course?

- Start Line: Clothes that are left at the start line will be donated or discarded. Clothes will not be returned to you after the race.
- Course: Please discard any unwanted clothes during the race at **aid stations**. Clothes left at aid stations will be donated. Clothes will not be returned to you after the race.

Will there be pacers?

Pacers will not be offered.

WHAT'S NEW IN 2025

We're always working to make race weekend even better, and this year brings some exciting updates you won't want to miss:

New Start, Finish & Course | Enjoy a fresh course with a new start and finish line, designed to highlight even more of the Hamptons' beauty.

New Packet Pickup Location | Packet pickup has a new home this year—making it even easier to grab your bib, shirt, and race-day essentials.

New Post-Race Party Spot | Celebrate your finish in style at our new post-race party location, complete with music, sponsor activations, recovery support, and more.

Finisher Shirts for All | For the first time, every participant—5K, Half, and Full—will receive our official Hamptons Marathon finisher shirt.

Expanded Age Group Awards | Age group awards now go three-deep in ALL distances, recognizing 1st, 2nd, and 3rd place finishers.

ACCESSIBILITY GUIDE



Handicap Parking

Packet Pickup: There are ADA Parking spots located at the parking lot next to the Southampton Arts Center. | [15 W Main Street, Southampton](#)

Race Day: There are multiple ADA parking spaces in the O'Connell Drive parking lot connected to Agawam Park. | [62 Jobs Ln, Southampton, NY 11968](#)

Race Start Times

The wheelchair division will begin 5 minutes prior to the official race start.

Full + Half: 7:25 AM
5k: 7:40 AM

Accessible Restrooms

Starting Area: There will be accessible portable toilets in the start area.

On Course: There will be accessible portable toilets at Aid Stations 1, 3, and 8.

Post-Race Party

The post-race party will be held on the lawn of the Southampton Arts Center. There are accessible sidewalks from the finish line to the post-race party.

RACE SWAG!

All participants will receive a finisher medal, participant shirt, and a finisher shirt.

Your race shirt celebrates three local icons—the seagrass, charming windmills, and sparkling waves—all woven into a design that’s as fun to wear on race day as it is around town afterward.

Every finisher will receive a medal inspired by the beauty of the Hamptons, featuring translucent waves, soft sand, and seagrass accents—a lasting reminder of your accomplishment.

Please do not leave the event without picking up your swag. Race swag will not be mailed after the event.



RACE DAY TERMS

Race Bib

Your race bib has a timing chip on the back that records your start-to-finish time. On race day, wear your bib with the number facing forward, and don't bend or remove the chip.

Start Line Chute

The start line chute is where runners gather before the race begins.

Hydration Station

Hydration stations on the course will offer water, sports drinks, and portable toilets.

Mile Markers

Mile markers are posted along the course. GPS devices may not align exactly with them

Gear Check

Runners can leave items in a secure area before the race & pick the up after.

Finish Line Chute

The finish line chute is where runners collect their medal, water, and post-race snacks.



RACE DAY ETIQUETTE

Start Line

To keep everyone moving comfortably, please line up toward the back if you plan to walk or do a walk-run.

Hydration Stations

At hydration stations, keep moving while grabbing your cup. If you need to stop, glance behind you or step to the side so everyone stays safe and flowing

Passing

If possible, pass on your left and alert the runner by saying, "On Your Left."

Reusable Cups

Keep the course clean by placing your reusable cups in the bins at each aid station.

Garbage

Keep the Hamptons beautiful—please put all trash in the bins, not on the course.

Follow Instructions

Listen to volunteers & race staff, and obey signs or course markings.

Show Gratitude

Don't forget to thank the volunteers, police, and EMS who are helping make race day safe and fun!

Respect Others

Avoid sudden stops or weaving; be predictable in your movements.

Finish Line Chute

For everyone's safety, please keep moving through the finish line.



