



Abner Oakes III Veterans Run 5K & 10K

Sunday, October 27, 2024

Race day is almost here, and we are very excited that you will spend a part of your Sunday with us.

Here are your instructions Sunday morning. **PLEASE READ ALL of this email because there is important logistics and award information listed below.**

Both races will start at 8:30 AM sharp, please plan to arrive early. The race start is located at the Farmington Canal Parking lot on Sherman Avenue in Hamden, CT. [Click here for directions.](#)

You can pick up your T-shirt and Bib on race morning from 7:00 am until 8:15 am at the race site. We will allow you to pick up bibs and shirts for friends and family but please let them know you are picking their items up.

Registration for this event will close at 8:15am on race morning. If you know of anyone interested in racing on Sunday, have them sign up ahead of time, this will speed up their race day check-in.

You can speed up by the check-in process by showing us this QR code when picking up your bib.

It is important that once the pack of runners/walkers thins out in the first half mile or so, all runners/walkers do their best to **stay on the RIGHT SIDE of the paved path**. This is an out and back course so there will be runners/walkers coming in both directions. Please allow the returning runners/walkers their half of the path so you don't cross any oncoming runners/walkers.

5K:

There will be a water station on the course around mile 1 and Mile 2 (You will pass it twice).

10K There will 2 water stations that you will pass twice. The first water station will be at mile 1 & 5 and the second around mile 2.25 & 3.75.

All proceeds will benefit House of Heroes Connecticut - They will have a tent setup by registration, please stop by and learn more about this great local charity.

IMPORTANT AWARD INFORMATION

We will NOT be having an award ceremony since many runners tend to leave before we get to that component.

You can check your time here: <https://www.secondwindtiming.com/result-page/?id=314926>

We will start handing out awards at 9:00am.

If you are one of the overall winners, you are not eligible for age group awards.

Overall awards are based on gun time (if you are racing for an overall award, please seed yourself as close to the starting line as possible) and age group awards are based on chip time.

Awards will be given to:

Overall Awards are given to First, Second and Third place finishers for Male, Female And Non-Binary categories

Age Groups Awards are given to First, Second and Third place finishers for Male & Female Categories for the following age groups: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69 and 70-79 and 80+.

PARKING

Parking will be available in the Farmington Canal parking lot, Cascade (480 Sherman Ave, Hamden, CT 06514) and also on street parking is available.

Please avoid parking in any local business parking lots (Mikro, Amity Wine, Dunkin Donuts, etc). If you park there, your car may get towed.

SPONSORS

We would like to thank our sponsors, without their generous support, we would not be able to put on this event.

NewFed Mortgage

Freedom Pool & Spa

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Bella Bella Gourmet Foods

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Salon 106 on Montowese

Family & Esthetic Dentistry of Hamden

Orange Theory Fitness Hamden

Quinnipiac Physical Therapy & Sports Medicine

Ground Up Coffee

Barclay Brewing Co.

Dowling Flowers

Whitney Donut

Cascade Fine Catering.



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