

2010

# Ipswich YMCA Road Race Information

Ipswich Family YMCA  
Road Race Application

### Course:

Beginning at the Ipswich YMCA:  
LEFT onto County Road to Essex Road (Rt 133)  
LEFT onto Heartbreak Road  
LEFT onto Argilla Road  
RIGHT onto Rocky Hill  
Follow "Argy" the gorilla back to the  
Ipswich Family YMCA

### Awards:

Local Awards for:

Top 3 Overall:  
Male / Female  
Masters;55 Male/ Female  
Under 16 Male/Female  
First Ipswich Male/Female

Series Points Awarded for:

19yrs and under  
20-29yrs  
30-39yrs  
40-49yrs  
50-59yrs  
60+

Refreshments to  
follow the Adult  
5K!



### How to Register

Submit all paper applications to The Ipswich Family YMCA.

To register online visit [www.northshoreymca.org](http://www.northshoreymca.org), click on the "2009Road Race Series" link. Downloadable applications are also available on that site.

Register by the end of Wed 4/14, and you can pick up your Registration Packet at New England Running Company any time between 10am-7pm.  
(Commodore Plaza, Enon St., North Beverly)

**All applications must be received by Friday April 16th in order to qualify for the Pre-Registration Fee.**

### Entry Fee (cost of pre/post and mailing info)

Pre-Registration Fee: \$17  
(received by Friday April 18th)

Post Registration Fee (Day-of): \$22

### Children & Family Events (children ages 5-12)

\$5 per child

All Children must be accompanied by an adult for activities

Youth Activities (ages 5+) during Adult 5K Race

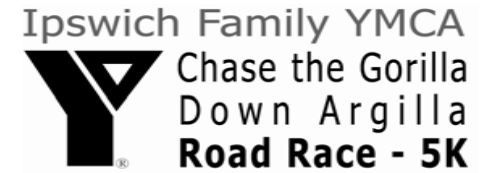
Kids 1 mile @ 10am

Following the races, the Gorilla will be available for individual and family photos! Bring your Cameras!

### Directions to the Ipswich YMCA

From Route 128 N or Route 128 S, take Route 1A North to Ipswich.

In Ipswich you will pass the Whittier Motel on your right, and Ipswich Ford on your left. The YMCA will be immediately on your right.



First name Last name

Address

City State Zip Code

E-Mail address

Phone ( )

Male  Female Age Date of Birth

### T-Shirt Size

Medium  XL Large  Kids Medium  
 Large  XXL  Kids Large

\* 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 )

Ipswich Family YMCA  
110 County Road  
Ipswich, MA 01938  
Terry Gauthier, Health & Wellness Director  
gauthiert@northshoreymca.org 978-356-9622 x110

# "Chase the Gorilla Down Argilla" Saturday April 17, 9:00 am

## About the Race

This is our fifth year hosting the Gorilla Chase. We hope you and your family enjoy the day and our festivities with our popular local character "Argy".

## Sponsors



### Institution For Savings

A Special Thank you to  
MERCURY BREWING  
for donating SODA for our  
Children's and Family Events!



We build strong kids,  
Strong families, strong communities.



Ipswich Family YMCA  
110 County Road  
Ipswich, MA 01938  
www.northshoremca.org



North Shore YMCA Road Race  
www.northshoremca.org

## Ipswich Family YMCA Chase the Gorilla Down Argilla Road Race - 5K

Saturday, April 17, 9:00 am



Sponsored by:

### Institution For Savings



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*where you belong!*

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North Shore