

# THE 38<sup>th</sup> 15k GREAT STEW CHASE

Sunday, February 5, 2012 - 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  
Registration by the Wicked Track Club; Results by North Shore Timing  
Supporting the Wyoma Lions' *Journey for Sight*  
USA Track and Field Sanctioned

## 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 miles marked with some splits. Wheel measured. One memorable hill at the half way point.

## Refreshments

The 'world famous' Lynn AC homemade beef stew. We will have a vegetarian stew too. Served by the Wyoma Lions Club. Guests - \$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. If you can help, please call ahead of time and dress warm!!

## Further Information

Allen Peterson 781-592-1667 (D,N) or Roger Perham 978-468-7934 (N)  
Roger Perham - e-mail: perham@comcast.net  
Race info (pictures, past results, course description) at <http://stewchase.com>  
Updates on Facebook - 15K Great Stew Chase

## 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. New for 2012 - Electronic start and finish by Mylaps Bibtag system.

## Entry Fees

\$27.00 pre or post with a Beefy T shirt (no ads) or an embroidered cap with the Stew Chase logo.  
\$14.00 pre and post without a shirt. Pre-entries will be posted online. 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 (60-64), Veterans(65-69), Veterans (over 70)

**Supporters**

Wyoma Lions Club, Shoe City Lions Club, Wicked Running Club, New England Runner Magazine, North Shore Striders, Coolrunning.com

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Please enter me in The Great Stew Chase on Sunday, February 5, 2012.

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

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

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

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

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

Club name: \_\_\_\_\_

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. In the interest of safety, I agree not to run with a stroller, dog or earphones.

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

Return with check for

\_\_\_\_\_ \$27.00 Shirt - Circle size - S M L XL

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

\_\_\_\_\_ \$14.00 (no shirt)

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

payable to Lynn AC, (Note: Don't mail after Jan. 28th) to:

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

Enclose a SASE(business size)if you want additional information , directions and your race number.