

MARSHFIELD ROADRUNNERS

FIFTH ANNUAL CLUB CHALLENGE CUP MARATHON RELAY

Martinson School, Forest Street, Marshfield, MA
SATURDAY, JUNE 27, 2009 8-11AM

Proceeds to benefit the Marshfield Youth Track Program



The Colonial Runners were the winners of the Challenge Cup 2008 (the most prestigious symbol of the fastest running club in New England!) and are out to defend it this year. Can your running club beat the Colonials? (2:29:44) It will take 26 of your finest and fittest runners. Join the six running clubs already competing this summer.

Amenities:

- State of the art track
- Leader board during entire race
- Play by play announcing
- Participation in an unique running event!
- Plenty of refreshments!
- Restrooms and changing facilities (no showers)

Awards:

- Prestigious Challenge Cups to top 3 teams
- Medals to all runners on winning team
- Medals to fastest female and male in each age category
18-29 30-39 40-49 50-59 60-69 70+
- \$50 cash prize to female and male who establishes new overall mile record.

Current Records:

Women: Allison McCabe 5:11
Men: Lee Danforth 4:30

For more info:

Steve Lanzillotta, race director 781-826-4074 stvelanzi@comcast.net
www.marshfield.net/roadrunners

RULES FOR THE RELAY

1. 26 one mile legs preceded by a speed leg (to be run by any participating team member)
2. 10 legs must be run by women
3. All runners must be bona fide members of the participating club.
4. All runners must be at least 18 years old.
5. All runners must sign release form to participate.
6. Teams can place runners in any order.
7. Teams must have a minimum of 24 runners.
8. Teams short of 26 runners can double up on the necessary legs. However to prevent an unfair advantage, the runners doubling up must be one of the team's slowest runners. (to be agreed upon by the team captain and race director on race day) :)
9. Baton must be passed from runner to runner.
10. Each team will be responsible for timing the legs of their own team and reporting them to the nearby scorer's table for placement on the leader board. This can best be done by having two members record alternating legs.
11. Each team will elect a team captain who is responsible for positioning the runners and assigning timekeepers for their team.

DIRECTIONS:

Take exit 12 off route 3 to route 139 east. Follow about one mile to traffic light (Roche Bros. Supermarket) and go left onto Furnace St. Drive 200 yards and take left onto Forest Street. Martinson School a quarter mile on left. Track and parking out back.

NAME _____

ADDRESS _____ TOWN/STATE/ZIP _____

PHONE _____ EMAIL _____

AGE ON RACE DAY _____ M/F _____

ESTIMATED MILE TIME _____ PREFERRED LEG(S) _____

Sign _____,

I hereby for myself, my heirs, executors, administrators, successors, and assigns, hereby waive and release any and all claims for damages I may have against this organization or organizations holding this event, its agents, representatives, successors and assigns for any and all injuries suffered at this event or while traveling to or returning there from.

I am at least 18 years old.

ENTRY FEE \$8/runner or \$200/team payable to Marshfield Roadrunners

** Please send this completed application to your club captain.

Team deadline June 10, 2009 **