



SUNDAY, NOVEMBER 3, 2019

All net proceeds go to support qualified veterans and families for access and programming.

North Suburban YMCA

Fun Run: 8:15am | John Metcalf Award: 9:00am | 5K Run/Walk: 9:15am

**After Party at the Woburn George A. Campbell Post 101
American Legion Hall, 194 Lexington Street**

Pre-Registration: \$30 (before 10/25)

Day-Of Registration: \$40 (7:15-8:00am)

Kids' Fun Run: \$5

Includes 1 Drink ticket 1 Mac-n-Cheese ticket at the After Party



Race Course: Starts in front of YMCA and includes section along Horn Pond

Register Online at: ymcaboston.org/5K

For more information, contact North Suburban YMCA: 781-935-3270

JOHN METCALF VETERANS 5K RACE FORM

Sunday, November 3, 2019

Fun Run: 8:15am

John Metcalf: 9:00am

5K Run/Walk: 9:15am

Pre-Registration: \$30 before October 25

Kids' Fun Run: \$5

Race Day Registration: \$40 - ends at 8:00am

To register online visit ymcaboston.org/5K

DIVISIONS:

Male and Female

8 & under, 9-12, 13-15, 16-19, 20-29, 30-39,
40-49, 50-59, 60-69, 70+

AWARDS:

Trophies to top Male & Female finisher
in each division

NAME _____

ADDRESS _____

CITY _____ STATE _____

PHONE _____

CONTACT EMAIL _____

GENDER _____ AGE _____ TEE SHIRT SIZE _____

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 or their agents and representatives for any injury(s) or illness(es) suffered by me during or as a result of this event. I further attest that I am in good health and suitable condition to participate in the above event.

SIGNATURE _____

PARENT'S SIGNATURE IF UNDER 18 YEARS OLD: _____

Cash or check accepted. Please make check payable to: North Suburban YMCA

Registration can be mailed to the North Suburban YMCA.

North Suburban YMCA, 137 Lexington Street, Woburn, MA 01801