



COLONIAL ROAD RUNNERS

2010 BOSTON MARATHON WAIVER APPLICATION

To apply for a 2010 Boston Marathon waiver, please fill out this form and return it to Jim Conley by **October 10, 2009:**

E-mail: Jamcon42@verizon.net

Mail: 171 Hancock St., Abington, MA 02351

If you have any questions about the application process, please contact Jim at (781) 878-7296 or at his e-mail address listed above.

I. Applicant Information:

Name: _____

Phone: _____

Email: _____

When did you join CRR? Month: _____ Year: _____

II. 2009 Club Involvement:

1. List all of your assistance with club races, activities, and administration in 2009. Be specific, indicating what capacity and how often involved, if a repeating event:

Include:

- Volunteering CRR-supported races: Frostbite 15K, Paddy Kelly, Hyannis Marathon, Boston Marathon, Blue Hills Trail Races, Christopher's Run, Father Bullock Run, Kids Track Series, Coombs Race, Houghton's Pond Trail Race, BAA Half Marathon, Tufts 10K, Franklin Park Mayor's Cup and Edaville Rail Run. *Example: Provided Christopher's Run course support*
- Volunteering at CRR fun runs: Summer (Brockton, Raynham, and/or Abington) and Winter (Abington). *Example: Supplied water/watermelons 8 times at Abington summer fun runs*
- Other: organizing club social events, captaining club relay teams, and serving on the Board of Directors. *Example: Captained Lake Winnie Relay team*

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II. 2009 Club Involvement: *continued...*

2. List all of your participation in club activities in 2009. Indicate how many if a repeating event.

Include:

- Participating in club weekly group training runs, track workouts, and fun runs. *Example: Ran 12 Brockton summer fun runs*
- Competing in the Grand Prix Competition series (list all races you ran). *Example: Ran 4 Grand Prix events (Frostbite, Strawberry Shortcake, Children's Museum, and Jeffrey Coombs)*
- Running on club relay teams. *Example: Ran leg for Marathon Relay Challenge*
- Attending club meetings and social events (Annual Banquet and Summer Picnic). *Example: Attended 6 club meetings*

3. List races 20K (12.4 miles) or longer completed in 2009:

Include races that have not yet taken place, but that you are scheduled to complete before the end of 2009.

4. Did you apply for a waiver from CRR last year?

YES NO