



ANDOVER STRIDERS

present

30th ANNUAL 6K (3.5 Miles) CROSS COUNTRY RACE
ANDOVER COUNTRY CLUB
CANTERBURY STREET (OFF ROUTE 133) ANDOVER, MA
DATE: SUNDAY, NOVEMBER 29, 2009
TIME: 12:00 NOON



RACE AWARDS:

- FIRST OVERALL MALE/FEMALE FINISHER
- TOP 3 MALE/FEMALE JUNIORS 19 & UNDER
- TOP 12 MALE/FEMALE OPEN 20-39
- TOP 8 MALE/FEMALE MASTERS 40-49
- TOP 6 MALE/FEMALE SENIORS 50-59
- TOP 5 MALE VETERANS / TOP 4 FEMALE VETERANS 60-69
- TOP 3 MALE ANCIENTS / TOP FEMALE ANCIENT 70-79
- TOP MALE OCTOGENARIAN/ TOP FEMALE OCTOGENARIAN 80 & OVER
- TOP 2 MALE ANDOVER COUNTRY CLUB MEMBERS
- TOP FEMALE ANDOVER COUNTRY CLUB MEMBER

TEAM CATEGORIES:

- TOP 3 MALE/FEMALE OPEN
- * THE TOP MALE/FEMALE RUNNERS SCORE IN
- * THE OPEN DIVISION, REGARDLESS OF AGE

SCORING:

- FIRST 5 TEAM MEMBERS MALE OPEN
- FIRST 3 TEAM MEMBERS FEMALE OPEN



Look for race results on Cool Running at www.coolrunning.com



142 Essex Street, at Moulton Way
Haverhill, MA • 978-372-3434

ENTRY FEE: PRE-ENTRY \$15.00 POST ENTRY: \$20.00 ALL STUDENTS: \$6.00

AMENITIES: RUNNING GLOVES TO FIRST 350 ENTRIES RECEIVED

ANDOVER COUNTRY CLUB'S GOURMET BUFFET TO FOLLOW RACE - BEER, SOFT DRINKS & ADDITIONAL REFRESHMENTS
RACE COURSE: BY POPULAR DEMAND THE RACE WILL BE HELD ON FAIRWAY TURF REGARDLESS OF WEATHER CONDITIONS.

MAIL APPLICATIONS TO: ANDOVER STRIDERS
c/o Dave LaBrode
45 Highland Ave. Unit B
Haverhill, MA 01830
978-373-3408
e-mail: ickylabrode@verizon.net

MAKE CHECKS PAYABLE TO: ANDOVER STRIDERS



PLEASE DO NOT WARM UP ON THE GOLF COURSE PRIOR TO THE RACE

RACE Co-Directors: Jack Rembis and Dave LaBrode

APPLICATION

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP: _____

TEAM/CLUB: _____ ANDOVER COUNTRY CLUB MEMBER

WAIVER: I CERTIFY THAT I AM PHYSICALLY FIT TO PARTICIPATE IN THIS EVENT, AND WAIVE ALL SPONSORS FROM ANY RESPONSIBILITY FOR INJURIES I MAY INCUR AS A RESULT OF MY PARTICIPATION.

SIGNATURE: _____ GUARDIAN: _____

if under 18