

30th "Ring Around the Neck"  
5 mile run/walk road race  
April 26th 2:00pm

### About the Race

This is our 30th 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 400 runners who have fallen in love with this beautiful course!

This will be our 9th 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:

**MACOMBERS' ELECTRICIANS**

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**PEAK PERFORMANCE**

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YMCA

We build strong kids,  
Strong families, strong communities.



Lynch/van Otterloo YMCA  
40 Leggs Hill Road  
Marblehead, MA 01945  
[www.northshoreymca.org](http://www.northshoreymca.org)



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2009



Marblehead/Swampscott YMCA  
**Ring Around the Neck - 5Mile**

**30th Annual  
"Ring Around the Neck"  
5 Mile Certified Road  
Race  
9th Annual Children's  
Race**



**Sunday  
April 26th  
2:00 pm**

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



