30th Annual Jim Kane Sugar Bowl 5K

Thursday, July 20, 2017 7:00pm
Carson Place at Boston Teacher's Union

Dorchester, MA Next to the State Police Building on Day Boulevard
Exit 15, Route 93 N&S, JFK/UMass stop on Red Line

A flat out and back 5 Kilometer course on Day Boulevard turning around slightly after P Street.
Splits at every mile and finishing times by Spitler Race Systems

Hosted by L Street Running Club

$25 Pre-entry Postmarked by July 18

$30 Post-entry Postmarked after July 18

$10 Entry Age 65 and over

Race day registration and number pick up from 5-6:45pm

Register online at lstreet.org
For more info:desimonej13@aol.com

Prizes: Awards to top male and female overall, top three in age groups (15 & under then 10 year increments)

Come and enjoy a beautiful run along the ocean and a large post-race raffle

Runner's Expo starts at 5:00pm
FREE Parking FREE Bag Check

Race Proceeds go to the following charities: Curley Recreational Center, South Boston Collaborative, Gavin Foundation, Christmas in the City, Children's Hospital, Cushing Manor, Fr. Bills, St. Francis House and others.

Send Checks Payable to: L Street Running Club
c/o Spitler Race Systems
30 Orms St Pawtucket RI 02861

Early registration and shirt pick-up at Curley Community Center at M St. entrance from 6:30-8pm on Tuesday, July 18th

Interested Sponsors please e-mail bea@theredparrot.com

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Name (please print)

Address

City State Zip

Phone

E-mail

First 1000 applications received by July 18th will receive a Jim Kane Sugar Bowl shirt

Size: (circle one) S M L XL XXL

Division (Check ONE Only) ☐ Male ☐ Female

☐ 15 & Under ☐ 16-19 ☐ 20-29 ☐ 30-39
☐ 40-49 ☐ 50-59 ☐ 60-69 ☐ 70-79
☐ 80+ ☐ Wheelchair

Disclaimer: By signing this entry form, I (for myself, my heirs, my executors & administrators) release all sponsors and all officers and members of the L Street Running Club from all liability or other responsibility for any injury or damages that may occur in travel to or from or while running in or attending the above activities and verify that I am trained, in good physical condition and not a member of the L Street Running Club (LSRC) Please note there are no refunds

Signature (parent or guardian if applicant is under age 18) Date

USATF Certified Course MA12004RN
No ROLLERBLADES
Please Note: Unsigned forms will not be accepted for pre or post registration

Processing Information