



FINAL RACE INSTRUCTIONS

Sun, rain or snow - Max's O'Hartford 5K is on!

Sunday March 14, 2010

Start Time:

12:30 p.m.	Wee Mile
12:45 p.m.	Restaurant Relay
1:00 p.m.	Max's O'Hartford 5K



Live Well · Feel Good

Weather:

Come on! We are tough New Englanders! So, bring it on!

Max's O'Hartford 5K and Wee Mile will take place rain or shine.

If inclement weather, we will move the post race refreshments inside City Place on Asylum Street.

The start time and location and the actual race course will not change.

The Course:

All new for 2010. One loop through downtown Hartford and the lively Park Street area. Very few turns, flat start, gradual ups and downs on Park Street, quick hill on Park Terrace to a downhill to Capitol Avenue, another uphill to Trinity Street, fast downhill through the Arch to Pearl Street finish. USATF certified. Map is posted at www.hartfordmarathon.com

Pre-Race:

Avoid the race day rush and pick up your packet early!

Dick's Sporting Goods, Newington on Friday from 5 - 7 pm

Dicks Sporting Goods, Manchester on Saturday from 2 - 5 pm.

For those still not registered, you may register at these locations as well.

On race day, packet pickup and late registration will be in the Trumbull Street entrance to the XL Center (formerly Hartford Civic Center), Hartford from 11 a.m. - 12:30 p.m. Arrive early - it will be crowded!

Discounted Parking on race day at Trumbull On the Park Garage at 41 Lewis Street.

Bring your parking ticket for validation, plus get a chair massage and free health evaluation at Capitol Chiropractic Wellness Center located at 24 Lewis Street. Pay only \$5 for parking compliments of Capitol Chiropractic (\$10 without promotion).

Port-a-lets are located on Trumbull Street, outside the XL Center entrance.

Water is available at the start and finish and at mile 1.5 on the course.

Race Start: The starting line is located on Trumbull Street, right in front of the XL Center.

Race Finish: Pearl Street (back side of City Place)

After the Race:

Corned Beef on bagels, fresh fruit - for participants only, all supplied by Max Downtown, Trumbull Kitchen and Dunkin Donuts.

Hooker Ale poured for all participants over the age of 21 years. **Proper I.D. is required.** One complimentary beverage per person will be provided compliments of Max Downtown and Thomas Hooker Beer. Additional beer may be purchased for \$5 per beer.

Free commemorative pint glass compliments of the Hartford Marathon Foundation to the first 3000 adult finishers. Finisher medals to all children. Entertainment by Celtic fiddlers, Latin DJ and Scottish bagpiper.

Schedule of Events:

11:00 a.m. - 12:30 p.m.	Late Registration and packet pickup in XL Center
12:15 p.m.	Race Announcements begin
12:30 p.m.	Wee Mile for Kids

Wee Mile start is at the same location as the 5K. The Wee Mile route is a loop on Trumbull Street. 1/2 milers will complete one loop. One-milers will complete 2 loops. All kids will finish on Pratt Street in front of the XL Center. Parents are welcome to run with children at no additional cost. In fact, we recommend that you run with your children if they are 7 and under.

12:45 p.m.	Restaurant Beer Relay Race - A one-mile team challenge just for local restaurant employees. Team members must carry a tray of Hooker Ale which is passed along from start to finish. The fastest team with the most beer left in glasses wins!
1:00 p.m.	Max's O'Hartford 5K Race Start
1:00 - 3:00 p.m.	Refreshments, Entertainment and Awards
3:00 p.m.	After race party continues at Trumbull Kitchen

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