



The Friends of Oak Grove, Inc.
is looking to SPOOK up some participants
for our 4th annual 5K "HAUNT JAUNT!"

DO YOU DARE?

This fun run/walk will take place on Sunday, October 25th -- rain or shine! It will start and end at the Oak Grove Community Building and will loop around the Forestdale and Wyoming Cemeteries for the perfect Pre-Halloween course! 🕸

In past years we inspired newcomers, walkers, kids, families, and experienced runners. This race can be your incentive to get healthy. Show your spirit and dress in your Halloween costume! The race will include cash prizes, awards, best Halloween costume prize, T-shirts for the first 100 registered participants, snacks, water, give-aways and more! The children's 1-mile fitness walk will end with a prize for all participants.

Time: 10:00am Run/Walk
10:15am Kid's Fitness Walk

Registration: 8:30am to 9:45am

Place: Oak Grove Community Building
6 Grove Street Malden 02148
T- Accessible! The building is across the street from the Orange line. It is the last stop-Oak Grove Station.

Distance: 5-K Run/Walk
1 mile Kid's Fitness Walk (under age 13)

Entry Fee: \$15.00 on or before October 16th
\$20 on or after Oct. 17th and on race day
Kids Fitness Walk is FREE! (under 13, and must be accompanied by a registered adult)
FAMILY DISCOUNT- four runners or walkers for 5k- \$30.00 + 2 t-shirts.

Course: This is a flat course with arrows at turns and mile markers. (see map on back).
USATF sanctioned

Age groups: 18 & under, 19-29, 30-39, 40-49,
50-59, 60 & over.

Awards: Top Three overall M/F / Top 3 M/F in each category. Prize money!

T-shirts: T-shirts for first 100 pre-registered participants (not including Kid's Walk)

Timing & Results: Professional computerized timing and results. Yankee Timing
Pre & Post Race: Pre-race demonstrations, Post race festivities

ABOUT US:

Friends of Oak Grove, Inc. is a 501c3 non-profit organization formed by residents of Malden with the goal of beautifying our neighborhood and building strong community cohesiveness. We accomplish this through the sponsorship of activities and events, which focus on health, education and entertainment.



All proceeds will go towards a landscaping project at Patchell Park in memory of our former Board Member Lee Peterson.

Contact info: Email Kcolonhayes@gmail.com or Paulsieswerda@verizon.net

Website: www.friendsofoakgrove.org

4th Annual FOOGI Road Race

10:00 am October 25th, 2009

Mail registration form to:
FOOGI HAUNT JAUNT
105 Wyoming Avenue
Malden, MA 02148 or online at
www.coolrunnings.com

Name _____ Age _____
(on race day)

Address _____

City _____ State _____ Zip _____

Gender _____

E-mail address _____

Home Phone Number _____

Mobile Phone Number _____

Official use:
BIB#

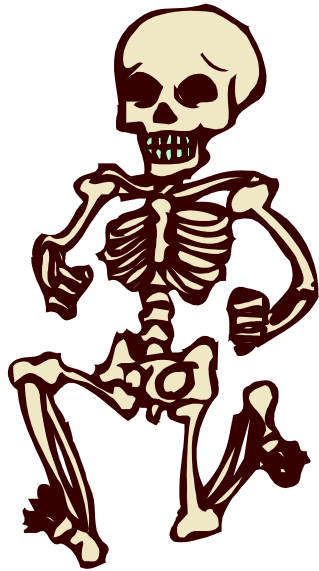
Paid ✓

RELEASE: I hereby for myself, my heirs, executors and administrators waive and release my rights and claims for damages I may have against the race directors, The Friends of Oak Grove, Inc., the City Of Malden & Melrose, The Commonwealth of Massachusetts, volunteers and all assigns and will hold them harmless for any and all injuries suffered in connection with this event, including but not limited to: fall, contact with other participants, effects of the weather, traffic and conditions of the road, all such risks being known and appreciated by me. I absolve the Commonwealth of Massachusetts from any liabilities incurred on their property on October 25th, 2009.

Signature REQUIRED (Parent or guardian if under 18) Date: _____

Make checks Payable to: Friends of Oak Grove, Inc.
(All fees are non-refundable) 🕸

FOOGI 5K "HAUNT JAUNT"

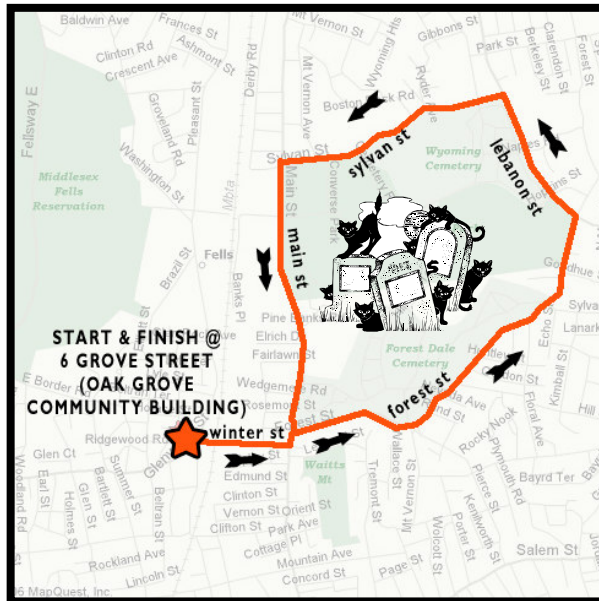


**DON'T BE AFRAID...
COME RUN WITH US!!**

**(WE'RE NOT AS SCARY
AS WE LOOK)**



RACE ROUTE



**BE THERE OR BEWARE!! DON'T
FORGET YOUR COSTUME!**



To download additional registration forms,
go to our website www.friendsofoakgrove.org



FOOGI 5K "HAUNT JAUNT"

MONSTER SPONSORS:
DANVERSBANK
&
DOCKSIDE RESTAURANT

**OCTOBER 25TH, 2009
AT 10:00 AM
A FUN RUN FOR EVERYONE**

USATF Sanctioned

Join us at the
**Dockside Restaurant
Malden**
for a Post-Race Buffet!