

# Lynn Parks & Recreation One Hour Run

## Including 15,000 m and 10 Mile

**Saturday, NOVEMBER 11, 2023, 2:00 p.m.**

This is a re-schedule of the September event

**Manning Field, 28 Ford St, Lynn Massachusetts 01904**

**Hosted by Lynn Parks & Recreation and USATF-NE**

**2:00 p.m. - Combined Women's and Men's 1 Hour, 15K & 10 Mile**

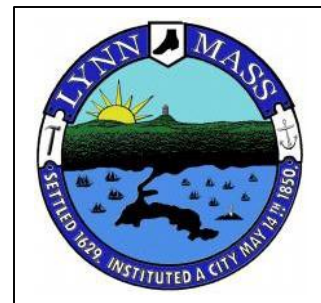
**Entry Fee: \$5, payable on race day**

**- The hour run is open to all**

**- 15,000m/10 Mile contestants must be able to challenge current age group National records**

**- Any individual looking to establish a US Record must have current USATF membership.**

**(Contact [office@usatfne.org](mailto:office@usatfne.org) for assistance/information)**



NOTE USATF Rule 263.4 - An athlete may set and obtain credit for any number of records in the same race. An athlete shall not, however, be credited with a record at a shorter distance if he or she did not finish the race over the full distance for which the race had been scheduled (declared).

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**PLEASE RETURN YOUR INTENT TO COMPETE BY TUESDAY, NOVEMBER 7, 2023**

**First Name** \_\_\_\_\_ **Last Name** \_\_\_\_\_ **Sex** \_\_\_\_\_

**Age on Nov 11, 2023** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_ **Email** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**I plan on contesting the following events: (Check all that apply)**

**One Hour Run** \_\_\_\_\_

**15,000 m (9.32 miles)** \_\_\_\_\_

**10 Miles** \_\_\_\_\_ **Please indicate your expected pace for 15,000 m/ 10 mile** \_\_\_\_\_

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**Copy, fill out form, save, and mail or email to:**

**Joe Abelon, 24 Rockdale Avenue, Lynn MA 01904**

**Email [jsa777@verizon.net](mailto:jsa777@verizon.net) C 781-709-7135 H 781-593-6562**

**Entrants will complete and sign a waiver form, and pay the fee on race day**

**For more information: [www.lwrun.org](http://www.lwrun.org)**