

OCTOBER 13, 2018

CHARITY 5K

5K Start:
 Washington Street
 8:00 am WHEELCHAIR START
 8:01 am RACE START

RACE DAY EMERGENCY INFORMATION

Notify the HMF Command Center of all emergencies and issues that may arise (860-402-1270)

If life threatening, DIAL 911.

EMERGENCY TEXTING SERVICE

The Hartford Marathon Foundation has an Emergency Texting Service in place to be used for emergencies ONLY.

Text the word "MARATHON" to #84483 to receive emergency updates.



Volunteer Guide

COURSE INFORMATION



CHARITY 5K ATHLETE RACE BIB & FINISHER MEDAL



CHARITY 5K COURSE TIME LIMIT



VOLUNTEER SPONSORS

Big Y World Class Market
 Dole
 Stop & Shop



EVERSOURCE HARTFORD HALF MARATHON COURSE

Half Marathon Start:
 Capitol Avenue
 7:55 am WHEELCHAIR START
 8:00 am RACE START

HALF MARATHON ATHLETE RACE BIB & FINISHER MEDAL



HALF MARATHON COURSE TIME LIMIT

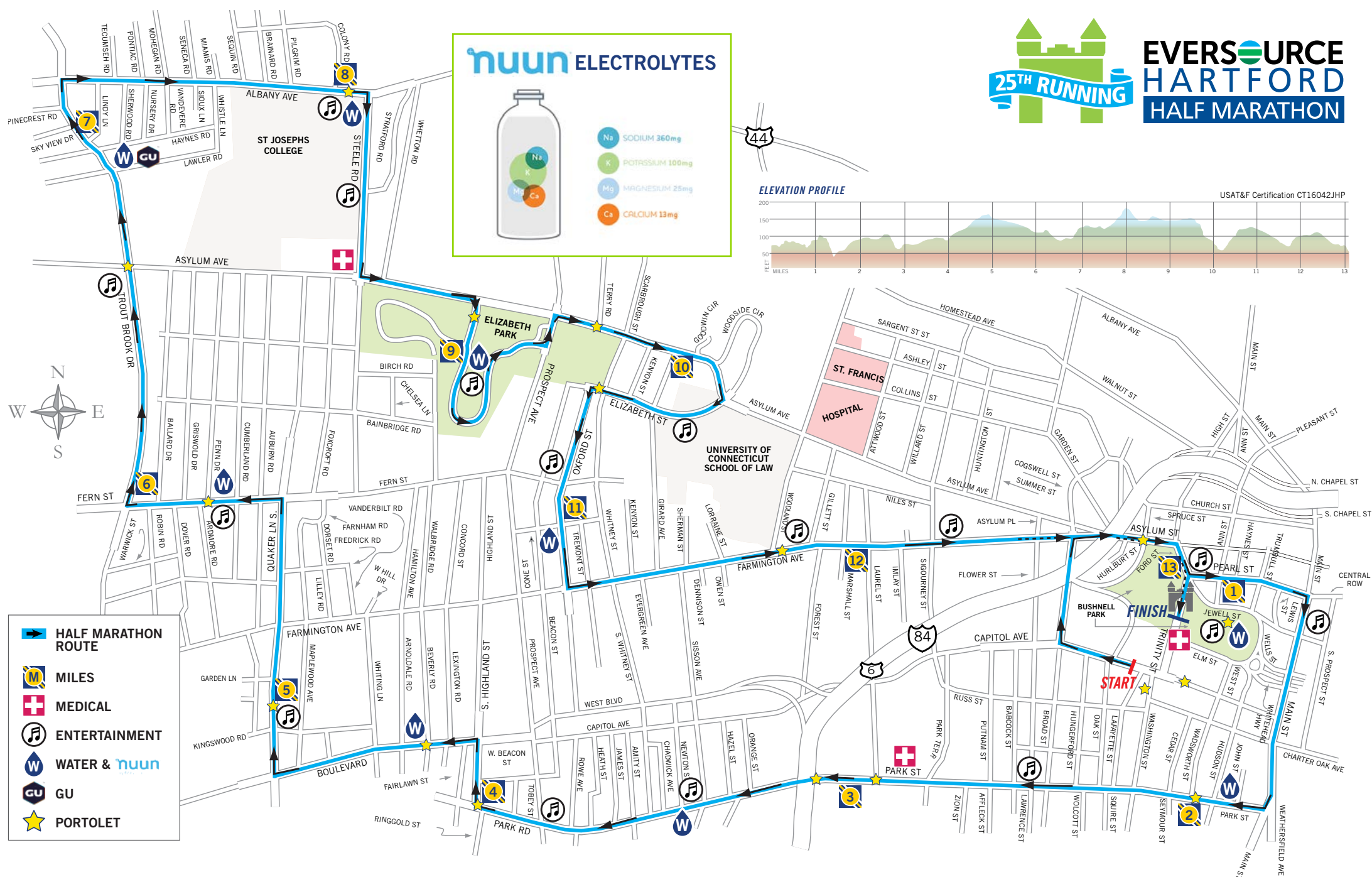


As a courtesy to the communities impacted by the races and the volunteers who serve, we have established Course Time Limits. To finish within these time limits you must maintain a pace of approximately 13:44 minutes per mile.

