

15th Annual Cohasset Thanks4Giving 5 K
November 23, 2023

PLEASE READ! IMPORTANT INFORMATION!

Dear Participant,

Thank you for your entry into the 15th Annual Cohasset Thanks4Giving 5k.

We appreciate your support of the event. We could not do this race without our sponsor friends you see on the back of the race shirt; please thank them when you visit or use their services.

We start at 7:30 am sharp; please arrive early!

There is still time for your family or friends to register for this fun event.

Click [here](#) to register through the website through 5:00 am Thanksgiving morning.

If you are registering family and friends from out of town as added members to your family registration, please add where they reside at the checkout question with their t-shirt size: we really enjoy noting in our final press release how many towns, states, and countries come just for the race (and your turkey.)

We accept in-person registration from 6:30 – 7:00 am, but 2023 race shirts are only guaranteed to the first 650 registered runners. Typically, any registrations are offered a previous version of the race shirt by today (Monday.) Sorry, credit cards are not accepted on the day of race registrations.

Packet Pick Up & Registration - There will be t-shirt and bib pick up on Tuesday, November 22, from 12:00 pm-8:00 pm and Wednesday, November 23, from 9 am to Noon at the Cohasset Recreation Department, 100 Sohier Street. You may also pick up your bib and shirt from 6:30-7:00 am at Cohasset Town Hall on race day.

Chip Timing - Your timing device for this event is a disposable timing chip affixed to your bib number's back. **Please make sure the information on the sticker on the bib is you.** To receive an accurate time, please make sure your bib is visible on the front of the torso, unaltered and unmodified (do not fold or wrinkle), pinned in all four corners, and not covered by jackets, runner belts, water bottles, etc. Pins are available, and Spitzler Race Systems will be timing this event.

Participant Parking – The Town Hall parking lot and Highland Street are closed to parking to allow for the start and finish line to be set up by 6 am. Parking is limited on North Main Street, but there is plenty of parking in downtown Cohasset and the town parking lot.

Our Course – We start and finish at the same spot. And yes, we are hilly and be prepared for the windy but scenic run by Sandy Beach. If you are walking, please stay on the right-hand side of the road, and timing typically lasts 1 hour after the race starts.

Unofficial Starting Corrals –

We will ask to allow the elite runners to compete; the first section of runners will be the 5-6 minute pace, coming in within 20 minutes. The next group would be the 7-9 minute pace within 30 minutes. Our third group will be at a 10-12 minute pace within 45 minutes. All families with younger children, strollers, and four-legged runners should be at the end of the line.

Race Finish –

Please move away from the finish line, off the street, and towards the common green when done. Water will be available, and all finishers may take a finisher medal.

Awards: We give out awards for the top three finishers for the men's and women's division

We will post the link after the race, but you will be able to see it here:

http://www.spitlerracesystems.com/timed_events.php?v=T.

Volunteers – We can't put on a race of this size without our amazing volunteers. If you have friends or family who don't want to race but want to help, we'd love to have them!

Costumes – It's Thanksgiving, so we want to encourage everyone to dress up in their favorite turkey costumes. We'll be awarding both an individual and family award for best outfits. We ask that all those in costume meet at the front door of the Town Hall (not the auditorium door) for a photograph and awarding of the best costumes at 7:15 am.

Updated Information – Please keep an eye on our Facebook page.

If you have any pre-race questions, email us at recreation@cohassetma.org.

Thanks again for registering, and we'll see you on the 23rd!

Ted Carroll and Ron Ford, Race Directors