

Race Sponsors:



ASICS



Tides Restaurant & Pub



Athlete's Corner



Cabot Creamery



WISE



Dunkin' Donuts



Whole Foods



Trader Joe's



place
stamp
here

Nahant 30K Road Race

31 Ravenna Avenue Salem, MA 01970
www.northshorestriders.com/Nahant30K/



Sunday,
September 27, 2009

Proceeds Benefit



The Nahant Life Saving Station
Restoration Fund

<http://www.nahant.org/townhall/coastguard.shtml>

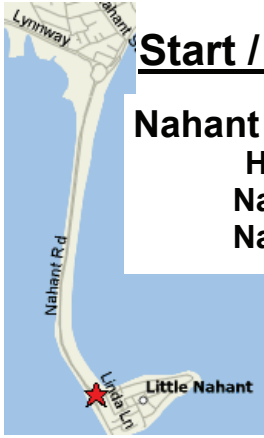
Hosted by:



Nahant
Preservation
Trust



North Shore
Striders



Race

Start / Finish / Parking

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



- USATF Sanctioned Race

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 and to submit form:

**Nahant 30K Road Race
31 Ravenna Avenue
Salem, MA 01970**

Phone: 781-558-5641

e-mail: nahant30k@northshorestriders.com

Visit our web site, for more info

www.northshorestriders.com/Nahant30K/

Race Highlights

8:30 am: Race Start

7:30 am: Sunshine Start

Available 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:

M: Ryan Aschbrenner, Waltham: 1:46:40

F: Claudia Carargo, Danbury, CT: 1:56:50

Nahant M: Set the record!

Nahant F: Molly Cohen, 2:35:58

Amenities:

- **Medals to all Finishers**
- **Awards:**
 - Overall: 1st M/F (+ ASICS shoes)
 - Nahant: 1st M/F
 - Age Divisions: 1st, 2nd, 3rd M/F 19&U, 20-29,30-39,40-49,50-59,60-69,70+
- Water stops every 3 miles or less.
- Port-A-John stops every 5 miles or less.
- Plenty of post race refreshments.
- Wheel-measured course.
- Spectacular seaside 30K course.
- Quiet Nahant streets; no major street crossings
- **Free photos on-line to download**

Optional: Technical Shirts with Race

Logo for \$10: ASICS Core Run Short

Sleeve Shirts in Men's (MR501C) or

Women's Style (WR507C) (Suggested

Retail price: \$25) for **only \$10**. Order by

Friday, 9/04/09. Specify **size** and **M/F**

Style. Sizing chart is available at

www.asicsamerica.com

Optional: Nahant 30K Running Cap: \$12

(Must order by Fri, 9/4/09)

Note (Per USATF Sanctioning guidelines):

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

The Perfect Preparation for a Fall

Marathon is the Nahant 30K!



2009 Nahant 30K Road Race Application Form

Register On-line by Fri, 9/25/09 \$27 at: www.northshorestriders.com/Nahant30K/

Register by Mail by Fri 9/25/09: \$30. Mail with Check payable to Nahant 30K Race to: **Nahant 30K Road Race**

Post Entry: \$35

Nahant 30K Running Cap: \$12 (Must order by Fri, 9/4/09)

Technical T-Shirt: \$10 (Must order by Fri, 9/4/09): **Women's** **OS** **OM** **OL** **OXL**

Men's **OS** **OM** **OL** **OXL** **OXXL**

Check one: 8:30 am Start. 7:30 am Sunshine Start **OO**

First Name _____

Last Name _____

DOB (mm/dd/yy) _____

Age on race day _____

Street Address _____

City _____

State _____

Zip _____

e-mail address _____

Phone number _____

In consideration of the entry being accepted, I hereby for myself, heirs and administrators, waive and release any and all rights and claims for damages that I may have against Town of Nahant, Town of Lynn, all sponsors and any others associated with this race for any and all injuries suffered by me before, during and after this event.

Date _____

V2009-07-20