



Dear Athlete!!

Thank you for choosing to participate in the Danvers 7 Miler & 4K!! We are just over 160 participants and looking forward to spending our Sunday morning with you, your friends and family.

**Quick Details:**

Race Day: Sunday, April 16th

Start Time: 10am (packet pickup opens at 8:45am on race morning)

Race Day Location: 139 Pine St, Danvers MA (Tapley Park)

**Packet Pick Up:**

**Race Day ONLY: Starting at 8:45AM at Tapley Park by the grass area closest to Pine St.**

**Parking:**

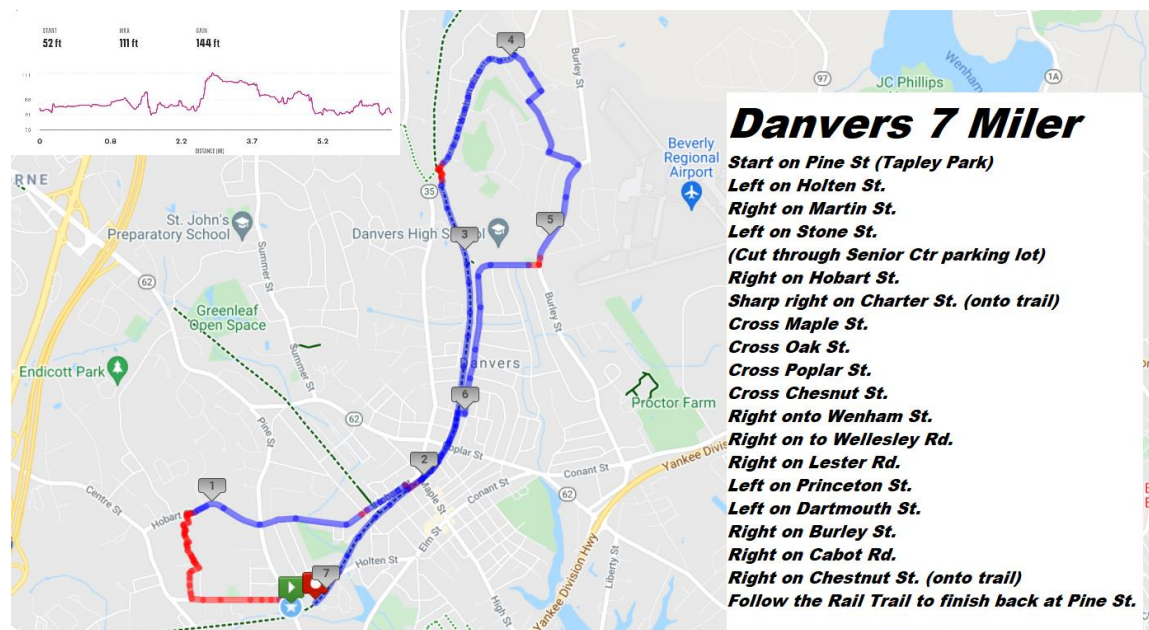
First come first serve parking at Tapley Park. Be mindful, parking spaces are limited.

On street parking option on Adams Street just around the corner. Just be mindful of resident homes.

Overflow parking will be at 75 Sylvan St (look for posted parking signs) about a 1/3 mile from race site.

**Course Details:** Starting at Tapley Park at 139 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.

**\*\*4K will follow the same route and turn right on the rail trail off Charter Street to head back to the finish line.**



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!!

**Aid Station:** There will be 1 aid station available on the course just before the 2-mile marker. The 7 milers will pass this station on the way back to the finish for a second opportunity for fuel.

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

**Awards for 7 Mile and 4K:**

Top 3 Overall Male and Female

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+.

Fastest Team (Cumulative score for the top 4 fastest runners, 1 must be a female)

Top 3 Strollers

**Post-Race Festivities:** A slew of community sponsors will be on site including The Natural Dog, Soul Physical Therapy and Enjoy Your Life, an assortment of food/drink will be available. Hot coffee will be available for participants provided by our friends at Kaffmandu Coffee House & entertainment provided by Evolvement Radio.

**Event Beneficiaries:** A portion of proceeds will be allocated to the Danvers Rail Trail and Good Sports Inc.

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](mailto:inf@high5em.com) or call/text 978-594-7050

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

Your Friends at High5EM,

