THE SQUIRREL RUN XIX

JIMMY KENNEDY MEMORIAL RUN FOR ALS

Jimmy **"The Squirrel"** Kennedy's battle with Amyotrophic Lateral Sclerosis (ALS), better known as Lou Gehrig's Disease, ended on April 6, 1997. He was 31 years old. For the past 18 years the Squirrel Run has helped continue Jimmy's fight against this wretched disease. Your participation is an important part of this effort. All proceeds go directly to ALS research. Thank you for keeping our beloved Squirrel's memory alive with your support, and for giving hope to so many others who live with ALS.

It's been an amazing run.

Let's keep it going!

T-SHIRTS:
Great looking t-shirts to all participants!

FOOD & REFRESHMENTS:
Plenty! Water stations along the course. Plenty of food and drinks available for your post-race enjoyment.

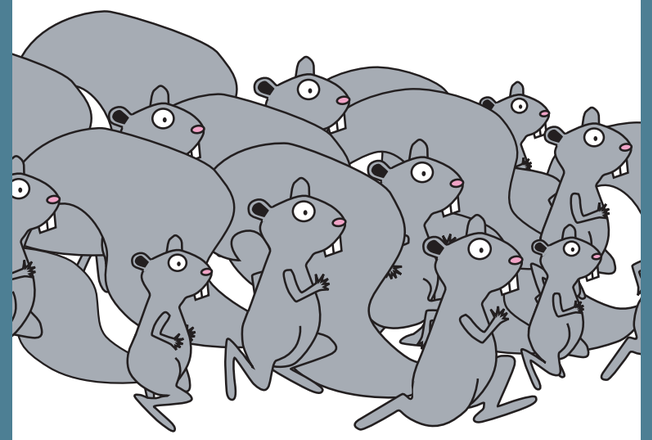
CHILDREN'S EVENTS:
We even have games and rides for the kids while you're out huffing and puffing.

AWARDS:
Trophies, gift certificates, running apparel, and sporting goods awarded in 15 age divisions for men and women.

RAFFLES:
Tickets will be sold throughout the day, given away at the race conclusion.

ENTRY DONATION:
$25 before May 25, 2016. $30 thereafter. All entries are non-refundable.

FUNDRAISE:
Collect pledges from family, friends and co-workers. Create your fundraising page at www.firstgiving.com/angelfund.



A special Thank You to Mayor Thomas Koch and the City of Quincy!

DIRECTIONS:

From the North:
Southeast Expressway (I-93 South) towards Quincy, Exit 12, "Route 3A South, Neponset, Quincy." Follow signs for "3A South" to "3A, Hancock Street". Stay on Hancock/3A approx. 2.5 miles. Go left at the fork by Veterans Stadium onto Merrymount Parkway. Pageant Field will be on your left about 0.2 of a mile by the baseball field.

From the South:
Take Route 3 North or 128 South to I-93 South, to Exit 8, "Furnace Brook Parkway". Bear right off the exit. (See Gulf Station on right. Mobil on left) to set of lights. Go straight across staying on Furnace Brook Parkway. Go through next three sets of traffic lights (after they turn green!) At fourth set of lights take left onto Hancock Street. Take a right at Veterans Stadium onto Merrymount Parkway. Pageant Field will be on your left about 0.2 of a mile by the baseball field.

PLEASE FILL OUT AND RETURN THIS ENTRY FORM:

☐ 2.5 mile walk ☐ 5 mile run

LAST NAME: _____ **PHONE:** _____

FIRST NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP CODE:** _____

EMAIL: _____

AGE ON RACE DAY: _____ **MALE:** _____ **FEMALE:** _____ **T-SHIRT SIZE: S** _____ **M** _____ **L** _____ **XL** _____ **XXL** _____

$ _____

Enclosed is my generous entry donation along with my signed entry form. This includes my $25.00 (before May 25)/$30.00 (thereafter) entry fee and an additional donation to help fight ALS. Donations are greatly appreciated and fully tax deductible.
Please make checks payable to **THE JIMMY KENNEDY MEMORIAL RUN FOR ALS** 5 Norman Todd Lane Cohasset, MA 02025.

SIGNATURE *(parent/guardian if under 18 yrs. of age)* _____

In consideration of the acceptance of this entry, I hereby, for myself, heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Squirrel Run XV, its Race Directors and Race Committee, USA Track And Field, all sponsors, the City of Quincy, Quincy Police Department, the Metropolitan District Commission Police, for any and all injuries suffered by me while competing in and traveling to and from Squirrel Run XVIII and events associated with the race and fitness walk on JUNE 11, 2016. I attest that I am physically fit and sufficiently trained to complete in this event. I also willingly release my image for photograph, video and film cameras, which may chronicle the events for the news media.

Athletes who participate in this Competition may be subject to formal drug testing in accordance with USA Track & Field Regulation 10 and IAAF Rule 55. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. SOME OVER-THE-COUNTER MEDICATIONS CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USOC HOTLINE AT 800-233-0393.

GET IN SHAPE

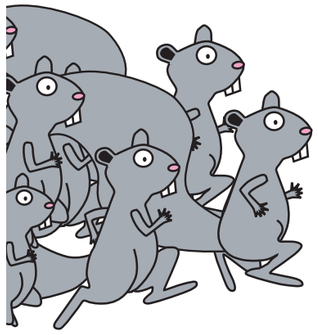
YOU CAN RUN 5.0 MILES OR
WALK 2.5 MILES, CAN'T YOU?

DO SOME GOOD

IT'S FOR A REALLY GREAT CAUSE.

HAVE A BLAST

COME JOIN THE FUN AND BRING
THE WHOLE FAMILY.



SATURDAY, JUNE 11, 2016
PAGEANT FIELD, MERRYMOUNT PARKWAY, QUINCY, MA

Registration starts at at 8:00 am
2.5 mile fitness walk starts at 9:00 am
5 mile race starts at 10:00 am
Kids races start at 11:00 am

Please complete the attached entry form and mail it along with your generous entry donation, prior to May 25, 2016 payable to:

THE JIMMY KENNEDY MEMORIAL RUN FOR ALS
5 Norman Todd Lane Cohasset, MA 02025

PLEASE NOTE: Numbers will not be mailed in advance to pre-registrants. You will, however, save time by picking up your numbers at the "Pre-Registered" table on the day of the event.

You may also register online at
www.theangelfund.org/squirrel-run.

STILL HAVE QUESTIONS?
FOR MORE INFORMATION CONTACT:

Ratt Kennedy:
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tytaylin@aol.com

Lou Tozzi:
(781) 837-5185

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Wakefield, MA 01880

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