



RACE DAY SCHEDULE (SATURDAY JUNE 25TH)

3:00pm – Race Time	Packet pickup
4:00pm – 9:30pm	Live Bands, Food and beverages
4:00pm	1 Mile start
4:30pm	5K Start
5:30pm	9K Start
9:45ish	Fireworks

- **Aid stations:** We will have four on the course for the 9k, at miles 1, 2.1, 3.5 and 4.5. For the 5K there are two, at mile 1 and 2. All will have water and Gatorade.
- **Bathrooms:** We will have plenty of port-o-lets at the start/finish area and Putnam Park has a couple bathrooms in each side of the park.

DIRECTIONS TO RACE:

From Merritt Parkway

Take Merritt Parkway to Rt. 58 North Fairfield/ Easton (Exit 44)

Take Rt. 58 North

Pass Joel Barlow High school

at first stop sign make a left onto Cross Highway

At the first set of four way stop signs- continue straight

At the second set of four way stop signs- make a right onto Lonetown extension (actually there is a diagonal road in front of the church leading you to the extension)

At the end of Lonetown extension, (the Green is on the left)

make a right onto RT 107 (to head to the Redding Historical Society)

Redding Historical Society is on the left in about 1/10 of a mile

From Route 7

Heading North on Route 7

Make a right onto Route 107 in Georgetown (a left if coming on Rt. 7 South)

Go about 3 miles where Rt. 107 goes down a hill to a stop sign.

Go through the stop sign about 100 yards and make a right onto 107

Climb the hill (bearing left)

at the top of the hill is Redding Green (on the right)

Redding Historical Society is on the left in about 1/10 of a mile

Direction from I-84 Eastbound

Go straight off exit 8

In about 200 yards, make a right immediately after the bank (CHASE) onto PAYNE Rd. Follow the road straight through a few intersections and a stop sign.

When in doubt bear SLIGHTLY right.....

At end of road make a right onto Plumtrees Rd. go over the bridge and make an immediate left into the Bethel school complex. When the road through the school complex ends make a left.

At the light, cross RT 302

The road your on becomes RT 58

Follow RT 58 South to Putnam Park.

At Putnam Park, make a right onto RT 107

When you hit a stop sign make a left (still RT 107)

The Redding Historical Society is on the right just past the Redding Country Club.

Directions from I-84 West bound

Get off exit 8 bear left through set of lights and bear left following signs to 84 East you will go over a bridge and make a sharp left.

Don't get back on the highway! In about 200 yards, make a right immediately after the bank (CHASE) onto PAYNE Rd. Follow the road straight through a few intersections and a stop sign. When in doubt bear SLIGHTLY right.

At end of road make a right onto Plumtrees Rd. go over the bridge and make an immediate left into the Bethel school complex. When the road through the school complex ends make a left

At the light, cross RT 302

The road your on becomes RT 58

Follow RT 58 South to Putnam Park.

