



STONE TOWER TRAIL RACE XII

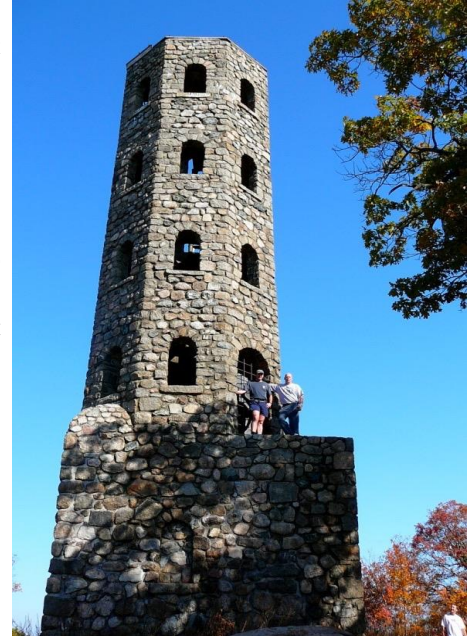
To Benefit Lynn Woods X/C Running

Sunday, September 29, 2019

5k & 10K & 1.5 Mile Walk - 9:00 AM

This is the first year we have discontinued the 15K course! Yes, it was an awesome and arduous joy to run, but now we offer the 5K course and a repeat option to complete 10K. Thank you for your past support and we want you to come this year to enjoy the challenge that this course offers! You will be supporting Lynn Woods Trail running (every Wed. all summer long) and we will continue to provide a donation/gift to the Friends of Lynn Woods.

Directions: Take Rte. 128 to Exit 44B for Rte. wrbwr129 East. Or Take Rte. 1 (North) to the exit for Rte. 129 East - just beyond the Fat Cactus Restaurant. From either direction, enter the rotary and take the exit marked Rte. 129 East (Lynnfield St.). Follow Lynnfield St. for approx. 2.0 miles. At the end of a long downhill take a right onto Great Woods Road. Look for a green sign with gold letters for Lynn Woods Reservation. This is the same entrance used for the Gannon Golf Course.



Entry Fee: \$25 pre-race and on race day!

Race Day Number and Shirt Pickup at 7:30-8:30 AM

All Pre-Registrants will receive a Stone Tower T-Shirt!

Day of registrants - shirts as available!

Please join us for postrace: Refreshments, Prizes, Music & Awards

Name: _____

Male: ____ Female: ____ Clydesdale ____ 200 lbs. + Athena ____ 150+

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

EMAIL: _____ Shirt Size: S ____ M ____ L ____ XL ____

Event: 5k ____ 10k ____ 1.5 Walk ____ DOB: ____/____/____

Signature _____ Age: _____ (on race day)

(Parent or guardian signature required if under 18yrs of age)

In consideration of this entry being accepted, I hereby state that I am physically fit, trained and capable of competing in this event. I hereby for myself, heirs and assigns, release all associated with this event from any and all injuries suffered by me and those traveling with me at said event and while traveling to or from.

Mail registration/check to: "Stone Tower Trail Race" PO Box 253 Hathorne, MA 01937 Payable to: "Stone Tower Events"

or register online at <http://danvers5k.com/stonetower/> More Info: Email: wrbliam@verizon.net Liam @ 978-762-3994

Sponsors: LW XC Running - AB-MAC Finish Systems - Dave Jefska