



Rocky Neck Runfest Individual 30K Guide

Sunday, April 21
Rocky Neck State Park, Niantic CT
Race Start: 8:00 AM
#RockyNeckRunfest

All participants are required to be at the starting line at 7:50 AM for a pre-race safety briefing

1 RACE BIB & SWAG PICK UP

Saturday, April 20: 2:00 – 4:00 PM, Niantic Bay Bicycles, 8 Methodist Street, Niantic, CT 06357

Sunday, April 21 (Race Day): Rocky Neck State Park, 244 West Main Street, Niantic, CT 06357

7:00 AM – 8:00 AM (Bib/Timing Chip must be picked up by 8:00 am)

7:00 AM – 12:00 PM (Official race shirt pick up)

Show your Check-in Pass at packet pickup to speed up the process. Download your Check-in Pass onto your phone within your [participant account](#).

2 INCLUDED IN YOUR PACKET

Race Bib Number, Running Format Instructions



3 ARRIVAL & PARKING

All event activities take place in Rocky Neck State Park, 244 West Main Street (Route 156), Niantic (East Lyme), Connecticut 06357. Take the main park road 1.5 miles to the event area for parking.

Participants are required to arrive **prior to 7:45 AM**. The main (and only) roadway in and out of Rocky Neck State Park will be closed to vehicle traffic between **7:45 AM and 9 AM**.

[Click here](#) for directions.



4 HOW THE RACE WORKS

Race Start is located on the roadway just outside of the exchange zone in Rocky Neck State Park. All teams and individuals will start together with a gun start.

Individual participants will complete the 30 K (~18.6 mile) course completely on their own. They will run continuously starting with the road course, then transitioning to the trail, back to the road, etc. until they have completed each of the respective courses, three times.

- (Leg 1) Road (~5K)
- (Leg 2) Trail (~5K)
- (Leg 3) Road (~5K)
- (Leg 4) Trail (~5K)
- (Leg 5) Road (~5K)
- (Leg 6) Trail (~5K)

5 RACE COURSE & SUPPORT

Road Course: The course follows a counterclockwise loop along the paved park roads. Volunteers will be along the road course, however roads are open to park vehicle traffic. Turns will be marked with yellow signs with blue arrows. Mile markers will be at every mile. Water and Nuun station located at mile 1.5.

Road Course: [Details](#)

Road Course Signage Example:



Trail Course: **Note that the 2024 trail course has been adjusted from previous years. Expect muddy trail conditions due to wet spring weather!** The course quickly loops past the Pavilion, over the train tracks and across the paved parking area before entering onto the trail system. Once on the trail, the course follows the Blue > Green > Red > White trails. Minimal volunteers will be along the trail course. All turns will be marked with additional signage (example below). Water and Nuun station located at mile 1.5.

Trail Course: [Details](#)

Trail Course Signage Example:



TRAIL COURSE



6 COURSE LIMITS

Teams and Individuals are required to maintain an average pace of at least **16:00 minutes per mile** over the 30K course to complete the event within the 5-hour time limit.

COURSE CUT-OFFS:

To ensure available support services and everyone's safety in this complex event, any individual falling behind the following cut-offs or experiencing unforeseen circumstances will be asked to alter their race:

- **Three Legs (~15K): Road > Trail > Road = 10:30 AM (2 hours, 30 minutes)**
- **Four Legs (~20K): Road > Trail > Road > Trail = 11:20 AM (3 hours, 20 minutes)**
- **Five Legs (~25K): Road > Trail > Road > Trail > Road = 12:10 PM (4 hours 10 minutes)**

7 TIMING & EXCHANGE

This event is timed by Bay State Race Services and uses the B-Tag timing system.

At the conclusion of each leg, individuals must pass over the timing mats in the exchange area before beginning their next leg.

Splits will be updated live throughout the day. Preliminary results will be posted at the conclusion of the event. [Results](#)

8 POST RACE

Celebrate your amazing accomplishment with music, hot bRUNch and grab and go snacks.

Collect your finisher medal and take a photo compliments of FinisherPix just outside the finish line with the ocean view as your glorious backdrop. Race photos will also be available for sale 24-48 hours after the event, look for details in your post-race email.

Anticipated award ceremony at 12:00 PM

April birthday swag bonus pick-up will be available after 8:00 am at the Awards tent.

Commemorate your finish time with a personalized iTab plate for your finisher medal. [ORDER](#)



[Schedule of Events](#)

We are looking forward to seeing you at the event! Thanks for running with us!

Please reach out to Andris Briga if you have any unanswered questions: andris@hartfordmarathon.com