



10th RUN FOR ALL AGES 5K ROAD RACE RUN/Walk

SATURDAY—OCTOBER 22, 2011 10 AM

LAKE QUANNAPOWITT---WAKEFIELD MA

NEW VENUE 100 QUANNAPOWITT PARKWAY, LAKESIDE OFFICE PARK

DIRECTIONS: FROM I-95/128 TAKE EXIT 39 TOWARDS WAKEFIELD.
THE FIRST LEFT AFTER THE I95/128 INTERCHANGE.



**TOP OVERALL AWARDS: SAUCONY RUNNING SHOES
TOP 3 OVERALL FINISHERS---MALE/FEMALE**

**AGE GROUP AWARDS: TOP 3 FINISHERS---MALE/FEMALE, THRU 90+ YEARS OF AGE
10 Year Divisions thru 59....5 years divisions from 60 to 90+ _MALE**/FEMALE**

**AGE GRADED CASH AWARDS, AGES FROM 40 THRU 90+
Male cash awards contributed by PaceRace National Series.



FREE T-SHIRT TO FIRST 400 APPLICANTS. REFRESHMENTS

**ENTRY FEE: \$22.00 PRE-ENTRY-POST ENTRY \$25.00 (Race day)
***** \$5.00 FOR 13 AND UNDER ----OVER 80 YEARS OF AGE---FREE*******

TIMING AND RESULTS: by Granite State Race Services

EVENT SUPPORTS---DMSE CHILDREN'S FITNESS FOUNDATION

**PAYABLE TO NEW ENGLAND 65+ RUNNERS CLUB
SEND TO: NEW ENGLAND 65+ RUNNERS CLUB
C/O NANCY WILSON
106 POND STREET**

**POST REGISTRATION:
100 QUANNAPOWITT PARKWAY
SATURDAY 9/22 8:AM-9:45 AM**

NAHANT MA 01908-1326

On-line Registration.... ***RunForAllAges.com***

MORE INFORMATION www.runforallages.com gpanarese@yahoo.com G. Panarese (781-334-4591)

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[RUN FOR ALL AGES 5K](#)

FIRST NAME _____ MIDDLE _____ LAST NAME _____
ADDRESS _____ TOWN _____ STATE _____ ZIP _____
PHONE _____ E-MAIL _____
AGE _____ GENDER M F RUN _____ WALK _____
(AGE 10-22-11) Event Entry Fee \$ _____

WAIVER MUST BE SIGNED BY ALL PARTICIPANTS SIGNATURE: _____

PARENT OR GUARDIAN'S SIGNATURE IF PARTICIPANT IS UNDER 18: _____