

Undy 5K Run and Walk

March 27, 2010

Proceeds benefit the American Cancer Society Relay For Life of Jackson County Murphysboro. Sponsoring teams are:

- Awesome Possum Kids for a Cure
- Caleb's Warriors—618.967.9248
email: nehrlingfarms@hotmail.com
- Diane's Divas: tiffanyheil@hotmail.com
- Team Murphysboro—618.303.2012
email: smripley@murphysboro.com

Relay For Life teams are forming now. To learn how you can get involved in your area or for a list of Relay For Life events, contact the American Cancer Society Office in Marion by phoning 618-998-9898. Relay For Life is the signature fundraiser for the American Cancer Society and funds raised are used for research, advocacy, education, and patient services.

Remember—

There is no finish line until we find a cure!

Boxer Short Sponsors:



Water Sponsor:



**Get to the bottom of colon
cancer... Scope it out!**

March is colorectal cancer awareness month and your help is needed to raise awareness about this type of cancer and its screening. Detection is important and when found early it is one of the most treatable forms of cancer. Yet, because of the areas of the body colorectal cancer affects, some people find it embarrassing and are not comfortable engaging in discussions with their health care providers. In 2009, Illinois is expected to have 7,150 new cases diagnosed and approximately 2,510 deaths will occur.

So, whether you prefer to be competitive or participate for fun, you are invited to join us for the Undy 5K 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 10 with boxer shorts. Participants will be encouraged to wear them over their running or sweat pants. Each time you wear them after the race, you will be reminded to have your preventative screenings. Participants who register late are asked to wear shorts or colorful boxers. Be creative, but dress appropriately!

- 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 10 to be guaranteed boxer shorts
- Starting point is 18th and Walnut Street and will conclude at 17th and Spruce Street.

Your safety and enjoyment are the most important part of the Undy 5K. Assistants will be located around the course to monitor the race course.

- **\$15 registration fee — Registrations received by March 10 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. Awards will be presented to first, and second places in each age group.

AGE GROUPS FOR MEN/WOMEN RUNNERS

14-under	45-49
15-19	50-54
20-24	55-59
25-29	60-64
30-34	65-69
35-39	70 - over
40-44	

AGE GROUPS FOR MEN/WOMEN WALKERS

19 & Under	50— 59
20—29	50— 59
30—39	60—69
40—49	70 and Over

Please complete, in full, the application below 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 10, 2010. For information, call a sponsoring team on the back.

Name _____

Address _____

City/State _____

Zip _____ Telephone _____ Age _____

Circle appropriate categories:

Male Female Run Walk
(Walkers must walk only)

Adult Boxer Size:

Small Medium Large X-Large

Liability waiver to be signed by all entrants, or by parent or guardian, if entrant is under 17. 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 17 years of age)

Space reserved for event committee:

Date Rcvd: _____ Amount _____ COC Initials _____