

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,
free kids' activities, kids' fun run

EVENT SCHEDULE

7:30-8:30 a.m. - Registration
8:30 a.m. - Kids' fun 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-register by **Aug. 30** to be
guaranteed a shirt!

Adults/\$35
Students 13-18/\$25
12 and under/\$15
Virtual Run \$20

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. 19 between 3-5 p.m. at Woodsdale
*This is not required but may alleviate lines
on race day

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

Timing provided by
RaceWire
For race results or on-line
registration visit:
www.jeffcoombsfund.org
www.racewire.com

This year we honor Essential Workers who showed up for work every day during the pandemic, providing us with services and goods we can't do without, and keeping us safe and healthy. Heroes don't always wear capes. We also remember all those who died from Covid 19, especially those close to us.

SPONSOR SHEET

We invite you to ask friends, family and co-workers who can't attend this event to sponsor you for your participation in the Final Jeff Coombs Memorial Road Race or Walk. This is not required for your participation – it's completely optional and any amount is much appreciated! Please collect any contributions in advance and bring them with you to check-in or mail with your registration. 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. _____	_____

REGISTRATION

Jeff Coombs Memorial Road Race & Walk
20th Annual September 19, 2021

_____ **Last Name** _____ **Sex: M / F**

_____ **First Name** _____ **Age**

Check one : _____ **Runner** _____ **Walker**
_____ **Stroller** _____ **Wheelchair**

_____ **Address**

_____ **City** _____ **State** _____ **Zip**

_____ **Telephone**

Email (please print clearly)

T-shirts guaranteed to all registrants
with entries post-marked by Aug. 30th

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 Town of Abington, its officers, agents and employees 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 use of the Woodsdale School and for any damage to the town's real or personal property that occurs in conjunction with such use, unless the damage is caused by the Town's gross negligence or willful misconduct. 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: \$ _____

**PROCEEDS
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 in need and worthy causes.

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 bring non-perishable food for the Food Pantry and/or old cellphones, ipods, ipads and chargers to donate to Cell Phones for Soldiers.** You will receive raffle tickets for a special prize for your donation.

**20 YEARS OF
REMEMBRANCE AND
SUPPORT**

Since September of 2002, the Jeff Coombs Memorial Road Race has attracted more than 1000 people annually, becoming one of the largest public events in Abington. It has had a good “run,” attracting participants from all over New England and beyond, but we decided 20 years was the right time to bring it to a close. The work of the Foundation will continue on a smaller scale for a while longer.

My family and I are grateful to Donna Cherry and the original committee who created this amazing event, giving us an opportunity to share our memories of Jeff, his funny nature and kind heart. We also thank all those who have volunteered year after year. We all extend our deepest gratitude to you for your continued support of our cause and for coming back each year.

Special thanks go to the Abington Police, the Woodsdale School, Abington Middle School Peer Leaders, the Boy Scouts, and Abington High Football and Soccer teams, our volunteers and sponsors, and of course the Road Race committee. Without your help and dedication, none of this would be possible!!!

Many thanks to all our Sponsors, many who've been with us throughout the last 20 years!

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 and Family Day**

**20th Annual and Final
September 19, 2021**

**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!**