



Hartford Marathon Foundation, Inc.

140 Hebron Avenue, Suite 102
Glastonbury CT 06033
Phone: 860.652.8866
Fax: 860.652.8145

Welcome to the 2009 race season! We are excited to unveil our innovative, challenging and high quality races beginning with the O'Niantic and O'Hartford 5K's in March.

What's new and different with HMF events in 2009:

- Last year, we really blew the roof off greening up the ING Hartford Marathon. We were recognized as the 2nd greenest sporting event in the U.S. by the Council for Responsible Sport and Runners World magazine named Hartford as one of the ten most sustainable road races in America. We are bringing that commitment to reuse, recycle and restore to our other events in 2009. Recycling will be a big part of our events with reusable goodie bags, organic cotton t-shirts and much more.
- We are committed to being economically sensitive to you, our athletes. The cost of everything keeps rising and we are trying to keep our fees as low as possible without ever compromising the quality or safety of our events.
- We are committed to bringing new people into our sport of running and triathlon and are adding more beginner training groups and more guidance at events. Experienced veterans can help by volunteering to be a coach to a newbie group, serving as a Q&A resource in transition before a tri or bringing along a first timer.
- 2009 is dedicated to our volunteers. Without them, none of these events would happen. We are lavishing them with gifts and parties all year. Well, not really. But we are making sure that we heap a ton of appreciation and praise on them. You can help in this way too. Always thank race volunteers, clean up after yourself, bring along volunteers to help and even, volunteer yourself when not racing.
- We are committed to serving as a resource to you for information on the nutrition, injury prevention, stretching, training and other subjects that will help you achieve greater success in the sport.
- The HMF Open House is March 8, 2009 at Healthtrax Fitness Club in Glastonbury, CT from 1-4 pm. Join us and meet our training coaches, learn about new gear, take a free swim clinic, get free stuff, and learn more about our exciting 2009 season.
- One thing is not changing – our commitment to safety.

Your feedback is always appreciated. Every email is read and every suggestion is used where possible. Thank you for your support for all we do and for the love of our sport.

Live well-have fun-get silly,

Beth Shluger