



TOWN OF VERNON

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Vernon's Mother's Day Dash Road Race to be Virtual

(VERNON, Connecticut) – The 47th annual Mother's Day Dash 5K road race is going virtual in 2021.

The 5,000-meter road race is a longtime tradition in Vernon and honors and focuses on moms while at the same time encouraging health and fitness. It also raises money for Vernon's Send-a-Kid Fund and the Vernon Police Explorers. Last year's race was canceled because of the coronavirus pandemic.

"Just like we've done with other activities such as Winterfest, we are reimagining the Mother's Day Dash," Vernon Parks and Recreation Director Marty Sitler said. "These long-time traditions are important to people, and it's up to us to find creative and innovative ways to keep our community engaged."

By going virtual, runners will choose their own route and when they run the race. They'll then upload their times. Sitler urged all participants to closely follow COVID-19 guidelines to stay safe. The race averages 300 runners each year and organizers are hoping even more participate because of the flexibility of running the race virtually.

People who would like to run should visit the Vernon Parks and Recreation Department website, www.vernonrec.org for registration information. Registered runners will have between May 7th and May 9th to run their 5K and then upload their time. Multiple divisions will be available, including favorites "Mother/Son" and "Mother/Daughter."

"While running the virtual race, be sure to run in areas that are safe for pedestrians and be sure to obey all traffic laws," Sitler said.

Sponsorship opportunities are available and anyone interested is asked to email parksandrec@vernon-ct.gov for information.

The Send-a-Kid Fund provides scholarships for Vernon children to attend Vernon Parks and Recreation activities. For information about scholarships, please contact the email address above. The Vernon Police Explorers, who help police direct traffic and keep runners safe during the race, provide a scholarship to a member to attend a police explorer camp each summer.

“The race provides explorers with an opportunity to work with and learn from officers while carrying out the very important task of protecting runners,” said Police Lt. Lucas Gallant, who helps lead the Police Explorers. “The financial gift to the explorer post that funds the scholarship is greatly appreciated.”

About the Town of Vernon

The Town of Vernon is a celebrated place to live, work and visit. From its beautiful parks and lakes, to its vast trails and historic homes and buildings, Vernon is a resilient and thriving community that promotes the health and wellbeing of its residents and values the natural environment. With a resident population of approximately 30,000 and occupying 18.03 square miles, Vernon combines a balanced appreciation of history, and a strong economic base for growth, both residential and commercial. Located 15 minutes east of the Connecticut capital of Hartford, and 25 miles from the City of Springfield, Massachusetts, the Town of Vernon is strategically located in “New England's Knowledge Corridor” with close proximity to some of the top colleges and universities in the country.

Recently designated as a certified Sustainable Community, the Town of Vernon offers a wide range of benefits and services to its residents. The Town of Vernon is a full-service municipality that practices a management philosophy of continuous quality improvement. To learn more about the Town of Vernon, please call (860) 870-3670 or visit www.vernon-ct.gov.

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