

Hartford Marathon Trip Notes Oct 8-11, 2010

This is my third time at Hartford: first in 2006 with Maricar to do the full marathon, and then in 2008 with Kathy to do the half marathon. Lovely town, nice location, excellent and interesting course, top rated race director, all of which makes for a fun trip. Most importantly, I was able to join Marv and Maryanne Winters of Tulsa for Marv's 49th marathon run. If the legs will forgive my abuse, I hope to be with Marv for his 50th at Outer Banks, NC in mid-November too.

Here we are on the course, obviously in no particular hurry and obviously having a good time. In my view, that's what it's all about but of course any slow poke is going to say that!

Good stuff

- Nice and plenty big expo, lots of freebies and eating samples.
- Easy bib pick up and they use a chip on the bib.
- Excellent t-shirt in high tech fabric and well designed. It came in XS size too and was light blue with ING orange trim. See picture. Some of us thought the half marathon's navy blue was preferable.
- Cinch pack given out at the Expo (see picture) with same design as the t-shirt.
- Lots of hotels within a short walk to the start at the capitol grounds.
- One of the best pasta party speakers I've ever heard. He is certainly worthy of a trip – Chris McDougall of "Born to Run." I'd follow him anywhere!
- There were so many port-a-potties on the course that there were no lines. A+ to this race director. (A woman of course!)
- Finisher ING orange water bottle was given out as the fluid supply at the end. Its orange top was fluorescent.
- Medal is especially classy in a design of the Soldiers Memorial Arch. See picture.
- They kept the clock going for everyone until something like 6:30 and were there to hand out medals even for my friend who came in around 7:15 or 7:30 hours though the time was not posted.
- If you finish early enough there is a big food fest. The only time I saw it was when I did the half marathon.

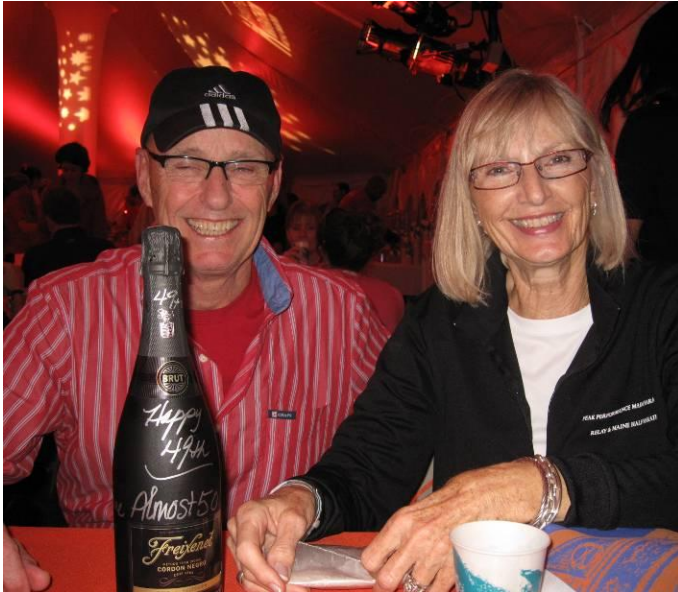
Not the best

- Not the fault of the marathon, but our hotel suffered a total evacuation and had to move us to a hotel a few blocks farther away. There were some advantages to the Marriott which we appreciated but there was some hyperventilating for a bit until a hotel was found. The town was sold out.
- Full and half marathons start together and why I can't imagine because it took 10 minutes to get over the start line and then the half split off from the full at mile 1.
- For those finishing over 5:45, it is best to go to a different marathon. They say it is a 6 hour cut off but they moved us to the sidewalk and closed the fluid stations earlier than that. Even a friend with a 5:45 finish had to move to the sidewalk and also the stairs when we couldn't go over the bridge on the roadway. After about mile 20 we started feeling the sweep. After mile 22 we



- found ourselves on street corners begging directions. Eventually a spectator gave us a map.
- Finish line food is famously good but for a 6 hour marathoner, there's some sweetheart volunteer offering a granola bar and water. I heard later that had I walked over to the food tent that they had a bag of snacks. (Instead I was out on the course looking for a couple friends.)
- The trucks are at the finish line tearing it down right at 6 hours.

Marv and Maryanne at the pasta party



This is normally a very happy couple anyway but I think even happier to be near the goal of Marv's 50 states completion. Maryanne walks the half marathon (faster than some marathoners) and gives support to Marv in his quest for 50-states full marathons. Can you believe they are 70 years old? Well, Marv reminded Maryanne that he was younger than her for a couple more days.

