

31st Annual Jim Kane Sugar Bowl 5K



Thursday, July 19, 2018 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 16
\$30 Post-entry Postmarked after July 16
\$10 Entry Age 65+ and 10 & under

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

Register online at Istreet.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

All net proceeds from the race go to benefit different non-profit organizations in our neighboring communities.

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 17th

Interested Sponsors please e-mail
bea@theredparrot.com

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First 1000 applications received by July 16th
will receive a Jim Kane Sugar Bowl shirt
Size: (circle one) S M L XL XXL

 Name (please print)

 Address

 City State Zip

 Phone

 E-mail

Division (Check ONE Only) Male Female

15 & Under 16-19 20-24 25-29

30-34 35-39 40-44 45-49

50-54 55-59 60-64 65-69

70-74 75-79 80+ Wheelchair

Athena (women 160+) Heavyweight (male 200-224lbs)

Super Heavyweight (male 225+lbs)

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

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

Processing Information

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