24TH ANNUAL SUSAN G. KOMEN
PITTSBURGH RACE FOR THE CURE®

2016 ENTRY FORM

Mother’s Day • Sunday, May 8, 2016
Flagstaff Hill in Schenley Park • Pittsburgh, PA

5K chip-timed run • 5K walk/run • 1-mile fun walk
Sleep In for the Cure®

Local Presenting Sponsor

Register online: www.komenpittsburgh.org
For more information: 412.342.0500
FULFILLING THE PROMISE
Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen® and launched the global breast cancer movement. Today, Susan G. Komen is the boldest community fueling the best science and making the biggest impact in the fight against breast cancer. Thanks to events like the Susan G. Komen Race for the Cure®, we have invested more than $889 million in ground-breaking research to fulfill our promise, working to end breast cancer throughout the world. To learn more, visit komen.org or call 1-877-GO KOMEN.

OUR PROMISE
Susan G. Komen promises to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures.

I Am Komen®
I Am Komen® is the mission engagement program of the Susan G. Komen Race for the Cure® Series that motivates people to take action steps that may reduce their risk of breast cancer. It speaks to the importance of early detection and healthy living while encouraging everyone to make a personal commitment to their breast health. I Am Komen® is a “Declaration” to join the Komen community as an ambassador in the fight against breast cancer.

Breast Self-Awareness
- Know your risk
- Get screened
- Know what is normal for you
- Make healthy lifestyle choices

SUSAN G. KOMEN PITTSBURGH
The work of Susan G. Komen Pittsburgh is a continual effort to meet the breast health needs of the affiliate’s 34-county service area of western and central Pennsylvania. The first Komen Pittsburgh Race for the Cure, held in 1993, was organized by National Council of Jewish Women (NCJW) volunteers Laurie Moser, Eileen Lane and Pat Siger. NCJW continued to organize the Race as one of many programs they sponsored until 2005 when Pittsburgh became an Affiliate of Susan G. Komen. The Pittsburgh Race for the Cure has become an annual Mother’s Day tradition for thousands of residents from the tri-state area. Today, the affiliate works year round to further our promise to end breast cancer forever. Through events such as the Komen Pittsburgh Race for the Cure, we are able to provide extensive community outreach and education through our grant programs.

HOW YOUR CONTRIBUTION IS INVESTED
- 75% Local breast cancer education, screening and treatment initiatives
- 25% Komen’s national research grants

REGISTRATION INFORMATION

INDIVIDUAL & TEAM DEADLINES

INDIVIDUAL & TEAM REGISTRATION
Online: Last day May 4, 2016 5 p.m.
Paper: Postmarked by April 15, 2016

Paper Team: See website for further instructions and delivery information.

Race packets will not be mailed after April 27, 2016.

WALK-IN REGISTRATION & PACKET PICK-UP

Saturday, April 23, 2016 10 a.m. - 6 p.m.
Sunday, April 24, 2016 11 a.m. - 4 p.m.
- Kohl’s in Cranberry Township
- Kohl’s in Monroeville
- Mall at Robinson
- Ross Park Mall
- South Hills Village

Monday, April 25, 2016 11 a.m. - 4 p.m.
- University of Pittsburgh, Posvar Hall Galleria

Fees:
- $15 Breast cancer survivor, any event
- $25 Adult age 15+, untimed event
- $30 Adult age 15+, 5K chip-timed run
- $15 Youth age 14 & under, untimed event
- $20 Youth age 14 & under, 5K chip-timed run
- $10 Babies for the Cure, age 3 & under
- $35 Sleep In for the Cure®

RACE WEEKEND

Registration at Flagstaff Hill in Schenley Park

Saturday, May 7, 2016 11 a.m. - 4 p.m.
Begins at 6:30 a.m.
(Registration for 5K chip-timed run closes at 8:35 a.m.)

