

# 2023 Herring Run & Paddle

Annual 5K Run/Walk and 3, 9 & 12 Mile Paddle on the Mystic

📍 Blessing of the Bay Boat house, Somerville, MA



5K run/walk race and three paddling races (3, 9, and 12 miles). The 5K course continues along the Mystic River bike path and through Torbert MacDonald Park. The paddle course is along the Mystic River. For the 12 mile course there is a portage.



For how to unlock, contact the Race Director:  
[Elorpheton.deneus@mysticriver.org](mailto:Elorpheton.deneus@mysticriver.org)

\*Youth are considered  
17 and under



<https://raceroster.com/events/2023/67513/mystic-river-herring-run-and-paddle-2023>

## What to Expect:

- Food & Music
- Games - Corn Hole
- Education Tables
- Prizes
- Events



**Last Day to Register Online:**  
Wednesday, May 17th 11:59PM

**On Day Registration:**  
Sunday, May 22nd 8AM

Scan for more info +  
register for the event  
here:



[www.mysticriver.org](http://www.mysticriver.org)



**Mystic River**  
WATERSHED ASSOCIATION