

2010

# Rowley Poker 5K Road Race Information

Ipswich Family YMCA  
Road Race Application



## Course

Beginning at Rowley VFW (Bradford St.)  
Take first right onto Summer Street (.8mi)  
Take left onto Central (.5mi)  
Take left at Bennett Hill Rd. (.6 mi)  
Take left onto Wethersfield (.9mi)  
Take right onto Bradford (.3 mi)  
Finish at Rowley VFW

*Refreshments to follow.*

## Awards

Local Awards:

Top Overall:  
Male / Female  
19 and under / 20-39 / 40-49/ 50-59/ 60+

Series Points Awarded for:

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

## Proceeds

Proceeds from the Rowley Poker 5K will benefit our financial assistance program which helps make all Y activities and programs accessible to the entire community.

## How to Register

To register online, visit [www.northshoreymca.org](http://www.northshoreymca.org)  
OR

Submit paper applications to The Ipswich Family YMCA.

Register by the end of Wednesday 9/15, and you can pick up your Registration Packets at **New England Running Company** from 10am-7pm on Friday 9/17.  
(Commodore Plaza on Enon Street, North Beverly)

**All applications must be received by Friday Sept 17 by Noon in order to qualify for Pre-Registration Fee.**

## Entry Fee

Pre-Registration Fee \$17 per adult  
(received by noon Friday Sept 17th)

Post Registration Fee (Day-of) \$22 per adult

## Directions

**Rowley VFW**  
**19 Bradford Street**  
**Rowley, MA 01969**

Follow Rte. 1A to Rte. 133

Take Rte. 133 towards Rowley

Turn onto Bradford Street (the VFW is behind former Sidney & Hampton's Restaurant)

First name		Last name	
Address			
City	State	Zip Code	
E-Mail address			
Phone ( )		Age	Date of Birth
<input type="checkbox"/> Male	<input type="checkbox"/> Female		

**T-Shirts available to the first 200 entrants.**

\* 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

# "Poker Run"

Saturday, September 18 9:00am

## Poker 5 Methodology:

Runners will receive 1 playing card at the start of the race, another at each mile and a final card at the finish line.

*Prizes for the best hands!*

## Sponsors



ATTORNEYS AND COUNSELORS AT LAW

INSTITUTION FOR SAVINGS

Labell Physical Therapy



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



"Rowley Poker 5K" part of the NSYMCA Road Race Series



Ipswich Family YMCA  
110 County Road  
Ipswich, MA 01938



Part of the  
North Shore YMCA  
ROAD RACE SERIES



Saturday,  
September 18th  
9:00am



Sponsored by:



ATTORNEYS AND COUNSELORS AT LAW

INSTITUTION FOR SAVINGS

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