

3rd 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 office@usatfne.org
Complete the race entry/waiver form on site on race night**

Further Information: Joe Abelon jsa777@verizon.net

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