



Athlete Guide

Dear TRIMOM Athlete,

Race day is nearly here! We are excited to welcome you to The Stephen Marra 5K to benefit Operation Stand Down! . This Athlete Guide is filled with the information you need to have an enjoyable experience.

The Stephen Marra 5K is a production of TRIMOM Productions, LLC. If you have questions that are not answered here or on the pages of our website (<http://www.trimomprod.com>) devoted to The Stephen Marra 5K then feel free to send us an email at info@trimomprod.com.

An email will be sent if we need to communicate any last minute news or announcements, but we also invite you to become a fan of TRIMOM on [Facebook](#) where we'll post quick updates as we get closer to race day.

Kathy Robbins and the TRIMOM Staff

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The Stephen Marra 5K

The 5K will be held on Sunday November 6th
at [The Grille on Main!](#)

The race will begin promptly at 9:30am.
The start is located behind The Grille on Main on
Marlborough Street

Directions: From CT – Take 95 North to exit 8A merge onto RI Route 2S/Quaker Lane to merge onto RI Route 4 South East Greenwich. Stay on Division Stree/Division Road to Historic East Greenwich. At the end of Division – Grille will be up on your right. Proceed straight thru light and follow signs for parking!!

From Points North – Take 95 S to Route 4S Exit 8A. Make a left onto Division and follow directions above.!

Please arrive as early as you can!
We open at 7:00am for packet pickup!!

Registration Pick-Up Times & Locations

PACKET PICKUP

Sunday November 6th from 7:00am –
9:00am

[The Grille on Main](#)

Registration Pick-Up Continued...

Packet Pickup Concludes at 9:15am on
Race MORNING!!!

After that time YOU WILL NOT BE
ABLE TO PICK UP YOUR PACKET!
PLAN ACCORDINGLY !

RACE DAY INFORMATION!

All race day parking is located in East Greenwich on the streets and parking lots behind Grille on Main. Follow signs!

You will receive a bib number with your timing chip attached at packet pickup. Please affix your bib number to your t-shirt/top that you will be wearing on race day.

Timing Services will be provided by The TRIMOM Timing Co! As mentioned above, you will receive a timing chip at registration. All times are based on the USATF rule of "GUN TIME!"

You are placed in an age-group based on your age on race day.

At TRIMOM, we utilize the latest in chip technology and give you

[SMF LIVE ATHLETE TRACKING](#)

Share this link with your family and friends! They can see how you did the moment you cross the finish!

THE RUN COURSE!

THE RUN

THE COURSE

The run course is supported with signs, volunteers, police and aid stations.

The run takes place through the quiet streets of historic East Greenwich!

TURN YOUR CLOCKS BACK!

