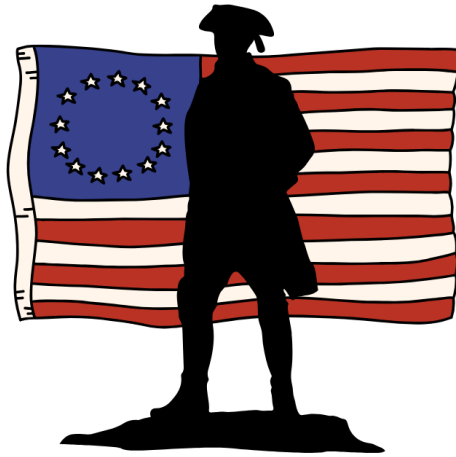


*U.S. Historical Run Fest*



**10M/10K/5K**

# **Athlete Guide**

**EKR**  
**EVEN KIEL RACING**

Thank you for joining us for the CCHS Historical Run Fest. We are excited to bring this race to Greenwich and to help support the Cumberland County Historical Society. This event will occur rain or shine. After the race we encourage you to stick around and visit the local museums. We will also have a post race food and drinks available . If you have any questions please email the race director at [ckiel78@gmail.com](mailto:ckiel78@gmail.com).

### Directions/Check in

The address for the race is 960 Ye Greate St Greenwich, NJ US 08323. Parking will be located at the library which is right down the street (about 500ft) from the race start. The address is 981 Ye Greate St, Greenwich, NJ . is also street parking available. When you arrive you will see signs directing you where to park. Once you arrive please proceed to the check in area. You will see signs directing you where to go. Check in begins at 7:30. During Check in you will receive your bib and shirt.

### Race Start

All races will begin in the street in front of the Gibbon House. The 13.1 and 10 mile will begin at 8:30. The 10k will start at 8:35 5k and 1 mile will start 5 minuets later.

## Race Courses

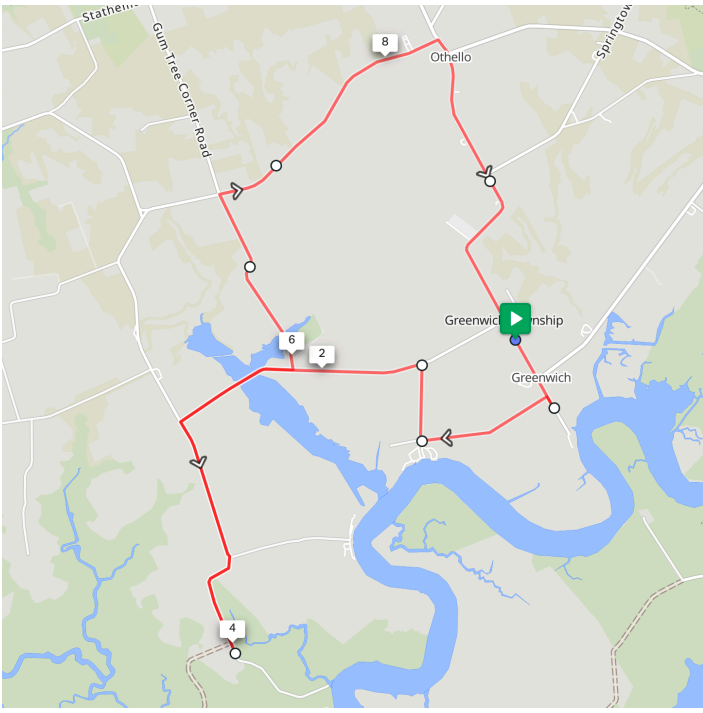
All races will start at the same point. We have tried to keep runners on the same course as much as possible. All turns are marked with signs, cones and arrows on the ground. We will also have volunteers at several of the turns. The 13.1 mile will follow PURPLE arrows, the 10mile will follow GREEN arrows and the 10k will follow ORANGE arrows and the 5k will follow BLACK arrows. Please pay attention to your arrows. After the 2<sup>nd</sup> aid station for the 13.1 and 10 there will be separate turnarounds. Please pay attention and use the correct turnaround. We will have 4 aid stations for the half marathon. Three aid stations on the 10 mile and two on 10k courses. There are two port o potties located on course for the half marathon and one for the 10 miler. The first one is at mile 4 of both the half and 10. The second one is mile 8 of the half. If you are in the 5k we will not have an aid station. We will have water and snacks available pre and post race for you. We will also have EMS on UTVs patrolling the course.

