

Did you know...

- Over 21,000 women are diagnosed with ovarian cancer every year, and more than 15,000 will die of the disease.
- There is NO early detection test for ovarian cancer.
- Ovarian cancer is 90% treatable if caught in its earliest stages; however, less than 20% of women are diagnosed during these stages. Unfortunately, survival rates drop significantly for later stage diagnosis. Early diagnosis is imperative!

Symptoms of Ovarian Cancer...

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Feeling the need to urinate urgently or often

Other symptoms can include:

- Fatigue
- Upset stomach or heartburn
- Back pain
- Pain during sex
- Constipation or menstrual changes

Ovarian Cancer,
It Whispers
So Listen!



SATURDAY, AUGUST 28, 2010



Saturday, August 28, 2010
8am @ White Oak
Elementary School
Morris, IL

5k Run/Walk

Join us in raising
awareness of
ovarian cancer!



Running for Life Details...

Time

6:30 a.m. - 7:45 a.m.

Race day registration and check in

8:00 a.m.

Start 5k for runners and walkers

Location

Registration start and finish are located in front of White Oak Elementary School, 2001 DuPont Avenue, Morris, IL.

Age Divisions

5k run:

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

5k Run Award Categories

Overall - Awarded to top male and female
Age-Awarded to top 3 in each age division.

Award ceremony will take place once the results of the 5k race are available.

Full results will be posted on www.racetime.info



Race Course

The race is a 3.1 mile USATF IL-08046-JW Certified course that starts on Dupont Avenue in front of White Oak Elementary School and winds through residential neighborhoods. The course is paved, flat and FAST.

Registration Fees

Pre race (until July 28, 2010)	
5k Runners and Walkers	\$25.00
Race Day	
5k Runners and Walkers	\$30.00

Packet Pick-up

Pre registered participants may pick up their race packets on the day of the event from 6:30am to 7:45am

For More Information

For more information, please visit www.runningforlife5k.com or call Corri Trotter, Race Director, at 815-405-6562.



Registration Form

Registration available online at www.signmeup.com or by mail. Please fill out completely. One form per participant. All forms must be signed

_____ Runner _____ Walker _____ Survivor
Last Name: _____
First Name: _____
_____ Male _____ Female
Age as of 8/28/10: _____
Birth date: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
Emergency Contact Name: _____
Emergency Phone: _____

T-shirts are guaranteed for the first 200 registered participants

T-shirt size: _____SM _____MD
_____LG _____XL _____XXL

I verify that I am physically fit to participate in this run/walk. I hereby release all groups and volunteers involved with the 5k run/walk from any and all rights or claims for damages, illness, or injuries suffered by me participating in the run/walk. I also grant permission for the use of my name and photographs and video of my participating in the 5k run/walk.

Name (print): _____

Signature: _____

If under 18, Parent's Signature:

Please make check payable to Running for Life 5K and mail with completed registration form to: Corri Trotter
1468 Mollie Drive
Morris, IL 60450