

RUN TO THE BEACH 30K

The Andover Striders in association with the Winners' Circle Running Club will once again be presenting the Annual Run to the Beach 30K, otherwise known as the 'Goin Down the Road Feelin' Bad Run.

THE FACTS

-Sunday March 17, 2019 – 10:00 AM. It comes at the same time as New Bedford, but hey no need to travel to all the way down to RI for a good run. Rest rooms near by at the Duncan Donuts and McDonalds.

-Starts at the North Andover VFW, Route 125, finishes at the Winners' Circle Sports Bar, Salisbury.

THE COURSE

Runs along Rt.125 through North Andover – Haverhill, where it bears right onto Rt. 110 through Merrimac, and finishes at the Winners' Circle Sports Bar in Salisbury. This is a point-to-point course. You're on your own as far as transportation. Hey, bring your spouse, significant other, or both, and car pool!! If you don't have any friends show up at the Circle around 8:40 AM and plead with a fellow runner for a ride to the start. It is a great way to meet new friends!

THE SKINNY

Miles meticulously marked with a 2013 Ford Focus SE, yeh it is now bought and paid for! This car can measure a course better than any Garmin or Fit Bit I've seen and it doesn't use satellites!! Which means you can leave our Global Positioning Thing-a-linger at home! Who needs the extra weight anyway!! Water and/or delicious, (well it used to be Coors Light but the boys taste has gone upscale) at 5, 10, and 15 miles.

Please bring your watch, as you will be timing yourself!

Feel free to jump in or out at any distance. If you would like to cheat that's O.K. too! There are no "chips", though we may go by a cow farm, no awards, no entry fee, no numbers, no t-shirts, no "finisher's metals", no charities, no USATF, no registration, and no race directors to bitch to! Hey, isn't this what running is REALLY all about? Just lacing them up and getting a good workout in with your buddies? You want to run with your iPod, walkman, headphones, or 8-track, be my guest! Problem is, you will be truly missing the point of a running a long training run with your old and new friends.

There are plenty of hills, (don't believe me check out the accompanying attachment), beautiful scenery, really. A lot of insults provided by the friendly (?) water/beer stop volunteers, (who will also be entertaining you with choice selections from the Grateful Dead), yes we will have the boom box outside this year, post-run libations at the Circle provided by the WCRC and the AS.

So, if you thought Derry and Stu's was tough, and want to get a great workout in without having to refinance your home just to enter, come on up to the Merrimack Valley and test your skinny little legs in an event that is sure to get you in shape for Boston. Oh, by the way records are 1:50 for male and 2:00 for female, no wimps here!!

For more info please contact: Dave "Icky" LaBrode, 978-376-8289, ickylabrode@verizon.net

Hey, I'm up 1000+ FRIENDS (?) on FACEBOOK!! Who knew? Friend me, can I say that? And I may be nice and give you updates!!

DIRECTIONS

-Winners' Circle Sports Bar

Exit 55 off Rt. 495

Follow Rt. 110 east towards Salisbury approx. 1-mile

Circle will be on your right

Exit 58 off Rt. 95

Follow Rt. 110 east approx. ¼ mile

Circle will be on your right

-North Andover VFW

Coming from the South

Rt. 93N to Rt. 495N

Exit 43, right off ramp to Mass. Ave. straight to Chickering Road, North Andover

Rt. 125 approx. 1.2 miles

Take left at the light approx. ¾ mile, VFW on the right.

Coming from the North

Exit left off ramp to Mass. Ave. Follow directions above.