

Kit Clark
Senior
services

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**5K Run
and
Walk**

Join us for the Elsie Frank Meals on Wheels 5K Road Race & Walk to benefit Kit Clark Senior Services and its programs for seniors in Greater Boston. Run through the natural splendor of a delicate estuary along the banks of the Neponset River.

- Date:** Saturday, September 25th 2010
- Time:** 9:00 A.M. Registration & Number Pick Up
10:00 A.M. Race & Walk Starting Time
- Place:** Pope John Paul II Park,
Gallivan Boulevard, Dorchester, MA
- Distance:** 5K Run and Walk
- Entry Fees:** \$15.00 Mail in Entry Fee if received by 9/14/09 -
\$17.00 On Line, Race Day, and mailed entry fees received after 9/14/09
- Course Description:** Flat paved course with some hills.
- Age Groups:** 2-12, 13-20, 21-30, 31-40, 41-50, 51-60, 61-70, 71-80, 81+
- Awards:** Medals to the top 3 female and male finishers in each group
- Timing Company:** Spitler Race Systems
- Amenities:** T-shirts and goody bags to all registrants. Pick up on day of the race. Quantities limited on race day. First come, first served.
- Registration:** On line registration available at signmeup.com. (Go to Calendar.)
Mail in registration form available at www.kitclark.org
- Contact:** Patricia Delisca, 617-825-5000, pdelisca@kitclark.org
- Parking:** Free public parking is available.

Directions:

By Car: From the north, take 93 S to exit 12. Turn right onto Gallivan Blvd. The entrance is located on right after the shopping center. From the south, take 93 N to exit 11. Turn right onto Granite Avenue, turn right at second set of lights (Gallivan Blvd.) The park entrance is right after the Walgreens/Staples shopping center. **MBTA:** Take the Red Line (Ashmont branch) to Fields Corner. The #202 and #201 bus routes pass by two of the park's entrances, at Neponset Circle and at Hallet Street.

If you can't run or walk, donations are gratefully accepted.