

The 5th Annual Lone Gull 10K Road Race

9:00 AM

Sunday, September 18th, 2011

Gloucester, MA

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 short sleeve technical shirts to the first 500 entrants.
- Awards:** Three deep in all age divisions and teams. Check www.lonegull10k.com for specifics.
- Entry Fee:** \$25 fee before September 1st, 2011. \$30 on or after September 1st. 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...NO EXCEPTIONS.
- Raceday Reg.:** Located at Good Harbor Beach parking lot. Fee of \$30 payable in cash or check.
- Packet Pickup:** New England Running Company on 9/16 from 10-7 and on 9/17 from 9:30-5. Packets will also be available on race-day at Good Harbor Beach.
- Information:** Contact: Wesley Lassen, 978-922-8870
Email: wes@nerunningco.com or 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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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.

Signature (Guardian signature if under 18)

Date