



This USATF MA 0800IRN Certified 5k course takes you on an out and back loop south down Constitution Boulevard, right onto Upper Union Street, south to the hairpin turn, and back north up Upper Union Street until you come back to Constitution Boulevard where you head south for the start/finish line.

Parking and rest rooms are available.

And the full HMEA incredABLE Day is included with your run registration —food, beverages, and events for the whole family at the EMC soccer field. adjacent to the course.

- ★ The course is registered and USATF MA 0800IRN Certified
- ★ Professionally chipped and timed by RaceWire.com
- ★ T-shirts, refreshments and prize bags available (while supplies last)

Registration at 8:00AM

Race start at 9:00AM

Two ONLINE registration options are available: one for **Runners ONLY**, and one for Runners who would also like to **fund raise** for HMEA.

To register online or for more information visit...

www.hmea.org/incredible