Happy Birthday Marv!

They were very relieved to finish the 49th state since there's a big get-together in Outer Banks for his 50th and he didn't want it to be his 49th!

My new tradition is an autographed bottle of champagne and here's Marv's memento. This idea and tradition was started by Dale, friend of David from Houston, and passed on ever since. Bottles come with a Silver Sharpie pen hoping the tradition will continue.

The finish line

From 1886, the Soldiers and Sailors Arch is the first triumphal arch created in the United States and it was designed to honor the 4,000 men of Hartford who left behind their families, jobs, and businesses to serve the North in the Civil War and the 400 who never returned. We ran under it to get our finisher's medal. It is the mainstay of the park.



Marv was trying to wait to encourage a newbie along. Diana is seen insisting that this is Marv's Day so he should get a move on it. He went back anyway!

Still laughing and having a good time at the finish.



Results

Anything with a finish time and a medal is GOOD! Thus Marv's and my finish time was good at 6:13. It was a finish and I could see the relief in both Marv and Maryanne's eyes!

Shown here with a lot of laughter and surely relief too. I think saying "It's his fault" and "It's her fault."

Maryanne remembers it as "giving each other credit for finishing."

Diana would then continue on and go out the course to find a 50-state finisher, and then later to find a 7-hour plus finisher, then on a mission for sandwiches and coffee before returning to the hotel for a shower.

The finisher's dinner – friends forever!



We dined very well at Marriott's lovely restaurant. Not everyone was up to a walk, many restaurants were booked anyway, and this turned out to be a lucky choice and not at all like a hotel restaurant. Fortunately Annette and Judy were willing to come the distance to join us. Here's Diana, Marv, Annette, Judy and Maryanne.

Weather

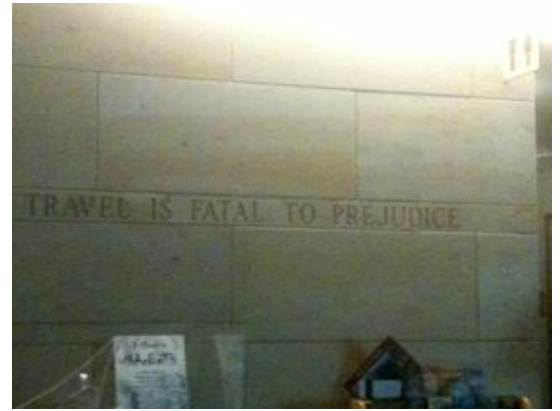
One 28 year old runner collapsed with a 107 degree temperature and was in the hospital in critical condition. I don't know why as it was warm towards the end but not that bad. Marv was starting to suffer from the heat and looked a bit limp at around the 25 mile mark when a lady with a baby stroller gave us extra water which we poured into his hat and over his head. A nice breeze and the water seemed to revive him quickly.

Touring – that’s an important part of marathons for me



Marv and Annette at the famously historical carousel at Bushnell Park. I rode the carousel before. They didn't. Their loss. Smile. Right across the grounds is the gorgeous state capital.

Mark Twain House



We watched the Mark Twain movie about his life, toured the home he lived in, plus went through the museum. Here's ole Mark in Lego form and bigger than life. I love all his quotes but none more than this one which Annette noticed and took a picture for posterity. "Travel is fatal to prejudice."

Restaurants down the street- who would think that this would be a highlight but the huge pot of macaroni and cheese was the highlight and I'll go back one day for more.



A goodbye for awhile though I'm now hoping to meet up at Outer Banks mid-November for Marv's 50th.

