

The Concierge

TIPS FOR TOURING HERE AND ABROAD



Runners pass Pond Cove during the TD Beach to Beacon 10K in Maine.

KEVIN MORRIS

By Lauren Daley
GLOBE CORRESPONDENT

The Boston Marathon is Monday, and whether you're an avid marathoner who will need a new race to fixate on after Boston, or whether you just love a weekend 5K for the post-race brownies and beers, we've got some of the best New England races worthy of a road trip.

MASSACHUSETTS

Westport's Horseneck Half Marathon is a gorgeous post-Boston half, and something of a hidden gem. A stunner of a course with an oceanside start and finish at Horseneck Beach State Reservation, the 13.1 loop winds past beach dunes, estuary streams, stretches of ocean, and rolling acres of farmland, woods, and vineyard. You'll wish you had time to stop and take photos, PR be darned.

Bonus: You can peel off your socks at the finish and keep running right into the cooling surf. May 21. 9 a.m. Registration ends May 19. horseneck-half.com

Escape to Cape Cod for the postcard-worthy New Balance Falmouth Road Race. Now in its 45th year, the 7-miler from Woods Hole to Falmouth Heights has established itself as something of a highlight on the New England racing circuit. Past winners in-

cluding greats Frank Shorter, Bill Rodgers, and Alberto Salazar, and it typically draws an international field including Olympians and elites, among some 11,000 runners. Even if you're not gunning for the \$10,000 first prize or planning on breaking Kenyan Gilbert Okari's 31:08 course record, you'll enjoy the classic Cape views, miles of Vineyard Sound shoreline, beachside finish — and that oh-so-lovely ocean breeze. Aug. 20. 9 a.m. www.falmouthroadrace.com.

MAINE

Take a summer trip to that quintessential slice of coastal Maine that is Cape Elizabeth for the TD Beach to Beacon 10K. Now in its 20th year, the race — founded by 1984 Olympic marathon gold medalist and former Boston Marathon winner Joan Benoit Samuelson — typically attracts elite runners from around the world.

The point-to-point beauty of a course does as its name implies, starting near Crescent Beach State Park, winding along on tree-lined roads with ocean views to a Norman Rockwell painting of a finish at the famed Portland Head Light. Aug. 5, 8 a.m. www.beach2beacon.org.

NEW HAMPSHIRE

If Heartbreak Hill just wasn't enough for you, mark your calendar for next year's Northeast Delta Dental Mount Washington Road Race in Pinkham Notch, N.H. (Registration for this year's June race is already closed.) You'll climb — er, run — 7.6 miles up the Mount Washington Auto Road. From start to summit finish, the course hikes some 4,650 vertical feet. Warning: Just watching the course video on their website may cause your quads to burn. mtwashingtonautoroad.com/mount-washington-road-race

Make a weekend of it and head to Portsmouth, N.H. for its Market Square Day 10K Road Race. The 9 a.m. race kicks off the town's June 10 Market Square Day festivities, which include live music, artisan vendors, and plenty of food in the heart of downtown. (www.proportsmouth.org/msdroadrace.cfm)

VERMONT

The Green Mountain State boasts quite a few stunning race courses. The Covered Bridges Half Marathon in South Pomfret, Vt., for one, rambles 13.1 miles through Vermont's iconic covered bridges, over peaceful waters, and by green pasture. (June 4, 8:15 a.m., cbhalfmarathon.blogspot.com/)

You might run the Craft Brew Race Stowe, a 5K in Stowe, Vt., for the views — or for post-race craft beer fest, featuring some 30 local breweries, food trucks, and live music at Stoweflake

Mountain Resort and Spa. (www.stoweflake.com/) Stoweflake serves as the starting and finishing point, and rooms are available for discount rates for runners. May 20. Race at noon. (craftbrewraces.com/stowe/)

RHODE ISLAND

If you're looking to qualify for Boston next year, The Amica Newport Marathon is an oceanside gem of a qualifier. There's also a half marathon, if that's more your game, which shares the first 13.1 postcard-worthy miles. With an ocean-side start at Easton's Beach, both courses boast miles of coastline, skirting Newport Harbor, and winding stretches of the mansion-lined Bellevue Avenue, Thames Street, Fort Adams State Park, and Ocean Drive.

The full 26.2 cruises out to Aquidneck Island and dips into Sachuest Point National Wildlife Refuge. (Oct. 8, 7:30 a.m. www.newportmarathon.com) Nosh post-race at Flo's Clam Shack near Easton's Beach. One of the best old-school seafood joints in New England. The clam cakes alone are worth the run. www.flosclamshacks.com.

Lauren Daley can be reached at ldaley33@gmail.com. Follow her on Twitter @laurendaley1.



