

**NINTH ANNUAL SEACOAST SEVEN ROAD RACE
A SEVEN MILE ROAD RACE AND A ONE MILE FUN RUN/WALK**

Date and time: Saturday, July 21, 2012 at 9:00 A.M.

**Start and Finish: Stage Fort Park in Beautiful Gloucester, MA
Awards/Cash Prizes**

Register on-line at www.seacoastseven.com or www.active.com

Race Day registration at Start Line tent at 6:30 am

Cost: \$30 for 7 mile race, \$5 for 1 mile fun run/ walk

Number Pickup: Race day at Stage Fort Park, Race Headquarters Booth

Post Race Activities: Park, Beaches, Playgrounds and Music

Directions: 128 North to exit 14, Gloucester, MA. Take right off exit and follow Essex Ave approximately 4 miles. Take right on Western Ave to a left on Hough Ave. Stage Fort Park is located on left. Parking available in the Park at the top of the hill.

Questions and Information: Karen McCann, 617-335-0232

Mail registration to: Seacoast Seven c/o Art McCann

51 Lincoln Park, Gloucester, MA 01930

SEACOAST SEVEN RACE ENTRY FORM

Name: _____

Phone number: _____ Email: _____

Address: _____

City: _____ State: _____ Zip Code _____

Age: _____ Sex: Male _____ Female _____ Team Affiliation: _____

Husband / Wife Team _____ T-shirt size: _____

**SPONSORED BY FRIENDS OF SEACOAST AND SEACOAST NURSING AND
REHABILITATION CENTER,**

292 Washington St., Gloucester, MA.

All proceeds benefit the residents of Seacoast Nursing and Rehabilitation Center.

WAIVER: IN CONSIDERATION of accepting this entry, I, for myself, my heirs and executors, waive and release any and all rights and claims for damages that I may have against the city of Gloucester, MA, Friends of Seacoast, Seacoast Nursing and Rehabilitation Center, and all sponsors, officials and directors of "Seacoast Seven; The Run for Senior Life," as a result of my participation in this event. Further I attest and verify that I am physically fit for competing in this race.

Signature: _____ Date: _____