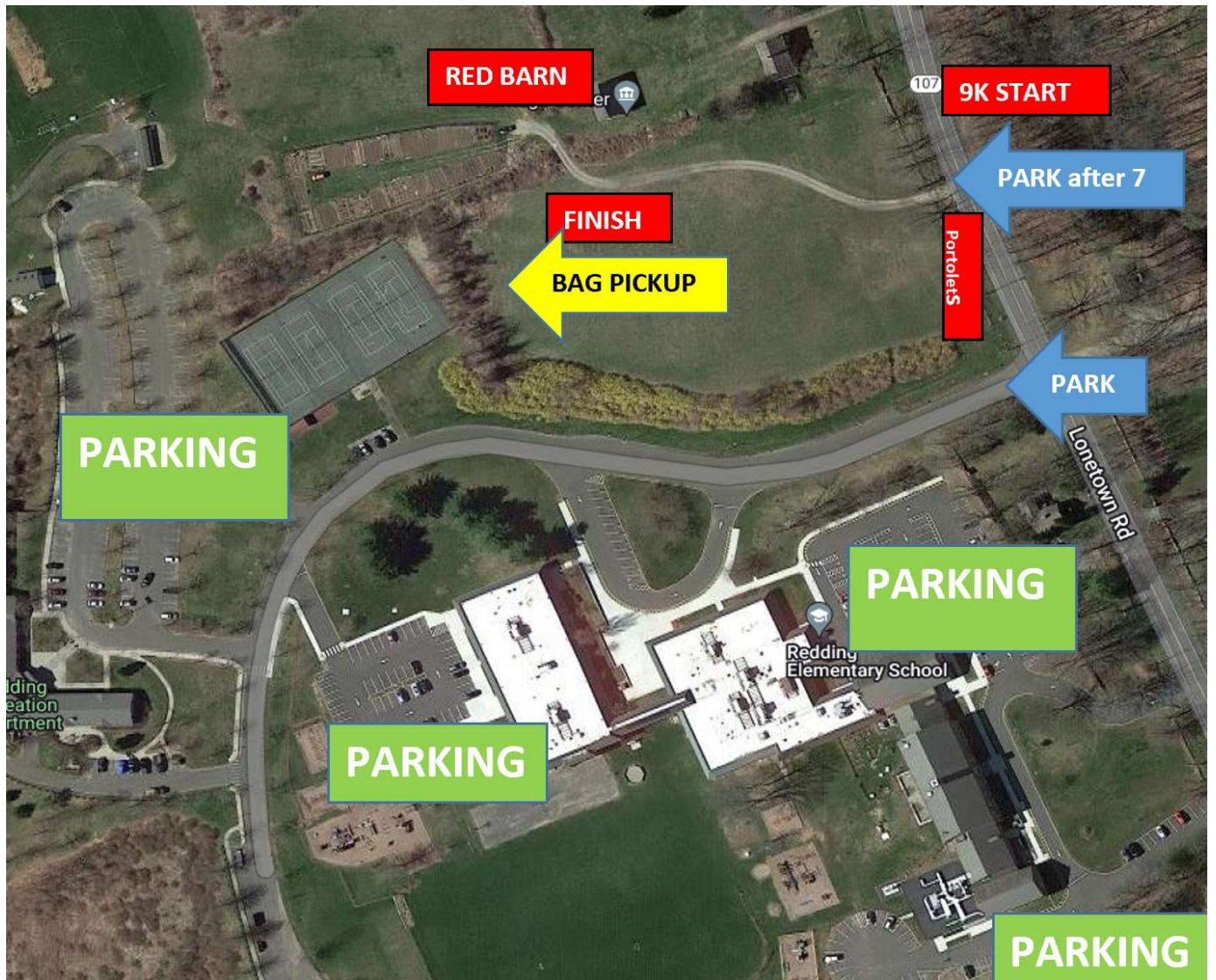
At Putnam Park, make a right onto RT 107

When you hit a stop sign make a left (still RT 107)

