

# The 4th Annual Lone Gull 10K Road Race

9:00 AM

Sunday, September 19<sup>th</sup>, 2010

Gloucester, MA

[www.lonegull10k.com](http://www.lonegull10k.com)



**PERRY & PERRY**  
ATTORNEYS AT LAW

**MANCHESTER ELECTRIC LLC**

- The Course:** Beautiful, fast course with slight rolling hills along the backshore of Gloucester and Eastern Point. USATF Certified course #MA07021JK.
- Proceeds:** All proceeds from entries to go towards cancer related charities via the Lone Gull Charitable Trust.
- T-Shirts:** Nike technical shirts to the first 400 entrants.
- Awards:** Three deep in all age divisions and teams. Check [www.lonegull10k.com](http://www.lonegull10k.com) for specifics.
- Entry Fee:** \$22 fee before September 1<sup>st</sup>, 2010. \$28 on or after September 1<sup>st</sup>.  
Please make checks payable to: Lone Gull 10K Charitable Trust  
Mail Pre-entries to: Wesley Lassen, 30 Millbrook Road, Beverly, MA 01915  
**ENTRY FEE IS NON-REFUNDABLE**
- Raceday Reg.:** Good Harbor Beach parking lot. Fee of \$28 payable in cash or check.
- Packet Pickup:** New England Running Company on 9/17 from 10-7 and on 9/18 from 9:30-5. Packets will also be available on race-day at Good Harbor Beach.
- Information:** Contact: Wesley Lassen, 978-922-8870  
Email: [weslassen@yahoo.com](mailto:weslassen@yahoo.com) or [www.lonegull10k.com](http://www.lonegull10k.com)
- Directions:** Route 128 North to first rotary. Take second exit off the rotary. Follow 128 extension to lights. Take left onto Eastern Ave/127. Follow 1/2 mile to Shaw's Plaza and make immediate right onto Barn Lane. At bottom of hill take a left onto Thatcher Road and follow for 1/2 mile. Good Harbor entrance is on the right.

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## The 4th Annual Lone Gull 10K

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age (on race day): \_\_\_\_\_ Gender: M F  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_ T-Shirt (unisex sizing): S M L XL  
USATF Club: \_\_\_\_\_ USATF # \_\_\_\_\_

### WAIVER OF LIABILITY:

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Lone Gull 10K race committee, its affiliates, and subsidiaries, and their respective officers, directors, employees, and volunteers, the Lone Gull Coffee House and its employees, New England Running Company and its employees, the AEPR, Inc, all Eastern Point residents and business owners, and sponsors, coordinating groups and any individuals associated with the Lone Gull 10K, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness in all media including photographs, or any other record of this event for any legitimate purpose.

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Signature (Guardian signature if under 18)

Date