



1st Day 5k Run Athlete Race Packet - January 1, 2020

Overview

Here is all the info you need for the **1st Day 5k** on January 1st! The fast and flat wheel measured course on closed roads is a runner's dream come true! We have tons of encouraging volunteers out on the course and a great (warm) venue to enjoy the post-race party at They Gray Barn! This race has quickly become a local holiday special. Thank you!

Be sure to 'Like' the race on Facebook at www.facebook.com/MRAMultisport to stay up to date on the latest and greatest info.

The 2020 race is proud to support the Northbridge High School Class of 2020 Operation Graduation. Operation Graduation has been a tradition in Northbridge since 1991. The celebration that is Operation Graduation is a chaperoned all-night event that give the graduates a last chance to be together in a setting that is both fun and safe.

Please take the time to review this packet to familiarize yourself with the contents. Specifically, pay special attention to:

- Timeline on New Years Eve & New Years Day
- Registration location for Check-in/Bib pick-up
- Parking
- Post Race Festivities

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www.Facebook.com/MRAMultisport



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Timeline

Saturday and Tuesday (Dec. 29th and 31th) – Bib and hat pick-up at Miles To Go Sports (Sat. 10am-4pm, Tue 11am-2pm)

New Years Eve (December 31st)

3:00 to 5:00pm – Bib and hat pick-up at the Gray Barn.

Reminder, there is NO on-site registration – online registration closes at noon on Dec. 31.

New Years Day (January 1st)

9:30am – Main and closest lot to the **Gray Barn** (main venue for bib pickup/post-race) will be at the **Alternative parking lot**, just past Whitin Ave off Douglas Rd in Whitinsville, MA. Other lots include **Whitin Community Center** (closer to both start and finish line) and along Church St. Follow the signs and volunteers.

9:30 to 10:45am – Bib and hat pick-up at the **Gray Barn**. Porta Potties are also located here.

Reminder, there is NO on-site registration

10:50am – **Walkers start** & Pre-race announcements and National Anthem near starting line (parking lot at Grove St. off of Main St).

11:00am – *start of race! (At Grove St off of Main St; runners will gather in big parking lot at Grove St.)*

11:30am – cash bar opens up at the **Gray Barn** and post race food served

12:00pm (approximately) – Awards Ceremony

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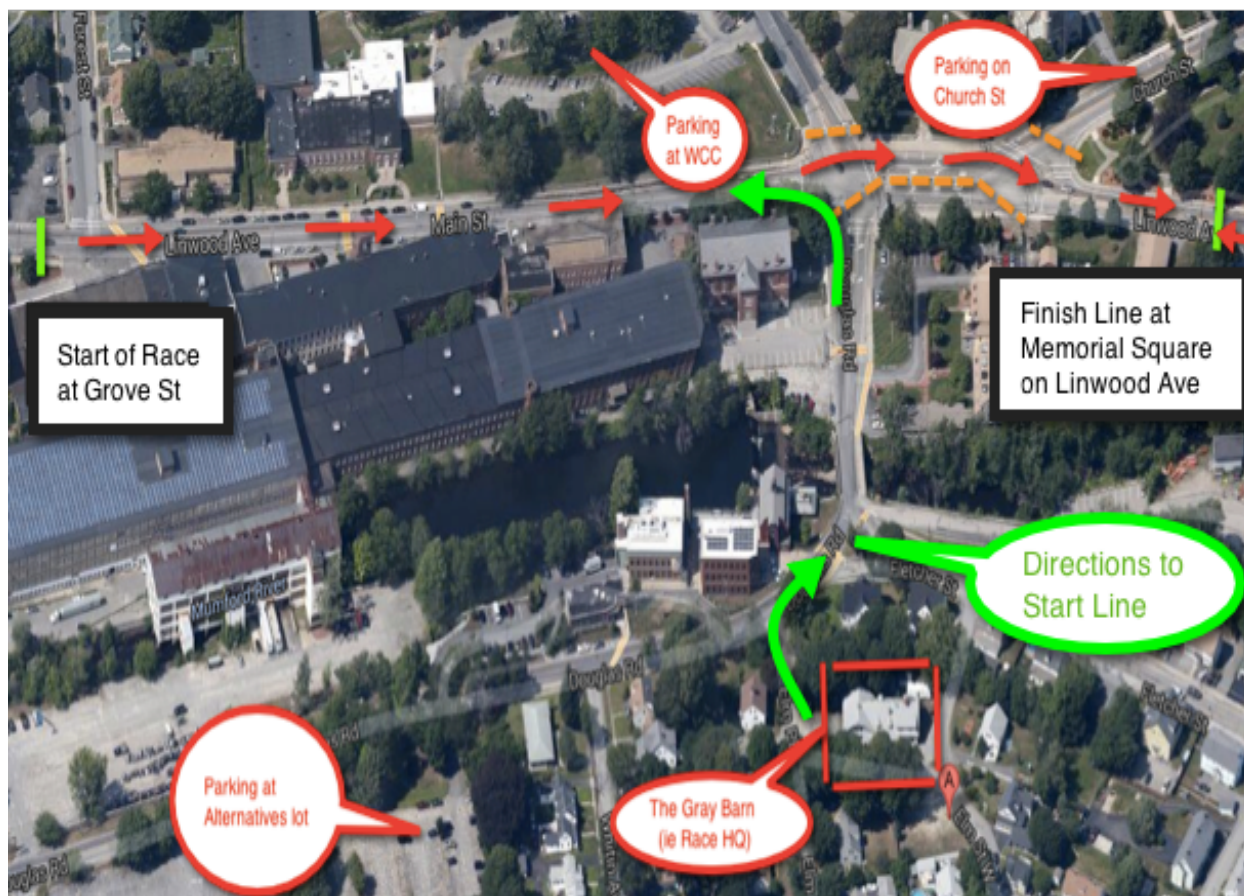
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Parking

