



# IPSWICH ROTARY 5k

at *Appleton Farms*

CASH AWARDS FOR TOP 5K FINISHERS!

SHIRTS FOR 1ST 200 ENTRANTS!\*

**SATURDAY JUNE 27TH 2009 • RAIN OR SHINE**

**THE IPSWICH ROTARY CLUB PRESENTS  
OUR CLASSIC 5K RACE AND FAMILY DAY  
AT AMERICA'S OLDEST FARM!**

## THE FAMILY FUN DAY AND ONE MILE KIDS RUN

This is not your average day at the races! Rotary has put together a festive tented area for kids and parents. While the trees rustle about you in the summer breeze, the kids can enjoy face painting, a moon walk, sack races, hay rides, balloons and demonstrations. Grab a cold soft drink and a hot dog while the kids (12 and under) are off running in their very own road race – every child who finishes gets their own ribbon. The scheduled events are constantly being updated on-line at [www.ipswichrotary5k.com](http://www.ipswichrotary5k.com). So be sure to check it out!

### *A Warm Thank You.*

*Although Appleton Farms is NOT a sponsor of this event, Ipswich Rotary would like to thank Appleton Farms for their assistance and cooperation in organizing this wonderful event on their grounds. Without their assistance this event could not have been possible. Truly, "the Appleton Farms Family" and the Trustees are friends of Rotary, Ipswich and the Community.*

**\* FOR 3.5K WALK AND 5K RACE ENTRANTS ONLY.**

<b>9:00 a.m.</b>
<b>3.5k Walk</b>
\$10 Pre-Registration \$15 Race Day Reg.

<b>10:00 a.m.</b>
<b>5k Run</b>
\$15 Pre-Registration \$20 Race Day Reg. \$10 High School Students & Under

<b>10:45 a.m.</b>
<b>1 Mile Kids Run</b>
<b>\$5</b>

**Proceeds To Benefit  
The Ipswich Rotary Charitable Trust.**

A Non-Profit, Tax Deductible Endeavor Which Finances Local Programs And Scholarships As Well As International Programs.

Detailed Program Info Available At: [www.ipswichrotary.com](http://www.ipswichrotary.com)

**For Details & Registration Visit  
[www.ipswichrotary5k.com](http://www.ipswichrotary5k.com)**

**Questions?  
[ipswich5k@ipswichrotary.com](mailto:ipswich5k@ipswichrotary.com)  
or call 978-356-YMCA**

Sponsored By  
**INSTITUTION  
FOR SAVINGS**



Call 978.356.YMCA  
(9622)

**PLEASE ARRIVE AT LEAST 30 MINUTES BEFORE 5K START TIME.**



### THE FAMILY EXPERIENCE:

While You Are Enjoying the Rustic Backwoods and Fields of  
The Nation's Oldest Working Farm (Appleton Farms Has Been in Continuous  
Operation Since 1638) Your Family Can Be Enjoying Food, Games,  
Demonstrations, Clowns AND MORE!



#### Registration Form:

Event(s): 3.5k Walk \_\_\_\_\_ 5k Run \_\_\_\_\_ 1m Kids Run \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Eve. Phone \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ AGE (as of 6/27/09) \_\_\_\_\_

MAIL COMPLETED REGISTRATION FORM,  
SIGNED WAIVER & CHECK TO:  
IPSWICH ROTARY 5K  
C/O INSTITUTION FOR SAVINGS  
2 DEPOT SQ.; IPSWICH, MA 01938.

MAKE CHECKS PAYABLE TO:  
**IPSWICH ROTARY CHARITABLE TRUST.**  
OR REGISTER ON LINE AT:  
WWW.IPSWICHROTARY.COM

Pre-register on-line at [www.ipswichrotary.com](http://www.ipswichrotary.com) through midnight, Thursday, June 25, 2009.

Also pre-register in person at Ipswich YMCA on Friday, June 26 from 4:00 pm to 7:00 pm. Event will be held rain or shine.

#### DIRECTIONS:

From Rte. 128 (exit 20A); take Rte. 1A north; take left onto  
Waldingfield Road. Ample parking is available at the start/finish.

From New Hampshire & Rte. 95 southbound (exit 54); take Rte. 133 east;  
take Rte. 1A south; take right onto Waldingfield Road.

From Boston & Rte. 95 northbound (exit 50); take Rte. 1 north past the Topsfield Fairgrounds;  
follow all the way into Ipswich center; turn right onto Main Street (rts 1A and 133);  
Waldingfield Road is approximately 1.5 miles on the right.

#### Ipswich Rotary 5k at Appleton Farms Waiver Form:

Name \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

In consideration for being accepted, I for myself, my heirs, executors, administrators, waive and forever release any and all rights against the sponsors, Ipswich Rotary Club, Rotary International, Appleton farms, The Trustees Of Reservation, the Town Of Ipswich, the Ipswich School District and any and all officers, officials, members, employees, volunteers & trustees holding the events arising from my participation in the Ipswich Rotary 5k at Appleton Farms. I have trained for and am medically fit to participate. I grant permission to all the afore mentioned to use my photos and/or videos for any legitimate purpose.

\_\_\_\_\_  
Signature (Parent or Guardian if under 18); Date

#### RACE START & ROUTES

Each event will start on Waldingfield Road & each route is unique. Walkers are assured of a leisurely stroll, or hike, on relatively flat trails through the woods, across fields and beside the Ipswich River. Runners compete against the clock and can find the eclectic combination of pavement, trail and country road to be both scenic and challenging. One would be hard pressed to find another race course that encompasses the beauty of Appleton Farms: the route winds its way past grazing cows, through lush forest, down rolling hills, past split-rail fences & aged stone walls and over a wooden bridge. Photos of Appleton Farms & the exact course routes can be viewed on-line.

#### AWARD CATEGORIES & PRIZES

The top three finishers (of each sex) will receive cash prizes. In addition, the 1st Ipswich Resident and Master (of each sex) to cross the finish will receive a cash prize.