This USATF MA 0800IRN Certified 5k course takes you on an out and back loop south down Constitution Boulevard, right onto Upper Union Street, south to the hairpin turn, and back north up Upper Union Street until you come back to Constitution Boulevard where you head south for the start/finish line.

Parking and rest rooms are available.

And the full HMEA incredABLE Day is included with your run registration — food, beverages, and events for the whole family at the Dell soccer field adjacent to the course.

- The course is registered and USATF MA 08001RN Certified
- Professionally chipped and timed by Yankee Timing.
- First 250 pre-registered runners will receive a t-shirt

Registration at 8:30AM
Race start at 10:00AM
To register online or for more information visit...
http://events.hmea.org/incredABLE2019