



**Winner's Circle Running Club
36th Annual Hangover Classic
10K and 5K Road Races
11:30 AM Sunday, January 1, 2017**

INFORMATION FOR REGISTERED RUNNERS

Early Number/Shirt Pickup

Early number/shirt pickup will be held at the [Winner's Circle Sports Bar, 211 Elm Street, Salisbury MA](#) on Saturday 12/31 from 12:00 PM until 3:00 PM.

It is a popular afternoon for the sports bar (lots of football on TV), so consider parking in the shopping center off of Merrill street (see the Google map linked above). There is plenty of parking in that parking lot, very close to the Winners Circle. Number and shirt pickup will also be available on race day, but early pickup will allow you to "sleep in" (a little) and enjoy the race hassle free!

Race Day Number/Shirt Pickup

Race day number/shirt pickup will be held on Sunday 1/1 from 9:30AM-11:00AM at the [Carousel Lounge at Salisbury Beach, MA](#).

Race Day Parking

Race day parking is available in the large municipal lot adjacent to Rte. 1A ([see the parking map](#)). There are other parking options on race day, but DO NOT park in the lot adjacent to the Blue Ocean (marked with a X on the map) as it is open for business New Year's Day. Also, the road is closed and there is NO RACE DAY PARKING available on Ocean Front Street in the vicinity of the Carousel (this is the race staging area).

Switching Between 5K and 10K Race Distances

Each runner is registered for either the 5K or the 10K race distance. You **MUST** run in the race for which you are registered. Please do not switch events arbitrarily on race day. If you run in the wrong race you will be disqualified from the awards. If you registered on-line, you can check your confirmation email from Lightbox to verify your race distance. In addition, [lists of registered runners for each distance](#) will be updated and posted at the race web site on Friday 12/30. If you wish to change distances, you must email hangover@runthecircle.org BEFORE 3:00 PM on Thursday 12/29.

5K and 10K Race Logistics

Both races share the same start and finish line. Both start and finish will be chip timed by Yankee Timing. Both race distances will start together at 11:30 AM. The 5K course is a loop down to the Reservation, while the 10K course is out-and-back. The two races start together but immediately go in different directions – the 5K goes straight, the 10K goes left. 5K runners must line up to the right in the start corral, 10K runners on the left. The two races run together for the last 1.2 miles.

Water Stop

There will be a single water stop on each course. 5K racers will pass their water stop at approximately 1.5 miles. 10K racers will pass their water stop at 1.5 miles and again at 4.5 miles. There will be additional water in the finish area.

Awards

As soon as results are posted, all age group awards will be available just inside the registration area adjacent to the Carousel Lounge, so stop in and get your award right away!

The top three male and female athletes, and top 40+ Age athletes in both races will be awarded their prizes on stage in the Carousel Lounge after results are official.

Additional Note: You must run in the race (5K or 10K) for which you registered in order to qualify for an award. See above for information on changing race categories.

See you all on New Year's Day!



<http://www.runthecircle.org>