

The 15th Annual Eastern States 20 Mile

Sunday, March 28, 2010 11:00 a.m.

*Kittery, Maine to Salisbury, Massachusetts along the spectacular New Hampshire Seacoast
Seven towns, three states, all in one race---a great New England tradition*

Running the Boston Marathon? The Eastern States is an ideal final training run!

Also! The 11th Run for the Border Half Marathon

11:00 a.m. Rye, New Hampshire to the Massachusetts border

↓↓↓↓↓↓ Important, need to know information about this event ↓↓↓↓↓↓

- USTAF sanctioned, measured course—Fast finish line results—Multiple aid stations—Age-group prizes
- \$200 bonus for 20-m course records: Casey Moulton (1:45:40, 2009) and Emily Levan (2:01:49, 2005)
- Shuttle buses to both starts from Hampton, NH Casino lot starting at 7:30 a.m. Last bus at 9:00 a.m.
- To buses: Exit #2 Rte 95—Rte 101 East—Right on Rte 1A—Right on Ashworth Ave to parking on “D” St.
- Race start and pre-race gathering at Traip Academy, Kittery (20-mile); Wallis Sands Beach, Rye (half-mar).
- Parking available at both locations (no return buses).
- Bring baggage to start; affix tag from number; pick up at finish.
- Finish line: routes 1A and 286. Frequent post-race shuttle buses to Ashworth hotel and Casino parking.
- Parking at the finish line available only well away from finish on 286, before traffic light.
- Awards at 2:00 (half marathon) and 3:00 (20-mile)

Entry form (check appropriate boxes and print clearly)

Fee Includes Commemorative Cool Max Shirt—No Unsightly Sponsor Advertising

Eastern States 20 Mile \$35 until 2/28 \$40 until 3/22 \$45 on race day (Bus add \$5)

Border Half Marathon \$30 until 2/28 \$35 until 3/22 \$40 on race day (Bus add \$5)

A race information sheet will be sent via e-mail

It's quick, easy, and costs less: register on-line at www.easternstates20mile.com

Name _____ Sex M F Age _____ Club _____
Address _____ City _____ St _____ Zip _____
E-mail address (mandatory for race information sheet) _____
Estimated 20-mile time _____ Marathon personal best _____
of ES 20 Milers Run: '94 _____ '95 _____ '98 _____ '99 _____ '00 _____ '01 _____ '02 _____ '03 _____ '04 _____ '05 _____ '06 _____ '07 _____ '08 _____ '09

Release/Waiver: I know that running and road racing are potentially hazardous activities. I will not enter and run in the March 28, 2010 Eastern States 20 Mile Race unless I am medically able and properly trained. I agree to abide by all decisions of a race official relative to my ability to safely complete the event. I assume all risks associated with participation in this event including, but not limited to, falls contact with other participants, the effects of the weather, including low temperature and/or precipitation, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my application, I myself and anyone entitled to act on my behalf, waive and release all race organizers, the states of Maine, New Hampshire, and Massachusetts, the Town of Rye and all other municipalities, all volunteers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I acknowledge that entry fees are non-refundable and non-transferable for any reason.

Applicant Signature _____

Date _____

Save time and money!

Register online

www.easternstates20mile.com

Return with application fee to:

Eastern States 20 Mile Run, P.O. Box 890238 Weymouth, MA 02189

Phone: 781-340-0616

E-mail: don-allison@comcast.net

Web: www.easternstates20mile.com