

31st "Ring Around the Neck"

5 mile run/walk road race

April 25th 2:00pm

11th Children's Fun Run

April 25th 1:00pm

About the Races

This is our 31st Annual "Ring Around the Neck" 5 mile certified run/walk race. It started with just a few people many years ago and now it has blossomed into 500 runners who have fallen in love with this beautiful course!

This will be our 11th annual Children's Fun Run with the focus on family. All participants are winners! Medals given to all children!

SPONSORS

We want to recognize and thank our following corporate sponsors:



**Marblehead Smile Design
& Family Dentist**

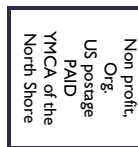
Full Potential Chiropractic



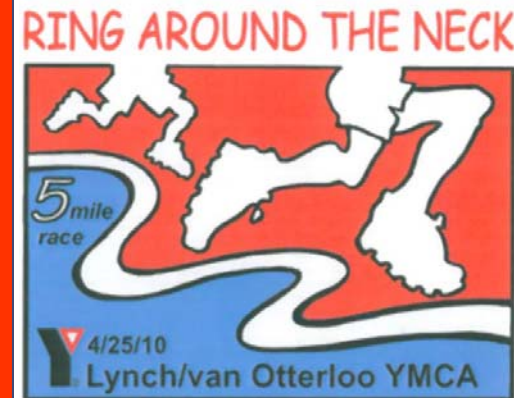
YMCA
We build strong kids,
Strong families, strong communities.



Lynch/van Otterloo YMCA
40 Leggs Hill Road
Marblehead, MA 01945
www.northshoerymca.org



**Lynch/van Otterloo YMCA
31st Annual**



Sunday, April 25, 2010

5 Mile Certified Road Race

11th Annual Children's Race

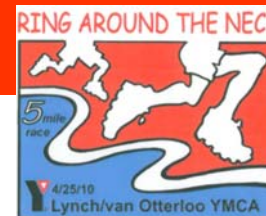
**5 mile race 2:00 pm
Children's Race 1:00 pm**



2010

LVO YMCA Road Race Information

Application



31st Annual "Ring Around the Neck"

5 mile certified run/walk race * 2pm

Course

Enjoy a scenic run through beautiful Marblehead Neck, a varied terrain where ocean views follow you throughout the race!

Awards

Top 3 Male & Female Overall

Top 3 Male & Female by age category

9 - 14	40 - 49
15 - 19	50 - 59
20 - 29	60 - 69
30 - 39	70 +

Free dri-fit t-shirt for first 200 pre-registrants!
Walkers welcome!

Children's Fun Run Race 1pm

Course

Packet pick up and Races held at Seaside Park, Atlantic Ave, Marblehead
Different yardage for each age group.

1 & under	4 yrs	7 yrs
2 yrs	5 yrs	8 yrs
3 yrs	6 yrs	9 yrs

Awards

Medals given to all who participate!
Free t-shirts to all pre-registrants.

Send a child to camp... Teach a child to swim.
Proceeds from this road race will benefit our financial assistance program which helps make all Y activities and programs accessible to the entire community. Thank You.

"Ring Around the Neck" Entry Fees

Pre-entry fee: \$20 Race day fee: \$25

Children's Fun Run Races

Pre-entry: \$8 Race Day fee: \$12

How to Register

On-line Registration: www.northshoreymca.org

Mail or drop off entry form to:

Lynch/ van Otterloo YMCA
40 Leggs Hill Road, Marblehead, MA 01945

E-mail: ornem@northshoreymca.org

Pre-Race Packet Pickup for 5 mile ONLY:

New England Running Company
Commodore Plaza, 43 Enon St, Beverly MA 01915
Saturday, April 24 10:00 am - 4:00 pm

Race Day Registration/Packet for 5 mile only:

Sunday, April 25 12:00-2:00PM
Masonic Hall, 62 Pleasant St, Marblehead, MA

Directions to Registration

Masonic Hall

(Please note new location)

62 Pleasant St, Marblehead, MA

From Route 128 (North or South). Take Exit 25 onto route 114E. Continue on Route 114E through Danvers, Salem & into Marblehead. Route 114 in Marblehead turns into Pleasant St. Continue through town and up the hill on the right.

General Information

- USATF Certified
- Computer Finish by North Shore Timing Co.
- Splits every mile
- Water stations at every mile
- Post race refreshments
- YMCA lockers & showers (40 Leggs Hill Road)
- Marblehead Police Dept. Traffic Control

Last name First name

Address

City State Zip Code

E-Mail address

Phone

Male Female _____
Date of Birth

AGE DAY OF RACE _____

T-Shirt Size

- | | |
|---------------------------------|---|
| <input type="checkbox"/> Small | <input type="checkbox"/> Kids: Age 2& under |
| <input type="checkbox"/> Medium | <input type="checkbox"/> Kids: Age 3-4 |
| <input type="checkbox"/> Large | <input type="checkbox"/> Kids: Age 5-9 |
| <input type="checkbox"/> XL | <input type="checkbox"/> XXL |

* In consideration of my acceptance of this entry, I hereby for myself, my heirs and assigns, waive any and all claims I may have against the North Shore YMCA volunteers, all sponsors, and the representatives for any and all injuries by me in the said event. I attest that I am physically fit and trained for the event and competition.

Signature

Parental Signature (if under 18)

Make checks payable to: LVO YMCA

Credit Card #

Exp Date _____ Amex, Visa, MC, Discover

Amount to charge: