



## 3rd Annual Race For Ragan 5K (and 1.5 Mile Walk)

To benefit Friends of Andrew Ragan

Ipswich, Massachusetts  
9.00 am, Sunday, July 11, 2010

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, 8, and Quinn, 6. 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, all 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. Registration forms are also available at [www.friendsofandrewragan.org](http://www.friendsofandrewragan.org).

**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.  
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, 2<sup>nd</sup> \$50, 3<sup>rd</sup> \$25.

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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)