



BE HAPPY 5K/10K

TEAM BE HAPPY
5K/10K NEWSLETTER
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Hello Team Be Happy Runners!!

It's race week and we are so excited!!!! The swag is in, the course is marked, the bibs are chipped and we are ready to rock and roll in Windsor on Sunday! This is my final pre-race newsletter - inside you will find your final race instructions and all the details for race day.

As you know here at Team Be Happy we run for Lindsay and we run for HOPE...but I am still interested in knowing why you run...Is there a reason? For fun? For fitness? For sanity? To complete your 169 towns before you turn 169...I would love to know and help represent you on race day. I'd love to hear your story - steph@lindsayslegacyfoundation.org



As of right now we are looking at a partly cloudy day with a low of 64 and a high of 84 degrees, perfect running weather I do say! That being said there will be 2 aid stations on the course for race day, those of you running the 5K will run past one of them twice - those of you running the 10K will have access to both stations that you will each pass twice. Each station will have volunteers out there getting cold water to you if you want it.

When you arrive on race day your destination will be 1857 Old Village Circle, upon turning into the The Villages at Poquonock you will proceed to the right where volunteers will direct you to park. Directly across from parking is your packet pickup and registration table and you will be able to see the start and finish lines from there. Please remember to have your ID with you for packet pickup. To ease the lines and stress of pickup we are offering an early packet pickup on Saturday from 11am to 1pm at the Villages. (Pull into the complex, turn right and follow the road around to the clubhouse, you will see the tents) Please note that for the safety of the runners we will be closing the entrance of the Villages from 7:50 until the last runner completes their first loop and exits - so plan to arrive early.

The roads will be open to local traffic, when you exit the Villages at Poquonock and turn left onto Poquonock Ave the Police will have a lane of that intersection blocked for us and all side roads will have volunteers monitoring traffic for you. We still ask everyone to be cautious (*and I am sorry*) but we cannot allow dogs on the course for their safety, your safety, and that of the other runners.

The last day to register online is Wednesday 8/14 - after that you will need to register in person on race day, as of right now there is 1 spot left in the kids fun run and a few spots in both the 5K and 10K.

We have reserved the Clubhouse at the Villages as Team Be Happy's own private VIP space! Because of this, only **registered cheer squad members** will have access before and during the race - each **registered runner** will have access **after** they cross the finish line. Cheer Squad registration will remain open until the start of the race, and those on the Cheer Squad get early VIP access and their own swag bag and custom clackers...

We will be having a #photo contest - the winner will receive a 1 year gym membership to Club Fitness in Windsor, CT...so bring your social media A-game and tag #teambehappy. The winner will be announced on September 1st...to give you all proper posting time...

Race Day Schedule:

7am - Day of registration and packet pickup open

7:30am - Kids fun run begins

7:45am - Line up at the start line for announcements and National Anthem

8am - Be Happy 5K/10K Begins!!

8:15 - 10am - runners run and when you finish...festivities at the Clubhouse!!!

If you have any questions, comments, concerns always feel free to email me, and I will see you on race day!!!!!!!!!!!!!!!!!!!!!!