Fees:
- $15 Breast cancer survivor, any event
- $35 Adult age 15+, untimed event
- $40 Adult age 15+, 5K chip-timed run
- $15 Youth age 14 & under, untimed event
- $30 Youth age 14 & under, 5K chip-timed run
- $10 Babies for the Cure, age 3 & under
- $35 Sleep In for the Cure®
GETTING TO THE RACE
Free parking and shuttle service will be available from many lots in the Oakland area. Buses will be available from several communities. Round-trip cost is $5 per person. Space is limited, so sign up now!

VOLUNTEERS NEEDED
The success of our Race depends on the support from our volunteers.

SURVIVORS
Breast cancer survivors who register for the Race and wish to be recognized will receive a complimentary pink cap and pink T-shirt.

REMEmBRANCE AND CELEBRATION
Returning this year: stop by our Remembrance and Celebration tents to honor the loved ones in your life who have been touched by breast cancer, and don’t forget to write a note on the banner our survivors will carry during the survivor parade.

“In memory of” and “In celebration of” honor signs will be available for all participants Race morning at a variety of tents.

MEMORIAL MOSAIC
Help us create a lasting tribute to those who have lost their battle with breast cancer. Bring a 4” x 6” or smaller photo of a loved one to add to our memorial ribbon mosaic in the Remembrance Tent. Photos will not be returned.

FLOWERS
Create a sea of pink in our Remembrance and Celebration Tents on Race Day; for a $25 donation, made online, you will receive a beautiful pink azalea in honor of or in memory of a loved one. Donation includes a card with your name, a short message and your loved one’s name. Deadline is April 21, 2016.

For more detailed information, please visit www.komenpittsburgh.org and click on the scrolling Race photo.

This event will occur rain or shine. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds; rather, your entry fee will be used as a donation to the Komen Pittsburgh Race for the Cure®.

FOR EVERYONE’S SAFETY
Race Course
All Race participants must have a 2016 Race for the Cure bib to be allowed on the Race course. No strollers or walkers are permitted on the 5K competitive Race course before or during the 5K run.

Event
For the safety of all participants, dogs/pets, rollerblades, skateboards and bicycles are highly discouraged at this event.

The Race is completed at 10:45 a.m. If you are still on the course at that time, please move onto the sidewalk.

TEAM INFORMATION
Creating or joining a team is a great way to spend the day with family and friends, and returning this year will be our Team Tent. Teams can meet up, get ready and have their photo snapped by one of our professional photographers. The largest teams, both by number of members and fundraising, will be recognized.

COMPETITIVE RUN INFORMATION
All competitive runners must be registered for the 5K run, wear a competitive Race bib and timing chip on their shoe to be eligible for timed placement. The Race course is certified by the USATF, PA 13049 WB. Race results will be available online.

Prizes will be awarded based on the best “gun time” in accordance with USATF Rule 245.1 to the 1st, 2nd and 3rd place male and female runners and the winners of the survivor divisions at the Awards Ceremony. Age-category winners, based on transponder/chip timing, will be notified by mail.

KIDS FOR THE CURE® - KIDS’ DASH
Kids age 6 and younger who are registered for the Race are invited to participate in the Kids’ Dash at 7:30 a.m. Look for signs on Race day.

DOCTORS FOR THE CURE®
Doctors who would like to be recognized for their commitment to Komen Pittsburgh Race for the Cure® and the fight against breast cancer can register for the Doctors for the Cure® program. Your name will be listed on the Race day Doctors for the Cure® banner, and you will receive post-Race recognition.

BABIES FOR THE CURE
Children age 3 and younger can support Komen Pittsburgh by registering for Babies for the Cure. Participants will receive a size 2T t-shirt, this year’s must-have accessory for our littlest racers!

SLEEP IN FOR THE CURE®
If you are unable to make it to the Race, consider registering for Sleep In for the Cure® and receive a one-size-fits-most (OSFM) night shirt.
1. WOULD YOU LIKE TO BE RECOGNIZED AS A BREAST CANCER SURVIVOR BY RECEIVING A COMPLIMENTARY PINK CAP AND T-SHIRT?