RACE DEADLINES

DEADLINE	FORM	DETAILS
REGISTRATION 9/27/25 at 6:30 AM EST	Join the fun!	Registration will close on race morning, unless distances sell-out prior to race day.
BIB MAILING 8/15/25 at 12:00 PM EST	Form Closed	Only bibs and safety pins will be mailed to you. You will pick up your race swag at the post-race party.
CHANGE DISTANCE 9/27/25 at 6:30 AM EST <small>Distance changes are subject to availability.</small>	Change distance here!	You must fill out the change distance form online. Bib Mailers, if the bib you receive is for the incorrect distance, you will need to get a new one at PPU.
DEFERRAL 9/17/25 at 11:59 PM EST	Defer your race!	You will be issued a race credit for the amount you paid at registration (excluding handling fees) that can be applied toward next year's race or another Capstone Race.

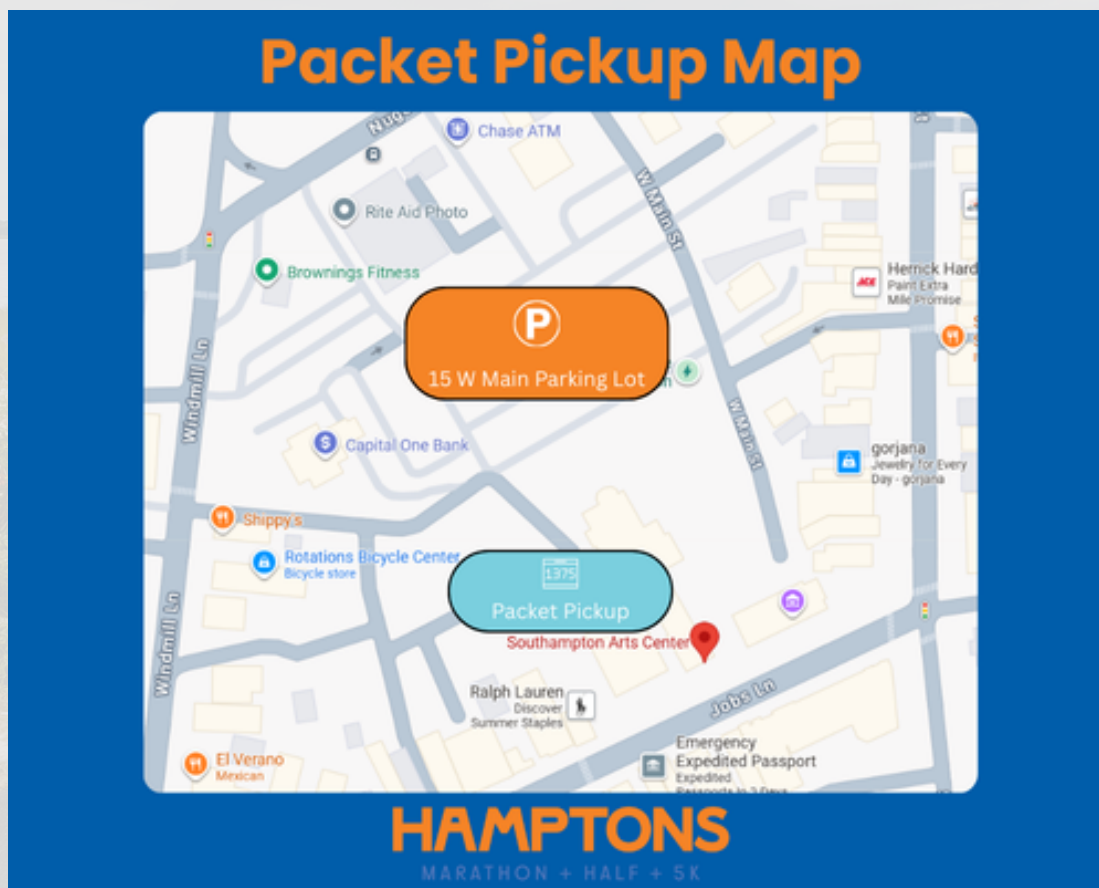
BIB MAILING

- Bibs will be mailed the week of 9/8. If yours hasn't arrived by 9/26, visit packet pick-up and visit the solutions table for assistance.
- If you changed distances after 8/15, double check to make sure your bib reflects the distance change. If it doesn't, please visit the solutions table at packet pickup for a new bib.
 - **Mailed:** Bib & Safety Pins
 - **Pick Up After Race:** Participant Shirt & Finisher Shirt
 - If you are using gear check on race day, gear check bags will be available at the gear check drop-off location.

PACKET PICKUP

- **Location:** Southampton Arts Center | 25 Jobs Ln, Southampton, NY
- **Date & Time:**
 - Friday, 9/26 | 4-7 PM
 - You'll receive your bib, safety pins, participant shirt, finisher shirt and gear check bag at packet pickup.
 - Saturday, 9/27 | 6 - 7:45 AM
