

9th Annual
WITCH CITY 5K
 Sunday, October 25th

About the Race

The Witch City 5K is a fun filled run covering most of Salem's historic waterfront. Show off your Halloween costume as you run around town by the Common, Pickering & Derby's Wharves, and the House of Seven Gables!

Sponsors



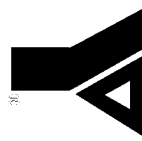
The Lobster Shanty
 Rockafella's
 Lotus Gifts
 Sovereign Bank
SALEM FIVE
 Peppy's Pizza
 (Salem Willows)



We build strong kids,



WITCH CITY 5K part of the Saucony Road Race Series



Salem YMCA
 1 Sewall Street
 Salem, MA 01970
legaultw@northshoreymca.org

2009



Sunday **OCTOBER 25**
9:00 AM
 Salem Willows Park



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



Part of the





Course

This is a fast, fairly flat course bracketed by two long, gradual hills. You'll start at the Salem Willows and wind toward downtown Salem onto Essex St. Then, turning left on Little Hawthorne Blvd., you'll run through historic Pickering & Derby's wharves, passing the House of the Seven Gables! Finally, the course loops back around the tennis courts ending near Dead Horse Beach.

Awards

**Top 3 overall/Male & Female
1st Salem Resident**

1st male/female finisher by age division:

- * under 13
- * 14-18
- * 19-29
- * 30-39
- * 40-49
- * 50-59
- * 60 and above

Costume awards for:

- * Funniest
- * Scariest
- * Most Creative

YMCA Race Series points awarded for:

- Top 3 overall Male & Female
- 19 and under
- 20-29
- 30-39
- 40-49
- 50-59
- 60 and above

All proceeds from this event will benefit our financial assistance program which helps make all YMCA activities accessible to the entire community.

How to Register

Submit all paper applications to the Salem YMCA, attn: William Legault / Race Director.

To register online or download an application, go to www.northshoreymca.org and click on the Road Race Series link.

Register by Thursday 10/18, and you can pick up your registration packets Friday 10/23 10am-7pm & Saturday 10/24 9:30am-6pm at **New England Running Company** (Commodore Plaza on Enon Street, North Beverly)

Entry Fee

\$17 Pre-entry Fee (includes race T-shirt) (must be received by Oct 20th)

\$22 Post-entry (day of race)

SCHOOL GROUPS (up to 8 runners per group)

Pre-entry \$60/Team

Post-entry \$85/Team

Day of Race registration starts at 7:45AM

Race Begins at 9AM

DIRECTIONS

From Rte 128: Take Lowell St. East exit #26 toward Peabody/ Salem. Turn slightly right onto Lowell St. Take Lowell St. 2.1 miles (will become Main St. and then Boston St.) Turn left on Bridge St. Pass straight through small rotary. Proceed .3 miles to Webb St. (following signs to Salem Willows). Continue straight to Fort Ave. Park by tennis courts or arcade.

Our **6th Annual Witch City Kids' Fun Run** will be held Saturday, October 17th at the Salem Common. This event is designed for ages 2-12 and includes prizes for winners and best costumes. The fun begins at 11AM and because it part of **Family Fun Days** there will be plenty of entertainment and fun for the whole family. Call the Salem YMCA at 978-744-0351 for more information. (Rain date is Sunday October 18th)

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) _____

Salem YMCA
 1 Sewall Street
 Salem, Massachusetts 01970

William Legault/Health & Fitness Director
 legaultw@northshoreymca.org
 978-744-0351x103