## 3<sup>rd</sup> Lynn One Hour Run

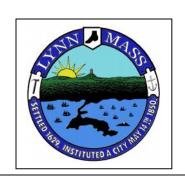
Saturday, September 30, 2017

Manning Field, Lynn MA

**Hosted by Lynn Recreation & USATF-NE** 

6:30 p.m. – Women's only 1 Hour

7:45 p.m. – Men's only 1 Hour





Focus on Masters! Multiple US records set in 2014 and 2015

Facility: 400 meter track, shaded (moreso as the sun goes down)

**Entry Fee:** \$5.00 per entrant

Water available on each lap – bring an identifiable water bottle to place/replace on the aid table if you want personal aid

Bring your own water crew if possible.

Email your intent to compete to <a href="mailto:office@usatfne.org">office@usatfne.org</a>
Complete the race entry/waiver form on site on race night

Further Information: Joe Abelon <u>jsa777@verizon.net</u>

Or office@usatfne.org for USATF questions

Check the US bests for Long Distance track races at www.usatf.org/statistics/Records.aspx

## **Directions:**

From Rt 128/95 - Follow Rte 129 (Lynnfield Street) to Broadway to Boston St. First left on Ford St. From Salem...Highland Ave to Western Ave...Right on Maple St...First left on Ford St. Parking Lot entrance is on Ford Street