

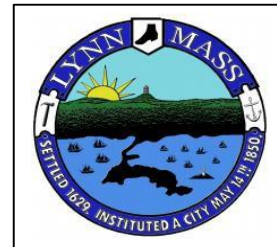
# 9th Lynn One Hour Run

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

Saturday, April 6, 2024, Manning Field 12 noon

Lynn Massachusetts

Hosted by Lynn Parks & Recreation and USATF-NE



**1 Hour- 22 American age group records broken.**  
**15000m/10 mile-13 American age group records broken.**

**12 p.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](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).

**PLEASE RETURN YOUR INTENT TO COMPETE BY MONDAY, APRIL 1, 2024**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Sex \_\_\_\_ Age on  
April 6, 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](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

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

Or [office@usatfne.org](mailto:office@usatfne.org) for USATF questions

[www.lwrun.org](http://www.lwrun.org) For current record holders and pace charts.