

DIRECTIONS TO THE RACE

Woodsdale School
128 Chestnut Street
Abington, MA 02351

From North
Route 3 to Exit 16B

From South
Route 3 to Exit 16

Go south onto Rte. 18, 4.5 miles
Go west (right) onto Rte. 139, 1.1 miles
Go left onto Chestnut Street, .2 miles
Entrance to Woodsdale School is on your left

EVENT ACTIVITIES

DJ, free food, raffles, awards,
clowns, free kids' activities

EVENT SCHEDULE

7:30-8:30 a.m. - Registration
9:00 a.m. - Run begins
9:05 a.m. - Walk begins

THE COURSE

(Begins and ends at the Woodsdale School)
Start at Woodsdale Elementary School
Right onto Chestnut Street
Right onto Randolph Street/Rte. 139
Right onto Lincoln Street
Right onto Hancock Street
Right onto Chestnut Street to finish

AWARDS

Top 3 Male/Female Runners
Many age categories 11 yrs/up
Stroller division

ENTRY FEES

Pre-registration by **Aug. 31**
Adults/\$17
Students 13-18/\$12
12 and under/\$5

T-shirts guaranteed to all registrants
with entries post-marked by Aug. 31

Registration **after Aug. 31**
Adults/\$20
Students 13-18/\$15
12 and under/\$8

Make checks payable to
Jeff Coombs Memorial Road Race
mail with completed registration to:
Jeff Coombs Memorial Road Race
P.O. Box 463
Abington, MA 02351

ATTENTION RUNNERS!!

Numbers may be picked up Saturday,
Sept. 6 between 4-5 p.m. at Woodsdale
*This is not required but may alleviate lines
on race day

FOR INFORMATION:
Call Christie (781/982-1608)
or Doug (781/871-9595)

Timing graciously provided by
Colonial RoadRunners
www.colonialrunners.org

For race results visit:
www.jeffcoombsfund.org
www.coolrunning.com

**For the safety of all participants,
only service dogs will be allowed on site**

REGISTRATION FORM

7th Annual
Jeff Coombs Memorial Road Race & Walk
September 7, 2008

Please circle one: Runner/Walker

Last Name **Sex: M / F**

First Name **Age**

Address

City **State** **Zip**

Telephone

Email ID

In consideration of the acceptance of this entry, I, for myself,
my heirs and executors, waive and release all rights and claims
for damages I may have against the race organizers, the Town
of Abington, MA, and all other sponsors of this event. Further,
I attest and verify that I am physically fit and have trained to
compete in this race.

Participant Signature

Parent/Guardian signature for minor participants
*Unsigned forms cannot be accepted

Kids T-shirt size S M L XL
Adult T-shirt size S M L XL XXL

Registration Fee: \$ _____

Please accept my donation: \$ _____

Total enclosed: \$ _____

**PROCEEDS FROM THIS EVENT
SUPPORT THE
JEFF COOMBS MEMORIAL FOUNDATION**

Jeff Coombs is remembered for his smile, his sense of humor and ability to make people laugh. An Abington resident, it was easy to see how devoted he was to his family, how proud he was of his three kids, and how much he cared about his community. He loved hiking, rollerblading, spending time on the Cape, and working around the house with the kids.

Immediately after his death in the September 11, 2001 terrorist attacks, our family was blessed with the kindness and concern of friends and strangers from across the country. We were so moved by the generosity that we decided to pay it forward with a foundation in Jeff's memory that would help other families in the way that people helped us. The Jeff Coombs Memorial Foundation assists Massachusetts families who face financial and emotional challenges due to death or illness. It also helps fund enrichment programs within Abington's schools and offers scholarships to local students.

The Foundation is a 501C-3 organization.

Since the Foundation began in November, 2001, it has distributed more than \$300,000 to worthy causes, including the following:

- Hosted a holiday party for 400 family members of deployed troops
- Assisted many families with funeral expenses
- Paid for and arranged for construction of a ramp for a family with handicapped child
- Sent packages to troops serving overseas
- Arranged social outings for grieving children
- Helped families pay household bills in times of crisis
- Purchased \$1000 in books for Abington Library Jr. Reading Room
- Paid for grief counseling for children
- Granted more than \$29,000 in scholarships
- Funded numerous enrichment programs
- Sent families whose fathers died on vacations
- Sponsored local programs such as APD Fishing Derby, concerts, Vietnam Memorial Wall, Abington's Night Before the 4th, a Support the Troops Event

Jeff Coombs Memorial Road Race
P.O. Box 463
Abington, Ma. 02351



Special thanks to the
generosity of our sponsors
who make this event possible.



**Jeff Coombs
Memorial Road Race**

**7th Annual
Jeff Coombs
Memorial Road Race
And Walk
September 7, 2008
9:00 a.m.
5K Walk/Run
Abington, MA**

*Race dedicated
In memory of
Jeff Coombs
Flight 11 – WTC
September 11, 2001*