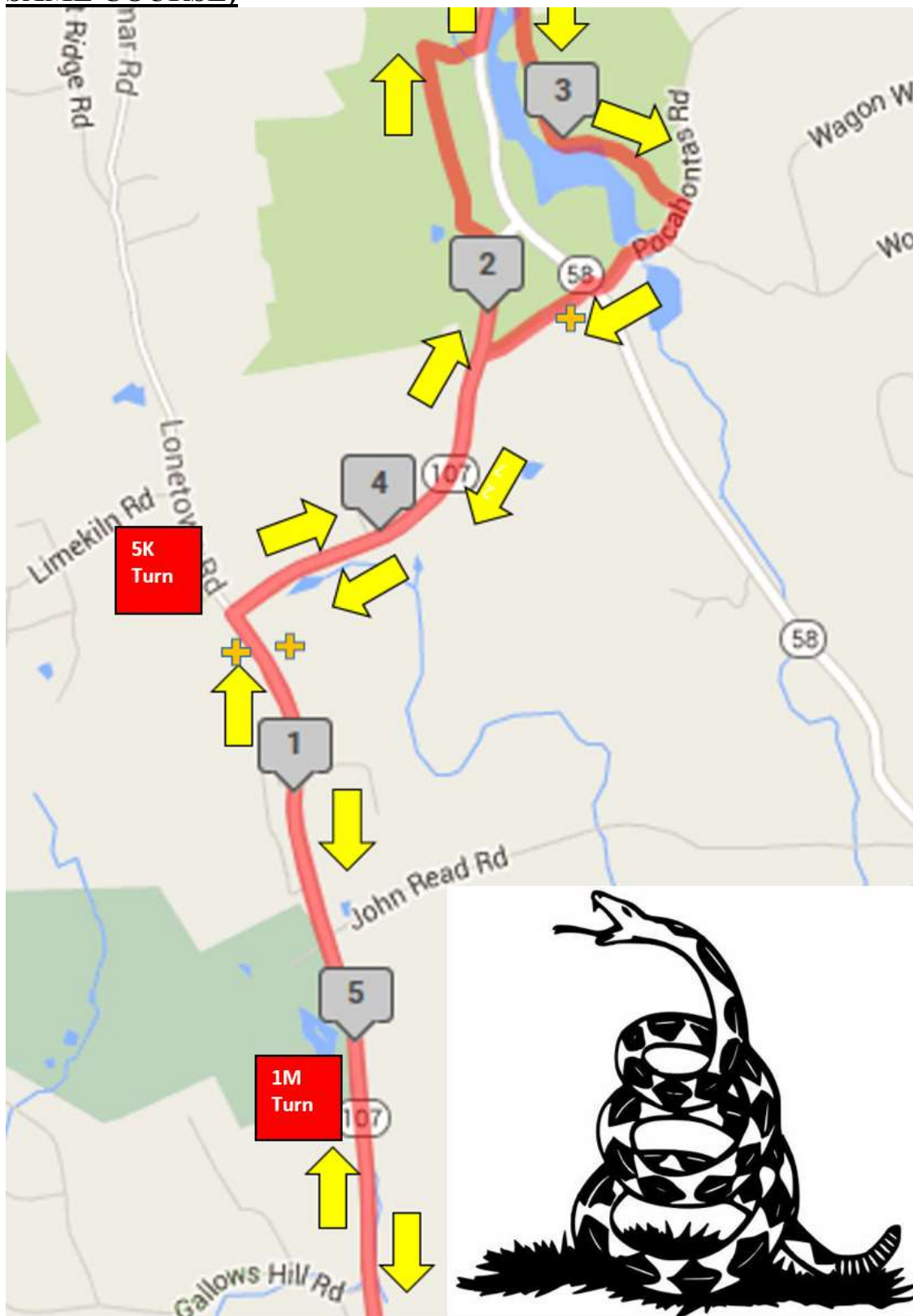
The Redding Historical Society is on the right just past the Redding Country Club.

SEE MAP ON FOLLOWING PAGE

- **Parking:**
 - For runners, and anybody showing up while the races are going on (before 7pm), you'll be parking next door to the Historical Society at the Redding Elementary School and Redding Community Center. See Green parking rectangles in map below
 - The Redding Historical Center has a field for parking for people arriving after 7pm. See aprk after 7 arrow
- **Red Barn** – This is where the bands will be playing
- **Finish Line** – The Red finish rectangle is the finish line for ALL RACES and is also the START LINE for the 1 mile run and 5K. The start line for the 9k is on RT 107 as shown in the red 9K start rectangle box. All races go North on Rt 107 and finish South. The 1K and 5K are simply an out and back on Rt 107 while the 9K is a loop through both sides of Putnam Park, with the first 1.3 and final 1.3 miles on the same RT 107 that the other races run on.
- **Port-o-lets** – are shown on the vertical rectangle on the map
- **Bag Pick up and all other post race activities** – are located by the finish line shown by the finish rectangle and the yellow bag pick up arrow. Bag pick up, bag drop, medals, awards and post race food and beverages will all be located in this area. If you want a better view of the bands you certainly can go back and forth between this area and the red barn area.



