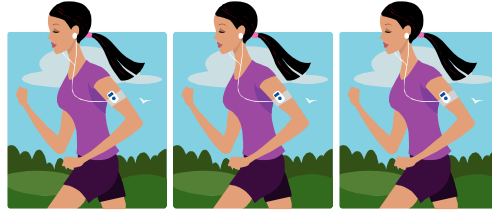


You Go Girl



5k & 10k Run

5k Walk

A Race on Mother's Day to celebrate Moms and families (Dad's too)
On the Massachusetts Military Reservation, USCG MWR

Sunday May 11, 2008 1100 start time

Mandatory: Pre-registration in order to gain access to the Massachusetts Military Reservation
\$15.00 registration fee. Children under the age of 13 are free. Register by Wednesday, 7 May, 2006.
Authorized users of the base may register race morning by 1030.

Amenities include a water stop, post race beverages, home made snacks and entertainment for the whole family.

After race age group small awards will be given.

Categories: Men and women: Age 0-13 14-18 19-29 30-39 40-49 50-59 50-59 60- 69 70+
Walker: Open (0- 39) and Master (40+)

Make check to the: "MWR AIR STATION CAPE COD"

Fill out, cut and send to: "You Go Girl 5K & 10K, Candy LeBlanc, USCG MWR, AIR STATION CAPE COD, BUZZARDS BAY MA 02542
Questions Call Candy LeBlanc 508-968-6446 or email Candace.c.leblanc@uscg.mil

Directions: Route 6 east. Exit 2, Sandwich, Mashpee. Bear right off exit. Travel on Route 130 to third set of lights, make a right onto Snake Pond Road. Follow to Base entrance. Park at the Crosswinds Activity Center. Race begins/finishes at the CROSSWINDS bldg near the base exchange.

Name _____ Age _____ Address _____

Phone _____ Cell _____ Email _____ Club _____

Circle one: Runner 5K 10K Walker Category _____

Waiver: I am aware participating in this sport is potentially threatening to my health. I am fit. I will take full responsibility of myself and my health before, during and after this event. If anything should happen I will not hold anyone responsible for me and my actions. I will not hold Candy LeBlanc, United States Coast Guard, Air Station Cape Cod responsible for my actions. **NO DOGS PLEASE!!!!**

signature and date

adult signature if younger than 18