 - If you plan to pick up your bib on race morning, please leave ample time to park, walk to the Arts Center, and walk the .2 miles from the Arts Center to the start line.
 - If you attend PPU on race morning, you will only receive your bib and safety pins before the race. You'll pick up your shirts after the race.

PACKET PICKUP PARKING



BIB GUIDE

All participants must wear their bib on the outside of their shirt with the race number facing forward. Please complete the emergency contact information on the back of your bib before race day.



The 5K bib features a black top section with the Hampton's logo and 'MARATHON + HALF + 5K'. A circular graphic on the right contains '5K'. The middle section is light blue with the large number '988'. Below the number is 'SOUTHAMPTON, NY 2025'. The bottom section is black with a 'DO NOT PIN SPINDLE HOLE' warning, 'GEAR CHECK & PICK-UP', and the number '988'.

RACE DISTANCE

BIB NUMBER

GEAR CHECK TAG

HALF MARATHON BIB



The Half Marathon bib has an orange top section with the Hampton's logo and 'MARATHON + HALF + 5K'. A circular graphic on the right contains '13.1'. The middle section is orange with the large number '988'. Below the number is 'SOUTHAMPTON, NY 2025'. The bottom section is black with a 'DO NOT PIN SPINDLE HOLE' warning, 'GEAR CHECK & PICK-UP', and the number '988'.

FULL MARATHON BIB



The Full Marathon bib has a blue top section with the Hampton's logo and 'MARATHON + HALF + 5K'. A circular graphic on the right contains '26.2'. The middle section is blue with the large number '988'. Below the number is 'SOUTHAMPTON, NY 2025'. The bottom section is black with a 'DO NOT PIN SPINDLE HOLE' warning, 'GEAR CHECK & PICK-UP', and the number '988'.

