



FINAL INSTRUCTIONS – GLASTONBURY RIVER RUN

Thank you for joining us at the 9th annual Glastonbury River Run to benefit the Glastonbury High School Crew Team on **Sunday, April 25, 2010. Race start time is 1:00 p.m.**

The course is the same course used in the last couple of years. Race start and finish are in the same location on High Street, South Glastonbury.

Parking is available on the soccer field behind the High Street School. However, the field will fill quickly so latecomers (12:30 and later) should use alternative parking at various lots on Main Street. We also have permission to use the Tryon Farm fields just north of High Street. Volunteers will direct to you available locations.

Race Day Packet Pickup and Late Registration is located at (new location) St. Luke's Episcopal Church, Main Street. Registration opens at 11:30 a.m. You can avoid the last minute rush and pick up your packet or register for the race at Cycling Concepts, Main Street, Glastonbury on Saturday, April 24 from 3 – 5 pm.

Race Finish and Post Race Festivities are on High Street. Please be courteous of resident's property on High Street.

Again this year – chip timing! Computer chips will be distributed at packet pickup. Chips are worn on Velcro strap (provided) on your ankle. You must return the chip and strap at the finish line or you will be charged \$30. Preliminary results will be available at the race and final results will be posted later in the day at this site.

Volunteers are provided by the Friends of Glastonbury Rowing and parents and students of Glastonbury High School Crew Team. Thank you all volunteers for giving up a Sunday afternoon to support the Team.

The following is final information to better prepare you for the race.

The Course Caution! While these are quiet country roads, they are open to local resident traffic during the race. You are responsible for your own safety. Police and monitors will be on the course but please run aware! You must run on the right side of the road throughout the race. Our volunteer bicyclists will lead the race and Glastonbury Police cruisers will follow the pack. Runners should be able to maintain a 15-minute pace throughout the course. No services will be provided on the course beyond this pace.

Course Description The route is an out-and-back course. The entire course runs along the Connecticut River on Tryon Street. This is a very narrow road so please stay to the right to give way to the lead runners. They will be returning while most runners will still be on the outbound portion of the course. There is one turn on the course. The course map is at www.hartfordmarathon.com

Course Amenities All mile points are marked on the road and mile signs are posted at each mile. Split time clocks at mile 1 & 2. Water is available on the course and the start and finish. Please do not litter on the beautiful course! Portalets are at the start/finish.

We expect over 500 participants in this race. Thank you for participating! Enjoy the beauty of the area and best wishes for a glorious run.

Sincerely,

Beth Shluger, Race Director