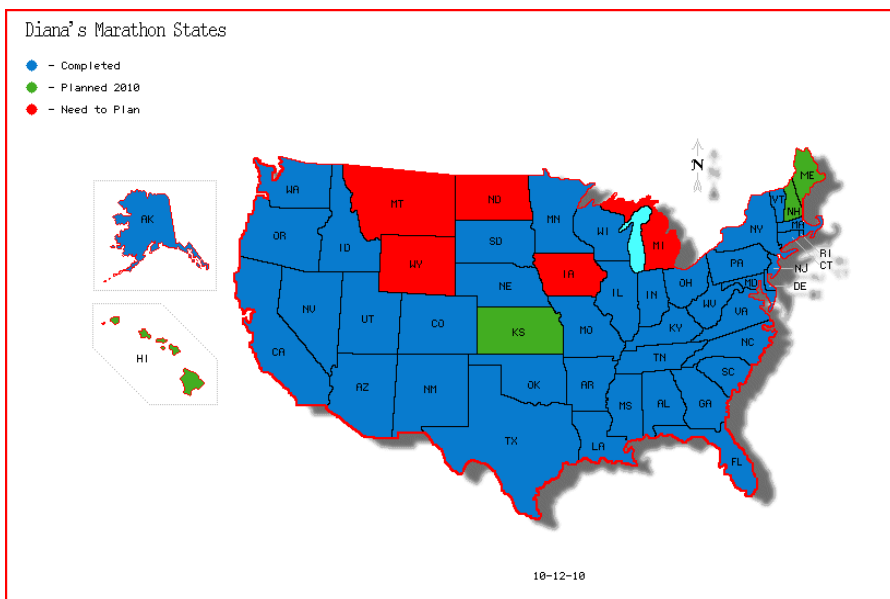


Lots of friends were at the Hartford marathon

Marv and Maryanne Winters of course, and it was Annette Wulffe's 17th marathon of the year also. She has 2 or 3 more to finish before her 50-states in Honolulu where I'll also be. She's thinking of a t-shirt that says "HI – it's as far as I need to go" or maybe "My 50th – it's a lulu." Judy Altman from Atlanta is working towards here 50, and Barb Wnek from St Louis only has two more to go. Carol Goslin from K.C. came in a bit before me and I'll see her in November while visiting K.C. for Gobbler Grind. Adele "couch surfer" is from Milwaukee and we met her at Newport Liberty and she brought us some photographs but we kept missing. Diane Bolton is from Nashville and was on her way to Albany the next day, where she grew up. She was with Donna Jacobs who I met in Boise. Donna was also on for Albany on Sunday. Larry Macon is so sweet to all the girls and after a big hug on the course I learned he was going to Steamtown on Sunday and somewhere else on Monday. I missed seeing Jim Simpson who was there. Paula and Steve Boone were playing chauffeur for many and we got to run with Paula awhile.

Friends not at Hartford but counting my states

David from Houston kindly keeps reminding me of places I can go for marathons. He again sent me an updated state map in response to my request for destination ideas. As he says, there is a trend here – I don't go very far north. Darned if I have thought of a reason to go to North Dakota, Iowa, Wyoming or Montana for marathons but Michigan is easy to conceive of happening. Incidentally, I think he's super sweet to keep reminding me.



The Walking Tourist – The best way to see Hartford is to contract with www.Hartfordwalkingtours.com owned by Don Poland. That’s what we did in 2006 and again in 2008 and I would have done so again in 2010 except that he was studying in London during my marathon days. Don is a noted city planner and is well acquainted with Hartford. He’s also a nice guy as evidenced by his authorization to use his handout of which a portion follows. I hope he will forgive my enlarging some of his pictures and just using portions. Contact Don for your Hartford tour and I can assure you that you’ll be super pleased.

HARTFORD - THE CROSS ROADS OF NEW ENGLAND TRADITION & INNOVATION



Descendant of the Charter Oak

“Of all the beautiful towns it has been my fortune to see Hartford is the chief.”

Mark Twain, 1868



Stegosaurus, Downtown Hartford and Hartford Skyline



ABOUT HARTFORD WALKING TOURS, LLC

Hartford Walking Tours was founded to provide walking tour of Hartford's Downtown. The company was founded on a belief that Hartford has a rich and significant history that can rival most cities in America. Our goal is to ensure that those who visit Hartford have an opportunity to experience Hartford's history.

ABOUT THIS GUIDE BOOK

Hartford: A Self Guided Walking Tour is designed for those individuals who want to experience Hartford's history, people, and places at their own pace or who want to take Hartford's history home with them. The Guide does not cover every significant site in Hartford, but what we believe are the most important sites that can be seen in less than two hours by taking a relaxing and enjoyable walk around Hartford's Downtown.

GUIDED WALKING TOURS

Hartford Walking Tours provides guided walking tours of groups from as small as 6 and as large as 30. Please visit our webpage at

www.hartfordwalkingtours.com

for details on how you can book a tour.

ABOUT THE AUTHORS

Donald J. Poland, AICP is an urban geographer and planner. He is fascinated by the evolution and development of cities and the people who give cities a sense of place. He lives in the City of Hartford.

