

5th Annual  
Independence Road Race  
5K Road Race  
July 15th 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 5th Annual Independence 5K Road Race.

Sponsors



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



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

2010



2010  
North Shore YMCA  
Road Race Series



Haverhill YMCA  
Independence  
Road Race - 5K

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

Thursday July 15, 2010  
6:30 pm 5K Race  
5:45 pm Kids' Fun Run



Sponsored by:



Non profit,  
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US postage  
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YMCA of the  
North Shore

## Independence 5K Road Race

### Course

5th year and running, our Independence 5K Road Race has grown bigger every year. The great residential course design, auxiliary police escort, course marshal volunteers, our beloved refreshment table volunteers, fun family atmosphere with Kids Fun Run and cookout have all made this race a success. You won't want to miss what we add this year.

### 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, joggers and strollers are all welcomed!  
Bathrooms are on site!

### Kids' Fun Run

Thursday, July 15th  
5:45 pm

### Course

Race distances will be according to age group.

- 3 and under-50 yard dash
- 4-6 years-100 yard dash
- 7 and up-1/4 mile run

### 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 12th, and you can pick up your race packets at **New England Running Company on July 14th.**  
(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:	\$17
Race Day Entry fee:	\$22
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			
<input type="checkbox"/> Male	<input type="checkbox"/> Female	Age	Date of Birth

## T-Shirt Size

- |                                 |                              |   |
|---------------------------------|------------------------------|---|
| <input type="checkbox"/> Small  | <input type="checkbox"/> XL  | <input type="checkbox"/> Kids: Age 2& under |
| <input type="checkbox"/> Medium | <input type="checkbox"/> XXL | <input type="checkbox"/> Kids: Age 3-4      |
| <input type="checkbox"/> Large  |                              | <input type="checkbox"/> 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:**  
**Michael Lescord**  
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978-374-0506 ext. 1603