

**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 non-profit.

**Since the Foundation began in November, 2001, it has distributed more than \$375,000 to worthy causes, and sponsored programs, including the following:**

- Host annual holiday party for families of deployed troops
- Sent special needs children to camp
- Assisted many families with funeral expenses
- Paid for and arranged for construction of a ramps for families with handicapped children
- 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 and spouses
- Granted more than \$45,000 in scholarships
- Funded numerous enrichment programs
- Sent families whose parent died on vacations
- Sponsored local programs such as APD Fishing Derby, concerts, Vietnam Memorial Wall, Support the Troops programs and events

## Commemorating 10 years of remembrance and community support

**For the last 9 years the Jeffrey Coombs Memorial Road Race has attracted more than 1000 people annually, raising an average of \$25,000 a year to benefit the Jeff Coombs Memorial Foundation. It has evolved over the years to a Family Day in addition to the Road Race and Walk. With more than 100 raffle prizes, music, clowns, kids' activities, food, runner's prizes, and freebies, the event has become the largest public event in Abington.**

**In addition to being the 10<sup>th</sup> year, this year's event is an extra-special day. It would have been Jeff's 53<sup>rd</sup> birthday. In honor of Jeff, and 9/11 being a National Day of Service and Remembrance, please bring a non-perishable food item for the Food Pantry and receive a raffle ticket for a special prize.**

**The kids and I, the Coombs Family, and the Foundation Board thank the Colonial RoadRunners, the Abington Police, the Woodsdale School staff, our many sponsors, and all the volunteers for their 10 year commitment -- without them it wouldn't have succeeded as it has. A very special thanks to the Road Race Committee, present and past. And thank you, our participants, for coming back year after year and making it a most special and memorable event that truly touches our hearts.**

**This year we dedicate the event to our DJ and much loved friend, Roger Whitcomb. Like too many of our friends in Abington, Roger was taken from us too soon. He brought life through music to our Road Race for 9 years. We honor him, and extend our prayers and support to his family.**

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 Walk & Family Day

**10<sup>th</sup> Annual  
September 18, 2011  
9:00 a.m.  
5K Walk/Run  
Abington, MA**

**In memory of  
Jeff Coombs  
Flight 11 -- 9/11/01**

**Make this your  
9/11 Day of Service Project!  
Federal legislation has designated 9/11 as a  
National Day of Service and Remembrance.  
Walk, run or contribute in memory of Jeff or  
someone you love.**

## 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  
8:30 a.m. - Children's run  
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. 31st**  
Adults/\$17  
Students 13-18/\$12  
12 and under/\$5

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

Registration **after Aug. 31st**  
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. 17 between 4-5 p.m. at Woodsdale  
\*This is not required but may alleviate lines  
on race day

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FOR INFORMATION:  
Call Christie (781/982-1608)  
or Doug (781/724-9077)  
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**Timing provided by**  
**Colonial RoadRunners**  
[www.colonialrunners.org](http://www.colonialrunners.org)

For race results visit:  
[www.jeffcoombsfund.org](http://www.jeffcoombsfund.org)  
[www.coolrunning.com](http://www.coolrunning.com)  
**For the safety of all participants,**  
**only service dogs will be allowed on site**

## SPONSOR SHEET

We invite you to ask friends, family and co-workers to sponsor you as you participate in the Jeff Coombs Memorial Road Race/Walk. This is not required for your participation – it's entirely optional and any amount is appreciated. Please collect any contributions in advance of the event and bring them with you to check-in. Checks should be made out to the *Jeff Coombs Memorial Foundation*. Thank you!

| NAME of Sponsor | AMOUNT |
|-----------------|--------|
| 1. _____        | _____  |
| 2. _____        | _____  |
| 3. _____        | _____  |
| 4. _____        | _____  |
| 5. _____        | _____  |
| 6. _____        | _____  |
| 7. _____        | _____  |
| 8. _____        | _____  |
| 9. _____        | _____  |
| 10. _____       | _____  |
| 11. _____       | _____  |
| 12. _____       | _____  |
| 13. _____       | _____  |
| 14. _____       | _____  |
| 15. _____       | _____  |

## REGISTRATION FORM

10<sup>th</sup> Annual  
Jeff Coombs Memorial Road Race & Walk  
September 18, 2011

\_\_\_\_\_  
**Last Name** **Sex: M / F**

\_\_\_\_\_  
**First Name** **Age**

Check one : \_\_\_\_\_ **Runner/** \_\_\_\_\_ **Walker**

\_\_\_\_\_  
**Address**

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

\_\_\_\_\_  
**Telephone**

\_\_\_\_\_  
**Email**

**Circle one:**  
Kids T-shirt size S M L XL  
Adult T-shirt size S M L XL XXL

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

Registration Fee: \$ \_\_\_\_\_

Please accept my donation: \$ \_\_\_\_\_

Total enclosed: \$ \_\_\_\_\_