



Jamie's Run 5K
Sunday November 4, 2018
Free parking at DMV, 60 State Street, Old Wethersfield

TIMELINE OF EVENTS

- 7:30 - Registration/ Number Pick Up opens
- 8:00 - 8:15 - Arrive at race and pick up race number (**NO LATER THAN 8:15!**)
- 8:30 - MPower Group Photo
- 8:40 - Warm-up/ review race day tips
- 8:50 - Head to the starting line
- 9:00 - Race Start!
- 10:00 - Kids K Fun Run (great event for younger siblings)

REGISTRATION

You may register online at www.jamiesrun.org or on the morning of the race starting at 7:30am. Please note: registration fees may increase on race day.

ARRIVAL

Please plan to arrive at Standish Park **NO LATER THAN 8:15am!** This will give the boys sufficient time to pick up/attach race numbers, use the restroom, take a team photo, warm up, and get to the starting line.

When you arrive, proceed directly to the Registration tent to pick up your race numbers, then come to the MPower table. Look for the MPower banner!

T-SHIRTS

Wear your **BLUE MPower t-shirt** for the race. This will make it easier for us to find each other. If it is cold on race day, please wear the shirt **OVER** your long sleeves!

PRE-RACE MEAL

Plan to eat a light, healthy breakfast to give you energy for the race. Examples: banana, whole grain cereal, oatmeal, peanut butter toast. Remember: milk and heavier foods are harder to digest and could come back to haunt you during the race!

Be sure to use the bathroom **BEFORE** you come to the race. There will be plenty of porta-potties at the race, but the lines can be quite long.

*****If you are not running with your son, please meet him at the Finish Line.*****
We encourage all runners to stay after the race to cheer on the rest of our MPower group.