

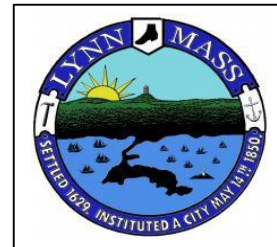
10th Lynn One Hour Run

Including **15K & 10 Mile** age group record attempts.

Saturday, September 14, 2024, Manning Field

Lynn Massachusetts **9 am**

Hosted by Lynn Parks & Recreation and USATF-NE



1 Hour- 23 American age group records broken.
15000m/10 mile-14 American age group records broken.

9 a.m. – Combined Women's and Men's 1 Hour, 15K & 10 Mile
Focus on masters! All are welcome.

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 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).

PLEASE RETURN YOUR INTENT TO COMPETE BY
MONDAY, SEPTEMBER 2, 2024

First Name _____ Last Name _____ Sex _____
Age on September 14, 2024 _____ 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 _____

Copy, fill out form, save, and **mail or email to:** Joe Abelon, 24 Rockdale Avenue, Lynn MA 01904 Email 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

Entry Fee: \$5.00 per entrant – Pay on day of event.

Water is available during the race. You may use your own water bottle and water assistant.

Further Information: Joe Abelon jsa777@verizon.net
C 781-709-7135 H 781-593-6562

Or office@usatfne.org for USATF questions

www.lwrun.org For current record holders and pace charts.