RACE DAY TIMELINE

4-7 PM | PACKET PICKUP

SOUTHAMPTON ARTS CENTER

6-7:45 AM - RACE MORNING PACKET PICKUP

SOUTHAMPTON ARTS CENTER

7:30 AM - FULL & HALF START

- 7:25 AM WHEELCHAIR START
- 51 POND LANE, SOUTHAMPTON, NY 11968

7:45 AM - 5K START

- 7:40 AM WHEELCHAIR START
- 51 POND LANE, SOUTHAMPTON, NY 11968

9:00 AM - 5K AWARDS

PRESENTED AT THE STAGE AT THE POST-RACE PARTY

10:00 AM - HALF MARATHON AWARDS

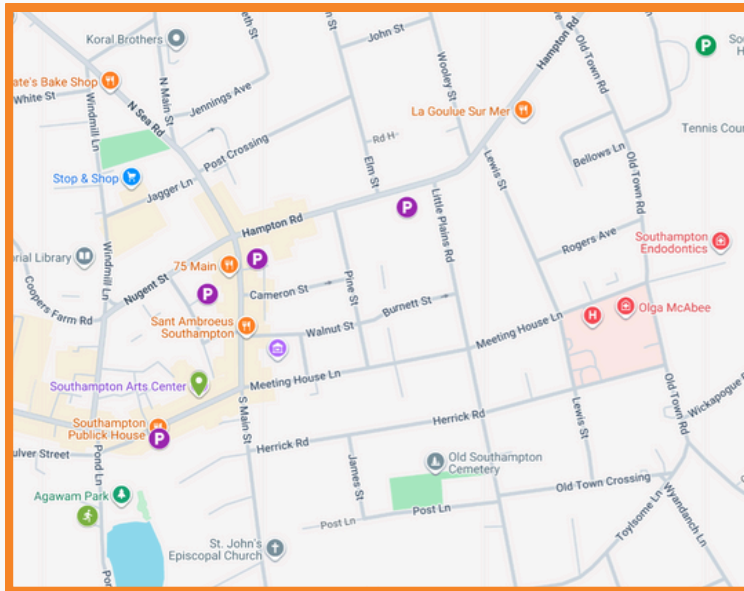
PRESENTED AT THE STAGE AT THE POST-RACE PARTY

12:00 PM - MARATHON AWARDS

PRESENTED AT THE STAGE AT THE POST-RACE PARTY

1:30 PM - COURSE CLOSES

PARKING & SHUTTLES



Click the map to open a live Google Map showing race-day parking areas and estimated capacity.

Suggested Parking Locations Within Walking Distance



- [Southampton Town Hall](#)
- [82 Main St., Southampton](#)
- [22 W Main St., Southampton](#)
- [62 Jobs Lane, Southampton](#)

Suggested Parking Locations – Requires Free Race Morning Shuttle

Additional parking is available at Southampton Intermediate School, with a free shuttle to the start. **The shuttle will run from 6 AM – 2 PM.**



- [Southampton Intermediate School](#) (Free shuttle required)

Street parking is also available and free in the Village of Southampton on race day.

Please note there is absolutely no parking in any residential areas. Parking is limited to designated lots and streets. Please follow all parking signs posted throughout the area.

All race-day parking is first come, first served. We recommend arriving by 6:30 AM so you have plenty of time to park and make your way to the start line stress-free.

PRE-RACE INFO

Start Line

51 Pond Lane, Southampton, NY

Start Times

- Full & Half: 7:30 AM
 - Wheelchair Division: 7:25 AM
- 5k: 7:45 AM
 - Wheelchair Division: 7:40 AM

Packet Pick-Up

Location: Southampton Arts Center Lawn | 6AM – 7:45 AM

- Race-day bib pick-up will be about 0.2 miles from the start line (around a 10-minute walk). If you're picking up on race morning, please arrive with plenty of time to spare so you don't feel rushed.

Gear Check

Location: Southampton Arts Center Lawn | 6AM – 1:30 PM

- Please attach your gear check tag from your bib to your gear check bag before coming to gear check.
- Gear check is available for small personal items. Please do not leave valuables, keys, or cell phones—race management is not responsible for lost, damaged, or stolen items.

Portable Toilets

Location: East Side of Agawam Park

Customer Service

Customer service will be available at 6 AM at the lawn at Southampton Arts Center.