[ ] Yes  [ ] No

2. SELECT YOUR SHIRT SIZE

Child: [ ] M (10-12)  [ ] S  [ ] M  [ ] L  [ ] XL  [ ] 2XL  [ ] 3XL (limited quantity)

Registration fee includes a t-shirt for the first 22,000 participants. We do our best to accommodate sizes but cannot guarantee requests.

3. CHOOSE AN EVENT

[ ] Untimed events (5K walk/run and 1-mile fun walk)
[ ] 5K chip-timed run
[ ] Sleep in for the Cure® (first 500 will receive a newly designed nightshirt (OSFM))

Breast cancer survivors, if registering for Sleep in for the Cure, please indicate t-shirt size for your Survivor T-Shirt in question #2.

4. SELECT RACE T-SHIRT PICK-UP LOCATION

[ ] Mail my shirt!

- April 23 and 24
  - Kohl's Cranberry
  - Ross Park Mall
  - Mall at Robinson
  - Kohl's Monroeville
  - South Hills Village

- April 25
  - University of Pittsburgh, Posvar Hall

5. IF REGISTERING AS A TEAM MEMBER, PLEASE ENTER TEAM NAME

[ ] Team ____________________________________

6. REGISTRATION FEE

[ ] $15 Breast cancer survivor, any event
[ ] $25 Adult age 15+, untimed event
[ ] $30 Adult age 15+, 5K chip-timed run
[ ] $15 Youth age 14 & under, untimed event
[ ] $20 Youth age 14 & under, 5K chip-timed run
[ ] $10 Babies for the Cure (size 2T T-Shirt instead of Race T-Shirt)
[ ] $35 Sleep In for the Cure® (first 500 receive OSFM nightshirt)
[ ] $250 Doctors for the Cure®

7. MAILING COST DONATION

Please consider helping us cover the shipping and handling associated with mailing your Race packet.

[ ] $5 Donation (suggested for single packet)
[ ] $10 Donation (suggested for multiple/family packets)

8. MAKE AN ADDITIONAL DONATION (tax-deductible)

[ ] $100  [ ] $75  [ ] $50  [ ] Other amount: ____________________________

(Approximate cost of a mammogram is $100)

9. TOTAL PAYMENT $ ____________________________

10. PAYMENT

[ ] Cash  [ ] Check (made payable to Komen Pittsburgh)
[ ] Credit Card

- [ ] Visa  [ ] MasterCard

Credit Card Number: ________________________________
Expiration Date: ____________________________________

Name of Card Holder: ________________________________

Signature: __________________________________________

I agree that any and all representations made and releases, waivers, covenants, consents and permissions given by me hereunder are given on behalf of me and any and all of my minor children or persons over whom I have guardianship participating in or attending the Event. I give my consent and permission to The Susan G. Komen Breast Cancer Foundation, Inc. d/b/a Susan G. Komen ("Komen"), its affiliates and races, their sponsors and corporate sponsors, their successors, licenses, and assigns the irrevocable right to use, for any purpose whatsoever and without compensation, (i) any photographs, videotapes, audiotapes, or other recordings of me that are made during the course of this event (the "Event"); and (ii) the results of my participation in this Event (e.g., race time, name, participant number). I understand that (i) my consent to these provisions is given in consideration for being permitted to participate in this Event; (ii) I may be removed from this competition if I do not follow all the rules of this Event; and (iii) I am a voluntary participant in this Event. I am in good physical condition and am solely responsible for my personal health, safety and personal property. I know that this Event is a potentially hazardous activity and I hereby voluntarily assume full and complete responsibility for, and the risk of, any injury or accident THAT may occur during my participation in this Event (INCLUDING, BUT NOT LIMITED TO, MY OWN ACTIONS, BEHAVIOR, CONDITION OF THE EVENT PREMISES, NEGLIGENCE OF THE RELEASEES, RISKS NOT KNOWN TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME, OR OTHERWISE). I UNDERSTAND THAT I AM SOLELY RESPONSIBLE AND LIABLE FOR ALL ASPECTS OF MY FUNDRAISING ACTIVITIES ASSOCIATED WITH MY PARTICIPATION, INCLUDING, BUT NOT LIMITED TO, THE SAFE AND LAWFUL CONDUCT OF ANY FUNDRAISING ACTIVITIES.