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PUBLISHED BY:

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HARTFORD: A HISTORY OF INNOVATION

In 1614 a Dutch explorer named Adriane Van Block made his way up the Connecticut River and landed at Hartford. In 1633 Dutch traders purchased land from the Saukiog Indians and established a trading post on the banks of the Connecticut River known as the "House of Hope".

The Dutch settlement was taken by the English who arrived here in 1635. In 1636 a settlement group from Newtown, Massachusetts, led by the Rev. Thomas Hooker, arrived in Hartford. Rev. Hooker, the founder of Hartford, envisioned a settlement and society based on his ideals of religious freedom and governance by the people.

However, what may have been religious freedom in the eyes of Hooker was still a restrictive Puritan society. This is evident from the persecution of accused witches beginning in 1647 when the first person in the Colonies to be accused and hung for being a witch was here in Hartford. This occurred almost 50 years before the famed Salem Witch Trials. Between 1647 & 1662 a total of 10 persons were accused as witches and hung in Hartford.



Downtown Hartford

Evolving from an early agricultural economy, Hartford developed into an important trading center distributing goods such as molasses, spices, coffee and rum around the world. A large publishing industry with 22 publishers attracted authors like Mark Twain and Harriet Beecher Stowe to Hartford. The Hartford Courant, founded in 1764, is the country's oldest continuously published newspaper.

Pioneering manufacturer Samuel Colt called Hartford home. Colt's experiments with interchangeable parts created the basis for today's assembly line manufacturing and new techniques employed in his factory made mass production possible and laid the groundwork for Hartford's pre-eminence in the area of precision manufacturing. Colt Firearms, world famous for inventing the first repeating revolver as well as the Gatling gun, the Browning automatic rifle, the Colt .45 semiautomatic pistol, and the M-16.



Old State House

(1) Built in 1793 The Old State House was designed by Charles Bulfinch (the first nationally recognized American architect). It became the colony's first capitol building (the first brick state house). Twice the building was proposed to be demolished and both times it was saved. Before its construction a 30' x 70' wooden meeting house served as the capitol on this site.



Phoenix Boat Building

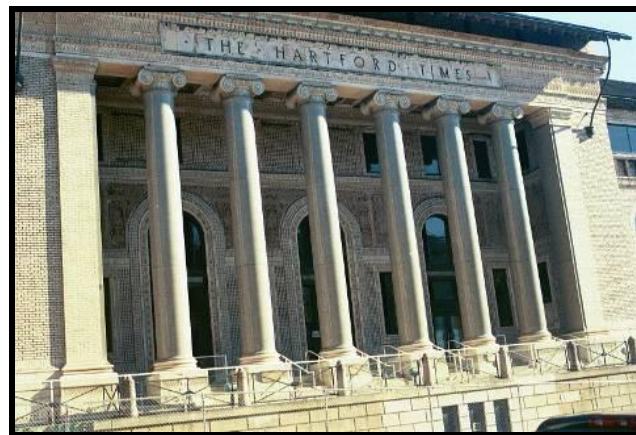
(2) Phoenix Mutual Life building. The elliptical green glass building, properly called a lenticular-hyperboloid, it is the world's first two-sided building. Designed by Harrison & Abramovitz (1964). Phoenix Mutual Life was founded in Hartford in 1851. The building, know to most as the "Boat Building" was listed on the National Historic Register in 1995 and it remains a focal point of Hartford skyline.



**The
Hartford
Club
(1904)**

(3) Founded in 1873, The Hartford Club's present Georgian style clubhouse opened in 1904. The Hartford Club is a place where Hartford business community, and political leader's network, conduct business, and relax. Many of Hartford's largest business deals have occurred. Mark Twain was member of the Hartford Club.

(4) The Hartford Times building was designed by Donn Barber. The pillars and front façade came from New York's Madison Square Presbyterian Church. The terracotta cornices are the work of Stanford White, a famous New York architect who designed the church in Madison Square. The building sits on the site of the original homes of Hartford's founding fathers, the Reverends Hooker and Stone. The building is now owned by the Wadsworth Athenaeum.



The Hartford Times Building (1920)



**Alexander Calder's Stegosaurus (1974)
And the Wadsworth Athenaeum (1844)**

(5) Constructed in 1974 by Alexander Calder who was a resident of Roxbury, Connecticut. Alexander Calder played a major role in changing the perception of art in American. He became famous for creating a new genre of "moving art" pieces or "mobiles" and was also know for large installations like Stegosaurus.



