



Nahant 30K Road Race

- Date:** Sunday, September 28, 2014, 8:30 AM (Sunshine Start at 7:30 AM*)
- Where:** Nahant Beach Reservation, Ward Bath House, Nahant Causeway, Nahant, MA 01908
- Registration:** Register online at www.northshorestriders.com or Complete form below and Mail check payable to Nahant Road Race, 5 Phillips Ave, Georgetown MA 01833
- Proceeds:** Proceeds benefit The Nahant Life Saving Station Restoration Fund
- Course:** Spectacular seaside quiet Nahant streets; no major street crossing, water stops every 3 miles or less, Port-A-John stops every 5 miles or less, course is certified and sanctioned by USATF.
- Entry Fee:** \$40 - For entries received by September 1, 2014
\$45 - For entries received by September 24, 2014
\$50 - Race day and entries received after September 24, 2014
- Amenities:** Medals to all finishers
Bag check in at the registration table
- Shirts:** First 300 registrants: Technical t-shirts; Men's and Women's style
- Awards:** Cash Awards: 1st M/F USATF-NE Overall & 1st, 2nd, 3rd USATF-NE Club Teams by age groups.
Non-cash Awards: Overall 1st M/F, Nahant 1st M/F, 1st, 2nd & 3rd M/F in age divisions: 19& U, 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
- Directions:** 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 Dunkin Donuts to enter the Nahant Beach Reservation parking lot. Drive back through the parking lot and park near the Ward Bath House.



*The sunshine start is offered for runners who expect to run at 11 min/mile or slower.

2014 Nahant 30K Road Race

First Name _____ Last Name _____ DOB (mm/dd/yy) _____ Age on race day ☐ M ☐ F

☐ Sunshine Start 7:30 ☐ 8:30 Start _____ Shirt Size (circle one) Male: M L XL XXL Female: XS S M L XL
We cannot guarantee t-shirt sizes

Street Address _____ City _____ State _____ Zip _____ 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 the 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.

Email Address _____ Signature (parent's signature if under 18 years of age) _____ Date _____