



# Run/Walk To Save a Life 5K



**September 29, 2024**  
**109 Sanford St., Hamden, CT 06514**

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.**

**PACKET PICKUP:**

You can save time on race morning by picking up your Bib and shirt on Saturday afternoon from 3:00 PM Until 6:00 PM at Devonshire Hall, 109 Sanford Street, Hamden, CT 06514 (See Map Below).

You can pick up your T-shirt and Bib on race morning at Devonshire Hall, 109 Sanford St, Hamden, CT 06514 (See Map below) from 7:00 AM until 8:15 AM

Also, we 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 sign up ahead of time, this will speed up their race day check-in.

### **RACE MORNING:**

We will have 2 starting waves:

- Runners will start at 8:30 AM
- Walkers and Strollers will start at 8:35 AM

Please plan to arrive early so you have ample time to pickup your bib and prepare for your run.

The race start is located at 109 Sanford St, Hamden, CT 06514 (See Map Below)

There are bathrooms available inside Devonshire Hall (See Map below).

The starting line is directly behind the building, and you access it by walking around the left side of the building (See yellow line on the map below).

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 just after the turnaround at mile 1.5. The water station will be on the left side of the trail, please wait until after the turnaround to stop for water to avoid crossing any oncoming runners/walkers.

Yale New Haven Hospital and Defibtech will be on site, we encourage you to visit their tables inside Devonshire Hall. Health care workers will be on site to educate you on how to perform CPR and use of an Automated External Defibrillator (AED). CPR and early defibrillation saves lives!

Licensed Massage Therapist, Mark DiPino will be available for complimentary Pre and Post Race stretching.

After your race, come in Devonshire Hall for a cup of Starbucks coffee, Bagels from Whitney Donut and assorted snacks and treats.

**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=308471>

We will start handing out awards at 9:15am.

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.

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

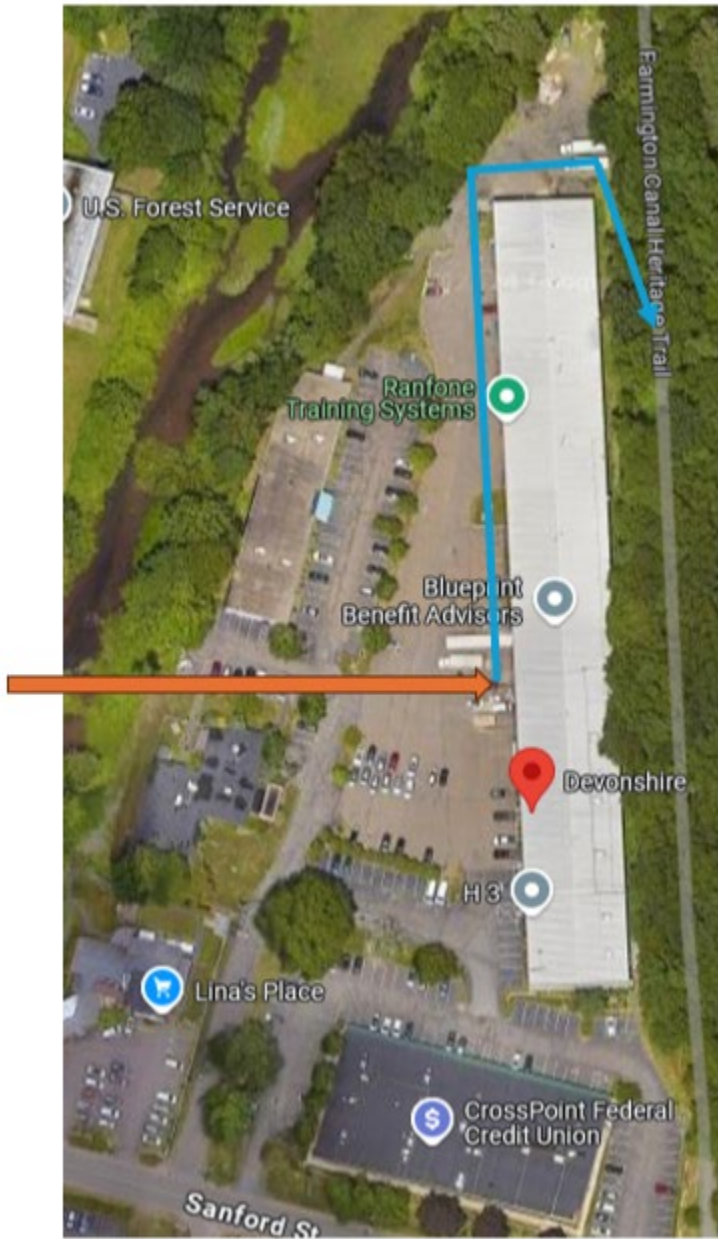
Age Groups Awards are given to First, Second and Third place finishers for Male & Female Categories for the following age groups: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69 and 70-79 and 80+.

**PARKING:**

Ample parking is available at or near the site. Follow the parking signs. If the lots are full on Sanford Street, the Hamden Middle School can be used, which is 1/4 mile walk to the site.

**RACE SITE MAP:**

- Devonshire Hall**
- Packet Pickup:
- Bathrooms
- Post Race Food
- AED/CPR Demos



Start/Finish Line

## **SPONSORS**

We wouldn't be able to put on this event without the generous support of our sponsors.

### **2024 Series Sponsors:**

Ice Air

Multisports Academy

### **Event Sponsors:**

Defibtech

Devonshire Hall

Dowling Flowers

Dolan Law

First Friday Friends

Ground Up Coffee

Kelsey & Co Realty

Mark DiPino, LMT

Notre Dame High School

Peerless Boilers

Pellegrino Law Firm

Porto Funeral Home

ReDunnit

SCC XC Coaches

Starbucks

Strive2BWell

Urban Specialists

Whitney Donut



Run/Walk To Save a Life 5K