Travelers Tower

(6) The original Gothic Revival structure, begun in 1842, was designed as a temple to Athena. Its name comes from ancient Roman Emperor Hadrian's Athenaeum, named for the Greek goddess of wisdom, Athena, meaning a "school of the arts". Opening in 1844 the Athenaeum is the oldest public art museum in the United States.

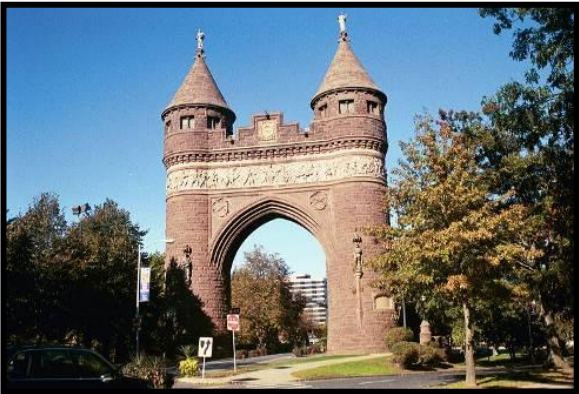


Bushnell Park

(8) Thanks to the forward thinking of Rev. Horace Bushnell, Bushnell Park the first municipal park in the nation to be conceived, built and paid for by citizens through a popular vote. The design broke from the traditional New England town green by screening the park from city with trees around its perimeter. The Park River that once flowed through the park, but due to flooding, it now flows under the park in a concrete tunnel.



(9) The Carousel (1915) built by Solomon Stein & Harry Goldstein who were world renowned for their Carousels. Relocated from Columbus Ohio to Hartford in 1974. The Carousel is one of only three remaining Stein and Goldstein carousels. The Carousel includes 48 hand-carved wooden horses and two lovers' chariots that swirl around a booming Wurlitzer band organ at 15 miles per hour.



The Soldiers and Sailors Arch (1886)

(10) The Soldiers and Sailors Arch is the first triumphal arch created in the United States. The Arch was designed to honor the 4,000 men of Hartford who left behind their families, jobs, and businesses to serve the North in the Civil War, and the 400 who never returned. Designed by George Keller the Arch is constructed of Connecticut Portland Brownstone.



Israel Putnam (1718-1790)

(11) Putnam is Connecticut's first authentic folk hero. A Lieutenant in the Connecticut militia for the French Indian War, he single handedly saving Fort Edwards from being blown up and capturing a French warship with just a hammer and a few boards by wedging the rudder. Upon word of hostilities at Concord and Lexington, the start of the Revolutionary War, Putnam he left his plow in his field and rode his horse for 18 hours to Bunker Hill where he took command of the untested militia and defeated the British inspiring his troops with the famous quote, "Don't fire 'til you see the whites of their eyes."

(12) The State Capitol was designed by architect was Richard M. Upjohn of New York, whose father designed the famous Trinity Church on Wall Street in New York City. The building opened in 1878 and cost \$3 million, way over the original \$900,000 budget. The impressive building is without a doubt the most elegant and ornate state capitol building in the country.



The Connecticut State Capitol



The Corning Fountain (1899)

(13) Presented by John Corning (Corning Glass Works of New York) as a tribute to his father, a Hartford businessman who operated a gristmill on the site. Designed by James Massey Rhind of New York. The monument is made of marble and stone, 30 feet tall, with the figure of a stag (or the "Hart" for Hartford) surrounded by Saukiog Indians, the city's first inhabitants. The stag comes from a painting in Hertford, England, which Hartford was named after.

(14) Horace Wells discovered anesthesia while attending a "laughing gas" show in December 1844. Following the show he tested the effects of nitrous oxide by having a colleague pull a perfectly healthy molar painlessly out of his mouth while he was under the effects of laughing gas. Wells awoke from his Nitrous-induced slumber to exclaim, "Ah, a new era in tooth pulling." Little did Wells know that he had not only discovered anesthesia for dentistry but for all medicine as well.



Horace Wells

First Church (1807)



(15) The First Congregational Church is the fourth building and second location of Thomas Hooker's Congregational parish. Constructed in 1807 the building is patterned after St. Martin-In-The-Fields, a church in London. The Ancient Burying Ground, the resting place of many of Hartford's first settlers. Thomas Hooker grave is not visible, but it is thought to be under the church's Alter. The Burying Ground is the only remaining preserved site in Hartford from the 1600's.