COURSE CLOSURE - HALF MARATHON COURSE:

Checkpoint Location: Asylum Ave/Troutbrook, West Hartford (6.8 mile). **Course Limit Time:** 1:38 on the race clock. Anyone behind this time must be turned onto Asylum and not allowed to continue to Albany Avenue. Those who are diverted will run the west loop in Elizabeth Park to make up the lost distance caused by the diversion.

All runners running beyond Course Time Limits are doing so at their own risk. Athletes will be asked to move to the side-walks as the roads will open to traffic.



EVERSOURCE HARTFORD MARATHON COURSE

Marathon Start:

Capitol Avenue

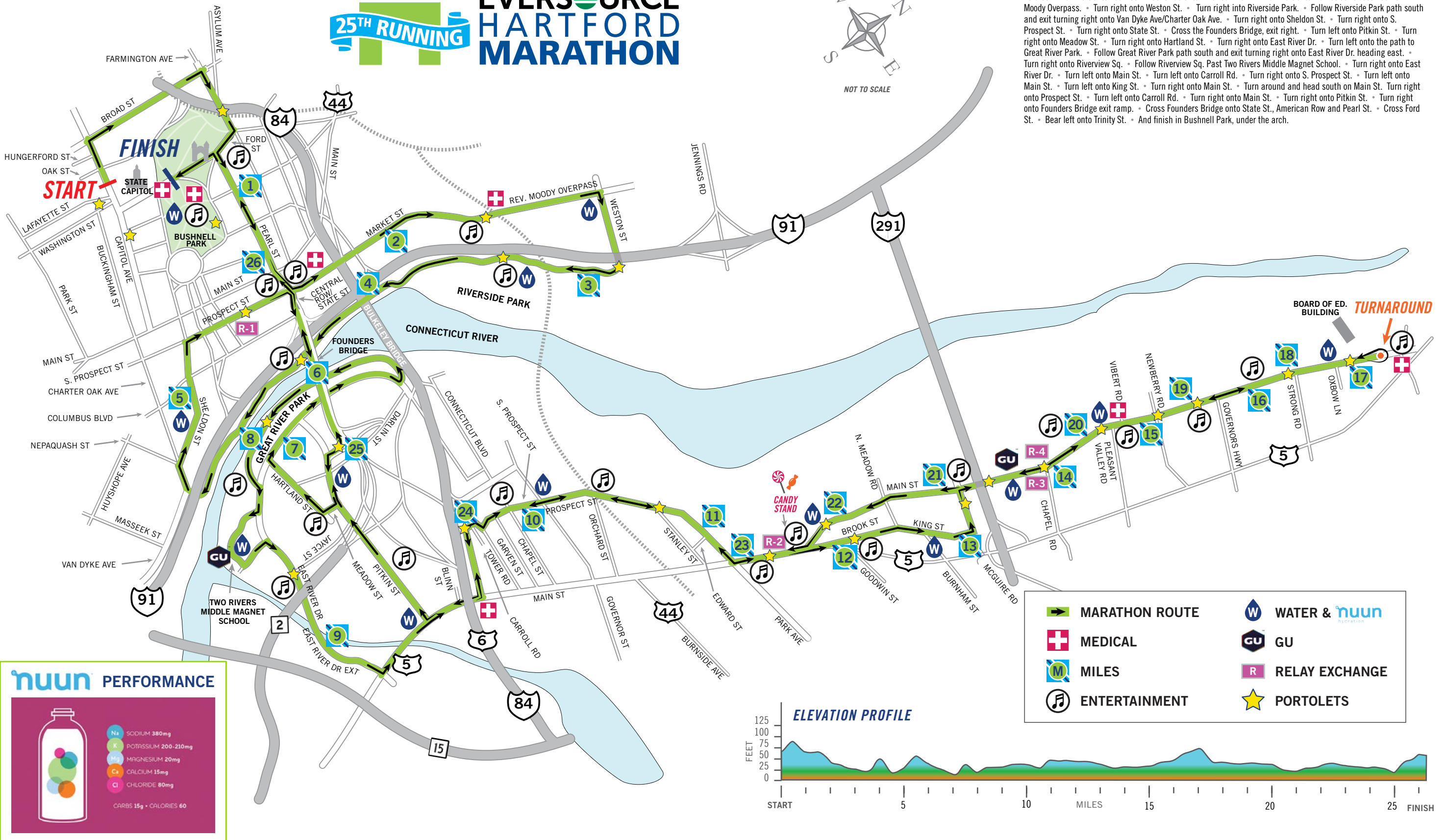
7:55 am WHEELCHAIR START

8:00 am RACE START



THE ROUTE: USAT&F Certification CT16043JHP

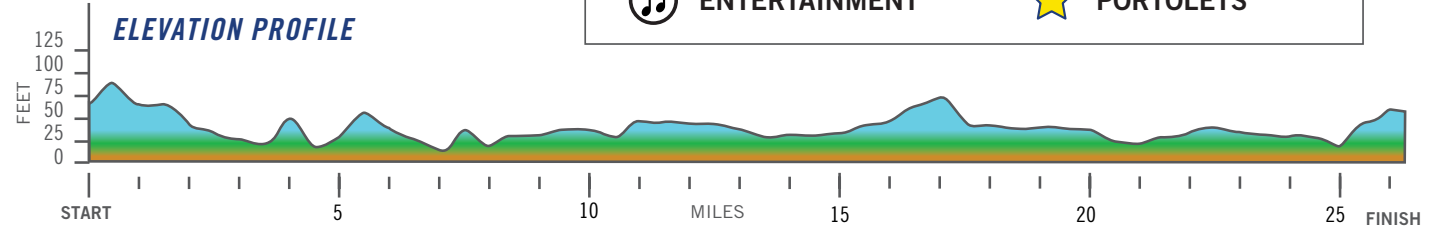
Start heading west on Capitol Ave. • Turn right onto Broad St. • Turn right onto Farmington Ave. • Turn right onto Ford St. • Turn left onto Pearl St. • Continue onto American Row. • Turn left onto Market St. It becomes Rev. Moody Overpass. • Turn right onto Weston St. • Turn right into Riverside Park. • Follow Riverside Park path south and exit turning right onto Van Dyke Ave/Charter Oak Ave. • Turn right onto Sheldon St. • Turn right onto S. Prospect St. • Turn right onto State St. • Cross the Founders Bridge, exit right. • Turn left onto Pitkin St. • Turn right onto Meadow St. • Turn right onto Hartland St. • Turn right onto East River Dr. • Turn left onto the path to Great River Park. • Follow Great River Park path south and exit turning right onto East River Dr. heading east. • Turn right onto Riverview Sq. • Follow Riverview Sq. Past Two Rivers Middle Magnet School. • Turn right onto East River Dr. • Turn left onto Main St. • Turn left onto Carroll Rd. • Turn right onto S. Prospect St. • Turn left onto Main St. • Turn left onto King St. • Turn right onto Main St. • Turn around and head south on Main St. Turn right onto Prospect St. • Turn left onto Carroll Rd. • Turn right onto Main St. • Turn right onto Pitkin St. • Turn right onto Founders Bridge exit ramp. • Cross Founders Bridge onto State St., American Row and Pearl St. • Cross Ford St. • Bear left onto Trinity St. • And finish in Bushnell Park, under the arch.



