

Run the Goose 7K

Monday September 7, 2009
9:00 AM

About the Race

Run the Goose 7K is the sister race to the famous Around the Cape 25K race. Starting in 2004, this shorter, but challenging, race has steadily grown in popularity.

Post race awards and festivities, including a Children's Fun Run, make this day great for the whole family!

Sponsors



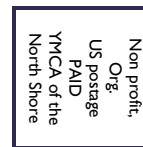
We build strong kids,
Strong families, strong communities.



Run the Goose 7K, part of the North Shore
Road Race Series



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



2009

Part of the



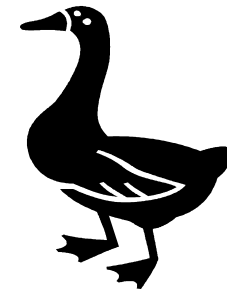
Cape Ann YMCA



Run the Goose Road Race - 7K ♦ Around the Cape Road Race - 25K

Run the Goose Road Race -7K

Monday
September 7, 2009
9:00 AM



Sponsored by:





Course

Start and finish on paved road. Most of the course is run through the beautiful Goose Cove Reservoir. Split times, water stations, raffles and post race festivities.

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 age division, as follows

19 & under

20-29

30-39

40-49

50-59

60-69

Over 70

Children's Fun Run 10:00AM

Children's Fun Run Races are held on the O'Maley Track.

There is different yardage for each group:

4 & under 5-7 8-10

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.

Entry Fee

Pre-entry Received by 9/1/09: \$17.00

After 9/1/09: \$22.00

Race Day Registration: \$22.00

Children's Fun Run Pre-Registration or Day of Race: \$5

Race Day Entries include T-shirts while they last.

How to Register

1) **On-line at: www.northshoreymca.org**

2) **Mail this form to:**

Run the Goose 7K Road Race

Cape Ann YMCA

71 Middle Street

Gloucester, MA 01930

E-mail: bembridgen@northshoreymca.org

Pre-Race Packet Pick-up available:

Saturday, September 5, 2009 (9:30AM-6:00PM)

Sunday, September 6, 2009 (12:00noon-5:00PM)

New England Running Company

Commodore Plaza

43 Enon Street

Beverly, MA 01915

978-922-8870

Race day registration and packet pick-up begins at 7:30 AM at the O'Maley School.

Directions

Rte. 128 North to third exit off of Grant Circle rotary onto Washington St. Follow for 1/2 mile. Turn right onto Osman Babson Drive. This is the entrance to Ralph B. O'Maley School. Follow for 1/2 mile to the school parking lot.

| | | | |
|-------------------------------|---------------------------------|-----------|---------------|
| 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 4 & under |
| <input type="checkbox"/> Medium | <input type="checkbox"/> XXL | <input type="checkbox"/> Kids: Age 5-7 |
| <input type="checkbox"/> Large | | <input type="checkbox"/> Kids: Age 8-10 |

* 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) |