

The family and friends of Johnny O'Donnell invite you to join us for the 10<sup>th</sup> annual OD's Run/Walk

This annual 5K memorial road race and walk is held to raise funds for scholarships awarded in memory of Johnny ("OD") O'Donnell. Johnny, a three sport athlete at Lynnfield High School, displayed genuine dedication, perseverance and spirit, in true "Pioneer" fashion. His courage and unvielding determination to face life's challenges and obstacles are what made him a "true champion" in the eyes of so many. Johnny's unexpected death was a traumatic loss to so many of us that will be felt forever. It is our mission to sustain Johnny's memory through this annual gathering of family, friends and athletes and to assist Lynnfield High School graduates in furthering their education through a scholarship in his name. This event serves as a tribute to Johnny's short life with us, allowing us to celebrate every wonderful moment we were blessed to have had with him. Johnny's spirit and love will live in our hearts forever!

Karen Mahon 11 Lost Horse Trail Franklin, MA 02038



# **5K Run and Walk**

Sunday, September 22, 2013

10:00 A.M.

Lynnfield High School 275 Essex St. Lynnfield, MA

In Memory of

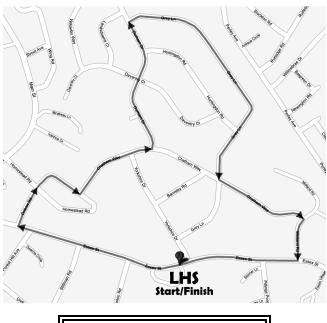
Johnny O'Donnell

January 12, 1984 - December 4, 2003

## **Directions to Lynnfield High School**

- Take route 128/95 (from North or South) to Exit 41 (Main Street, Lynnfield Center, Wakefield)
- Follow Main Street toward Lynnfield
- Continue 1.7 miles on Main Street
- Take a right onto Essex Street
- Lynnfield High School is 0.5 miles on the right
- Parking is located to the right of the building

### **Route Map**



IN MEMORY OF JOHNNY O'DONNELL 1984-2003



- Date:September 22, 2013<br/>Rain or ShineTime:10:00 (Registration 8:30)Location:Lynnfield High School<br/>275 Essex St.<br/>Lynnfield, MAEntry Fee:Pre-registration by mail<br/>or online at<br/>odsrunwalk.weebly.com : \$15<br/>Day of Race: \$20
- + T-Shirts to the First 150 Pre-Registered
- Awards to Top 3 Finishers in Each Age Division (M/F)
- Time Splits, Water Stations
- Professionally Timed, USATF Sanctioned



# All Proceeds to Benefit the John O'Donnell Memorial Scholarship Fund

For Additional Information Contact Karen Mahon Phone: (508) 528-1286 odsrunwalk@comcast.net www.odsrunwalk.weebly.com

### **REGISTRATION FORM**

For Official Use Only

Last Name		
First Name		MI
Age (Race Day)	Male/Female	
Street Address		
City	State	Zip
Phone		
E-mail Address		
Run/Walk		h Sm/Med/Lrg t Sm/Med/Lrg/X

#### Signature

(Signature of Parent/Guardian if Under 18)

In consideration of the acceptance of this entry: myself, heirs, executors and administrators, wave and release any and all rights and claims for damages I may have against Lynnfield High School, the Town of Lynnfield, USATF, all sponsors and race organizers for any and all injuries suffered by me while participating in, traveling to or from this event. I attest that I am physically fit and sufficiently trained to participate in this event. I also willingly release my image for photography, video and film cameras which may chronicle this event.

Checks made payable to:

#### The John O'Donnell Memorial Scholarship

Please complete entry form, sign, and postmark by September 15th to:

Karen Mahon 11 Lost Horse Tr. Franklin, MA 02038