

# Step Out For Hospice

3-mile Health Walk  
5-mile Road Race  
1-mile Fun Run

is presented by:



Irish American Club of Woburn



**VNA Hospice Care**

VISITING NURSE ASSOCIATION  
OF BOSTON & AFFILIATES

Woburn Friends of VNA Hospice Care



Shamrock Running Club



Woburn Friends of VNA Hospice Care has raised funds for VNA Hospice Care over the past twelve years to help provide end-of-life services to patients and their families in Woburn and the surrounding communities.

VNA Hospice Care, (formerly Hospice Care, Inc.) is a non-profit, Woburn based organization that provides care, comfort and compassion to patients and families facing life-limiting illness and loss-regardless of their ability to pay. For more information about hospice programs, please visit our website at: [www.hospicecarema.org](http://www.hospicecarema.org).



VNA Hospice Care  
100 TradeCenter, G-500 • Woburn, MA 01801  
Phone: 781-569-2888 • Fax: 781-569-2877  
[www.hospicecarema.org](http://www.hospicecarema.org)

Woburn Friends of VNA Hospice Care  
Irish American Club of Woburn  
Shamrock Running Club

PRESENT

# Step Out For Hospice



Sunday, October 3, 2010

13th Annual 3-mile Health Walk  
30th Annual Irish-American Club  
5-mile Road Race  
1-mile Fun Run



## Entry Fees

1-Mile Fun Run (11:30 A.M.) \$5

Shirt, prizes, ribbon and refreshments.

Ages 13 and under.

3-Mile Walk (noon) Preregister \$20

Hospice sweatshirt (guaranteed for entries received by September 24th) (Race Day \$25)

and post race/walk amenities.

5-Mile Road Race (12:30 P.M.) Preregister \$20

Hospice sweatshirt (guaranteed for entries received by September 24th) (Race Day \$25)

and post race/walk amenities.

### Mail registration forms and fees until September 27th to:

Woburn Friends of VNA Hospice Care  
100 TradeCenter, G-500  
Woburn, MA 01801

Register on-line at [www.hospicecarema.org/events](http://www.hospicecarema.org/events) until September 27th

Register on the day of event beginning

at 10:00 a.m. at the

Irish American Club of Woburn

147 Main Street (next to Walgreens)

Woburn, Massachusetts

For a printable application and for more information

go to [www.hospicecarema.org](http://www.hospicecarema.org)

or call VNA Hospice Care:

(781) 569-2888

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

### Event (circle one)

1-Mile Fun Run \$5	3-Mile Walk Pre-reg. \$20 (Race Day \$25)	5-Mile Run Pre-reg. \$20 (Race Day \$25)
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### Sweatshirt Size (circle one)

Small Medium Large X-Large XX-Large

Gender (circle one) Male Female

### Age Group for 5-mile race (circle one)

19 & under 20-29 30-39 40-49 50-59 60-69 70+

Clydesdale M 190+ Filly F 140+ Wheelchair

### Mail registration forms and fees to:

Woburn Friends of VNA Hospice Care

Attn: Walk/Run Registration

100 TradeCenter, G-500, Woburn, MA 01801

Disclaimer: In consideration of accepting this entry, I, the undersigned, indenting to be legally bound, hereby for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for losses against the sponsors of this race and/or officials of said event, Irish American Club of Woburn, Inc., City of Woburn, Town of Winchester, VNA Hospice Care, Town and State Police, Fire Department and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or other records of the event for any purpose whatsoever.

Signed \_\_\_\_\_

Signed \_\_\_\_\_

Parent or Guardian if under 18 years old

Can't Walk?

Can't Run?

You can still help!

Send a donation today!

## Donations and Memorial Donations

A \$25 or more separate donation to STEP OUT FOR HOSPICE will list a relative or friend as a memorial listing in the Daily Times Chronicle and at the event.

PLEASE PRINT CLEARLY:

In Memory Of: \_\_\_\_\_

From: (as you want it to appear in the listing)

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

(For inquiries regarding memorial donations)

Donation Amount Enclosed: \$ \_\_\_\_\_

(Checks payable to Woburn Friends of VNA Hospice Care)

Please mail donation to:

Woburn Friends of VNA Hospice Care

Attn: Memorial Listing

100 TradeCenter, G-500, Woburn, MA 01801

Thank you for your donation. Your donation is tax-deductible to the extent of the law.

\*Registration fee(s) for walk/run are additional