COURSE MAP (5K AND 1 MILER ARE AN OUT AND BACK ON THE SAME COURSE)

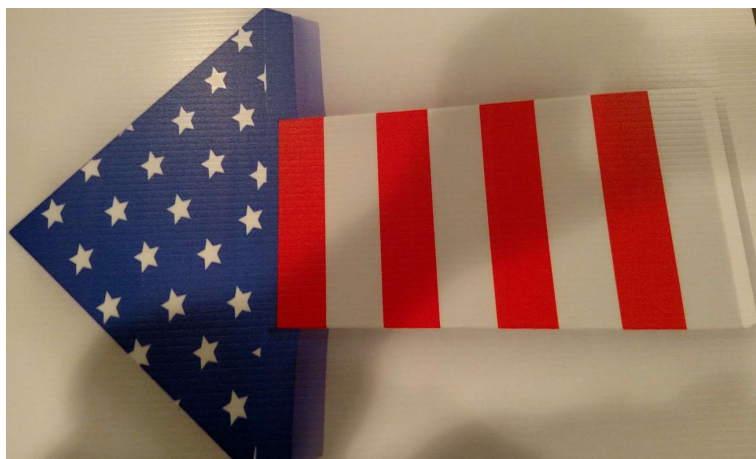


COURSE SIGNS

9K COURSE PREVIEW:

- **The start is on rt. 107 by the Redding Historical Society entrance.**
- **Mile 1:** Slight grade uphill. Not a tough hill, but will keep you from going out too fast
- **Mile 2-mile 3:** Mostly flat to downhill. This part is relatively easy, a good way to get into your zone. The only uphill is a 10 second steep uphill heading into Putnam Park at Mile 2.1.
- **Mile 4:** The course gets tough for about a mile when you exit the 2nd Putnam Park (pond side) onto Pocahontas Rd. You'll encounter a pretty steep uphill on Pocahontas Rd right before crossing Rt 58 and there's a slight uphill grade from mile 3.5 to 4.5.
- **Mile 5:** Enjoy the nice downhill final mile. This should be very fast (if you have anything left from the previous mile) until the last 1/10th of a mile of the race which is uphill.
- **The finish is just past Redding Historical Society grounds up the first road to the top of the onion fields**
- There are mile marker signs on the course, along with directional arrows. Turns are also marked with Yellow Spray Chalk on the pavement.





Directional arrow on course.

5K COURSE PREVIEW:

- **The start is the same as the finish up the dirt road in the onion fields just south of the Redding Historical Society entrance.**
- **Mile 1:** Slight grade uphill. Not a tough hill, but will keep you from going out too fast
- **Mile 1.35 – continue straight on RT 107 (do not go right on Putnam Park Road as the 9K course does).** Run 2/10ths of a mile (very flat) until the turnaround and re-tread your first half of the race, enjoying the downhill finish
- **Mile 1.55 to 3.1:** Mostly flat to downhill. This 2nd half is relatively easy, if you've held back a little in the first half.

1 MILER COURSE PREVIEW:

- **The start is the same as the finish up the dirt road in the onion fields just south of the Redding Historical Society entrance.**
- **Mile 0.5:** Slight grade uphill. Not a tough hill, but will keep you from going out too fast
- **Mile 0.– Turnaround at the 1 Miler Turnaround sign.** Re-tread your first half of the race, enjoying the downhill finish
- **For smaller children,** don't feel obligated to run the full 1 miler. You can turnaround anywhere along the course and run back to the start/finish line

GIFTS (Complimentary with registration). Not shown – stadium cup and keepsake bib

2022 FINISHER MEDALS



**MEDAL FOR 1 MILER,
5K AND 9K**



**ADDITIONAL MEDAL
FOR DOUBLE CHALLENGE**



Your choice; shirt or singlet



Tote Bag

WINNER AWARDS

- 5 year age groups, 3 deep for 5K and 9k. From Under 14 to 75+
- All winners receive Awards



**Half Gallon Growler for all
Age Group, 1st, 2nd, 3rd**



Trophy for top 3 overall, 5K and 9K

- **Reenactors:** The 5th Connecticut reenactment group will again have 15-18 soldiers and other themed actors for your entertainment in Putnam Park during the race and will be at the start/finish for photos.



- **BANDS** – we have two bands on the course; a rock’n roll band to get you going and help you finish (mile 1 on the out and mile 2 (5K) and 4.6 (9K) coming back. We also have a 2 piece band for 9K runners at the 3rd aid station at mile 3.5 at the beginning of Pocahontas Rd.