(16) Tower Square is on the site of the once Sanford Tavern, where the famous Charter Oak Incident occurred. The first written constitution, The Fundamental Orders of 1639 adopted here in Hartford and inspired by a Thomas Hooker sermon, where he stated the foundation of authority lay in “the free consent of the people.” The Fundamental Orders gave the Connecticut Colony the right to self-government. The same rights were re-secured in 1662 through a Royal Charter from England. The Charter Oak Story.



Tower Square (1964)

EXPERIENCE HARTFORD

Hartford Walking Tours was founded on a belief that Hartford has a rich history that we want visitors to have any opportunity to experience. But we would also like for visitors to experience what Hartford has to offer today.

In addition to the sites on our tour, there are many other sites to experiences in Hartford. There are also many wonderful restaurants and bars to enjoy while visiting Hartford.

The following are lists of some of our favorite sites and restaurants, in downtown and the many neighborhoods of Hartford. We recommend if you have the time to experience as many of these places as you can. We believe they will make your visit to Hartford truly enjoyable.

Additional Sites to Visit

Mark Twain House & Museum

Elizabeth Park

Cedar Hill Cemetery

Connecticut Historical Society Museum

The Wadsworth Athenaeum

HARTFORD: TODAY

Hartford's downtown is going through a rebirth right now. After the economic recession of the early 1990's, Hartford struggled for a decade with depressed property values, loss of population, and overall disinvestment. But with the improved economy and the State's investment in the Connecticut Convention Center and other commercial and residential development, significant private investment in downtown is now taking place and the Downtown Entertainment District has come back to life. Today, over 1,000 new apartments and condo units are being constructed in Downtown and thousands more are expected. New restaurant, bars, and retail establishments have opened, and Downtown is becoming a livable neighborhood and entertainment district.

The building pictured below is known as Hartford 21 (for the 21st century); it is a 36 story, 262 unit apartment building. At 36 stories it will be the tallest residential building in New England. The building opened in September 2006.



Hartford Today

PLACES TO VISIT OUTSIDE OF HARTFORD

Old Wethersfield – A Historic New England Village

West Hartford Center – Dining & Shopping

The Air and Space Museum – Windsor Locks

CT Trolley Museum – East Windsor

The Children's Science Museum – West Hartford

Dinosaur State Park – Rocky Hill

Important – Did you have a good time finishing? Yes!

Sent to me by a friend and presumably taken from the NY Times, I would hope you all read this article. It suits my philosophy and yet I have confessed to be glad to once run a 4:25 Boston qualifier so that now I'm done with that aspect of the marathon. We are all winners for being there.

Diana, thought you would enjoy this article
Randy

ON THE RUN

Watching the Scenery, Not the Clock

By JIM AXELROD

I walked into my office last Nov. 2, the day after the New York City Marathon, feeling pretty good about myself. Actually, I limped in, to be precise. But that didn't dull the glow even the slightest.

A year and a half before, having wandered into the clichéd midlife morass of malaise and discontent, I'd set a goal of running the 26.2 miles as a personal reclamation project. Thirty pounds lighter, I crossed the finish line in 4 hours 30 minutes and a shade under 1 second, dragging my happier, more settled soul

Jim Axelrod, a national correspondent at CBS News, previously served as chief White House correspondent. His first book, "In the Long Run," a memoir about the New York City Marathon, will be published by Farrar, Straus and Giroux in June 2011.

across with me.

Aside from my wedding day and the days my three kids were born, Marathon Sunday was the most important day of my life. Along with dispelling the discontent and burning off the malaise, I obliterated my limits and redefined my capacity. Not bad for four and a half hours of work.

The next morning, endorphins still pumping, gingerly making my way down West 57th Street to CBS News headquarters, I had the oddest encounter with a colleague.

"Hey, Jim, I heard you ran the marathon. Congratulations." I smiled proudly. But he wasn't finished.

"So . . . what was your time?"

There was no way this fine fellow, whom I would charitably describe as no stranger to the buffet table, could have had the faintest understanding of what a good time for a 46-year-old first time

marathoner might be. Or a bad time, for that matter.

I'm certain that if I'd answered, "3:15:20" or "5:05:47," it would have been met with the same blank stare as when I told him "4:30." That's because he had no earthly idea what the difference might be.

I would have continued on, floating and limping, unimpeded by my colleague's mindless question, had the experience not repeated itself a dozen more times during the next couple of days.

"Congratulations, Jim," went the refrain, offered up by everyone from old friends to people I'd recently met on the bus, "I hear you ran the marathon. That's so great. What was your time?"