Living Tracking

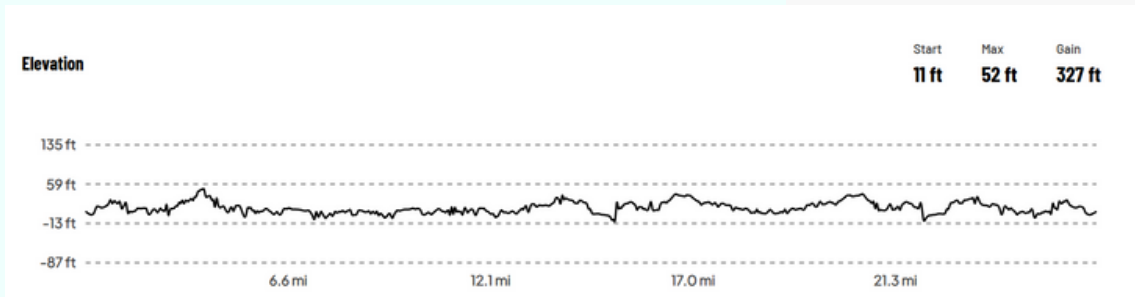
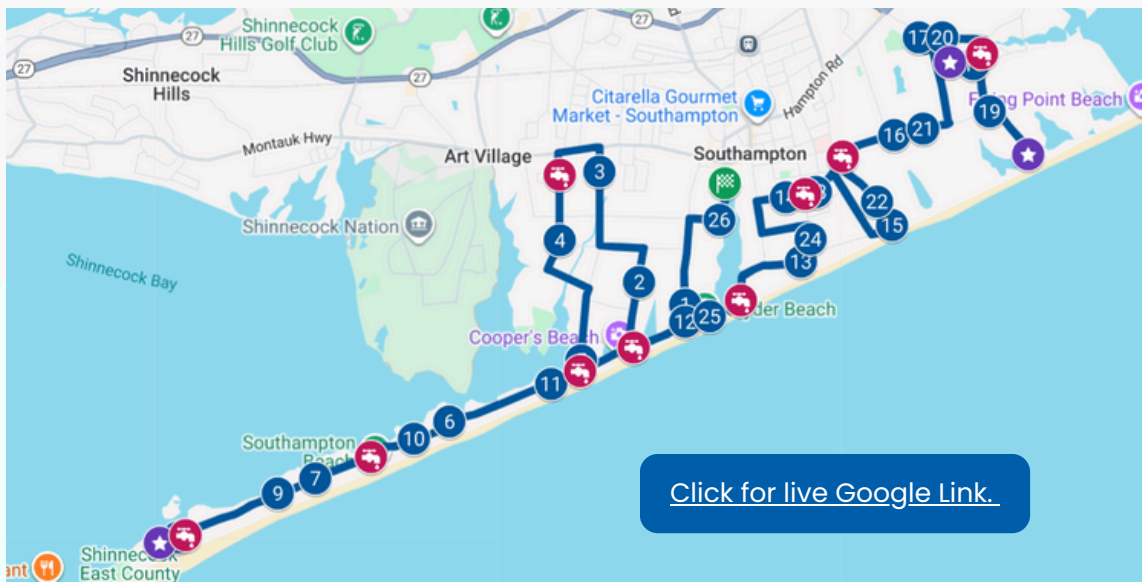
Live tracking will be available. Details will be shared via email closer to race day!

PRE-RACE MAP ON THE NEXT PAGE!

PRE-RACE MAP



FULL MARATHON COURSE MAP



Hydration Stations

Full marathon runners will find 15 hydration stations along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.5 mile.

Locations:

