



The 13th Annual Lone Gull 10K

USATF - NE Grand Prix Series

Sunday, September 22, 2019 ■ 9 am ■ Good Harbor Beach, Gloucester

Hosted by The Children's Center for Communication/Beverly School for the Deaf

Event Sponsor-Institution for Savings

www.lonegull10krace.com

Mail Applications to:

Jodi Thibeau, CCCBSD
6 Echo Avenue, Beverly, MA 01915

Make Checks payable: CCCBSD

Race Director: Len Femino
Contact: Jane McNally -978-927-7070 ext 244 or
janemcnally@cccbsd.org

PLEASE PRINT CLEARLY

First Name	Last Name	Email Address	
Address	City/Town	State	Zip Code
Phone	Gender M/F	Age on Race Day	
Team Name (if applicable)		USATF Team/Individual # (if applicable)	

Race Fee:

Prior to 8/1/19 \$30.00
After 8/1/19 \$35.00

Unisex Technical Shirt - first 1,000 runners

Please choose size:

XS S M L XL

Team Member Fee with **5 applications*** or more: \$25.00 per person.

**Please submit Team applications together.*

Proceeds: All proceeds go to programs at The Children's Center for Communication/Beverly School for the Deaf.

Packet Pickup: New England Running Company on 9/21 from 9:30 am-5:00 pm, also on race day at the registration table.

Awards: Three deep in all age divisions. Individual and team prize money.

WAIVER OF LIABILITY:

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Lone Gull 10K race committee, its affiliates, and subsidiaries, and their respective officers, directors, employees, and volunteers, the Lone Gull Coffee House and its employees, CCCBSD and its employees, the City of Gloucester, USATF, all Eastern Point residents and business owners, and sponsors, coordinating groups and any individuals associated with the Lone Gull 10K, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness in all media including photographs, or any other record of this event for any legitimate purpose.

Signature (Guardian signature if under 18)

Date



INSTITUTION FOR SAVINGS

BUILDING STRONGER COMMUNITIES TOGETHER SINCE 1820.