



Can you run 1/4 mile?

Do you have 3 co-workers?

Can you all run 1/4 mile while
carrying a tray of
Thomas Hooker Ale?

MAX'S O'HARTFORD RESTAURANT BEER RELAY

A one-mile team challenge just for local restaurant employees

SUNDAY, MARCH 14, 2010
1 p.m.

Relay Details

The Restaurant Relay is a tradition at Max's O'Hartford 5K, Hartford's annual St. Patrick's running tradition that draws nearly 3,000 people!

The Restaurant Relay consists of 4 loops of a 1/4 mile route in downtown Hartford. Each team member will run one loop for a total of a 1/4 mile run. Team members must carry a tray of Thomas Hooker Ale which is passed along from start to finish. The fastest team with the most beer left in glasses wins!

- ◆ Teams may have 2-4 members.
- ◆ Each member must run at least one complete leg. Any one member may run up to 3 legs, in any order.
- ◆ Relay runners will carry and handoff a tray of Thomas Hooker Ale. Trays and beer will be distributed at the start.
- ◆ Relay runners must be 21 years of age to participate.
- ◆ New route in 2010! All 3 exchange points will be in front of Trumbull Kitchen.

Restaurant Relay Awards

Relay awards will be presented at the Celebration Party in the CityPlace Atrium immediately following the race. Winning team will receive a complete dinner party for their team at Max Downtown. Other teams will receive trophies and merchandise prizes.

The Restaurant Relay is part of the annual Max's O'Hartford 5K & Wee Mile for the arts, the official kick off to Hartford's annual Saint Patrick's festivities. Run in this moving party through downtown streets. Irish bagpipers and Celtic fiddlers will entertain along the way. For wee ones and short distance walkers, try the Wee Mile, a 1-mile course which starts right before the 5K.

