

# JOHN CARSON JULY 4TH 2 MILE ROAD RACE

**\*\*\* SATURDAY JULY 4TH, 2009 9:30 AM \*\*\***

**Registration:** Before **July 4th** return completed entry to **Sullivan Farms Homemade Ice Cream**. The Race Headquarters is located at 176 Middlesex Rd., (Rte3A) Tyngsboro, MA 01879 (We are about one mile north of the Chelmsford town line). Entries may be returned in person (Love to see you), or by mail. CALL Race Director Bob Sullivan 978-649-9202 (11am - 10 pm) for more entries or information go to [www.sullivanfarmsicecream.com](http://www.sullivanfarmsicecream.com), or email Sulfarms@aol.com

**Race Day:** Registration starts at 7:30am behind Hannaford Supermarket on Parkhurst Rd (**Exit 32 off Rte. 3**)

**Course:** 2 miles, wheel measured; Starts on Parkhurst Road (behind Hannaford Supermarket) goes up Parkhurst, left onto North Road (Rte 4), straight to **Chelmsford Center**, just past the Old Town Hall. Rollerblading is not allowed. WE welcome baby joggers, but request they do not start near the front. Younger runners should also start at a safe starting location---not up front where they may be knocked down.

**Divisions:** MALE & FEMALE: 1st-3rd Overall (CASH); 1st-3rd place for: 6-8, 9&10, 11&12, 13&14, 15&16,17&18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+. First place male & female will receive the Tom Chamberas Award, see reverse  
**Special \$1000 Cash Bonus for a new course records !!!** Men: \$1000 ..... Patrick Tarpey 8:50 2007  
 Women: \$1000 ..... Lesley Lehane 10:06 1998

**Results:** We are proud to be using the **ChampionChip** timing system.  
**A \$35 charge will be assessed if the ChampionChip is not returned.**

**Prizes:** Weekend get-aways, dinners, lunches, baseball stuff, running gear... and of course a wonderful **TRIP FOR FOUR TO FLORIDA**. Thanks to our generous **SPONSORS (listed on back)** we have loads of great prizes to give away.

**Number Pick-up:** Numbers and T-shirts can be picked up on or after **Friday June 26th**, at **Sullivan Farms Ice Cream Stand**, or on race day at the start area **until 9am**. Call **978-649-9202** if you have any questions.

**Parking:** **NOTE: This is a point to point race.** Plenty of parking at starting line, and at Gold's Gym. Plan on jogging back to your car. However, if you make this a family affair, have family and friends meet you and your children at a **predetermined spot** near the finishing area. There you will enjoy Chelmsford's fantastic "4th of July" Parade which immediately follows the race. **Spectators:** Get your seats early, this promises to be another great race, and of course, the parade is always a fun event to watch. **Post Race** showers, swimming pool, and snacks back by the start at Gold's Gym.

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## John Carson Road Race Application

**Last Name** \_\_\_\_\_ **First:** \_\_\_\_\_ **Sex** \_\_\_\_\_ **Age** \_\_\_\_\_ On race day

**Street Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**City/Town:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

<input type="checkbox"/>	<b>Adult Fee:</b>	<b>\$15.00 W/ shirt</b>	<b>Children (12 &amp; under): \$10.00 W/shirt</b>
<input type="checkbox"/>		<b>\$12.00 No shirt</b>	<b>\$8.00 No shirt</b>
	<b>T-shirt Size:</b>	<b>XXS          XS          S          M          L          XL</b>	
	(Circle one)		

Yes please send me the race edition of the *Chelmsford Independent* for \$4.00 . **YOU MUST** fill out an **Address Label**.

In consideration of this entry being accepted, I do hereby forever waive and release all organizing and sponsoring organizations and individuals, their agents, representatives, Assigns and successors from all claims of actions which I, at any time, acquire as a result of this Chelmsford Recreation July 4th Road Race.

**Signature (parent if under 18):** \_\_\_\_\_ **CHAMPIONCHIP #** \_\_\_\_ - \_\_\_\_\_

# John Carson July 4th Road Race SPONSORS for 2009:

Sullivan Farms Homemade Ice Cream	The <i>Chelmsford Independent</i>	Chelmsford Dental Associates
Curran Doherty Financial Group	Cutting Edge Hair Care	Rosev Dairy
Countryside Veterinary	Paolilli & Jarek, LLC	Hannaford Supermarket
Lowell Fruit Company	Palm Manor Nursing Home	Gold's Gym
Drum Hill Liquors	Home Advantage Mortgage	Radisson Hotel
Results Fitness By Lynne	Carlson Wagonlit Travel	Remco Flooring

**\*THANKYOU TO THE CHELMSFORD POLICE FOR ALL THEY DO FOR THIS RACE EVERY YEAR\***

**T-shirts:** Free T-shirts to those who drop off application by June 1<sup>st</sup>. See application for option to purchase this year's very fashionable race day T-Shirt. (it's only a couple bucks any way.)

## **Refreshments:**

**Water** and cups will be provided by Hannaford at the START, The MILE MARK, and at the FINISH. Gold's Gym will be at the One Mile Water Station to hand out the water. (Say hi to Rick D. as you go by)

**LOADS of other refreshments** will be available beyond the finish line area; please indulge, you earned it!

## **Prizes and Awards**

Race awards and prizes for the following categories:

The **1st Place Male & Female** will receive the **Tom Chamberas Award**.

**(I will try and call male & female winners up to the reviewing stand quickly...so stay if you can)**

**1st, 2nd, and 3rd place overall** ; male & female. CASH \$100, \$75, \$50

**1st, 2nd, and 3rd place** in all age divisions. Ice Cream Gift Certificates (\$15, \$10, & \$5)

**(These will all be mailed ... we do not do an awards ceremony... so go have a fun Fourth)**

All of our **younger runners** will receive ribbons upon completion of the race.

## **Random Drawing Prizes Include:**

**\*\*\*\*\* A TRIP FOR FOUR TO FLORIDA \*\*\*\*\***

4 Days, 3 Nights, Air, Hotel, and Transfers

*Every registered runner has the opportunity to win this fun trip.*

**See if your bib number matches that nights the MASS Daily Lottery Number.**

**Proceeds:** To benefit the John Carson Memorial Fund, and the Tom Chamberas Memorial Fund.

RETURN IN PERSON OR BY MAIL WITH CASH OR CHECK PAYABLE TO:

John Carson Road Race  
Sullivan Farms Ice Cream  
176 Middlesex Road  
Tyngsboro, MA 01879

Email : [Sulfarms@aol.com](mailto:Sulfarms@aol.com)

[www.sullivanfarmsicecream.com](http://www.sullivanfarmsicecream.com)