1.5, 3.5, 5, 6.5, 8, 9.5, 11, 12.5, 14, 15.5, 17.5, 19.5, 21.5, 23, & 25

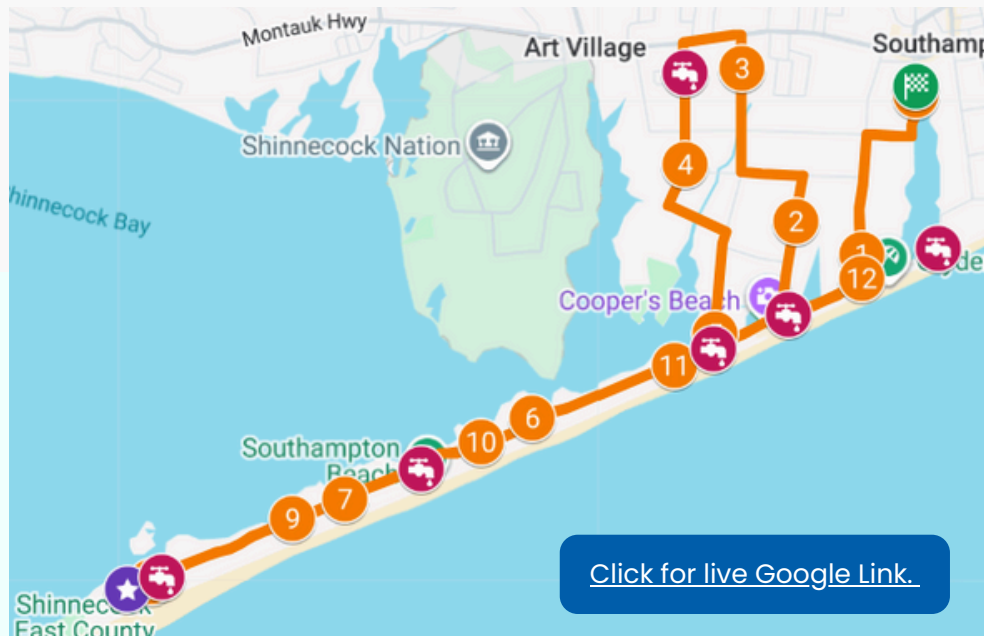
On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

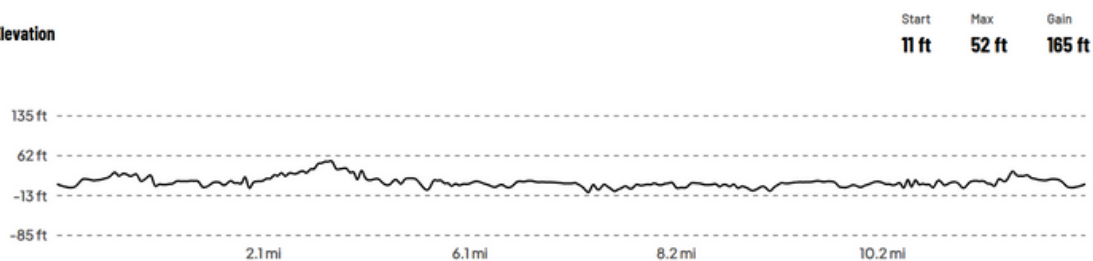
Gu will be offered at Miles 8, 14, & 23.

Portable toilets will be located at each aid station.

HALF MARATHON COURSE MAP



Elevation



Hydration Stations

Half marathon runners will find 7 hydration stations along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.5 mile.

Locations:

