

## ABOUT THE RACE

This is one of the most beautiful race courses in the United States. You will run or walk along the ocean shore past three lighthouses, several islands and Rockport Harbor, with its world-famous Motif #1.

### Kids Fun Run and Activities

Kids Fun Run will take place on the track behind the school, 1/4 lap and 1/2 lap races. There will be also be games and a moon bounce for the kids (and adults young at heart). All kids registered for the Fun Run will receive a race T-shirt.

## RUNNING FOR A GOOD CAUSE

### Ben Beyea Youth & Teen Center

Nikki Klink, Director

Since 1858, the Cape Ann YMCA has guided generations of young people from Gloucester and Rockport to make positive decisions and become engaged in opportunities for the development of a healthy spirit, mind and body.

Thanks to the efforts of Rockport citizens working with the YMCA, the Ben Beyea Youth & Teen Center was constructed and opened in the Spring of 2007. Since then, hundreds upon hundreds of youth and teens have participated in programs, volunteer efforts and events with the supportive guidance of trained and caring adult staff.

All proceeds from this event will directly support the operation and programs of the Ben Beyea Youth & Teen Center. Please visit [www.rockportteencenter.org](http://www.rockportteencenter.org) if you would like to further help Rockport's future by soliciting pledges for your run.

For more information about opportunities for local youth and teens, visit [www.cayteenandcamp.org](http://www.cayteenandcamp.org) and [www.rockportteencenter.org](http://www.rockportteencenter.org).

Register Online at [www.northshoremca.org](http://www.northshoremca.org)



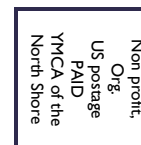
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Cape Ann YMCA  
71 Middle Street  
Gloucester, MA 01930  
[www.northshoremca.org](http://www.northshoremca.org)

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## CAPE ANN YMCA

10th Annual

# ROCKPORT FATHER'S DAY

5K & 10K Road Race

& Kid's Fun Run and  
Father's Day Celebration Cookout

Sunday, June 19th 9:00am

## Awards

- Top 3 Male & Female Overall
- Top 3 Male & Female by age category
 

<b>14 &amp; under</b>	<b>40 - 49</b>
<b>15 - 19</b>	<b>50 - 59</b>
<b>20 - 29</b>	<b>60 - 69</b>
<b>30 - 39</b>	<b>70 +</b>



**Technical shirts to the first 100 registrants!**  
Professional Timing by **North Shore Timing.**

## Free Father's Day Celebration Cookout !

After the race, enjoy grilled hot dogs, snacks and family games including a moon bounce!

## Sponsors



## How to Register

### Mail or drop off entry form to:

Father's Day Race  
Cape Ann YMCA 71 Middle St. Gloucester, MA 01930  
Phone: 978-283-0470

**On-line Registration:** [www.runreg.com](http://www.runreg.com)

**Download Application:** [www.northshoreymca.org](http://www.northshoreymca.org)

**E-mail:** [klinkn@northshoreymca.org](mailto:klinkn@northshoreymca.org)

## Entry Fees

Pre-entry (through 6/16) \$21 Kids Fun Run \$10  
Post-entry (after 6/16) \$25



### PRE-REGISTRATION RACE PACKET PICK-UP:

Saturday, June 18, 2011 10:00 am - 6:00 pm  
New England Running Company, Commodore Plaza  
43 Enon St, Beverly, MA 01915  
978-922-8870

## Starting Line & Directions

**Race Day registration and packet pick up begins at 7:30am at Rockport High School.**

**Race starts at:** 9am in front of Rockport High School  
24 Jerdens Lane Rockport, MA 01966

**Directions:** Take Rt 128N. At the second rotary, take left onto Eastern Ave/ MA 127. Drive 3 miles and take a right at High St. Drive .4 miles and take a right at Marshall St. At the end of the road, take a left at Pleasant St and an immediate right onto Summer St. At the end of Summer St., take a left onto Jerdens Lane and Rockport High School will be immediately on the right. Parking available to the left, right and front of the school.

**Restrooms available at Rockport High School.**

Last name

First name

Address

City

State

Zip Code

E-Mail address

Phone

Male

Female

Date of Birth

**AGE ON DAY OF RACE**

**5K**

**10K**

**Kids Fun Run**

Please make checks payable to the Cape Ann YMCA.

## T-Shirt Size

Youth Small

Adult Medium

Youth Medium

Adult Large

Adult Small

XL

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)