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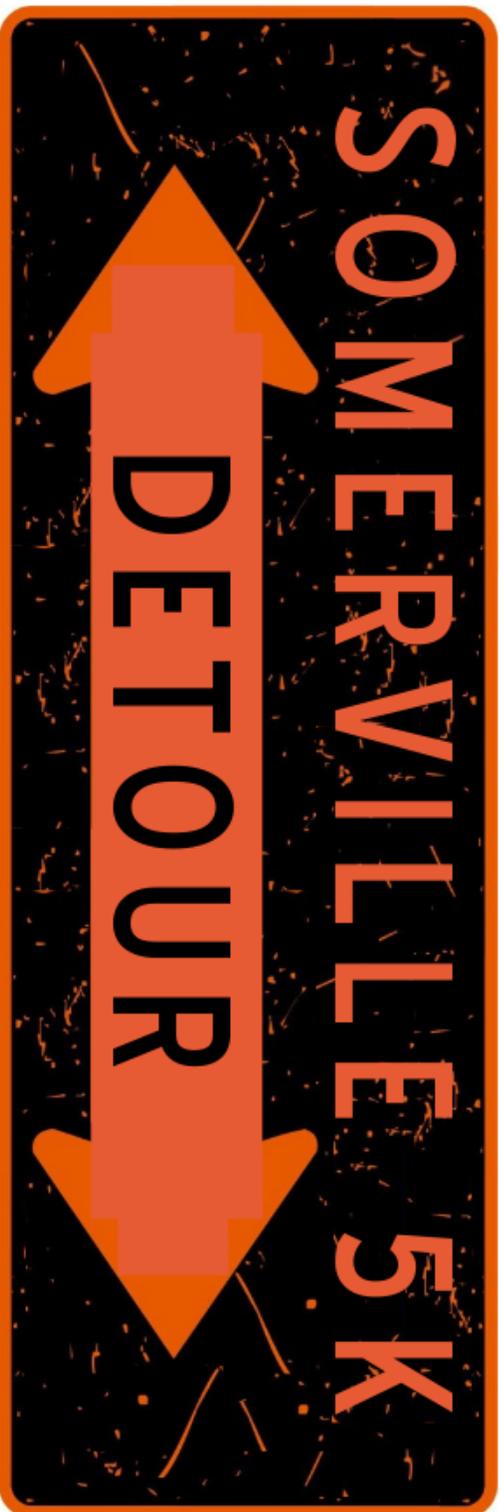


Kevin Su



Adam Dash & Associates

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



24TH ANNUAL SOMERVILLE HOMELESS COALITION ROAD RACE
SUNDAY, OCTOBER 6, 2019, 9 AM (RAIN OR SHINE)



Homeless Coalition

Support. Housing. Community.



**24th ANNUAL
SOMERVILLE HOMELESS COALITION ROAD RACE**

SUNDAY, OCTOBER 6, 2019, 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 29

Name _____

Age on race day _____ Sex _____

Address _____

City _____ State _____ Zip _____

Email _____

Running _____ Walking (untimed) _____ Wheelchair _____

Team Competition: enter as part of a team of 5 or more runners

Team Name _____

Entry fee **\$30.00** _____

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 to first 500 registrants and to fund-raisers who raise \$100 or more by race day

(There may be a limited amount for sale on race day, but no guarantees)

WAIVER: In consideration of acceptance of this entry, I hereby for myself, heirs, executors, administrators, 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 age 18):

REGISTER ONLINE AT WWW.RUNSIGNUP.COM

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

ENTRY FEE: \$30.00

REGISTRATION AND CHECK-IN:

On race day 7:30-8:30 am

Wheelchairs must pre-register by Sept. 21 to ensure safety precautions with local police. Early number bib pick-up option will be e-mailed at a later date.

Registration, start, finish brunch and award ceremony take place at the back of Arlington High School on Mill Brook Drive, Arlington, MA 02476 (for GPS head to 22 Mill Street and proceed onto Mill Brook Drive).

We highly recommend taking PUBLIC TRANSPORTATION.

Options include taking the Red Line to Porter then taking the 77 (towards Arlington Heights) on Mass Ave, or taking the Red Line to Davis, walk to Mass Ave and take the 77 (towards Arlington Heights).

There is no parking available behind Arlington High School due to race set-up. Please park in one of the Arlington Town lots, Department of Public Works lot, or on a side street. We ask that you do not park on Mass Ave. heading toward Lexington as our 5K runners will need all of the space we can give them!

Parking on the Cambridge-bound side of Mass Ave. is fine.

COURSE:

Urban, varies terrain, arrows at all turns, mile-markers, 5K (3.1 miles)

RESULTS:

Professional, computerized CHIP TIMING and results by Spitler Race Systems

AWARD CATEGORIES OF RUNNERS:

19 & under, 20-29, 30-29, 40-49, 50-59, 60-69, 70+, wheelchairs.

Trophies will be 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:

T-shirts FREE to first 500 registrants and to fund-raisers who raise \$100 or more by race day

(There may be a limited amount for sale on race day, but no guarantees)

RUNNER'S HATS:

Black with the Somerville 5K Detour logo. One size fits all.

Free to those who raise \$250 or more.

Available for purchase @ \$20

POST RACE:

Great brunch! Awards ceremony.

COURSE RECORD HOLDERS:

M- 15:01 Typer Andrews (2014)

F- 17:25 Larissa Bifano (2013)

M Wheelchair - 22:28 Chris Aheam (2003)

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; mcaughey@shcinc.org; www.shcinc.org

VOLUNTEERS:

Please email mcaughey@shcinc.org if you would like to volunteer

ALL PROCEEDS FROM THE RACE BENEFIT THE SOMERVILLE HOMELESS COALITION

The SHC is 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 runner's cap!

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 the age of 54 from kidney cancer.

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