

# THE 36<sup>th</sup> 15k GREAT STEW CHASE

Sunday, February 7, 2010 - 10:00 am

K of C, 177 Lynnfield St., Lynn, MA

Sponsored by the New England Running Company, Rt. 1A, N. Beverly.

Organized by the Lynn Athletic Club

& course monitoring by the North Shore Striders

Results by North Shore Timing

Supporting the Wyoma Lions' *Journey for Sight*

USA Track and Field Sanctioned

Web info: [stewchase.com](http://stewchase.com)

## The Course

Out and back course starting from Briarcliff Lodge on Lynnfield St., Lynn and going to Centennial Park in Peabody. It returns on a similar course to finish in front of the K of C. Water at 3 and 6.5 miles. All corners and miles marked. Wheel measured. One memorable hill at the half way point.

## Refreshments

The 'world famous' Lynn AC homemade beef stew with rolls and drink. We will have a vegetarian stew too. Guests are \$3.00.

## Volunteers

The key to any successful race is a good 'army' of volunteers. We need to fill the following 'jobs' - point at a corner, call out a mile split, registration, shirt distribution, prepare and distribute the stew, video tape, or officiate at the finish line. If you can help, please call ahead of time and dress warm!! Stew and a gift!!

## Further Information

Allen Peterson 781-592-1667 (D,N) or Roger Perham 978-468-7934 (N).

Roger Perham - e-mail: [perham@comcast.net](mailto:perham@comcast.net)

Race info (pictures, past results, course description) at <http://stewchase.com>

## Registration & Number pick-up

Race-day activities will take place at the Knights of Columbus Hall at 177 Lynnfield St., Route 129, Lynn, near the entrance to Lynn Woods. Post registration from 8AM to 9:45AM. Shirts may be available but choice of sizes cannot be guaranteed. Parking and bathrooms at Briarcliff Lodge at the start. The start is 1/4 mile from the K of C. Rest rooms and changing facilities are available.

## Entry Fees

\$25.00 pre or post with a long sleeve Moisture Management shirt (no ads) or an embroidered cap with the Stew Chase logo. \$12.00 pre and post without a shirt. For entries received before January 30th, we will mail a confirmation post card and set aside the correct size shirt, if you paid for one. A portion of the entry fee will support the Wyoma Lions *Journey for Sight*.

## Prizes

First five places, male and female, in - Open (39 and under), first 2 places - Masters (40-44), Masters (45-49), Sr. Masters (50-54), Sr. Masters (55-59), Veterans (60-69), Veterans (over 70)

## Supporters

Wyoma Lions Club, Shoe City Lions Club, Friends of Lynn Woods, New England Runner Magazine, North Shore Striders, Coolrunning.com, Hockomock Swamp Rat

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Please enter me in The Great Stew Chase on Sunday, February 7, 2010.

NAME: (Print) \_\_\_\_\_

AGE: \_\_\_\_\_ Sex: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TOWN: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

Contact Tele. Number: (\_\_\_\_\_) \_\_\_\_\_

Contact E-Mail address (print very clearly): \_\_\_\_\_ @ \_\_\_\_\_

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for loses and damages I may have against the Lynn Athletic Club, City of Peabody, City of Lynn, the owners of Dearborn Rd. and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event or in traveling to or thereafter. I attest that I am fit and have sufficiently trained for the completion of this event. I further agree to follow the directives of the course monitors and local police while running the race. I understand that failure to do so could result in disqualification.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

Return with check for

\_\_\_\_\_ \$25.00 Shirt - Circle size - M L XL

or \_\_\_\_\_ embroidered cap

\_\_\_\_\_ \$12.00 (no shirt)

\_\_\_\_\_ extra shirts (size \_\_\_\_ ) @ 13.00 each

payable to Lynn AC, (Note: Don't mail after February 1st.) to:

Road Race, c/o Allen Peterson, 6 Pond View Rd., Lynn, MA 01904-2206

Enclose a SASE(business size)if you want your race number. Shirt pickup on race day.