



**JOIN US FOR OUR 5TH ANNUAL  
Must Dash for a CURE 5k  
&  
5 o'clock Shadow 1/2 mile Fun Run**

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Saturday, May 11, 2019  
5:00pm

York High School

9300 George Washington Memorial Hwy. Yorktown, VA. 23692

Packet pick up Friday May 10th  
Thread Perfection 5:00-6:30pm

5906 George Washington Memorial Hwy. Yorktown, VA 23692

Day of race registration and packet pick-up begins  
at 3:00pm on site.

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Scan QR code below to register or visit our websites  
[www.gotcureage.org](http://www.gotcureage.org)

or

[www.mustdashforacure5k.org](http://www.mustdashforacure5k.org)  
for full race details.

**gotCUREage**  
it takes courage to fight and CUREage to win



gotCUREage is a 501(c)(3) nonprofit organization benefiting  
The Leukemia & Lymphoma Society, Virginia Chapter as well as other charities.  
We are proud supporters of the Coast Guard Blue Dolphins.