



Thank you for choosing to participate in the Inaugural Happy Half Marathon and Friendly 5K in Amesbury, MA! We are just over 330 participants and looking forward to spending our Sunday with you, your friends and family. If you know someone looking to register, there is still plenty of time, we will close pre-registration at 5pm on Saturday evening and re-open on race morning at 7:30AM for those last-minute friends!

Quick Details:

Race Day: Sunday, April 21st

Half Start Time: 9AM | 5K Start Time: 9:15AM

Race Day Location: Heritage Park, Amesbury MA (GPS: 27 Water St)

Packet Pick Up Options: *Yes you can pick up for your friends.

Saturday @ Bryony & Birch Studio Lower Level from 2-5PM *There is a parking lot in the back of the building with direct access to the entrance to packet pickup! (Please only use the back entrance)

Sunday (Race Day) @ Heritage Park (Race Site) from 7:30AM-9AM

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/MA/Amesbury/EnjoyYourLifeHappyHalfMarathon>

Click participant tracking and just type in your name.

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

Changes to Registration: If you want/need to switch distances, email info@high5em.com prior to Saturday at 5PM if you haven't already done so! Your pre-assigned custom bib will not change, but your distance will be edited in the backend for timing purposes. If it's a last-minute change morning of then visit the race day reg table under the red tent.

Bag Drop/Storing Belongings: We encourage you to store any/all belongings in your cars but for those of you ride sharing, walking from home, etc. we will offer a bag drop option at the Race Day Reg Tent :)

Parking:

Limited parking is available on Water St. and in the public parking lot located right at race site. You can find addl. parking just beyond race site by the head of the Amesbury Riverwalk Trail (GPS: 35 Water St)

Overflow parking can be found in the business lots off Oakland St. which are a short walk to the start and finish area. Parking in the downtown Amesbury area is permitted, just be mindful of any signage that is posted.

Course:

Both the Half Marathon and 5K share the same start and finish, at the Carriage House at Heritage Park under the Enjoy Your Life Archway!

Half Marathon Course Map & Elevation is available here:

<https://www.plotaroute.com/route/2477174>

5K Course Map & Elevation is available here:

<https://www.plotaroute.com/route/2477146>

Half Marathon Course Details:

You will be running **WITH TRAFFIC** through Amesbury, through South Hampton until you turn Left on Chase Rd. Once you turn left on Chase Rd you will run **AGAINST TRAFFIC** the rest of the way until you reach the Friend St. Rotary by the Amesbury Police Department. You will then run with traffic to the finish line.



There will be plenty of traffic detail officers and volunteers spread throughout the course 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 cannot control every vehicle on the road and your safety is our highest priority at all times. Be smart, be safe!! **The half marathon course time allotment is 3 1/2 hours!**

Half Marathon Fuel Stations:

The half marathon course will offer 3 on course fuel stations that will offer both Gatorade and water approx. located at Mile 3.5, 8 and 10.4. These stations are fully staffed with volunteers from local charitable groups. *There will be a bathroom opportunity located at the South Hampton Fire Department (3.7 miles) on the left side of the road in the parking lot (so you'll have to cross the street) An event sign will be posted to show you where to cross if needed.*

GU's and Vaseline will be available at the first and second fuel station. There will be clothes drop option at the first fuel station. This box will be brought back to the event site and placed next to the stage to the left of the red tent. Unclaimed clothes will be donated. Please do not drop clothes along the streets.

5K Course Details:

You will be running **WITH TRAFFIC** the entire route. When you reach the entrance to Battis Farm there will be an Amesbury Police Officer and a Volunteer to cross you safely into the Battis Farm parking lot where you will loop around and grab water from the water station if you wish to do so and head back to the finish line at Heritage Park.

Venue Bathrooms: There will be plenty of porta potties on the back side of the Carriage House closest to the High5EM Tent where registration is. There are no other changing facilities.

Awards/Finisher Medals:

Finisher Medals will be handed out at the finish line!!

Take notice, your bib strip color will match your medal lanyard color.

There will be no official award ceremony. Awards will be claimed at the Enjoy Your Life pop up tent to the left of the stage where it says, "Award Table." There will be a picture opportunity there as well! Announcements will be made when you can begin to pick up your awards.

Awards for both the Half Marathon and 5K:

Top 3 Overall M/F

Top 3 M/F in each age group: Under 19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Top 3 Non-Binary

Top 3 Strollers

**No double dipping

Post-Race Festivities:

We hope you plan to stick around for an EPIC post-race party and celebration!! Things will be kicking off at 9:30am at Heritage park so encourage your family and friends to come on down!!

Michael, creator and the face of the Enjoy Your Life Brand will be MC'ing all morning long, keeping everyone motivated and making sure everyone is enjoying every minute of the morning.

At the finish line you'll have an opportunity for Water/Gatorade, there will be music blasting, under the large white tent, a catered brunch buffet will be offered. You will use your ticket on your bib for access, which will include: egg frittata, fruit bread, sweet potato hash, fruit, packaged snacks, and hot coffee.

If you are 21+ you will receive a complimentary beer ticket on your bib and additional beers will be \$6/pour. We encourage you to explore downtown Amesbury where there are several restaurants, bars, cafes, and boutique shops that are worth checking out.



Event Sponsors: A BIG thank you to our event sponsors including Bryony & Birch Studio, Mel's Records, Mountain Top Landscaping Co, Market Square Bakehouse, North Shore Sport & Spine, Nutrabolt, Orange Theory Fitness and more.

Beneficiaries: We have several beneficiaries this event will be supporting including: Good Sports Inc, Amesbury High School Boosters, The Fellowship Christian Academy and Amesbury Park and Recreation.

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

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

Thank you and we so look forward to seeing you the weekend!!

High5EM Staff and Enjoy Your Life Team