HERE

BOSTON SIGHTSEEING PASS ADDS MUSEUM

Whether you're a local or visiting Boston, get up to 45 percent off several of the area's top attractions with the Boston CityPASS, which now includes admission to Cambridge's Harvard Museum of Natural History. Here, you can see more than 3,000 glass flowers on display, learn about the natural history and ecology of New England's regional forests, and examine thousands of rare minerals and gemstones, including rock and mineral specimens dating to the beginning of our solar system. The pass also includes admission to the Museum of Science Boston (don't miss the new chocolate exhibition running through May 7), New England Aquarium, and Skywalk Observatory atop the Prudential Center. Or opt for a Boston Harbor Cruise instead of a Harvard Museum visit. Prices: \$44 age 3-11, \$56 age 12 and older. 208-787-4300, www.citypass.com/boston.

nter. Or opt for a Boston Harbor Cruise instead of a Harvard Museum visit. Prices: \$44 age 3-11, \$56 age 12 and older. 208-787-4300, www.citypass.com/boston.

BOSTON HOTEL CELEBRATES 90 YEARS

Stay at the Boston Park Plaza hotel anytime through June 29, and you may be given a free room upgrade, complimentary tickets to sites and attractions, or special treats from the chef. The hotel celebrates its 90th anniversary with 90 Days of Surprises and Delights, when hotel staff give lucky guests surprise experiences and amenities, which may also include cocktails or dinner at the hotel's restaurant, Off the Common. The restaurant will also serve monthly cocktail specials tied to each of the last nine decades. The hotel opened its doors as the Statler Hotel in March 1927 and recently completed \$100 million in renovations that included the lobby and all 1,060 guestrooms and suites. The Anniversary Package includes a champagne amenity and runs through December 30; \$249 per night, based on availability. 617-426-2000, www.bostonparkplaza.com.

THERE

IDAHO FESTIVAL PROMOTES HEALTHY LIVING

Enjoy talks by several of the world's top wellness advocates at the 20th annual Sun Valley Wellness Festival, May 26-29, at Sun Valley Resort in Idaho. The four-day conference includes keynote presentations by Arianna Huffington, founder of The Huffington Post and CEO of Thrive Global, which helps people (and companies) improve their health and productivity; Dr. Vandana Shiva, a global activist for environmental sustainability; and

Wayne Pacelle, CEO of The Humane Society of the United States and a passionate animal rights advocate. The event also includes music, movement and yoga classes, and a Wellness Hall Experience where you can get a massage, reflexology, or a henna tattoo, or try wellness products. Festival tickets start at \$100; special lodging rates at Sun Valley Resort start at \$139. www.sunvalleywellness.org.

SEE CHINA'S TERRACOTTA WARRIORS IN SEATTLE

See real figures from China's terracotta army and other artifacts dating back 2,200 years at the Pacific Science Center in Seattle through Sept. 4. The center hosts the world premiere of "Terracotta Warriors of the First Emperor," which will only appear in Seattle and at The Franklin Institute of Philadelphia (dates there: Sept. 30 through March 4, 2018). The terracotta army in Xi'an included 6,000 carved soldiers, horses, chariots, bowmen, and archers that stood guard over Emperor Qin Shihuang's 20-square-mile burial compound. The exhibit features more than 100 life-size statues and other artifacts, and information on the science and engineering used to create the statues and the massive underground structure that held them. Don't miss the new "Mysteries of China" IMAX film. Exhibit \$26.75 ages 3-5 to \$34.75 for 16 and older; IMAX film \$6 ages 3-5 to \$10 for 16 and older. 206-443-2001, pacificsciencecenter.org/terracotta-warriors.

EVERYWHERE

AN ACTIVITY TRACKER FOR KIDS

Kids love a challenge, and with Garmin's new vivofit jr. they can see how many steps they take — and how many active minutes they log — every day, whether

they're running around, playing sports, or traveling. The activity tracker, geared to children 4 through 9, displays the basics — time, date, child's name, number of steps, and minutes of activity — but also has a countdown timer and stopwatch (handy for tracking screen time and timing backyard races), and shows the number of completed chores. Parents can use a free mobile app, which syncs wirelessly with the watch, to set up chore charts and award "coins" for completed tasks. The device, suitable for swimming and bath time, also keeps tabs on sleep, recording the amount of deep sleep and light sleep each night. The vivofit jr. has a comfy silicone band that comes in two sizes, fitting wrists up to 5.7 or 6.7 inches, and a variety of fun colors. The replaceable battery lasts about one year. \$79.99. www.garmin.com.

THIS FOOT POD CAN IMPROVE YOUR RUNNING

Take Stryd's new running power meter on the road to help monitor your training effort and efficiency, and to improve your form. The small pod, which weighs just 7 grams, attaches to the laces of your running shoes and collects data from your runs: wattage, pace, leg spring stiffness, and more. It works with ANT+ and Bluetooth Smart devices, including Garmin and Suunto watches, and automatically uploads data to the Stryd dashboard. The software analyzes and charts this data, giving you useful power numbers that help you improve running efficiency, speed, and form. Stryd can also provide training plans based on your running data for anything from a 5k to a marathon, or even a triathlon. Charge the device wirelessly on a charging pad about once a month. \$199. www.stryd.com.

KARI BODNARCHUK