

ENTRY FORM

Check One: Pink Relay 4-MILE Fun Run

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____

Age on 10/31/09: _____ Birthdate: _____

Sex: M F

T-Shirt Size (Pink Relay or 4-Mile only): S M L XL

Payment Options: Check is enclosed
 Please bill my credit card:

MasterCard/Visa # _____ Exp. _____

Signature _____

All applicants must sign waiver!

Waiver: Upon acceptance of this entry, I, for myself, my heirs and assigns, hereby release the sponsors, officials and volunteers of the Power of Pink Event; Haywood Regional Medical Center; Glory Hound, Inc.; State of North Carolina; Haywood County, NC; Haywood Community College and all participating businesses and organizations from any and all liability arising from illness, injury or death I may suffer as a result of my participation in this event. I attest that I am physically able and have sufficiently trained for this event and am aware that participation in this event could result in physical injury. Should officials determine that completion of the event would be injurious to my health, I consent to be removed from the event and treated by designated medical personnel. I agree to accept the decisions of the officials as final. I also understand that wheeled vehicles - including bicycles, skates, strollers and scooters, are prohibited from the course.

Signature: _____

Date: _____

Parent/Guardian: _____

(if under 18 years old)

FOR PINK RELAY ONLY Each team member must complete their own entry form and sign a waiver. Please send all completed entry forms with payment together in one envelope.

Team Captain: _____

Name of Team: _____

I am running this Leg # for my team:

Check Leg #: #1 #2 #3 #4 #5

MAIL OR RETURN ENTRY FORM WITH PAYMENT TO:

HRMC Foundation, 262 Leroy George Dr.,
Clyde, NC 28721 or fax to (828) 452-8973



The **Power of Pink** was created in 2007 as a collaborative effort with the HRMC Foundation, the Haywood County Health Department and a group of dedicated volunteers. This program provides free mammogram screenings to qualifying underserved women in our county.

People from across Western North Carolina come together to support this worthy cause. In 2008, *The Pink Relay, The Pink 4 Miler and Bubble Gum Fun Run/Walk* raised nearly \$12,000 in net proceeds, which will allow over 100 women to receive screenings they could not normally have afforded. This year's goal is \$20,000+.

Please join us on Saturday, October 31, 2009 for the 3rd annual Power of Pink fundraising and awareness event for breast cancer detection in Haywood County.

Your support of this event could save a life.

One out of every seven American women will be diagnosed with breast cancer at some point during her life. Early detection gives a woman the best chance for survival.

One relay team will provide the funding to allow two deserving women to receive mammograms.

Please join us as a runner, walker, volunteer, sponsor or spectator for this great event and help the women of Haywood County.

For more information about the cause or the event, please call:

HRMC Foundation (828) 452-8343
Haywood County Health Dept. (828) 452-6675

the 3rd annual

POWER

OCTOBER 31, 2009

PINK RELAY FOR WOMEN
PINK 4-MILER RUN/WALK
BUBBLE GUM FUN RUN/WALK

A FUNDRAISING
EVENT FOR
BREAST CANCER
DETECTION IN
HAYWOOD COUNTY

SPONSORED BY



Haywood Regional
Health & Fitness Center

Our Events

THE PINK RELAY

This unique race is an all-women's relay covering 20 miles between five team members. Each relay team member will run the same four-mile loop course, which includes Jones Cove Road and the property of Haywood Community College. This course enhances runner safety, alleviates traffic congestion and creates a festive atmosphere, where each relay member will be able to watch their teammates start and finish at Haywood Regional Health & Fitness Center.

THE PINK 4-MILER RUN / WALK

This race is open to MALE and FEMALE runners and walkers of all ages. The 4-miler race uses the same course as the Pink Relay. The course is a moderately hilly track on Jones Cove Road and the Haywood Community College property, beginning and ending at Haywood Regional Health and Fitness Center. There will be three water stations along the course.

THE BUBBLE GUM FUN RUN / WALK

Everyone is encouraged to embrace the **Power of Pink**. This event is designed for young children, non-athletes and those who cannot participate in the other events to be involved. The entire course will be located on the HRMC campus and cover less than a mile. Each participant will receive a recognition token.

WE NEED YOU! IF YOU CAN'T PARTICIPATE IN AN EVENT, BE A VOLUNTEER ALONG THE ROUTE OR ELSEWHERE! SPONSORSHIPS ARE ALSO AVAILABLE!

ASHEVILLE TRACK CLUB GRAND PRIX

The Power of Pink is proud to be a part of the Asheville Track Club's Grand Prix Series. The Pink 4-Miler is a grand prix event for track club members. Members of the track club who compete on a Pink Relay team will receive one bonus point.

Entry Fees

THE PINK RELAY

\$200 per team early registration
\$250 per team after October 23, 2009

THE PINK 4 MILER RUN / WALK

\$25 early registration
\$30 after October 23, 2009

BUBBLE GUM FUN RUN / WALK

\$10 registration anytime
\$5 kids 12 and under register anytime.

Registration can be done on-line at www.Active.com (service charges apply) until October 29, 2009

GROUP FEES

Military units, middle and high school teams, corporate groups, youth camps and youth running clubs may register for the Pink 4-Miler for \$15 each if five or more runners register from a single organization. Individual entries must be submitted together in a single envelope to receive the discount. **On-line registration is NOT available for group entries.**

Schedule *Note: All races finish in front of Fitness Center*

FRIDAY, OCTOBER 30

4:00-7:00 p.m. Late Registration/Package Pickup – HRMC Fitness Center Gym

SATURDAY, OCTOBER 31

6:30 a.m. Late Registration/Package Pickup
7:30 a.m. Package Pick Up/Late Registration ends for Pink Relay
7:45 a.m. Mandatory relay team meeting
8:00 a.m. Pink Relay Starts
9:15 a.m. Package Pick Up/Late Registration ends for 4-Miler
9:30 a.m. 4-Miler Run / Walk Starts
10:45 a.m. Late Registration/Package Pickup ends for Fun Run / Walk
11:00 a.m. Bubble Gum Fun Run/Walk Starts
11:30 a.m. Relay & 4-Miler Awards Ceremony

TIMING

The Pink Relay and The Pink 4-Miler Run/Walk will utilize hand timing; the Bubble Gum Fun Run/Walk will not be timed. Splits will be taken for each relay leg and called at the one and two mile points of the 4-Miler.

COMMEMORATIVE T-SHIRT

Each Pink Relay team member will receive a long-sleeve T-shirt. The first 150 Pink 4-Miler registrants are guaranteed to receive a short sleeve T-shirt.

Awards

PINK RELAY - Each member of the top three relay teams will receive a trophy designed specifically for this event.

THE PINK 4-MILER - Trophies will be awarded to the top male and female overall finishers and the top male and female masters finishers. Age group medals for male and female will be awarded for first, second and third in the following age groups: 10 & under, 11-14, 15-20, 21-29, 30-39, 40-49, 50-59, 60-69, and 70 & over. No double dipping.

Information

For race questions or to volunteer, please call (828) 400-5868, email greg@gloryhoundevents.com or go to www.haymed.org.

MAKE CHECKS PAYABLE TO: HRMC Foundation

MAIL TO: HRMC Foundation
Power of Pink
262 Leroy George Dr.
Clyde, NC 28721

DROP OFF: Haywood Regional Health & Fitness Center

FAX: (828) 452-8973 (Foundation)