

4th Annual Colon Cancer Awareness 5K Run and Walk



March 23, 2013
Murphysboro, IL

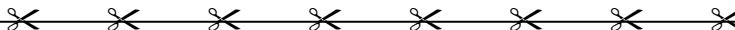
March is colorectal cancer awareness month and you can help raise awareness about this type of cancer and the necessary screenings for early detection. In 2012, Illinois had approximately 6,030 new cases of colorectal cancer diagnosed and approximately 2,300 deaths from this type of cancer. Whether you prefer to be competitive or participate for fun and awareness, you are invited to join us for the 4th Annual Colon Cancer Awareness Run and Walk. To help draw attention to the need for preventative screenings such as the colonoscopy, we will provide all participants who register by March 7, 2013 with t-shirts. Participants will be encouraged to wear the shirts on race day. Each time you wear the t-shirt after the race, you and others will be reminded to have your preventative screenings.

Race packets may be picked up beginning at 8 am at Dairy Queen, 1700 Walnut Street, on the day of the race—START time is 9 am

- Timing provided by River to River Roadrunners
- All miles marked
- Pre-register by March 7 to be guaranteed apparel
- Starting point is 18th and Walnut Street and will conclude at 17th and Spruce Street.
- Assistants will be located around the course to monitor the race course.
- **\$20 registration fee— Registrations received by March 7, 2013 guarantee participants event apparel. Participants who register day of event will not receive apparel.**
- Start time of the 5K is 9 am. Awards will be presented immediately after results are tabulated.
- Men and Women Runners: 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and over
- Men and Women Walkers: 19 and under; 20-29; 30-39; 40-49; 50-59; 60-69; 70 and over



Proceeds benefit American Cancer Society Relay For Life of Jackson County Murphysboro.



Complete, the application and return with payment to: **Caleb's Warriors, c/o Brenda Nehring, 363 Nehring Farm Road, Murphysboro, IL 62966.**
Event apparel will only be guaranteed for registrations received by March 7, 2013. For information, call 618/967-9248.

Name _____ Address _____

City/State/Zip _____ Age _____ Telephone _____

Email _____

Circle appropriate categories:

Male Female Run Walk (*Walkers must walk only*) Adult T-shirt Size: Small Medium Large X-Large

Liability waiver to be signed by all entrants, or by parent or guardian, if entrant is under 18. In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release, the American Cancer Society Relay For Life and the City of Murphysboro and any and all sponsors and their representatives, successors, and assigns from any and all rights and claims for damages I may have arising out of or any injuries and illnesses suffered by me in this event, including those which may be attributable to weather conditions. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and a licensed medical doctor has verified my physical condition. Further, I hereby grant full permission to any and all of the publicity and/or promotional purposes without obligation or liability to me. I have read the entry information provided and certify my compliance by my signature below. I understand entry fees I pay are non-refundable.

Signature _____

Parent/Guardian (if under 18 years of age) _____