

EVENT LOCATION:

**Lanesville Community Center
8 Vulcan Street Gloucester, MA 01930**

July 3rd:

- 8:30am Registration Starts
- 10:00am Whistleblowers 4K Road Race
- 10:45am Whistleblowers 1 Mile Fun Run
- 11:00am Awards Presentation/4K Lottery
- 10:30am BBQ (food served until 12:30pm)
- 11:30am Games
- 12:30pm General Raffle

July 4th:

- 1:00pm Softball Game (Plum Cove Field)

**The Lanesville Emergency Action Program
LEAP is a group of Lanesville neighbors.**

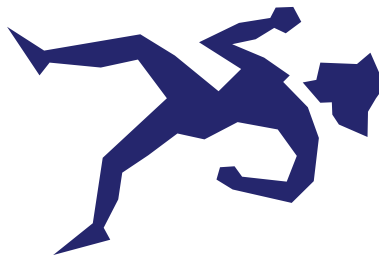
LEAP's motto is "Neighbors Helping Neighbors." We are simply members of the community who are willing to help each other in times of local emergencies such as blizzards, floods, fires, and power losses as well as provide educational programs to help prepare each other for those emergencies. We do not replace 911, but complement city services when resources may be stretched thin.

Funds from previous Whistleblowers races have gone to purchase materials and communication equipment for our shelter, the Lanesville Community Center, which provides electricity and warmth during power outages. We also have acquired a heavy duty basement pump that can remove 9000 gallons per hour! The pump has been a busy tool in 2010 with the tremendous flooding we experienced in February and March.

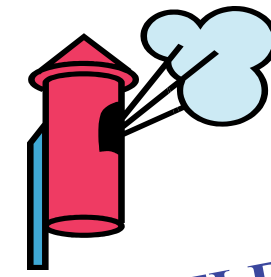
We are always looking for donations of emergency supplies such as cots, winter clothing, tools, rain gear, freeze dried meals, etc.

Have questions? Want to donate or volunteer?

For more info: www.leap-lansville.org



**L.E.A.P.
c/o 50 Rowley Shore
Gloucester, MA 01930**



WHISTLEBLOWERS

**NEW DATE!!
July 3rd
EXTRAVAGANZA!**

**4K ROAD RACE
1 MILE FUN RUN
FAMILY BBQ
GAMES, RAFFLES
& MORE!**

LANESVILLE

New Date!! 2010 New Date!!



Lanesville Emergency Action Program

Neighbors Helping Neighbors

Whistleblowers 4K Road Race:

10:00am Start. Loop course through-out the Lanesville area, beginning and ending at the Lanesville Community Center. Mostly flat, tree-lined streets as well as passage by the historic, picturesque Lanes Cove. Race price includes BBQ, Runner's Lottery, and participation in all other events. *Prizes for overall top 3 men & overall top 3 women and 1st place male and female : Lanesville residents, 16 & Under, and 50 & up. No bikes, roller blades, wheeled vehicles. View race course at www.leap-lanesville.org.



Whistleblowers 1 Mile Fun Run/Walk: 10:45am

Loop course begins and ends at the Lanesville Community Center. Walkers may wait briefly at road crossings. Fun Run price includes BBQ and all other events. *Prizes for 1st place male and female: 10 & under, 11 to 16, and 17 to 90. No bikes, roller blades, wheeled vehicles. All ages welcome. Please arrange supervision of your young ones - event volunteers are not permitted to serve in a child care capacity.

Directions: 128 north past exit 12 and over Annisquam River bridge to Grant Circle Rotary. At rotary, take 127 North toward Annisquam for 4.4 miles to center of Lanesville. Please park at venues below. LCC address: 8 Vulcan St., Gloucester, MA 01930.

Parking:

- St. Paul's Lutheran Church
1123 Washington St.
Gloucester, MA 01930
- Plum Cove School
15 Hickory Street
Gloucester, MA 01930



Please, NO PARKING on High Street, Vulcan Street or Morgan Avenue - these are part of the course.

Submit Race Entries:

LEAP
c/o 50 Rowley Shore
Gloucester, MA 01930



FEES:

(4K & Fun Run Fee includes BBQ and all events)

	Before June 15	After June 15
4K Road Race	\$15	\$20
1 Mile Fun Run	\$ 5	\$ 5
Addl. BBQ/Games	\$ 5	\$ 5

DON'T MISS OUT!

NEW DATE: JULY 3RD

BBQ: 10:30am—12:30pm. Enjoy a traditional summer cook-out with hamburgers/veggie burgers, hotdogs, chips, lemonade, and watermelon.

Games: 11:30am—1:00pm. Participate in traditional games such as sack races, 3-legged race, balloon toss, wheelbarrow race, and tug-o-war! Scavenger Hunt too! Softball games to be held on July 4th .

Raffle: 12:30pm Win one of our amazing prizes! Check out our web-site to see the list of 2010 prizes.

Race Course sanctioned by USATF-NE

Download additional entry forms at
www.leap-lanesville.org

Questions? Email: LEAPJuly4@aol.com



JULY 3rd EXTRAVAGANZA!

LANESVILLE 2010

PLEASE FILL OUT ALL SECTIONS

(Each participant must complete separate registration)

Last Name Male

First Name Female

Age on Race Day Yes No
Lanesville Resident?

Address

City/State/Zip

E-Mail address

4K Race ___ 1Mile Fun Run ___ Addl BBQ/Games ___

Total Amount Enclosed: _____
MAKE CHECKS PAYABLE TO "LEAP"

4K and Fun Run/Walk Participants Must Sign Waiver:
I know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume any and all risks associated with running this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat or humidity, conditions of the road, and traffic on the route. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone who might claim on my behalf, covenant not to sue, and waive, release and discharge LEAP, the Lanesville Community Center, Town of Gloucester, Essex County, Gloucester Police Department, USATF, and any and all state, county and town officials and employees, race officials, volunteers and sponsors, including but not limited to their agents, employees, assigns or anyone acting on their behalf, from any and all claims for death, personal injury, or property damage or whatsoever, foreseen or unforeseen, know or unknown. The undersigned further grant full permission to LEAP for the use of any photographs, videotapes, motion pictures, recording, or any other record of this event for any purpose.

Signature

Parental Signature (if under 18)

For Office Use:		
Race _____	Runner # _____	Amount _____