

**This race is lovingly
dedicated to all
women, men and
children whose lives
have been touched
by Ovarian Cancer.**

**If you are a woman you're at risk!
Know the symptoms!**

Because the symptoms of ovarian cancer are vague, diagnosis often occurs late. Symptoms are subtle, persistent, and usually increase over time. They may include:

- ~ swollen abdomen, bloated feeling and urgent urination
- ~ pelvic and/or abdominal swelling, pain, and /or a feeling of fullness
- ~ weight gain or weight loss
- ~ gastrointestinal complaints such as gas, nausea, indigestion, or unexplained change in bowel habits
- ~ fatigue
- ~ pain or abdominal discomfort

If your symptoms persist more than 4 weeks:

**DON'T DISMISS IT!
TAKE ACTION!
SEE YOUR DOCTOR!**



**10th Annual
5K Roadrace &
Walk**

"With your help we will come one step closer to stomping out ovarian cancer."

**Sunday, September 19th, 2010
11 A.M. Sharp
Hazelwood Park, New Bedford, MA**

RACE INFORMATION

DATE: Sunday, September 19th, 2010

TIME: 11 A.M. Sharp

START/FINISH LOCATION:

Hazelwood Park, Brock Avenue
South End, New Bedford, MA

Directions

From 195 take Rt. 18 south to end, left at 2nd set of lights (7-11 store). One mile to park.

COURSE

Fast & flat through scenic waterfront.

REFRESHMENTS

Post-race snacks and beverages will be provided.

ENTRY FEE

Pre-Entry \$20.00 by September 13, 2010

Post-Entry \$25 on race day

Make check payable to:

OCEAN at MGH

Register online at www.jbrace.com

TEE-SHIRTS

Tee-shirt given to the first 250 registrants, also available for purchase on race day.

MAIL ENTRIES AND OR DONATIONS TO:

Maryalice Balboni
P.O. Box 172
Easton, MA 02334

AWARDS & RAFFLE

AWARDS

DIVISIONS 5K RUN:

- Junior (under 13) High School (13-18)
 Open (19-29) Sub-Master (30-39)
 Master (40-49) Senior (50-59)
 Veteran 60+

Awards will be given to males and females separately for each division.

All walkers are winners!

A special recognition to first overall male and female walker will be given.

RAFFLE

Make sure to visit our tables for chances to win outstanding raffle prizes!

Raffle tickets available for purchase on race day.

Must be present at drawing to claim prize.

For additional information contact:

Cristina - cbalboni1@comcast.net

or

Caroline - 617-623-1311

SPONSOR SHEET

Bring completed sponsor sheet on day of race with the donations

Let's make this year OCEAN's greatest!

RUNNER/WALKER ENTRY FORM (PLEASE PRINT CLEARLY) RUNNER WALKER

Name _____ D.O.B. _____ Age _____

Street _____ City _____ State _____ Zip _____

Telephone _____ Male Female Shirt Size: M L XL

Email _____

In consideration of the acceptance of this entry, I do forever release the City of New Bedford and OCEAN at MGH 5K Road Race & Walk Committee and other sponsors and organizers of the OCEAN at MGH 5K Road Race & Walk Committee from any claims whatsoever from my participation in this event. I attest that I am physically fit and sufficiently trained to compete in this event.

Signature _____ Date _____ Signature of parent or guardian required if under 18 years old