



Course

Gloucester's Backshore! Coastal route with beautiful ocean views. Mile markers and water stops. Pre-registrations include a technical shirt!

Registered runners are welcome to join us for a post-race awards party and buffet. Spectators and guests are invited to attend for a nominal fee.

Professional timing by North Shore Timing.

Awards

Male and Female in the following categories:

1st, 2nd, 3rd Place Overall

1st Cape Ann Resident

1st, 2nd & 3rd Place in each age division, as follows

19 & under

20-29

30-39

40-49

50-59

60-69

Over 70

The North Shore YMCA presents the 2009 YMCA of the North Shore Road Race Series!

Participate in 5 or more races, and you'll qualify as a series competitor — but run as many as you like! You'll receive points for each of your finishes, and your top five scores will be entered into the series standings.

Visit www.northshoreymca.org for more information.

Send a child to camp.... Teach a child to swim.

Proceeds from the Cape Ann YMCA Backshore Road Race will benefit our financial assistance program, which helps make all Y activities and programs accessible to the entire community.

How to Register

Register online:

www.northshoreymca.org

Mail To: Backshore Road Race
Cape Ann YMCA
71 Middle Street
Gloucester, MA 01930

E-mail: bembridgen@northshoreymca.org

Pre-Race Packet Pickup at:

New England Running Company

Commodore Plaza
43 Enon St
Beverly, MA 01915
978-922-8870

Thursday, May 7th from 10:00am-7:00pm

Race day registration and packet pickup begins at 5:00 pm at race start (Bass Ave at the Good Harbor Footbridge).

Entry Fee

Pre-entry Fee: \$20.00

Race Day Registration: \$25.00

Additional tickets for post race awards party and buffet will be available for \$5 each.

Directions

Route 128 North to first rotary. Take the second exit off the rotary. Follow 128 extension to second rotary. Take second exit off rotary. Follow 128 extension to lights. Take left at lights onto Eastern Ave. Follow one half mile to Shaw's Market Plaza. Take immediate right after Shaw's Market. At bottom of hill take a left, follow one half mile. Beach entrance is on the right.

Please park in beach lot.

Public restrooms available as well in the beach lot.

First name

Last name

Address

City

State

Zip Code

E-Mail address

Phone

Male

Female

Age

Date of Birth

T-Shirt Size

Small

XL

Medium

XXL

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)

Cape Ann YMCA
71 Middle Street
Gloucester, MA 01930
bembridgen@northshoreymca.org
978-283-0470 ext 109

To register online go to: www.northshoreymca.org

Backshore Road Race
Friday, May 8, 2009
6:30pm

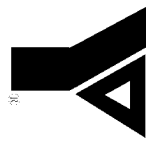
About the Race

Run along the backshore of Gloucester and take in our breathtaking ocean views! Then join us for a post-race awards party and buffet at the Gloucester House Restaurant.

Sponsors



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



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

Backshore Road Race part of the
North Shore YMCA Road Race Series

2009



Part of the



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Sponsored by:



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Org.
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YMCA of the
North Shore