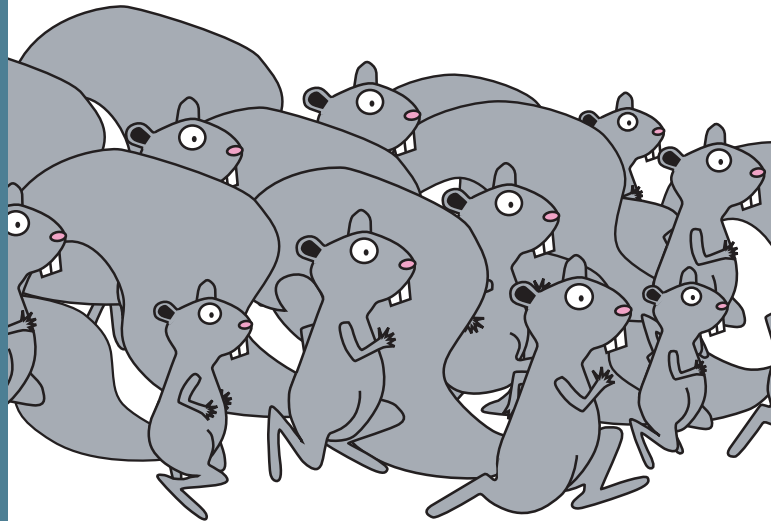


THE SQUIRREL RUN XXIII

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 22 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, 2020. \$30 thereafter. All entries are non-refundable.

FUNDRAISE:
Collect pledges from family, friends and co-workers. Create your fundraising page at www.theangelfund.org.



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: _____
 FIRST NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP CODE: _____ PHONE: _____
 EMAIL: _____
 AGE ON RACE DAY: _____ MALE: _____ FEMALE: _____ T-SHIRT SIZE: S _____ M _____ L _____ XL _____ XXL _____

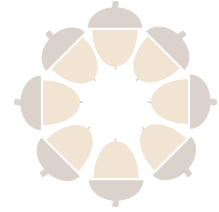
\$

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** The Angel Fund, 649 Main St., Wakefield, MA.

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 XXII, 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 XXII and events associated with the race and fitness walk on June 13, 2020. 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 DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USOC HOTLINE AT 800-233-0393.



GET IN SHAPE

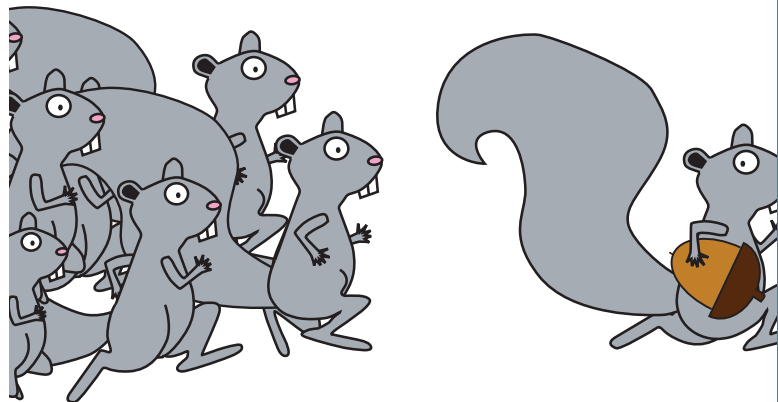
YOU CAN RUN 5.0 MILES OR
WALK 2.5 MILES, CAN'T YOU?

DO SOME GOOD

IT'S FOR A REALLY GREAT CAUSE.

HAVE A BLAST

COME JOIN THE FUN AND BRING
THE WHOLE FAMILY.



SATURDAY, JUNE 13, 2020
**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, 2020 payable to:

THE JIMMY KENNEDY MEMORIAL RUN FOR ALS
The Angel Fund, 649 Main St., Wakefield, MA 01880

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
<https://theangelfund.org/squirrel-run-xxiii/>

**STILL HAVE QUESTIONS?
FOR MORE INFORMATION CONTACT:**

Ratt Kennedy:
(781) 383-6008
tytaylin@aol.com

Lou Tozzi:
(781) 837-5185

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
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PERMIT NO. 1000

The Angel Fund
ALS
RESEARCH
649 Main Street
Wakefield, MA 01880

THE SQUIRREL RUN XXIII
JIMMY KENNEDY MEMORIAL RUN FOR ALS