



## FINAL RACE INSTRUCTIONS

Sun, rain or snow - O'Niantic 5K is on!

Date: Saturday, March 13, 2010



Live Well • Feel Good

### Start Time:

9:10 am Wee Mile (1/2 mile or one-mile fun run for children up to 11 years of age)  
9:30 a.m. Restaurant Relay Race  
9:45 am O'Niantic 5K

*Please note the slight change in start times. Due to a funeral at a location on the course, we have postponed the race until the course is clear. We expect the start at 9:45 am.*

### Pre-Race:

Avoid the race day rush and pick up your packet at Dick's Sporting Goods, Waterford on Friday, March 12 from 4 p.m. - 6 p.m. For those still not registered, you may register at Dick's as well.

On race day, packet pickup and late registration will be at the Niantic Movie Theater on Main Street, Niantic from 8 a.m. - 9 a.m. Arrive early - it will be crowded! After getting your race packet, pick up your t-shirt at Niantic Bay Bicycle, located at the start and finish of the race on Methodist Street.

Port-a-lets are located on Methodist Street, across from the Niantic Bay Bicycle Shop.

Water is available at the start and finish and at mile 1.5 on the course. If the air temperature drops below 42 degrees, no water will be served on the course.

**Race Start:** The starting line is located on Methodist Street, in front of Niantic Bay Bicycle. The course is USA T&F certified.

### After the Race:

Bagels, fresh fruit - at the finish under cover at ProTech Auto, next to Niantic Bay Bicycle.

Chili and beer at The Black Sheep, an authentic Irish pub on Main Street. One complimentary Bud light (at least 21 years of age and proper I.D.) and one bowl of chili for each participant with tear off tabs on race bib. Sponsored by The Black Sheep.

Free commemorative pint glass compliments of the Hartford Marathon Foundation to the first 500 adult finishers. Finisher medals to all children.

### Schedule of Events:

**8 - 9 am** Late Registration and packet pickup at Niantic Theater (thanks to the Mitchell Family for the use of the theater).

**9:10 am** Wee Mile for Kids

The Wee Mile starts and finishes on Methodist Street, in the same location as the 5K. The Wee Mile route map is on the website ([www.hartfordmarathon.com](http://www.hartfordmarathon.com)). 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.

**9:30 am** Restaurant Relay Race

**9:45 am** O'Niantic 5K Race Start