As I answered and received the same not-quite-comprehending smile each time, I wondered why they were asking in the first place. To properly judge my achievement? Doubtful, since the numbers were meaningless to most of them. But even if the person asking was a track coach, would he have running the marathon at 3:29 meant that somehow I'd done a better job? Faster, no question. But better? Now we're on to something else entirely.

To determine value in our culture, we measure. Generally that makes sense. But marathon running provides an exception.

My father ran the New York City Marathon three times in the early 1980s. He has been dead for almost 11 years now. When I look at a picture of him I've got hanging in the entry way of my home, crossing the line of his first marathon, arms thrust high in exhilaration, I don't think to myself, Oh that's the day he went 3:43? No, I well up thinking, I never saw him look happier.

Don't get me wrong. I'm not saying time doesn't matter to a runner, that we should all run simply for the experience. Of course it does. A marathoner's time provides a way to measure improvement, or perhaps decline. But that's personal, like someone's age, income or underwear size. To stop someone after they've completed a marathon to

ask "how fast?" That's intrusive. But worse, it misses the point.

The guy down the block, the mom from the bus stop, the colleague from the cubicle across the way — they're not going to the Olympics. But the discipline they had to summon and commitment they had to carve out of their busy lives to train enough to run 26.2 miles was positively Olympian, regardless of time.

This year, I'm going to run the marathon again. I hadn't planned to, but a spot opened up on a charity team, and I'm filling it. I've had 2 months to prepare, not 20, like last time, which means I'm almost guaranteed to run slower than last year. That's actually good news.

I'll have more time to soak up Fourth Avenue in Brooklyn, through neighborhoods that morph from Asian to Latino to Caribbean to African to Orthodox Jewish, through crowds three and four deep cheering their hearts out for people they've never met. I'm really hoping the all-Korean brass band that played "God Bless America" is back, just past the three-mile mark. It made me cry last year.

And when I've navigated Brooklyn, crossed into Queens, slogged up First Avenue in Manhattan, twisted briefly through the Bronx, and headed down Fifth Avenue to Central Park, I plan to meet a dear friend at the finish line. She has A.L.S. I'm going to kiss her forehead, look her in the eyes and tell her she's the most inspirational person I've ever known — and that I couldn't have even contemplated running this year without her as a role model.

I'm sorry — are we still interested in the benefits of running a 4:10 marathon versus a 4:23?

So do me a favor. On the Monday after Marathon Sunday, when you see the co-worker who completed the 26.2 miles — running, walking, or crawling — taking their victory lap around the office, how about we leave it at "congratulations, that's some kind of achievement." If you must add something, how about — "have fun?"

Itinerary

Fri Oct 8

Early am Depart via car to Hartford

Hotel Residence Inn by Marriott Downtown (1) – later moved to Marriott Downtown
942 Main Street, Hartford, CT 06103 Tele 860 524 5550

11-7pm Expo open at Hartford Civic Center (same and now called XL Center) – Over 75 booths

11-7pm Seminars and clinics through the day to be posted

Directions hotel to Expo at Hartford Civic Center (same as XL Center): South on Main Street towards Temple Street for 0.1 miles, Right onto Asylum Street for 0.2 miles, for a total distance of .32 miles.

6:00pm Pasta Feast with 7:15 speaker Chris McDougall (Born to Run) at Elm & 99 Clinton Street in Bushnell Park under the big white tent .

Sat Oct 9

8:00am www.hartfordmarathon.com – Inaugural with ING as sponsor

Start at Elm Street at Bushnell Park beneath the state capitol. See map of Bushnell Park

Highlights:

- The Convenience – the start, the finish, the hotels and restaurants – all within 3 blocks
- The 50, yes – 50! entertainers on course

- The healthiest, most abundant and most creative race food anywhere
- The coldest micro-brewed Harpoon beer poured at the post-race beer garden
- The greenest marathon in the country
- The supportive and happy volunteers
- The breathtaking New England autumn foliage
- The perfect running weather – mid-October weather averages 64°

Note: Ultima probably still served on course. Take Gatorade.

8:30am – 3:30pm Finish line expo and post race party at Bushnell Park with abundant food and beverage including entertainment (Hartford's Post Race is "*one of the best in North America,*" says The Ultimate Guide to Marathons). Note that food is generally gone for 6 hour finishers.

