

# The Around Cape Ann 25K Road Race

Labor Day Monday, September 6, 2010  
9:00 AM

## Why You Must Run This Race:

- Ideal preparation for all major fall marathons
- One of America's oldest, toughest, & most scenic races
- The ONLY USATF-certified 25K in all of New England plus New York (#MA01023RN)
- Where the great Johnny Kelley and Bill Rodgers trod
- The only race that finishes with a wicked-crooked hill
- Site of the world 25K best for women in August (1979)
- A great way and a great place to spend Labor Day — come and get to know Cape Ann!

*Special Thanks to ALL our volunteers,  
the City of Gloucester & Town of Rockport.*

## Our Sponsors:



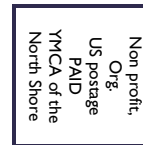
We build strong kids,  
Strong families, strong communities.



The Around Cape Ann 25K: part of the  
North Shore Road Race Series



Cape Ann YMCA  
71 Middle St  
Gloucester, MA 01930  
www.northshoreymca.org



Part of the



Cape Ann YMCA



Run the Goose Road Race - 7K ♦ Around the Cape Road Race - 25K

# The 77th Around Cape Ann 25K Road Race

Labor Day Monday  
September 6, 2010 \*\* 9:00 AM



Sponsored by:



# 2010 Around Cape Ann 25K Race Information

## Around Cape Ann 25-Kilometer Road Race Application

### The Course

Challenging USATF-certified 25K (15.56 miles) course along scenic coastal Gloucester and Rockport. Ocean views and old New England villages with waterfront sections spread throughout the course. (*Oh, and did we mention the sixteen major hills?*) Mile markers and times, refreshment stations, post-race festivities, unique awards, raffle, and much more!

### **Professional timing by North Shore Timing**

**Long Sleeve Technical Shirts  
guaranteed to runners pre-registered  
by August 11, 2010**

### Additional Awards:

1st Cape Ann Resident (Male & Female)

1st, 2nd & 3rd place

M/F age divisions, as follows:

19-under; 20-29; 30-39; 40-49; 50-59; 60-69; 70-over.

PLUS Custom-designed long-sleeve technical shirts to all pre-registrants!

USATF Team Awards:

Overall Male & Overall Female

**North Shore Road Race Series points will  
also be awarded!**

### **Children's Fun Run: 10:00 a.m. start**

on the O'Maley School track. Different distances for each group: ages 4 & under; ages 5-7; ages 8-10.

### Entry Fee

Pre-entry Received by 9/3/10: \$31.00

After 9/3/10: \$36.00

Race Day Registration: \$36.00

Children's Fun Run (pre- or day-of-race): \$5

**Race Day Entries include T-shirts while they last.**

### **How to Register:**

- 1) On-line at [www.northshoreymca.org](http://www.northshoreymca.org)
- 2) Mail this from to:

### **Around Cape Ann 25-Kilometer Road Race**

### **Cape Ann YMCA**

**71 Middle Street**

**Gloucester, MA 01930**

Race Director: Barbara Berry

[berryb@northshoreymca.org](mailto:berryb@northshoreymca.org)

(978) 283-0470, ext. 1709

### **Pre-Race packet pickup available:**

**Saturday, September 4, 2010 (9:30 am - 6:00 pm)**

**Sunday, September 5, 2010 (12:00 noon - 5:00 pm)**

### **New England Running Company**

**Commodore Plaza, 43 Enon Street**

**Beverly, MA 01915**

**Ph. (978) 922-8870**

*Race-day registration and packet pickup begins at*

*7:30 a.m. at the O'Maley Middle School.*

### **Directions**

Route 128 north to third exit off Grant Circle rotary onto Washington Street. Follow for 1/2 mile. Turn right onto Osman Babson Drive (entrance to Ralph B. O'Maley Middle School). Follow for 1/2 mile to the main parking lot.

*Proceeds from the Around Cape Ann 25-kilometer road race will benefit the **financial assistance program of the Cape Ann YMCA**, which helps make the YMCA's activities accessible and affordable for all residents of Cape Ann.*



First name Last name

Address

City State Zip Code

E-Mail address

Phone

Male  Female Age Date of Birth

USATF Team Name: \_\_\_\_\_

Club Code: \_\_\_\_ \_

NOTE: PRE-REGISTRATION ONLY — no day-of-race team registration

### **T-Shirt Size**

Small  XL  Kids: Age 4 & under

Medium  XXL  Kids: Age 5-7

Large  Kids: Age 8-10

\* 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 )

**NOTE:** *The Around Cape Ann 25K is a demanding event — there are several hills and the weather may be warm. It is not recommended for children under age 12.*