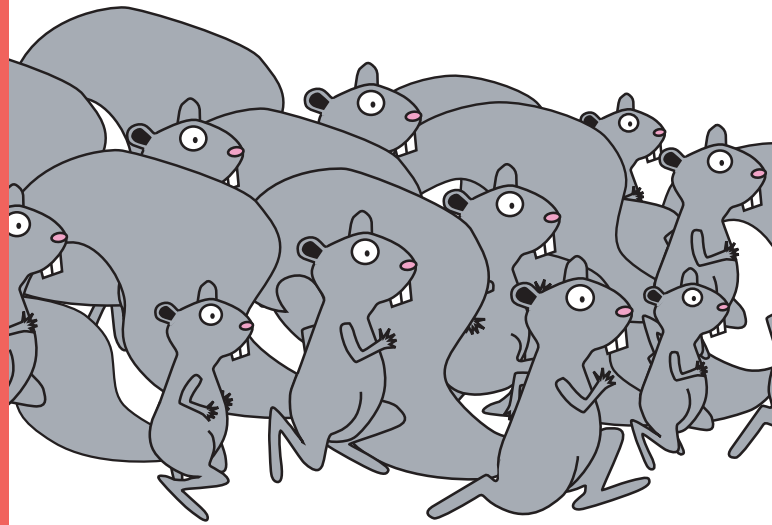


# THE SQUIRREL RUN XXVI

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 25 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 races and rides from 9 a.m.-12 p.m. for the kids while you’re out huffing and puffing. Each child receives a T-shirt. Entry fee is \$15 per child.

**RUNNERS & WALKERS AWARDS:**

- Gift cards, running apparel and more
- 17 age divisions for men and women
- Top three runners in all categories will get choice of prizes

**NEW DIVISION:**  
High school and middle school divisions added this year!

**ENTRY DONATION:**  
\$30 by May 8 , 2024. \$35 thereafter. All entries are non-refundable.

**FUNDRAISE:**  
Collect pledges from family, friends and co-workers. Create your fundraising page at [www.theangelfund.org](http://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     5K run

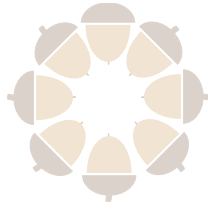
LAST NAME: \_\_\_\_\_  
 FIRST NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ PHONE: \_\_\_\_\_  
 EMAIL: \_\_\_\_\_  
 AGE ON RACE DAY: \_\_\_\_\_ MALE: \_\_\_\_\_ FEMALE: \_\_\_\_\_ T-SHIRT SIZE: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_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

\$

SIGNATURE (parent/guardian if under 18 yrs. of age) \_\_\_\_\_

Enclosed is my generous entry donation along with my signed entry form. This includes my \$30.00 (by May 8)/\$35.00 (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.

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 XXVI, 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 XXVI and events associated with the race and fitness walk on June 10, 2023. 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.



# GET IN SHAPE

YOU CAN RUN THE 5K 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.

# KID'S EVENTS

KID'S RACES, GAMES AND RIDES \$15



**SATURDAY, JUNE 8, 2024**  
**PAGEANT FIELD, MERRYMOUNT PARKWAY, QUINCY, MA**

Registration starts at at 8:00 am  
2.5 mile fitness walk starts at 9:00 am  
5K 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 June 1, 2024 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/events/squirrel-run-xxv-2/> or by scanning the QR code below.

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

**Ratt Kennedy:**  
617-968-6706  
tytaylin@aol.com

**Lou Tozzi:**  
617-947-1031  
lp.tozz@gmail.com

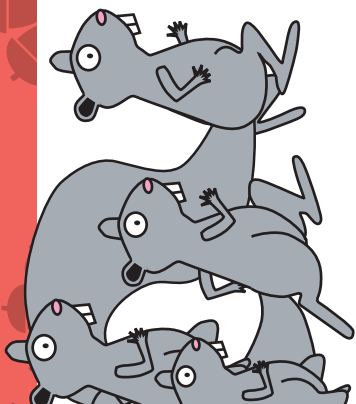


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The Angel Fund  
**ALS** RESEARCH  
649 Main Street  
Wakefield, MA 01880



**NEW DISTANCE:  
THE SQUIRREL RUN WILL NOW  
BE A 5k (3.1 MILES)**



**THE SQUIRREL RUN XXVI**  
JIMMY KENNEDY MEMORIAL RUN FOR ALS

**JUNE 8, 2024**