

Nahant 30K Road Race

Sunday, September 12, 2010

The Perfect Preparation for a Fall Marathon is the Nahant 30K!

Race Start / Finish / Parking :

Nahant Beach Reservation
Half-way Station
Nahant Causeway
Nahant, MA 01908



USATF Sanctioned Race: 10-02-384

Note (Per USATF Sanctioning guidelines):

Baby Strollers are not permitted.
Wearing of headphones is not permitted.

Directions to Nahant Beach Reservation

In Lynn, from Nahant Rotary, exit towards Nahant. Drive to the end of the Nahant Causeway. Turn left at Wilson Rd and left again in front of the Dunkin Donuts to enter the **Nahant Beach Reservation** parking lot.

From the south, via Route 1A:

Follow Route 1A North to the Lynnway in Lynn. Instead of turning left on 1A into Lynn, bear right to stay on the Lynnway, to the Nahant Rotary.

From the northwest, via Route 128:

Take Route 128 to Route 129 East, exit 44B. Take 129 East until you reach the Ocean (Nahant Bay). Turn right on Lynn Shore Dr to the Nahant Rotary.

For more information: Phone: 781-558-5641 or e-mail:

nahant30k@northshorestriders.com

Race Highlights

8:30 am: Race Start

7:30 am: Sunshine Start Available only for runners expecting to run slower than 11 min/mile. (Please contact us if you expect to run slower than 14 min/mile, so we can suggest a start time.)

Course Records:

Male: **Ryan Aschbrenner**, Waltham, 1:46:40

Female: **Claudia Carargo**, Danbury, CT, 1:56:50

Nahant M: **Kevin Pruzinsky**, 2:00:09

Nahant F: **Molly Cohen**, 2:35:58

Amenities:

First 225 finishers: ASICS Arm Warmers with Race Logo

(view at www.asicsamerica.com)

Medals to all Finishers

Free photos on-line to download

Awards:

Overall: 1st M/F (+ ASICS running shoes)

Nahant: 1st M/F

Age Divisions: 1st, 2nd, 3rd M/F 19&U, 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Water stops every 3 miles or less.

Port-A-John stops every 5 miles or less.

Plenty of **post race refreshments**.

Wheel-measured course.

