

Hopkinton 5K/10K Runs + 3-mile Walk

SWIMRUNWALK

Against the Tide



EVENT SCHEDULE

7:00am Registration

7:25am Opening Remarks & Honors

7:35am Warm-ups

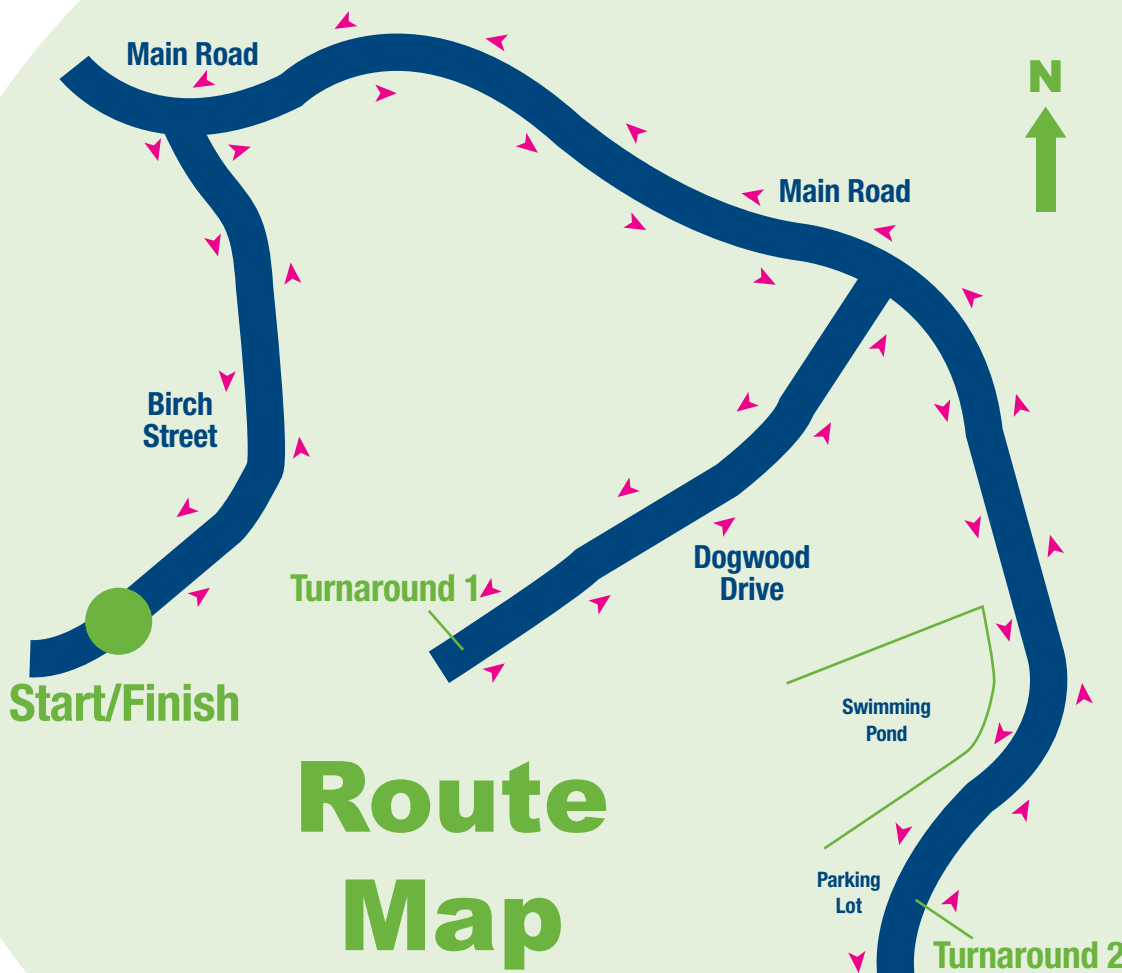
7:45am National Anthem

8:00am Swim Events (starting separately, one after another)

- USMS-Sanctioned 1-mile Swim
- Competitive 1-mile Swim
- Recreational 1/2-mile and 1-mile Swims

9:00am USATF-Certified 5K/10K Runs

9:05am 3-mile Fitness Walk



Route Map

The USATF Certified 5K run and 3-mile walk both share the same route. 10K runners follow the route twice. The route begins at Birch Street behind the restrooms and continues onto Main Road. Participants move along Main Road and make a right on Dogwood Drive. The first turn-around occurs near the parking lot towards the end of Dogwood Drive. Participants then move back across Dogwood Drive and make a right onto Main Road until they reach the second turnaround point at the end of Main Road near the parking lot. Participants then head back along Main Road all the way back to Birch Street where they first started.