

Course

A beautiful course along the shore!

Beginning at Rockport High School:

5K- Run east on Jerdens Lane and take a right on South Street. Left at Marmion Way. Right on Old Garden. Left on Norwood. Right on Highland. Left on Atlantic. Atlantic becomes South Street. Right back onto Jerdens Lane.

10K- Run east on Jerdens Lane and take a right on South Street. Left on Penzance, past Pebble Beach. Right on Eden, continue along the shore. Right on South Street. Right on Marmion Way. Right on Old Garden. Left on Norwood. Right on Highland. Left on Atlantic. Atlantic becomes South Street. Right back onto Jerdens Lane.

Professional timing by North Shore Timing.

5K & 10K Awards

Male and Female in the following categories for each race:

1st, 2nd, 3rd Place Overall & 1st Rockport Resident

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

- 13 & under
- 14-19
- 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.

How to Register

Register online: www.northshoreymca.org

Mail To: Father's Day Race
c/o YMCA Teen & Camp Services
9 Center Street,
Gloucester, MA 01930
E-mail: klinkn@northshoreymca.org

Pre-Race Packet Pickup at:
New England Running Company

Commodore Plaza
43 Enon St, Beverly, MA 01915
978.922.8870

Friday, June 19th & Saturday, June 20th from 10:00am-7:00pm

Race day registration and packet pickup begins at 7:30 am at race start (Rockport High School, Jerdens Lane, Rockport).

Entry Fee

	<u>Individual</u>	<u>Duo Team (2)</u>
Early Bird Registration (through 7/18)	\$17	\$30
Late Bird Registration: (after 7/18)	\$22	\$40

Father's Day Celebration Cookout—FREE

After the race, runners and families are invited and encouraged to join us at Rockport's Ben Beyea Youth & Teen Center (32 Pooles Lane) at Evans Field in Rockport. We will offer a variety of Children's Games and Family Events, in addition to a splendid repast of burgers, dogs and more!

Directions to Rockport High School

Take Rt. 128N. At the second rotary, take a left onto Eastern Ave/ MA-127. Drive 3 miles and then take a right at High St. Drive .4 mi and take a right at Marshall St. At the end of the road, take a left at Pleasant St and an immediate right onto Summer St. At the end of Summer St, take a left onto Jerdens Lane and the High School will be immediately on your right.



Rockport Father's Day Race 5K & 10K

One registration form for each runner please.

First name _____ Last name _____

Address _____

City _____ State _____ Zip _____

E-Mail address _____

Phone () _____ - _____

Gender _____ Date of Birth ____/____/____

Age on Race Day _____

Running with: _____
(needed for "Duo" registrations only)

T-Shirts available in Adult sizes - circle your choice

Sm Med Lg XL XXL

* 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.

Registering for: _____ 5K _____ 10K
(If we have to guess...we'll guess 5k)

Signature _____

Parental Signature (if under 18) _____

Teen & Camp Services YMCA 9 Center Street Gloucester, MA 01930
klinkn@northshoreymca.org 978.283.0470 x103

or register online at:
www.northshoreymca.org

Rockport Father's Day Race

Sunday, June 21st, 2009 9:00 am

About the Race

This is one of the most beautiful race courses in the United States. You will run or walk directly along the ocean shore past three lighthouses, several islands and the Rockport Harbor with its world-famous Motif #1.

Ben Beyea Youth & Teen Center

Nikki Klink, Director

Since 1858, the Cape Ann YMCA has guided generations of young people from Gloucester and Rockport to make positive decisions and become engaged in opportunities for the development of a healthy spirit, mind and body.

Thanks to the efforts of Rockport citizens working with the YMCA, the Ben Beyea Youth & Teen Center was constructed and opened in the Spring of 2007. Since then, hundreds upon hundreds of youth and teens have participated in programs, volunteer efforts and events with the supportive guidance of trained & caring adult staff.

All proceeds from this event will directly support the operation and programs of the Ben Beyea Youth & Teen Center. Please let me know if you'd like to further help Rockport's future by soliciting pledges for your run.

Sponsors



We build strong kids,
Strong families, strong communities.



YMCA Teen & Camp Services
9 Center Street
Gloucester, MA 01930
www.northshoreymca.org

2009



8th Annual Rockport Father's Day Race

5K & 10K

9:00am Sunday
June 21, 2009



Sponsored by:



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North Shore