



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 the arrows & "Argy" the Gorilla back to the Ipswich Family YMCA

Awards:

Local Awards for:

- Top 3 Overall: M/F
- Masters 40-54 M/F
- 55+ M/F
- Under 16 M/F
- First Ipswich M/F

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.northshoremca.org, click on the "2009 Road Race Series" link. Downloadable applications are also available on that site.

Register by the end of Wed 4/15, 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 Thursday, April 16th at noon in order to qualify for the Pre-Registration Fee.

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

Pre-Registration Fee: \$17
(received by Thursday April 16th by noon)

Post Registration Fee (After Noon on Thursday): \$22

Children & Family Events (children ages 3-12)

\$5 per child (shirts not included)

All Children must be accompanied by an adult for activities

Youth Activities (ages 3+) during Adult 5K Race

- Age 3-4 1/4 Mile
- Age 5-6 1/2 Mile
- Age 7+ 1 Mile

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 Hotel 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 ()			
<input type="checkbox"/> Male	<input type="checkbox"/> Female	Age	Date of Birth

T-Shirt available to first 250 runners

* 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@northshoremca.org 978-356-9622 x110

"Chase the Gorilla Down Argilla"
Saturday April 18, 2009 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



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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.northshoreymca.org

2009



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

Saturday, April 18, 2009
9:00 am



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