

The Around Cape Ann 25K Road Race

Labor Day Monday, September 7, 2009
9:00 AM

Why You Must Run This Race:

- Ideal preparation for all major fall marathons
- One of America's oldest, toughest, & most scenic races
- The ONLY USATF-certified 25K in all of New England plus New York (#MA01023RN)
- Where the great Johnny Kelley and Bill Rodgers trod
- The only race that finishes with a wicked-crooked hill
- Site of the world 25K best for women in August (1979)
- A great way and a great place to spend Labor Day — come and get to know Cape Ann!

*Special Thanks to ALL our volunteers,
the City of Gloucester & Town of Rockport.*

Our Sponsors:



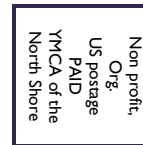
We build strong kids,
Strong families, strong communities.



The Around Cape Ann 25K: 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

The 76th Around Cape Ann 25K Road Race

Labor Day Monday
September 7, 2009 ** 9:00 AM



Sponsored by:



2009

Around Cape Ann 25K Race Information

The Course

Challenging USATF-certified 25K (15.56 miles) course along scenic coastal Gloucester and Rockport. Ocean views and old New England villages with waterfront sections spread throughout the course. *(Oh, and did we mention the sixteen major hills?)* Mile markers and times, refreshment stations, post-race festivities, unique awards, raffle, and much more!

Professional timing by North Shore Timing

Overall PRIZES

Overall Male and Female winners will receive an Original Painting by local artist Carleen Muniz.

Additional Awards:

1st Cape Ann Resident (Male & Female)

1st, 2nd & 3rd place M/F age divisions, as follows:

19-under; 20-29; 30-39; 40-49; 50-59; 60-69; 70-over.
PLUS Custom-designed long-sleeve T-shirt to all pre-registrants!

USATF Team Awards: Overall Male & Overall Female

North Shore Road Race Series points will also be awarded!

Children's Fun Run: 10:00 a.m. start

on the O'Maley School track. Different distances for each group: ages 4 & under; ages 5-7; ages 8-10.

Entry Fee

Pre-entry Received by 9/2/09: \$30.00

After 9/2/09: \$35.00

Race Day Registration: \$35.00

Children's Fun Run (pre- 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 from to:

Around Cape Ann 25-Kilometer Road Race

Cape Ann YMCA

71 Middle Street

Gloucester, MA 01930

Race Director: Nicole Bembridge

bembridgen@northshoreymca.org

(978) 283-0470, ext. 1709

Pre-Race packet pickup available:

Saturday, September 5, 2009 (9:30 a.m. - 6:00 p.m.)

Sunday, September 6, 2009 (12:00 noon - 5:00 p.m.)

New England Running Company

Commodore Plaza, 43 Enon Street

Beverly, MA 01915

Ph. (978) 922-8870

Race-day registration and packet pickup begins at 7:30 a.m. at the O'Maley Middle School.

Directions

Route 128 north to third exit off Grant Circle rotary onto Washington Street. Follow for 1/2 mile. Turn right onto Osman Babson Drive (entrance to Ralph B. O'Maley Middle School). Follow for 1/2 mile to the main parking lot.

*Proceeds from the Around Cape Ann 25-kilometer road race will benefit the **financial assistance program of the Cape Ann YMCA**, which helps make the YMCA's activities accessible and affordable for all residents of Cape Ann.*

Around Cape Ann 25-Kilometer Road Race Application



First name Last name

Address

City State Zip Code

E-Mail address

Phone

Male Female Age _____ Date of Birth _____

USATF Team Name: _____

Club Code: ____ _

NOTE: PRE-REGISTRATION ONLY — no day-of-race team registration

T-Shirt Size

Small XL Kids: Age 4 & under

Medium XXL Kids: Age 5-7

Large 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)

NOTE: *The Around Cape Ann 25K is a demanding event — there are several hills and the weather may be warm. It is not recommended for children under age 12.*