# Course Maps

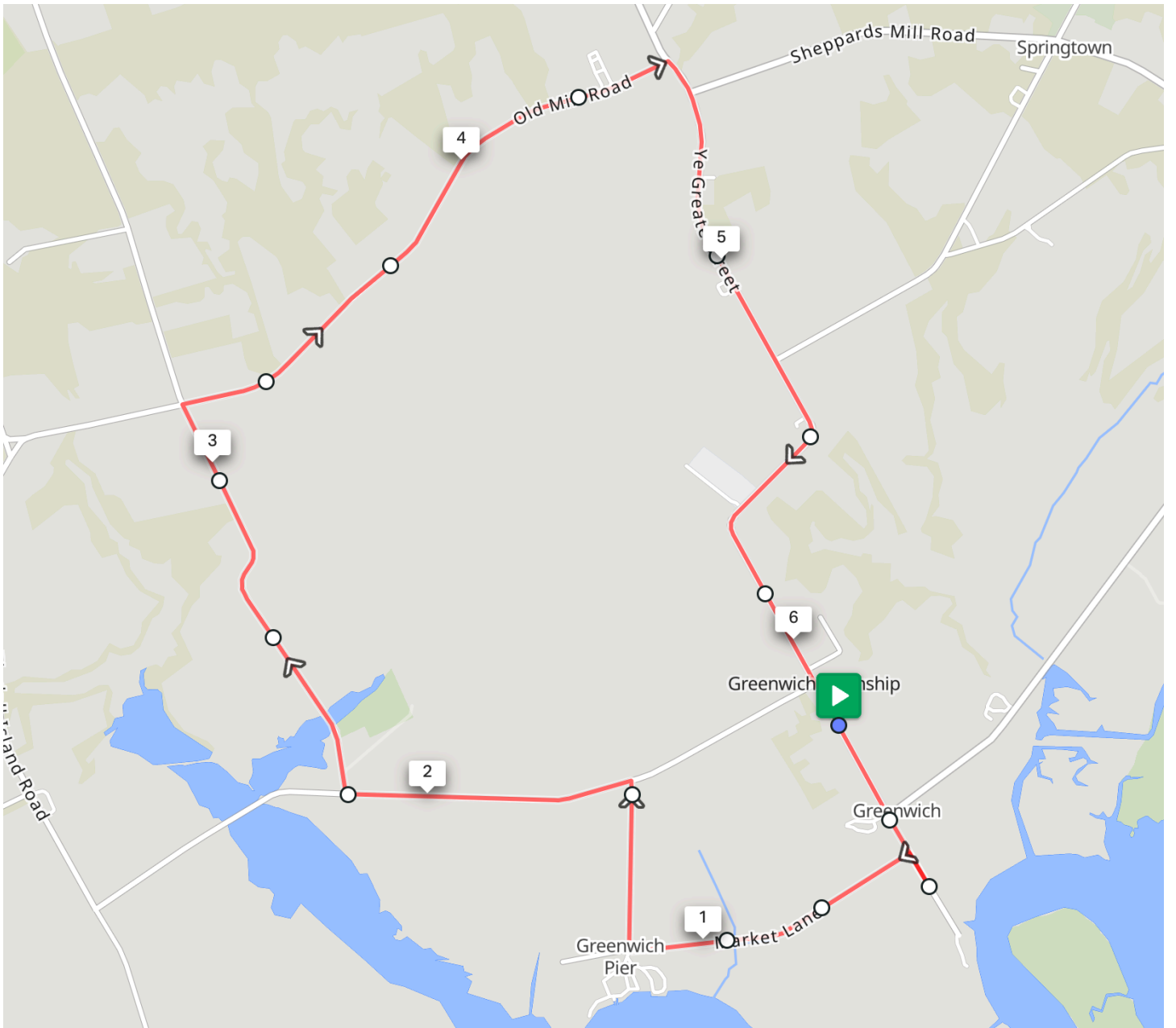
13.1



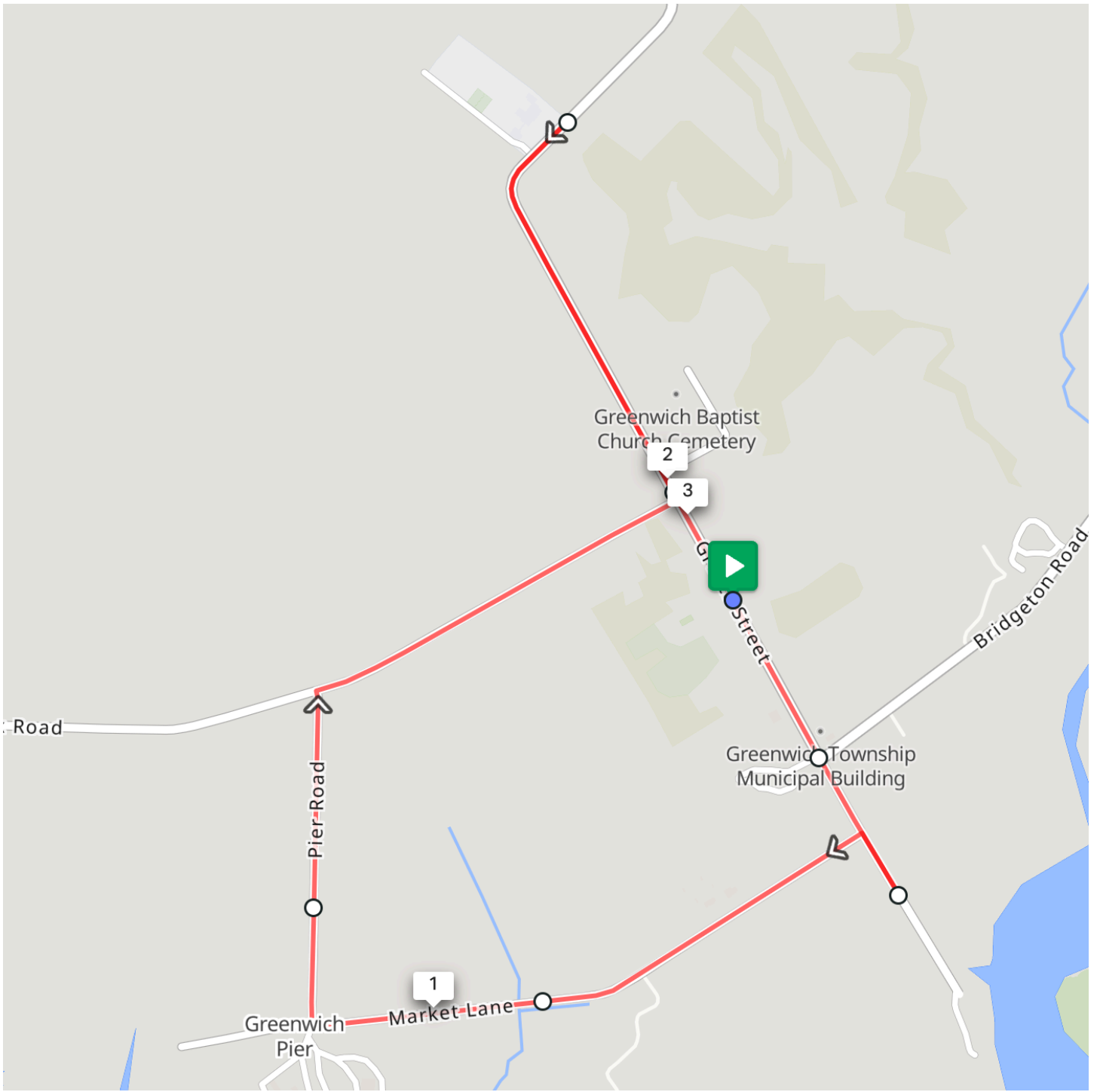
10 mile



10k



5k



## **Post Race**

After you finish your race you will receive your medal. We will also have water and snacks available. We will have food and drinks available. We also encourage to stick around and explore the town and museums. The awards ceremonies will begin as each race finishes. Thank you again for coming out.