

All Are Welcome!
Walkers Too!

M.O.M.'s RUN

Mary O'Brien Memorial 5k Run/Walk for Cancer

www.momsrn.org

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Walkers Too!

SUNDAY, MAY 10th, 2009 10:00 a.m. (walkers 9:45 a.m. start)
@DILBOY V.F.W. POST, DAVIS SQUARE, SOMERVILLE

ENTRY FEE: \$20.⁰⁰ Pre-Registered (received by May 1st); Post-Registration / Day of Race \$25.⁰⁰

TANK TOPS: Provided to First 200 Registered

REGISTRATION: *online@active.com, link via momsrn.org or coolrunning.com*
Raceday 8:00 A.M. - 9:45 A.M.; Dilboy V.F.W. Post, 371 Summer St.

COURSE START AND FINISH: @ George Dilboy VFW Post 371 Summer Street, Davis Square Somerville. Course runs up Summer St, left on Willow Ave then right onto Highland Ave. Follow Highland Ave to the the High School then right onto Vinal Ave down to Summer St. then right onto Summer St. all the way back to Dilboy Post. There will be one water stop at the half way point!

PARKING: Available behind Dilboy Post, also free meter and on street parking.

PRIZES: Awards and Massage Gift Certificates for Male and Female 1st, 2nd and 3rd overall.

MEDALS: Male and Female 1st and 2nd Place Finishers for the following Age Groups:
14 & Under, 15 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70+

!!! **POST RACE PRIZES, REFRESHMENTS AND DRAWING** !!!



Please mail your entrance form with your non-refundable check payable to:
M.O.M.'s RUN, P.O. BOX 560213 WEST MEDFORD, MA 02156



(please complete all fields legibly)

FULL NAME: _____
ADDRESS: _____
CITY: _____
STATE: _____ ZIP: _____
PHONE #: _____
EMAIL: _____

GENDER:
 MALE
 FEMALE

ACTIVITY:
 WALKER
 RUNNER

DONATION ONLY
\$ _____

TANK TOP SIZE
 SMALL MEDIUM
 LARGE X-LARGE

SELECT AGE GROUP:
(Be sure to specify gender + age group for correct medal placement.)

14 & Under 40 - 49
 15 - 19 50 - 59
 20 - 29 60 - 69
 30 - 39 70+

This is a total Cancer Fundraiser; Please consider making an additional donation in honor of a loved one.
ADDITIONAL DONATION _____ RUNNING FOR/IN MEMORY OF: _____

To benefit the DANA-FARBER MARATHON CHALLENGE @ DANA-FARBER

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries if suffered in connection with this event. I attest that I am physically fit to compete in M.O.M.'s RUN. Further, I grant full permission to any and all of the foregoing to use my photographs, videotapes, motion pictures, recordings or any other records of this event for any legitimate purpose.

SIGNATURE: _____ **DATE:** _____