

# 4th Annual Independence Road Race

5K Road Race  
July 9th 6:30pm

## About Our Race

Each and every year our Road Race gets larger. What better way to spend a July evening than running along the Merrimack and having lots of family fun. Come join us at the 4th Annual Independence Road Race.

## Sponsors



**Merrimack  
Valley  
Hospital**

A New Day. A New Vision for the Valley.



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



Haverhill YMCA  
81 Winter Street  
Haverhill, Ma 01830  
[www.northshoreymca.org](http://www.northshoreymca.org)

# 2009

Part of the:

**North Shore YMCA  
Road Race Series**



**Haverhill YMCA**  
**Independence  
Road Race - 5K**

4th Annual Independence  
Road Race-5K  
&  
Kids' Fun Run

Thursday July 9, 2009  
6:30 pm 5K Race  
5:45 pm Kids' Fun Run



Sponsored by:



YMCA OF THE NORTH SHORE  
*where you belong!*

Non profit,  
Org.  
US postage  
PAID  
YMCA of the  
North Shore



## Independence 5K Road Race

### Course

A great residential course design with wide roads will guide you along the Merrimack River, finishing at the stadium at Riverside Park.

The course will be professionally timed and has been accurately measured by a Jones/Oerth counter.

### Awards

#### Top 3 Male and Female Overall

Top 3 Male and Female by age category:

- 19 and under
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

T-shirt is included with all pre-registrants!

Walkers are welcomed!

### Kids' Fun Run

Thursday, July 9th  
5:45 pm

### Course

Races will be held inside the stadium, and distances will be according to each age group.

- 3 and under
- 4-6 years
- 7 and up

### Awards

**Ribbons are given to all who participate.**

T-shirt is included with all pre-registrants!

## How to Register

To register online, visit [www.northshoreymca.org](http://www.northshoreymca.org) and click on the Road Race Series link!

Or mail applications to:

**Michael Lescord**

Haverhill YMCA  
81 Winter Street  
Haverhill, Ma 01830

Register before July 3rd, and you can pick up your race packets at **New England Running Company on July 8th.** (Commodore Plaza, North Beverly, MA)

*All race packets and registration materials will also be available at the registration table on the day of the race.*

**Registration begins at 5:00 pm.**

## Entry Fee

Pre-entry fee:	\$16
Race Day Entry fee:	\$21
Children's Fun Run:	\$5

## Directions

From 495 North, take exit 49. Take a right off the exit onto River Street. Continue on River Street past Route 125 and then River Street turns to Water Street. Remaining on Water Street, it turns into Lincoln Avenue. Once on Lincoln Avenue, Riverside Park is on your right.

From 495 South take exit 49 and take a left off the exit. From there follow the directions above.

**Parking lots are located all around Riverside Park.**

**Registration will take place on Lincoln Avenue.**

**Restrooms are located inside the stadium.**

## Proceeds

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

First name Last name

Address

City State Zip Code

E-Mail address

Phone

Male  Female Age Date of Birth

### T-Shirt Size

- Small  XL  Kids: Age 2& under
- Medium  XXL  Kids: Age 3-4
- Large  Kids: Age 5-9

\* 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 )

### Haverhill YMCA

81 Winter Street  
Haverhill, Ma 01830

#### Contact:

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