

ENTRY FEES

Pre-registration by **Aug. 20**
(to get a t-shirt)
 Adults/\$30
 Students 13-18/\$23
 12 and under/\$12

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

 CALL FOR INFORMATION:
 Christie (781/982-1608)
 or Doug (781/724-9077)

• You will be notified about t-shirt pickup by email closer to the date

SPONSOR SHEET

We invite you to ask friends, family and co-workers to sponsor you for your participation in the Jeff Coombs Memorial 5k. This is not required for your participation – it's completely optional and any amount is much appreciated! Please submit any donations by check and mail to Jeff Coombs Memorial Foundation, PO Box 463, Abington, MA 02351 Thank You!

NAME OF SPONSOR	AMOUNT
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____

REGISTRATION

Jeff Coombs Memorial Virtual 5k
 19th Annual September 6-13, 2020

Last Name Sex: / **F**

First Name **Age**

Address

City **State** **Zip**

Telephone

Email (please print clearly)

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 agree to indemnify and save harmless, to the maximum extent permitted by law, the Jeff Coombs Memorial Foundation, its officers and agents from and against any and all damages, liabilities, actions, suits, proceedings, claims, demands, losses, costs and expenses (including reasonable attorneys' fees) that may arise out of or in connection with the applicant's participation in this virtual 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: \$ _____

19 YEARS OF REMEMBRANCE AND SUPPORT

Since September of 2002, the Jeff Coombs Memorial Road Race has attracted more than 1000 people annually. With more than 100 raffle prizes, music, kids' activities, food, runners' prizes and freebies, the event has become the largest public event in Abington. People from all over New England and beyond have come out for this special day.

Because so much goodwill resulted from the tragic events of 9/11, the anniversary of the attacks has been designated as a National Day of Service and Remembrance. In honor of Jeff and all those who died that day, we encourage you to do an act of service sometime during that week.

We extend our deepest gratitude to you for your continued support of our cause and for coming back year after year. Special thanks to the Abington Police, the Woodsdale School, Frolio Peer Leaders, the Boy Scouts, and Abington High football and soccer teams, our volunteers and sponsors, and of course the Road Race Committee. Without their help and dedication throughout the years, none of this would have been possible!

Many thanks to our major sponsors who've been with us for years!

- Cape Cod Lumber
- Stop and Shop
- Country Rentals
- WB Mason
- Martin Richard Foundation
- The Abington Bank
- Walsh Mechanical Contractors
- Atlantic Elevator
- McKusker Gill, Inc.
- McDonough Insurance
- Trufant Realty

PROCEEDS FROM THIS EVENT SUPPORT THE JEFF COOMBS MEMORIAL FOUNDATION

The Jeff Coombs Memorial Foundation assists Massachusetts families facing emotional and/or financial hardship as a result of circumstances beyond their control.



Since the Foundation began in November, 2001, it has distributed more than \$1 million to families and worthy causes and sponsored many programs. Some of our work includes the following:

- Hosted annual holiday party for military families
- Support troops programs and events
- Help patients with costs associated with clinical trial treatments and travel
- Assist families with funeral costs
- Pay for construction of wheelchair ramps
- Fund school enrichment programs
- Send special needs children to camps
- Arrange social outings for grieving families
- Help families pay household bills
- Purchase books for Abington library
- Pay for grief counseling
- Grant scholarships to AHS seniors

Jeff Coombs Memorial Virtual 5k

19th Annual
September 6-13, 2020
Anywhere you are



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

**Make this your
9/11 Day of Service Project!**