nuun PERFORMANCE

- Na SODIUM 380mg
- K POTASSIUM 200-210mg
- Mg MAGNESIUM 20mg
- Ca CALCIUM 15mg
- Cl CHLORIDE 80mg

CARBS 15g • CALORIES 60



- MARATHON ROUTE
- MEDICAL
- MILES
- ENTERTAINMENT
- WATER & nuun
- GU
- RELAY EXCHANGE
- PORTOLETS

MARATHON ATHLETE RACE BIB & FINISHER MEDAL



MARATHON COURSE TIME LIMIT



As a courtesy to the communities impacted by the races and the volunteers who serve, we have established Course Time Limits. To finish within these time limits you must maintain a pace of approximately 13:44 minutes per mile.

COURSE CLOSURE - MARATHON COURSE:

Checkpoint #1 Location: Old Main Street/Rte. 5, East Hartford (Mile 22). **Course Limit Time:** 5:10 on the race clock. Beyond this time, runners proceed at their own risk or request transport by race sag vehicle.

Checkpoint #2 Location: East Hartford side of the Founders Bridge (Mile 25). **Course Limit Time:** 5:51 on the race clock. Beyond this time, runners use the pedestrian walkway across the bridge.

All runners running beyond Course Time Limits are doing so at their own risk. Athletes will be asked to move to the side-walks as the roads will open to traffic.

TEAM 26.2 RELAY ATHLETE RACE BIB & FINISHER MEDAL



TEAM 26.2 RELAY EXCHANGE LOCATIONS

RELAY EXCHANGE #1
50 Prospect Street, Hartford
Adjacent to Team 26.2 Fishman Plaza

RELAY EXCHANGE #2
Main Street, East Hartford
In front of Savvis Restaurant

RELAY EXCHANGE #3
Chapel Road & Main Street, South Windsor
Northbound

RELAY EXCHANGE #4
Chapel Road & Main Street, South Windsor
Southbound

Relay teams **MUST** return ankle timing chip at the Bling Ring tent in exchange for finisher medals.

