

Friends of Oak Grove, Inc. 🕸

A fun run for everyone

The FOOGI 5K Road Race is a very unique and highly anticipated event for Malden and the surrounding areas. It is a one of a kind race/walk where both families and serious runners enjoy the Halloween spirit by running in costume around Forestdale & Wyoming cemeteries.

Although costumes are not a requirement- they definitely make it more fun!

This popular and high-energy event is a great opportunity to target key customers of your local community! Contact us regarding sponsorship.



**10:00am October 25, 2009**

Mail registration form to:

FOOGI HAUNT JAUNT

105 Wyoming Avenue

Malden, MA 02148

or online at [www.friendsofoakgrove.org](http://www.friendsofoakgrove.org)

Race Starts and finishes at Oak Grove Community Bldg.

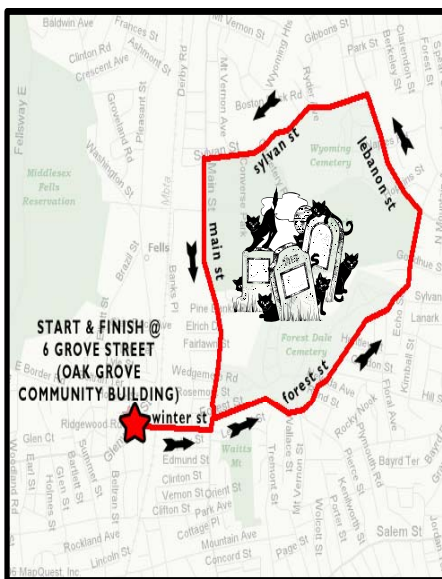
6 Grove Street, Malden, Ma 02148

Come out and run or walk it with your family. It is a great way to encourage exercise and the kids can show off their Halloween costumes! There is the 5K run/walk around the cemetery and for those of you wanting something less challenging, there is the 1-mile family fitness walk.

◆ Starting at 8:45am the **Wah Lum Kung Fu & Tai Chi Academy** will be demonstrating low impact stretching techniques led by **Sifu Mai Du**.

◆ Cash Prizes, awards for best costume and for children completing the fitness walk

◆ Music, free sampling, information tables, healthy snacks, goody bags for the kids, games and more!



[www.friendsofoakgrove.org](http://www.friendsofoakgrove.org) contact: Karen Hayes (781) 397-0744 [kcolonhayes@gmail.com](mailto:kcolonhayes@gmail.com)  
or Paul Sieswerda (781) 760-3531 [PaulSieswerda@verizon.net](mailto:PaulSieswerda@verizon.net)