



Rocky Neck Runfest 5K Guide

Sunday, April 21

Rocky Neck State Park, Niantic CT

5K Trail Start: 8:15 AM

5K Road Start: 8:30 AM

#RockyNeckRunfest

All participants must 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.

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 RACE BIB



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 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:



5 TIMING & EXCHANGE

This event is timed by Bay State Race Services and uses the B-Tag timing system with timing chip attached to the back of the race bib. Make sure your bib number is facing front at all times.

Preliminary results will be posted at the conclusion of the event.

[Results](#)



6 POST RACE

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

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

Anticipated 5K award ceremony at 9:30 AM

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