

## RUN TO THE BEACH 30K

The Andover Striders in association with the Winners' Circle Running Club will once again be presenting the Annual Run to the Beach 30K, otherwise known as the 'Goin Down the Road Feelin' Bad Run.

### THE FACTS

**-Sunday March 21, 2010 – 10:00 AM.** Sure hope you have recovered from St. Patrick's Day by race day. If not this will run will have you wishing you didn't have that last pint of Guinness! Will do my best to have the rest rooms available. Don't forget the Duncan Donuts and McDonalds close by.

**-Starts at the North Andover VFW, Route 125, finishes at the Winners' Circle Sports Bar, Salisbury.**

### THE COURSE

Runs along Rt. 125 through North Andover – Haverhill, where it bears right onto Rt. 110 through Merrimac, and finishes at the Winners' Circle Sports Bar in Salisbury. This is a point-to-point course. You're on your own as far as transportation. Hey, bring your spouse, significant other, or both, and car pool!! If you don't have any friends show up at the Circle around 8:45 AM and plead with a fellow runner for a ride to the start. It is a great way to meet new friends!

### THE SKINNY

Miles meticulously marked with a 2002 Ford Focus ZX3, (it may have 142,000m on it but it's still as accurate as your Global Positioning Thing-a-linger!) Water and/or delicious Coors Light at 5, 10, and 15 miles.

Please bring your watch, as you will be timing yourself!

Feel free to jump in or out at any distance. If you would like to cheat that's O.K. too! There are no "chips", though we may go by a cow farm, no awards, no entry fee, no numbers, no t-shirts, no charities, no USATF, no registration, and no race directors to bitch to! You want to run with your iPod, walkman, headphones, or 8-track, be my guest! Problem is, you will be truly missing the point of a running a long training run with your old and new friends.

There are plenty of hills, (don't believe me check out the accompanying attachment), beautiful scenery, really. A lot of insults provided by the friendly (?) water/beer stop volunteers, (who will also be entertaining you with choice selections from the Grateful Dead), yes we will have the boom box outside this year, post-run libations at the Circle provided by the WCRC and the AS.

So, if you thought Derry and Stu's was tough, and want to get a great workout in without having to refinance your home just to enter, come on up to the Merrimack Valley and test your skinny little legs in an event that the Hockomock Swamp Rat might even enjoy!

For more info please contact: Dave "Icky" LaBrode, 978-373-3408, ickylabrode@verizon.net  
Also please see [www.davecamire.com/beachrun](http://www.davecamire.com/beachrun).

### DIRECTIONS

-Winners' Circle Sports Bar

Exit 55 off Rt. 495

Follow Rt. 110 east towards Salisbury approx. 1-mile  
Circle will be on your right

Exit 58 off Rt. 95

Follow Rt. 110 east approx. ¼ mile  
Circle will be on your right

-North Andover VFW

Coming from the South

Rt. 93N to Rt. 495N

Exit 43, right off ramp to Mass. Ave. straight to Chickering Road, North Andover

Rt. 125 approx. 1.2 miles

Take left at the light approx. ¾ mile, VFW on the right.

Coming from the North

Exit left off ramp to Mass. Ave. Follow directions above.