Please park in the main parking lot of Alternatives, which is just 100 yards west of the Gray Barn on Douglas Rd., or at the Whitin Community Center (60 Main St), or along Church St in downtown Whitinsville. **There is NO parking available at The Gray Barn. PLEASE DO NOT PARK ON LINWOOD AVE AS IT WILL BE CLOSED TO THRU TRAFFIC FROM 10:30 UNTIL NOON.**

Directions and overall venue map

The [Gray Barn is at 38-46 Elm St in Whitinsville, MA](#) (click link for Google Maps).



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Bib Pick-up

Racers can pick-up their bibs on Saturday (10am-4pm) and Tuesday (11am-2pm) at Miles To Go Sports (160 Worcester-Providence Tpk (Rt 146 South) during regular business hours, or inside the Gray Barn on New Years Eve from 3-5pm, or on race day from 9:30-10:45am. You will receive your race number bib with attached beverage ticket (see below) and your knit cap (first 300 entrants).

Race Numbers

Each racer will receive a timing chip that is affixed to the **race number bib**. The bib MUST BE WORN for the entire race. Without it, a time will not be registered for you. As a back-up to the electronic timing, your number must be visible on the front of you. Safety pins are available at bib-pick-up, or you can use your own race belt.

Starting Line

It will be a mass start for the 5k run start location, **Grove St parking lot off Main St** (see map on prior page). Please line up according to pace (faster in front, slower in back) out of courtesy for all participants. Runners can stage in the big parking lot located here before the streets are closed (10:50am). **Walkers will head out at 10:50 ahead of the runners.**

PARTY!!!!

Stick around afterwards to enjoy the New Year at the Gray Barn! Food (hot pizza from **Papa Gino's**) and hot chocolate will be available. Also, tear off your tag from your bib to redeem for a FREE frosty, ice cold beverage at the bar!



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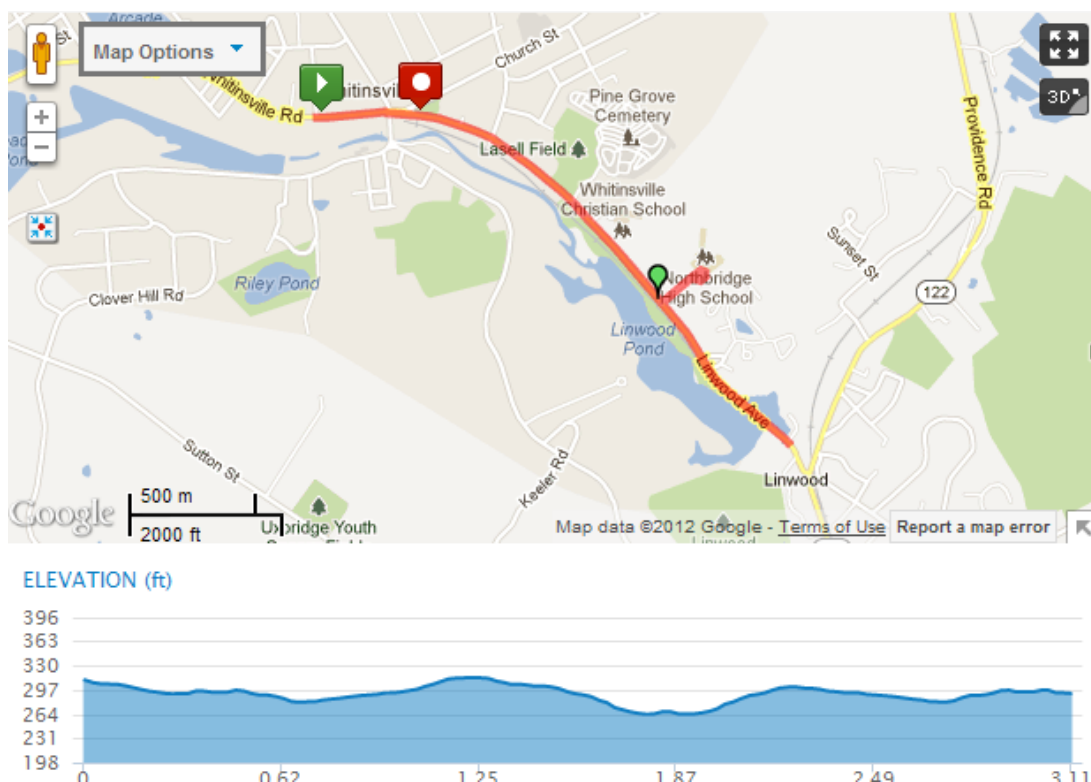
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Run Course

