



Celebrate! West Hartford 5K **Sunday June 10, 2018**

Free parking at Isham Road Garage (Blue Back Square near Whole Foods).
NO PARKING in the Whole Foods parking lot!

TIMELINE OF EVENTS

- 8:15 - 8:45 - Arrival at MPower Tent (**NO LATER THAN 8:45!**)
- 8:30 - Kids 1/2-Mile Fun Run. (great event for younger siblings)
- 9:00 - MPower Group photo
- 9:05 - Warm-up/ review race day tips
- 9:15 - Head to the starting line
- 9:30 - Race Start!

REGISTRATION

If you have not registered yet, you may still register in person at:

- ◆ Fleet Feet Sports: 1003 Farmington Ave, West Hartford
Friday, June 8 from 3pm-6pm or Saturday, June 9 from 9am-12pm.
- ◆ West Hartford Town Hall parking lot: 50 South Main Street
Race morning 8-8:30am

RACE NUMBERS

If you pre-registered with the our group, we will have your race numbers and any t-shirts you ordered at our tent.

MPOWER TENT

Location: 7 Raymond Rd, West Hartford (next to Modern Tire: across from Whole Foods).

Please plan to arrive at our tent **NO LATER THAN 8:45am!** 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.

T-SHIRTS

Wear your **ORANGE MPower T-Shirt** for the race. This will make it easier to find each other.

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.