



4th Annual Race For Ragan 5K (and 1.5 Mile Walk)

To benefit Friends of Andrew Ragan

Ipswich, Massachusetts 01938

Sunday, July 17, 2011, 9 AM

Andrew Ragan and his wife Kelly were college sweethearts who fell in love at Keene State College and have been together ever since. They have two beautiful boys, Briggs 9, and Quinn, 7. For the past several years, Andrew has been battling ALS (commonly known as Lou Gehrig's Disease.) ALS is a progressive neurodegenerative disease of which there is no treatment and no cure. This year proceeds will go to *Friends of Andrew Ragan*, an organization that has been established to help with the financial burden the Ragan family must incur as a result of this terrible disease. A portion of the proceeds will also be donated to various ALS charitable organizations.

Place: Little Neck Community Center, Bay Road, Little Neck, Ipswich, MA

Course: The moderately hilly course begins at the Little Neck Community Center, continues on through scenic Great Neck to the Ipswich Bay Yacht Club, finishing back at the Community Center. Water stations along the route.

Entry Fee: Pre \$20.00 Post \$25.00. Pre-entrants receive t-shirts.

Please mail entries by: July 10, 2011

Checks made payable to ***Friends of Andrew Ragan***

Mail to:

Race for Ragan, c/o Dodie Gorham, 28 Hearthstone Place, Andover, MA 01810

Awards: Cash prizes to be presented to the top 3 male and female finishers, First \$100, 2nd \$50, 3rd \$25.

Questions: E-mail Kelly Ragan: kellycragan@hotmail.com

NAME: _____ BIRTHDATE ___/___/___ AGE ___ SEX M ___ F ___

ADDRESS _____ CITY _____ STATE _____ ZIP _____

E-MAIL ADDRESS _____

T-SHIRT S M L XL PHONE _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running including but not limited to falls, contact with other participants, the effects of the road and traffic, all such risks being know by me. Having read this waiver and knowing these facts, I for myself and my heirs and assigns, and anyone else entitled to act on my behalf, do waive and release the Little Neck Association, the Town of Ipswich, and all sponsors, their directors and officers from all claims of liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand there are no refunds.

Signature _____ (parent or guardian if under 18)