



Dear Athlete!!

Thank you for choosing to participate in the Danvers 7 Miler presented by PEP Fitness!! We are just over 175 participants and looking forward to spending our Sunday morning with you, your friends and family.

Quick Details:

Race Day: Sunday, April 10th

Start Time: 9am (packet pickup opens at 7:45am on race morning)

Race Day Location: 144 Pine St, Danvers MA (Tapley Park)

Packet Pick Up:

Race Day ONLY: Starting at 7:45AM at Tapley Park by the baseball field closest to Pine St.

Registration:

Make sure you know your BIB # before you check in to keep the process moving smoothly. Visit the registration page: <https://runsignup.com/Race/FindARunner/?raceId=123830>

Click participant tracking and just type in your name.

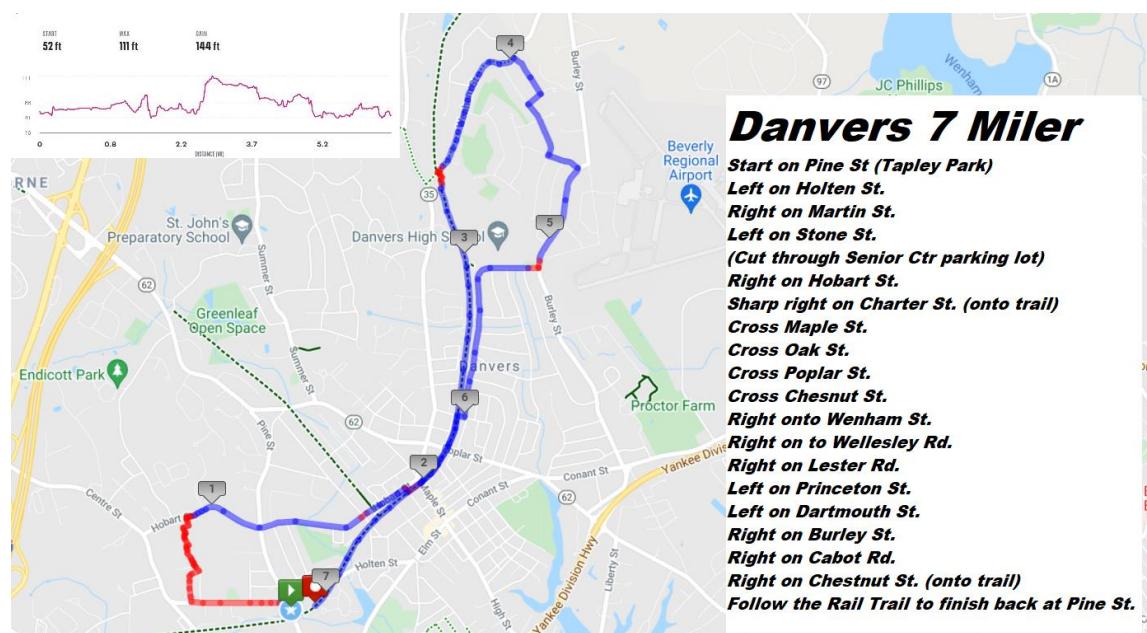
At registration you'll receive your bib, pins, shirt. No switching shirt sizes until after the race will be permitted.

Parking:

Tapley Park, parking lot that abuts the Rail Trail, on street parking on Adams Street & overflow parking at 75 Sylvan Street (commercial parking, closest to corner of Adams Street/Sylvan St).

There is NO on street parking on Pine Street.

Course Details: Starting at Tapley Park at 144 Pine Street. The course is a mix of road and the rail trail. (Majority is asphalt till mile 2...then trail for about 1.5 miles...then asphalt till mile 6 😊) The course is mostly flat, with an immediate incline to start and two nice long descents. The trail is hard packed gravel, no stumps, or anything to worry about. Walkers, dogs, and strollers are welcomed.





Runners - You are always running WITH TRAFFIC, unless a Police Officer is signaling something different for a traffic issue.

We will have plenty of detail officers and volunteers so it should be very safe. However, ALWAYS be cautious of motor vehicles and NEVER cross the road unless you know 100% it is safe. We can not control every vehicle on the road and your safety is our highest priority at all times. Be smart, be safe!!

Fuel Stations: There will be two water stops available on the course providing three opportunities for water/Gatorade (mile 1.8, mile 4 and mile 6.5)
All stations will have water and Gatorade.

Bathrooms: There will also be 3 porta potties at the start at Tapley Park.

Awards:

Top 3 Overall Male and Female Sponsored by Asics

Top 3 M/F in each of the following age groups: 15-Under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

Largest Team (Participation Award)

Fastest Team (Cumulative score for the top 3 fastest runners, 1 must be a female)

Post Race Festivities: A slew of community sponsors will be on site including PEP Fitness, Enjoy Your Life, Sol Nutrition, Soul Physical Therapy & Townsend Energy. An assortment of food/drink will be available, including, Kate's Real Bars and more. Hot and iced coffee will be available for participants provided by our friends at Kaffmandu Coffee House & entertainment provided by Evolvment Radio. We encourage you to hang around afterwards to explore downtown Danvers where there are several restaurants, bars, cafes and boutique shops that are worth checking out.

Event Beneficiaries:

A portion of proceeds will be allocated to a few different charitable entities. The Danvers Rail Trail, Friends of the Peabody Institute Library and the Scleroderma Foundation.

Thank you for participating!

We hope you have a great race and a wonderful experience!

If you have any additional questions, please feel free to email inf@high5em.com or call/text 978-594-7050

Thank you and we look forward to seeing you the weekend,

Sending you a Virtual High5!

Your Friends at High5EM,

