

### **Eversource Walk & 5K Run for Easterseals NH: What to Expect**

The event will take place on Thursday, June 5, 2025, at Veteran's Memorial Park in Manchester.

The weather forecast will be \_\_\_\_\_.

First, you will park your car either in a parking space on the street or in a local parking garage. Then you will walk or take a shuttle to the park. .



**Registration:** Inside the park, there will be many tents with people both inside and gathered around them. There will be a stage at the far end of the park where music will be played and where people will dance and speak on microphones. It might be loud. You can either pick up your t-shirt the day before at 555 Auburn Street in Manchester, NH, or you can pick it up at the race in the registration tent. There will be a line in the registration tent with people waiting for their turn to pick up their t-shirt. People will be working behind the table, bringing race participants their t-shirts and pieces of paper with their race numbers. It might be noisy and crowded. You can wait in line until it is your turn. You can tell the people behind the table your name, and they will bring you your t-shirt and race number.



You can then pin your race number to your t-shirt. Your race number helps the people in charge keep track of when you start and finish the race.



**Wellness Alley Tents:** There will be many tents with tables inside them, advertising yoga, martial arts studios, health insurance, or banks. There will be a children's tent with face painting and bubbles. There will also be a quieter sensory tent with fans and fidgets.





**Food Trucks:** There will be food trucks selling foods like ice cream, chips, hot dogs, or cold drinks.

**Kids Race:** At 6 PM, children running a shorter race will gather at the start/finish line and wait for the adult in charge to tell them to start running. It may be noisy and crowded while you wait to start running. Your family can watch you run from the sidelines.



**Non-competitive accessible walk:** This will happen between 4 and 6 PM, at participants' own leisure. The route will be outside the park. Information will be available at the registration desk.

**5K Race:** Runners who join the longer race will line up at the start/finish Line. Some people will be in groups from work. Others will be with their families. You can wear your t-shirt or number if you want, but you don't have to. Once the race starts, there will be more space between people. Someone will use a "starter pistol" to begin the race. When you hear that sound, the crowd will start moving towards the start/finish line. The fastest runners will be in front. The people running more slowly or walking will be in the back. You can wait until the people in front of you start moving.





Some people will run or jog the race.



Some people will walk the race, or use their wheelchairs. Some people will ride strollers or wagons.



This is a map of the race route. . The numbers in the triangles show the mile markers. The water droplet shows where there will be water or help.

