

Lynn Parks & Recreation One Hour Run

Including 15000 m and 10 Mile

Saturday, September 16, 2023, 5:00 p.m.

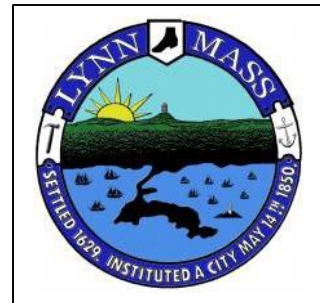
Manning Field, 28 Ford St, Lynn Massachusetts 01904

Hosted by Lynn Parks & Recreation and USATF-NE

5 p.m. Women's only 1 Hour, 15K & 10 Mile

To follow Men's only 1 Hour, 15K & 10 Mile

Men's races will start shortly after the finish of the women's races depending on the time of the last 10-mile finisher.



Entry Fee: \$5, payable on race day

All are welcome to compete in the One Hour Run

15,000m/10 Mile contestants must be able to challenge current age group National records

NOTE USATF Rule 263.4 - An athlete may set and obtain credit for any number of records in the same race. An athlete shall not, however, be credited with a record at a shorter distance if he or she did not finish the race over the full distance for which the race had been scheduled (declared).

PLEASE RETURN YOUR INTENT TO COMPETE BY SEPTEMBER 10, 2023

First Name _____ Last Name _____ Sex _____

Age on Sept 16, 2023 _____ Date of Birth _____ Email _____

Address _____ City _____ State _____ Zip _____

I plan on contesting the following events: (Check all that apply)

One Hour Run _____

15,000 m (9.32 miles) _____

10 Miles _____ Please indicate your expected pace for 15,000 m/ 10 mile _____

Copy, fill out form, save, and mail or email to:

Joe Abelon, 24 Rockdale Avenue, Lynn MA 01904

Email jsa777@verizon.net C 781-709-7135 H 781-593-6562

Entrants will complete and sign a waiver form on race day

For more information: www.lwrun.org