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FOR HEALTHY LIVING  
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# IMPORTANT EVENT INFORMATION

## ROCKPORT FATHER'S DAY 5K & 10K

KIDS FUN RUN 8:30AM

**SUNDAY, JUNE 19, 2016**  
**RACE START: 9:00am**

### PRE RACE DAY PACKET PICK UP

Cape Ann YMCA  
71 Middle St. Gloucester. MA. 01930  
Wednesday, June 15th-Saturday, June 18th  
(Regular YMCA Hours of Operation)

### RACE DAY INFORMATION

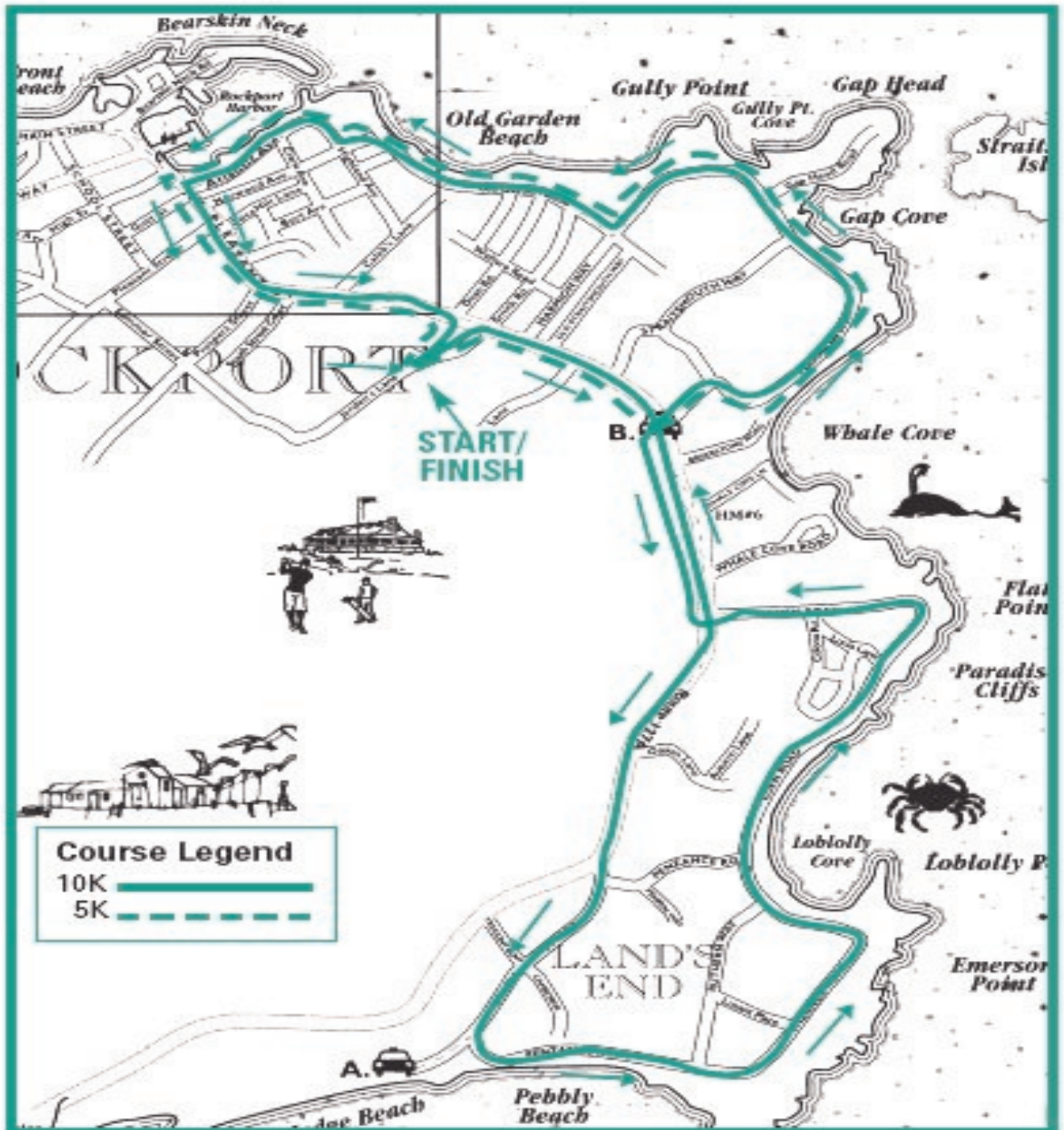
**Race Venue: Rockport High School**  
**24 Jerden's Lane Rockport, MA 01960**



- Race Day registration will be held at Rockport High School beginning at 7:30am  
Adults 14+: \$29    14& Under: \$19    Kids Fun Run: \$10
- Packet Pick up beginning at 7:30am
- Race starts (9:00am) begins and ends at Rockport High School
- Water Stops (3 for 10K \* 1 for 5K) along the course
- Strollers Welcome
- Kids Fun Run begins at 8:30am on the High School Track *(located behind the school)*  
*Distances from 50 to 440 yds*
- Photo Booth, music by 92.5 The River, Functional Movement Screenings by Beverly Hospital, a member of Lahey Health, Race Awards and more!

**For more information, please contact Barbara Berry at**  
**[berryb@northshoreymca.org](mailto:berryb@northshoreymca.org)**

**[www.northshoreymca.org/programs/healthy-living/road-races](http://www.northshoreymca.org/programs/healthy-living/road-races)**





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## ROCKPORT FATHER'S DAY 5K ROAD RACE COURSE DIRECTIONS

Start: From Ramsden Way (Access Road at school) right onto Jerden's Lane  
From Jerden's Lane turn right onto South Street  
From South Street turn left onto Marmion Way  
Stay on Marmion Way turning right onto Old Garden Road  
*(Water Stop at Old Garden Beach)*  
Stay on Old Garden Road turning left onto Norwood Avenue  
Take next right onto Atlantic Avenue  
From Atlantic Avenue turn left onto Mount Pleasant Street (which turns into South Street)  
From South Street take right onto Jerden's Lane turning left onto Ramsden Way to the finish.

## ROCKPORT FATHER'S DAY 10K ROAD RACE COURSE DIRECTIONS

Start: Jerden's Lane (stone wall at top of street)  
From Jerden's Lane turn right onto South Street  
Stay on South Street until the South Street/Thatcher Road fork  
Take left to stay on South Street take left onto Penzance Road  
*(Water Stop at Pebble Beach on Penzance Road)*  
Stay on Penzance Road turning right onto Eden Road  
*(Water Stop right before South Street turn)*  
From Eden Road right onto South Street  
From South Street turn right onto Marmion Way  
Stay on Marmion Way turning right onto Old Garden Road  
*(Water Stop at Old Garden Beach)*  
Stay on Old Garden Road turning left onto Norwood Avenue  
Take next right onto Atlantic Avenue  
From Atlantic Avenue turn left onto Mount Pleasant Street (which turns into South Street)  
From South Street take right onto Jerden's Lane turning left onto Ramsden Way to the finish.