

5K RUN FROM PORTLAND »→ MIDDLETOWN OVER THE FAMOUS ARRIGONI BRIDGE

# TAKE YOUR 'STACHE FOR A DASH



**CALLING ALL MoRUNNERS!**

MEN AND WOMEN TO SUPPORT MEN'S HEALTH

**SUNDAY  
NOV. 15  
»→ 10 A.M.**

Whether you're rockin' some face fur for Movember, or just want to support men's health, come run the Movember 5K. We're throwing a post-race party at the Canoe Club on the Connecticut River, featuring awards for the best moustaches and beards, refreshments and a free pint of beer for everyone 21 and over. Gents, start your stubble!

The Movember

**5K**  
run

**REGISTRATION:**

\$20 / until Nov. 8

\$25 / Nov. 9 – Race day

Students: \$5 off

Kids: \$10 until Nov. 8.

\$15 / Nov. 9 – Race day

[hartfordmarathon.com](http://hartfordmarathon.com)



COME RUN YOUR 'STACHE OFF!



Sponsors: Mattabesett Canoe Club • City of Middletown • Town of Portland