The out and back style course starts you at **Grove St** on Main St and will bring you downhill on Main St and heading east on **Linwood Ave** after going through the Hill St intersection to **Northbridge High School entrance**. The **Aid Station** is located at the High School entrance and will have water available, so you can have access to it 3 times during the run. You'll turn into the High School and **go around the traffic circle** in front of the school in a clockwise fashion (you'll enter via the DO NOT ENTER signage) before continuing back out of the High School and turning left to head east on Linwood Ave. The 5k turnaround is located at the east side of the **Linwood Mill apartments** on Linwood Ave at the base of the hill. From here, it's a straight shot to the Finish Line at **Memorial Square** on Linwood Ave.

Police and race signs and tons of volunteers will be out on the course to ensure you are heading in the correct direction and for your safety. Please say "Thanks!" to them when you pass by.

The roads are closed to thru traffic (local traffic permitted), but continue to use caution and common sense.



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Rules

The following rules are put in place for your safety on race day. Variable time penalties will be assessed for certain violations.

- Bib (with timing chip) must be worn on the front and outside of your clothing during the race, from start line to finish line.
- You cannot discard any gear or equipment on the run or walk; you can leave clothing/gear at the Aid Station, but they are NOT responsible for it. They will return all gear to the Gray Barn at the conclusion of the race in a "lost and found" bucket.
- Headphones are technically not allowed on the course during the race for the safety of all racers and for insurance purposes, but we understand some folks NEED to listen to tunes to run/walk.
- Strollers, joggers, and pets are technically not allowed on the course during the race for the safety of all racers and for insurance purposes. If there are strollers/joggers, please be courteous of the runners and stay to the far left at all times.
- Unsportsmanlike Conduct will not be tolerated. No further clarification necessary.
- You must have fun and take pride in the fact that you're able to compete in endurance events, like the 1st Day 5k.

Awards

Once you cross the finish line, a volunteer will provide you with water and hot chocolate (ice cold beer will be just a few steps away at the Gray Barn). Awards will be announced approximately 12:00pm at the Gray Barn.

- Top 3 Overall Male and Female Finisher (receive MRA Credits, \$100 for new course record)
- Top 3 Male and Female Finishers in the following Age Groups (receive MRA Credits)
 - Under 15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+



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Sponsors - Volunteers - Beneficiaries

The sponsors and volunteers help with the race in so many different ways and really make it all possible. Say "Thank you!" to every volunteer you see. Please support the sponsors and beneficiaries however you can to show your appreciation.

The Gray Barn – Race Headquarters for pre and post-race activities

Miles to go Sports – Podium Sponsor

Wicked Good Cookies – Official Cookie and Awards Sponsor

Papa Gino's – Pizza Sponsor

NHS Class of 2020 Operation Graduation – Race beneficiary and volunteers

Weather Policy Reminder

It is truly our intent to put on a great, fun race for you, the athlete. Mother Nature has no bias, however. As stated in the cancellation policy, in the case of serious and dangerous conditions, we reserve the right to delay the race a few hours, adjust segments, or as a last resort cancel the event. In the unfortunate situation that the race is canceled, there is a no-refund policy in place, as the costs have already been incurred to host the event and we do not want to take away any contributions to our charities. We expect you to be disappointed if the 1st Day 5k is canceled, as we will be, but we also hope you understand why a no-refund policy is in place.