1.5, 3.5, 5, 6.5, 8, 9.5, 11

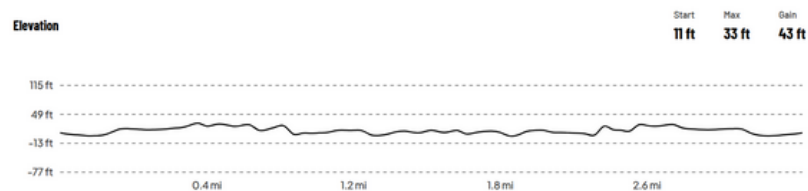
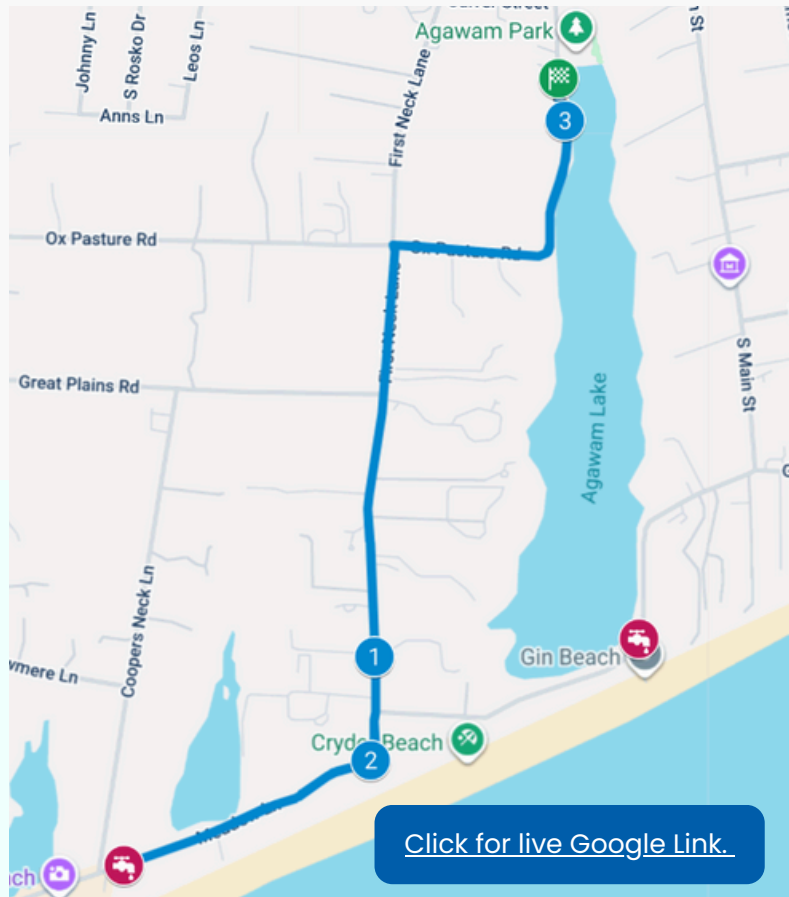
On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Gu will be offered at mile 8.

Portable toilets will be located at each aid station.

5K COURSE MAP



Hydration Stations

5k runners will find one hydration station along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.5 mile.

Location: 1.5

On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Portable toilets will be located at each aid station.

Hiccup | REUSABLE CUPS



New for 2025!

We're proud to partner with Hiccup, a reusable cup company. Since 2020, Hiccup has kept more than 910,000 cups out of landfills and recycling plants.

Hiccup cups will be available at all on-course aid stations. Please return your cup after use—do not take it with you or place it in a trash can.

Let's work together to keep the Hamptons beautiful!



After finishing your drink, drop your cup in the black bins located near each aid station.

Every Cup Counts — Please Return!

POST-RACE PARTY

Location Lawn at [Southampton Arts Center](#)

Hours 8:00 AM – 1:30 PM

Details After you cross the finish line, the celebration kicks off! Enjoy music, refuel in the recovery tent, and visit our sponsor booths for giveaways and fun.

Cocktail Camper We're excited to welcome [The Cocktail Camper](#) to this year's post-race party! Runners and spectators can enjoy a refreshing selection of alcoholic and non-alcoholic drinks, available for purchase after the race.

Overall Awards Overall awards for each distance will be presented on stage to the top 3 male & female finishers, based on gun time. **Awards will not be mailed.**

Overall Award Time Overall awards will be announced at:
5k: 9 AM Half: 10 AM Full: 12 PM

Age Group Awards Age group awards will be given to the top 3 male & female finishers in each age group for **all 3 distances**, based on chip time. Age group awards will be available for pick-up at customer service after the announcement of the overall awards. **Awards will not be mailed.**

Age Groups 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over



POST-RACE

Race Photos

Within 2-3 days of the race, you will receive an email from the race photographer, Finisher Pix, with race photos.

Results

There will not a results tent at the finish line, but a results link will be shared via email before the race.

Results Correction

We will share information about how to correct your results after the race.

Survey

We value your feedback! After the race, you'll receive an email with a short survey link. Taking a few minutes to share your thoughts helps us improve and make next year's event even better.



SPONSORS & PARTNERS

