

JOHN CARSON JULY 4TH 2 MILE ROAD RACE

*** MONDAY JULY 4TH, 2016, 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. (Rte. 3A), 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, or email Bob at Sulfarms@aol.com.

Race Day: Registration from 7:30-9:00 am behind Hannaford Supermarket at 80 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), then straight to **Chelmsford Center**, just past the Old Town Hall.
Rollerblading is not allowed. Baby joggers are okay, but we request that 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. Please, no pets.

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+.

Special \$1000 Cash Bonus for NEW course records!! Men: \$1000...Patrick Tarpy, Louie Luchini **8:50**, 2010

Women: \$1000...Lesley Lehane **10:06**, 1998

Results: Results will be on www.sullivanfarmsicecream.com. We post them after the race by the Old Town Hall. Male and female first place awards are given out at the reviewing stand as soon as we can. Other awards are mailed out.

Prizes: Weekend get-aways, dinners, lunches, baseball stuff from Center Sports, running gear. 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 Thursday June 23rd, at **Sullivan Farms Homemade Ice Cream** or on race day at the start area until 9 am. Call **978-649-9202** if you have any questions.

Parking: **NOTE: This is a point-to-point race.** There is plenty of parking at the starting line. 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.

2016 John Carson Road Race Application

On race day

Last Name _____ First: _____ Sex: _____ Age: _____

Street Address: _____ Phone: _____

City/Town: _____ State: _____ Zip Code: _____

ADULT FEE \$15 W/ SHIRT
 (\$20 on race day)

CHILDREN (12 & UNDER) \$10 W/ SHIRT
 (\$15 on race day)

T-Shirt Sizes (Circle One) XS S M L XL

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 July 4th Road Race.

Signature (parent or guardian if under 18 years of age): _____

John Carson July 4th Road Race SPONSORS for 2016

Sullivan Farms Ice Cream	Drum Hill Liquors	Rosev Dairy
Polar Beverages	Bare Snacks	Boulder Brands
Doherty Financial Group	Cutting Edge Hair Care	Remco Flooring
Chelmsford Dental Associates	G.L. Dek Hockey	Fishbones
Center Sports	Chelmsford Animal Hospital	Paolilli Jarek, LLC
Hannaford Supermarket	Attorney Mike Bowser	DCU
Brickhouse Center Sports Grill	Nature's Path	Costco Wholesale
Boston North Credit Card Services	The <i>Chelmsford Independent</i>	

THANK YOU TO THE CHELMSFORD POLICE FOR ALL THEY DO FOR THIS RACE EVERY YEAR

T-shirts: Free T-shirts to those who drop off the application and preregister for the race. On race day shirts will be given out while available.

Refreshments:

Water and cups will be provided by Hannaford at the START, The MILE MARK, and at the FINISH. Water station will be at the one mile mark. (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! Be sure to try stop by the Polar Beverages tent and try an ice-cold, flavored water!!!!
And do not forget your complimentary drink after the race at **Brickhouse Center Sports Grill**...just show them your race bib.

Prizes and Awards

Race awards and prizes for the following categories:

1st, 2nd, and 3rd place overall; male & female: CASH \$300, \$200, \$100

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

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.

Proceeds: To benefit the John Carson Memorial Scholarship and other great causes.

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

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