Menu from '08 at Post Race Expo: • Crisp Apples, Bananas • Variety of potato chips • Freshly Baked Dunkin Donut Bagels • Dole Fruit Cups • Chilled Harpoon Beer • Selection of Chilled Stonyfield Farms Yogurt • All Natural GaGa's Sherbetter • Homemade Mac & Cheese from The Center for Culinary Arts featuring Cabot Cheese • Fall Favorite Pumpkin Cookies from Whole Foods Market

• All Natural Al Fresco Chicken Sausage • Organic Lemon Cranberry Quinoa Salad from Whole Foods Market • Homemade Apple Crisp • Delicious Vegetarian Vegetable Soup

5-7:00pm After the conclusion of the ING Hartford Marathon, celebrate with the Wolf Pack at a family-friendly block party on Trumbull Street from 5 p.m. - 7 p.m. Live music, entertainment and games will entertain you before the start of the Wolf Pack Hockey game.

Note a list of areas attractions and business offered special discounts to runners after the 2009 ING Hartford Marathon. See website.

Sun Oct 10

8:00am? BIG breakfast in Residence Inn

Inquire of Don Poland of Historical Walking Tours Cell 860 655 6897

Pm Depart via car for home

Participants:

Marv and Maryanne Winters at same Residence Inn hotel but later moved to Marriott

Annette at Crown Plaza – changed plans and stayed over until later Sunday

Diane Bolton from Nashville and Donna Jacobs from Boise at Crown Plaza and going onto Albany for Sunday.

Barb Wnek at the Hilton and departing immediately after the marathon

Adele 'couch surfer' from Milwaukee departing immediately after the marathon

Carol Goslin

Larry Macon going onto Steamtown on Sunday

Judy Altman staying at Homewood Suites

Steve and Paula Boone who played chauffeur for many

Tourist things to do in Hartford:

Mark Twain said it best, "of all the beautiful towns it has been my fortune to see, this is the chief." Come and run in the ING Greater Hartford Marathon and visit the city that Mark Twain called home. According to Hartford Travel Industry Data, the following are on the top ten attractions mentioned by visitors:

- Bushnell Center for Performing Arts
- Bushnell Park /Carousel
- Dinosaur State Park
- Harriet Beecher Stowe House
- Mark Twain House
- Old State House
- Riverfront cruise
- State Capitol Building
- Wadsworth Atheneum Museum of Art
- Westfarms Mall

Marathon Promotional

New England's Most Beautiful Marathon, Half Marathon, Team Relay & 5K

"Race of the Year" (New England Runner, Jan/Feb 2004)

"Best Food In North America" and "Exceptional Organization" *Ultimate Guide to Marathons*

Our race course combines the vibrancy of downtown Hartford with brilliant autumn foliage, quaint country roads, the majestic Connecticut River and lively neighborhoods of the city's west end. Run our race and you will view 19th century homes, pumpkin farms, west end estates and beautiful gardens. Runners are supported all along the course by entertainment and crowds of cheering spectators.

A MARATHON - BY THE NUMBERS (from 2006):

A marathon uses a lot of "stuff." Here is a look at some of the many items used to stage the United Technologies Greater Hartford Marathon.

- 3,000 finisher's medals
- 3,000 feet of fencing
- 8,500 T-shirts for runners and officials
- 7,200 cups of coffee
- 240 tubes of Vaseline
- 150,000 paper cups
- 120 woolen blankets
- 7,200 fresh bagels
- 5,400 heat retaining Space Wrap blankets
- 12,700 sq. feet of tents in park
- 92 medical volunteers
- 140,000 items in runners' packets
- 500 "No Parking" signs
- 1,000 pounds of pasta
- 200 police officers
- 320 gallons of pasta sauce
- 2,500 yards of barricade tape
- 332 awards
- 28,800 safety pins
- 9,600 gallons of Vital H2O water

105 portable toilets
3,600 gallons of GU20 carbo drink
1,500 helpful volunteers
35,000 volunteer hours

DEMOGRAPHICS & STATISTICS

- 30,000 spectators
- 7,000 runners from 50 states and 14 foreign countries
- \$3.3 million in economic spending by Marathon runners & visitors
- \$300,000 pledged by runners to HMF official charities
- \$357,816 in print media coverage of the event
- 3 hours of network television broadcast time
- 90% are college graduates
- 76% are between the ages of 30 and 59
- 65% are between the ages of 30 and 49
- 44% are Connecticut residents
- 56% are out-of-state residents
- 2% are foreign visitors