

I would like to say a big thanks to all for your continued support. As many of you may know, Rachel's life was tragically ended this past March when she was struck by a drunk driver in Del Mar, California.

This run is a continuation of an annual run coordinated by Rachel every year right after Thanksgiving. The run was on the Academy of Notre Dame's high school cross country course in Tyngsboro and all participants were asked to bring canned goods and other non-perishables for distribution to a local food pantry. Usually there were only a handful of participants but that never deterred Rachel from organizing this run every year.

Rachel always wanted this run to be a larger event and the Academy of Notre Dame has generously offered their facilities for this run on Saturday, November 29th, 2014 at 10AM for runners: 9:30AM for walkers. We would like to continue the tradition of bringing canned goods and other non-perishables to the run and all are encouraged to participate.

The run/walk will be on the cross-country course at the Academy and is about 3.1 miles in distance. It is a two loop course for the runners and a one loop course for the walkers (approximately 1.5 miles). You can see the course map on the Academy of Notre Dame Tyngsboro's website under high school, fall sports, trail map. There are tree roots, downed branches and lots of leaves on the ground at that time of year. There is a small hill but it is probably the downhill that follows that is more challenging to a runner with the leaves on the ground adding excitement to the run. You are welcome to race, jog or walk the course. Due to safety and insurance concerns, we cannot allow any baby carriages, strollers or pets on the course. The course can be very narrow in spots and all participants are asked to be considerate when passing other participants. In keeping with Rachel's desire to limit the use of plastic, reusable aluminum water bottles printed with "Rachel's Run" and a picture of a fish will be the age group award. Rachel was an avid reader and all finishers will receive a bookmark with her picture and a personal poem she wrote about herself.

Printed "Rachel's Run" t-shirts will be available to the first 100 entries. There is a \$25 pre-entry for all runners. The pre-entry fee for walkers and anyone under the age of 18 is \$20. These prices will increase by \$5 on the day of the event. For those of you wishing to forego the credit card processing fees, cash or checks can be sent to 38 Linwood Street, Chelmsford, MA 01824. Paper entries must be received no later than November 22nd. All money raised will be used to fund causes important to Rachel with an emphasis on promoting women in science and marine biology conservation research. We thank you for your support.

John, Jeanne, John Jr., Julie and Sarah Morrison