

Niantic Bay 10k

benefits



Post Race Celebration

Food and beverages will be provided following the race at McCook Point Park. Please note: per Town of East Lyme Ordinance Concerning Consumption of Alcoholic Beverages Volume XXII, page 139 "The use of alcoholic beverages shall be prohibited." No pets allowed on beach property.

Course

SNERRO Timing / Certified Course

The 10k course starts just outside the McCook Point Park entrance on Atlantic Street. The course will continue from Atlantic Street, left on Bayview Avenue, right onto Crescent Avenue and left on Black Point Road, taking a right at the stop sign onto Old Black Point Road, continuing through the gates of Old Black Point, following around Old Black Point Road, taking a left at the stop sign onto Great Wight Way, and a right back onto Old Black Point Road, and returning to McCook Point Park via the same route. The course is marked.

Directions to the Race

From NY, take I-95 North to Exit 74. Take right at end of exit, onto Rte. 161. Follow Rte. 161 South for approximately 3 miles to stop light, JCT 156. (Niantic Town Green on right). Take a right on Main Street (Rte. 156) and go approximately 1/2 mile. At the Frosty Treat Restaurant, take a left on Columbus Avenue. Go straight through the stop sign over the train bridge, at the next stop sign take a left, and McCook Point Park entrance is down the hill on the left.

From Providence, Take I-95 South to Exit 74, go right at end of exit, and follow directions above.

Parking

Parking is limited and carpooling is encouraged.

Need More Information?

<http://eltownhall.com/government/departments/parks-recreation/niantic-bay-10k/>

Niantic Bay 10k Road Race

The Niantic Bay 10k Roadrace will be held on the evening of **Friday, June 10, 2016** from McCook Point Park, Niantic, Connecticut. Race fee \$20 **before** June 7, 2016 and \$25 **after** that date.

Early Packet Pick-up June 8 & 9

9:00a.m. - 4:00p.m. East Lyme Park & Rec, 41 Society Road

Race Time / Event Schedule Friday June 10

4:30p.m. Late Race Registration & Packet Pickup
5:30p.m. 5k Walk Start
6:00p.m. Official Race Start

Registration

Complete the attached entry form and return by mail to NB10 k c/o East Lyme Parks & Rec, 41 Society Road Niantic, CT 06357

Register by June 7 to guarantee a t-shirt.

Register On-Line

<http://www.active.com/niantic-ct/running/distance-running-races/niantic-bay-10k-2016>

Prizes

Awards will be presented following the race.

Make check payable to **Town of East Lyme**. Mail to: NB10 k c/o East Lyme Parks & Rec, 41 Society Road Niantic, CT 06357. Registration fee is \$20 before June 7, 2016 and \$25 after that date.

Fee is non-refundable.

(Please Print)

Name: _____

I'm registering for:

5k Walk

10k Run

Address: _____

City: _____ State: _____ Zip: _____

e-mail: _____ phone _____

Parent or guardian signature required if

under 18 years of age.

Signature: _____

Sex: F M

Age on 6/10/16:

Birthdate: ____/____/____

Shirt Size: S M L XL

Waiver: In consideration of this entry being accepted, I hereby WAIVE all rights and claims for losses, injuries, and damages: East Lyme Parks & Rec, Town of East Lyme, and any sponsor or individuals involved in the operating of this event. I attest that I am physically fit to participate in this race. I, the undersigned assume any risk arising from my participation in this event. I understand that children under 16 must be accompanied by an adult at all times.