I agree that any and all representations made and releases, waivers, covenants, consents and permissions given by me hereunder are given on behalf of me and any and all of my minor children or persons over whom I have guardianship participating in or attending the Event. I give my consent and permission to The Susan G. Komen Breast Cancer Foundation, Inc. d/b/a Susan G. Komen ("Komen"), its affiliates and races, their sponsors and corporate sponsors, their successors, licenses, and assigns the irrevocable right to use, for any purpose whatsoever and without compensation, (i) any photographs, videotapes, audiotapes, or other recordings of me that are made during the course of this event (the "Event"); and (ii) the results of my participation in this Event (e.g., race time, name, participant number). I understand that (i) my consent to these provisions is given in consideration for being permitted to participate in this Event; (ii) I may be removed from this competition if I do not follow all the rules of this Event; and (iii) I am a voluntary participant in this Event. I am in good physical condition and am solely responsible for my personal health, safety and personal property. I know that this Event is a potentially hazardous activity and I hereby voluntarily assume full and complete responsibility for, and the risk of, any injury or accident THAT may occur during my participation in this Event (INCLUDING, BUT NOT LIMITED TO, MY OWN ACTIONS, BEHAVIOR, CONDITION OF THE EVENT PREMISES, NEGLIGENCE OF THE RELEASEES, RISKS NOT KNOWN TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME, OR OTHERWISE). I UNDERSTAND THAT I AM SOLELY RESPONSIBLE AND LIABLE FOR ALL ASPECTS OF MY FUNDRAISING ACTIVITIES ASSOCIATED WITH MY PARTICIPATION, INCLUDING, BUT NOT LIMITED TO, THE SAFE AND LAWFUL CONDUCT OF ANY FUNDRAISING ACTIVITIES.

I understand that I have given up substantial rights by signing this Release, and have signed it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of liability to the greatest extent allowed by law.
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TRIB TOTAL MEDIA

TWO MEN AND A TRUCK

SILVER SPONSORS

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FOUNDING SPONSOR

National Council of Jewish Women, Pittsburgh Section
The work of Susan G. Komen® Pittsburgh is local. We are here to provide funding for breast health services to the women and men in our designated 34-county area of Pennsylvania that stretches from Erie to Cumberland to Greene counties. We do that in three ways – through education, through screening, and through treatment.

Registration fees alone are not enough to carry out the Komen Promise. Consider becoming a pledge raiser and earn a chance to receive a great prize through our Pledge Prize Program. Register online and create a fundraising page so supporters can donate via credit card. Double your impact by asking your employer about a matching gift program. More details available online at www.komenpittsburgh.org.

Checks (do not send cash) should be made payable to Komen Pittsburgh.

In order to be eligible for prizes, checks and completed pledge forms must be sent by June 8, 2016 to:

Komen Pittsburgh Race for the Cure®
Pledge Program
1133 S. Braddock Ave.
Pittsburgh, PA 15218

75% of the funds raised stay in our community, and the remaining 25% helps to fund national research grants.

Donor Name | Amount
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1. | $
2. | $
3. | $
4. | $
5. | $
6. | $
7. | $
8. | $
9. | $
10. | $
11. | $
12. | $
13. | $
14. | $
15. | $
16. | $
17. | $
18. | $
19. | $
20. | $
TOTAL: $