



Abner Oakes III Veterans Run 5K

Sunday, October 29, 2023

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

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

The race 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.](#)

Please note: this is a new location for 2023, please do not go to Hamden Middle School (location of the 2021 and 2022 events) because our race location has changed!

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 not close until race start. If you know of anyone interested in racing on Sunday, have them signup ahead of time, this will speed up their race day check-in.

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.

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

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=267601>

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.



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