



Can you run 1/4 mile?

Do you have 3 co-workers?

Can you all run 1/4 mile  
while carrying a tray of beer?

## **O'NIANTIC RESTAURANT BEER RELAY**

A one-mile team challenge just for local restaurant employees  
just before the O'Niantic 5K

### **SATURDAY, MARCH 13, 2010**

Start Time: 9:00 am.

#### Relay Details

The Restaurant Relay consists of 4 loops of a 1/4 mile route in downtown Niantic. Each team member will run one loop for a total of a 1/4 mile run. Team members must carry a tray of beer 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 beer. Trays and beer will be distributed at the start.
- ◆ Relay runners must be 21 years of age to participate.
- ◆ All 3 exchange points will be on Methodist Street by Niantic Bay Bicycle.

**To Register:** Complete one entry form per team. Each team member must sign waiver on form.  
Return completed form with \$25 team fee to Hartford Marathon Foundation, 41 Sequin Drive, Glastonbury, CT 06033.

Questions? Contact Denay Steele, Relay Coordinator at [ms.denay@sbcglobal.net](mailto:ms.denay@sbcglobal.net) or call 860-235-5281.

#### Restaurant Relay Awards

Relay awards will be presented at the Celebration Party in the Black Sheep Pub immediately following the O'Niantic 5K.

