

VOTED ONE OF NEW ENGLAND'S TOP 75 RACES IN 2016 BY NER MAGAZINE!

SOMERVILLE 5K

WS

22ND ANNUAL SOMERVILLE HOMELESS COALITION ROAD RACE
SATURDAY, OCTOBER 7, 2017, 9AM (RAIN OR SHINE!)

THANKS TO OUR GENEROUS 2017 SPONSORS:

Somerville
ROAD RUNNERS

RED BONES



Cambridge
SAVINGS BANK

WINTER HILL BANK
CustomServe Banking



JOIE DE VIVRE
Joie de Vivre

WEDGEWOOD-CRANE & CONNOLLY
Insurance agency, inc.



EASTCAMBRIDGE
SAVINGS BANK
Connecting with customers.

Dell's Appliance
Sales + Service

Saintly
olutions

SWH
SENIOR WHOLE HEALTH

AMSTERDAM
FALAFELSHOP



AAFCPAS
great minds | great hearts

NAVED
CREDIT UNION



Law Office of MARK D. STERN www.attorneymarkdstern.com

ADAM DASH & ASSOCIATES Attorneys at Law
Committee to Elect JOSEPH CURTATONE

Thanks to our generous 2017 brunch sponsors



**22nd ANNUAL
SOMERVILLE HOMELESS COALITION ROAD RACE
SATURDAY, OCTOBER 7, 2017, 9 AM**
*to benefit the Somerville Homeless Coalition,
serving the homeless since 1985*

Mail registration form to
SOMERVILLE HOMELESS COALITION
PO Box 440436, Somerville, MA 02144
All pre-registrations must be postmarked by September 30

Name _____ Age on race day _____
Address _____ Sex _____
City _____ State _____ Zip _____
email address: _____
Running _____ Walking [untimed] _____ Wheelchair _____
Team Competition: enter as part of a team of 5 or more runners.
Team Name: _____

Entry Fee (before September 18): \$30.00 _____

Entry Fee (September 18 and after): \$35.00 _____

I pledge to raise at least \$100 **FREE ENTRY**

Purchase SHC runner's hat @ \$20 _____

Additional contribution to the SHC _____

Amount enclosed: _____

(please make checks payable to Somerville Homeless Coalition)

T-shirt size (please circle): SM MED LG XL XXL

T-shirts FREE if you register by Sept 12 or commit to raising \$100 by race day. (There may be a limited amount for sale on race day but no guarantee.)

WAIVER: In consideration of acceptance of this entry, I hereby for myself, heirs, executors, administrations, waive and release all and any rights and claims for damages I may have against the Somerville Homeless Coalition, Inc., The City of Somerville, sponsors, race officials, organizers and volunteers associated with this event for any injury that may occur as a result of my participation in this event. I also give permission to use my likeness and publish my name in the news media.

SIGNATURE: (parent or guardian if under 18)

START: 9:00 am sharp! (rain or shine)

ENTRY FEE: \$30.00 until Sept 18th; then \$35.00

REGISTRATION & CHECK IN: On race day 7:30 — 8:30 am
Wheelchairs must pre-register by Sept. 20 to ensure safety precautions with local police. Early number pick-up available the week before in Davis Square. Details on pick-up option will be e-mailed at a later date.

Registration, start, finish, brunch and awards ceremony take place behind Rite Aid at the end of the Bike Path near Highland Avenue and Grove Streets in Davis Square.

We highly recommend taking PUBLIC TRANSPORTATION. The Davis Square T station is one block from registration; take the College Avenue exit and walk back on the busway when you reach the street. We offer bag check-in during the race.

If driving, we recommend that you drive to ALEWIFE T station in Cambridge, located near the intersection of Rtes 2 and 16, and park in garage located there. Take the T one stop inbound to Davis Square.

Meters are \$1.00 per hour and early Saturday morning you will find parking on the street. There are metered parking lots on Grove Street one block south of Highland; also on Day Street and one behind Harvard Vanguard on Buena Vista off Holland.

COURSE: Urban, varied terrain, arrows at all turns, mile-markers. 5K (3.1 miles). (Certification # MA13033JK)

RESULTS: Professional, computerized **CHIP TIMING** and results by Spittler Race Systems.

AWARD CATEGORIES FOR RUNNERS:

19 and under; 20-29; 30-39; 40-49; 50-59; 60-69; 70+; and wheelchairs. Trophies awarded to top overall male and female, and to top team. Prizes will be awarded to top male and female in each category; medals to the top three place finishers.

T-SHIRTS: Free T-shirts for the first 500 registrants. (There may be a limited amount for sale on race day but no guarantee.)

RUNNER'S HATS: Black with the Somerville 5K logo (free to those who raise \$250 or more), available for purchase @ \$20. One size fits all.

POST RACE: Great brunch! Awards ceremony.

COURSE RECORD HOLDERS:

M — 15:01 Tyler Andrews (2014)
F — 17:25 Larissa Bifano (2013)
M Wheelchair — 22:28 Chris Ahearn (2003)
Team — 1:22:35 Somerville Road Runners (2008)

For your safety and that of your fellow runners, we ask you to refrain from wearing headphones during the race, nor run with your dog. We ask that anyone running with a baby stroller start at the back of the race.

For more information call the Somerville Homeless Coalition (617) 623-6111; somerville5K@shcinc.org; www.shcinc.org

VOLUNTEERS! Please email Somerville5K@shcinc.org if you would like to volunteer on race day.

ALL PROCEEDS FROM THE RACE BENEFIT the Somerville Homeless Coalition, an innovative non-profit organization that provides a wide range of social services to the Somerville area's homeless, near-homeless and working poor. The Coalition is committed to providing those in need with a range of services including emergency shelters, permanent housing for formerly homeless, educational services, food pantry and meal services, and comprehensive case management.

*** THE STEVE BURTON AWARD**

AWARDED TO THE RACE PARTICIPANT WHO RAISES THE HIGHEST AMOUNT IN PLEDGES.

*Raise over \$100.00 and enter the race for free!
Raise over \$250.00 for free entry and a free runners cap!*

Pledge money must be presented in full at registration to qualify for free entry and/or award

Steve Burton was instrumental in the success of the Somerville Homeless Coalition 5k race. A participant the first year of the race, Steve returned the second year as a member of the race committee and brought with him a runner's perspective as well as a great eye for detail and ideas. The race grew from less than 100 runners to nearly 500 within a few years. Steve also co-directed the Somerville Road Runners' Thanksgiving day race for several years, another great success. Through these races and their sponsors and the thousands of runners, from near and far, who participated in them, tens of thousands of dollars were raised annually for the benefit of the Somerville community. Steve was himself a passionate and accomplished runner, an enthusiastic volunteer and had a great love and appreciation of music and photography.

Steve passed away in 2006 at age 54 from kidney cancer.

| | Donor | Amount |
|---|--------------|---------|
| 0 | Jane Example | \$50.00 |
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| | etc | |
| Total (please copy/append form for additional pledges) | | |



Register online: www.active.com