

Deer Island

A Midsummer Lights Relay

Friday, June 23, 2006

at sunset, 8:25 p.m.,
to sunrise, 5:09 a.m., on June 24

At the top of Airport Hill
on Deer Island, Winthrop, MA

3-mile loops

This race will remember the late Dave Cochrane of Winthrop, a member of GBTC, who carefully measured the perimeter loop at 2.65 miles, and the late Margaret L. Bradley, who ran five of those loops consecutively in 1 hour and 30 minutes. Proceeds will go toward erecting memorial mile markers.

**Black t-shirts with no advertising to each runner
and an LED light baton to each runner.**

**The intention of this event is to celebrate the
unique park on Deer Island with a
community event embracing all from walkers to serious racers.
Proceeds will benefit the park.**

Name _____

Address _____

Town, State, Zip _____

e-mail _____

send to race director:

Tom Derderian, 30 Hale Ave., Winthrop MA 02152

or tderderi@ix.netcom.com, with \$20 registration fee per person.

Make checks out to the Greater Boston Track Club. GBTC is a 501(c)3 nonprofit corporation.

617-846-2902

(See rules on back)

Deer Island is part of the Boston Harbor Islands National Park and managed by MWRA.

Rules:

1. The winning team will be the one that has completed the most full laps between sunset and sunrise, walking or running. Even one lap counts.
2. All members of each team must wear the same bib number.
3. Members may run any number of laps in any order.
4. No partial laps permitted.
5. A team may have any number of runners.
6. Teams may set up their tents, canopy, and chairs only in places around the exchange zone designated by the race director.
7. No alcohol.
8. No fires.
9. If it is raining hard, we may have only a regular race of all participants.
10. A team may be formed at any time from registered runners and run in any order.
11. Name the team what ever you'd like. A town name is good.
12. The registration fee is \$20 per person. Make checks payable to Greater Boston Track Club.
13. There will be food and drink all night long. But bring all you'd like. No alcohol.
14. Sign waiver at number pick-up.
15. The racing runner must carry the LED light baton with the lights on in any mode.
16. Walking teams are encouraged.