29TH ANNUAL SUSAN G. KOMEN NORTHEASTERN PENNSYLVANIA RACE FOR THE CURE®

2019 ENTRY FORM

Susan G. Komen
race for the cure®
Northeastern Pennsylvania

Saturday, September 21, 2019
Lackawanna County Courthouse
Washington & Adams Avenues • Scranton, PA

5K Chip-Timed Run • 5K Walk
Sleep In for the Cure Virtual Participation

Local Presenting Sponsor

16 abc
WNEP

susang.com
race for the cure®
Presented by
Bank of America

Register online: www.komengreaterpa.org
For more information: 570.969.6072
For nearly three decades, the Northeastern Pennsylvania Race for the Cure® has been a September tradition with individuals, families, and friends joining in the fight against breast cancer. One of Scranton’s largest races, the day honors all those whose lives have been touched by breast cancer and creates momentum to renew our commitment to funding vital breast health education, screening, and treatment programs and supporting national breast cancer research initiatives. The work of Komen Greater Pennsylvania is a continual effort to meet the breast health needs of the affiliate’s 53-county service area of northeastern, central, and western Pennsylvania, with 75% of funds raised supporting local breast health programs and 25% funding breast cancer research. Komen Greater Pennsylvania is proud to have invested over $25 million in our service area through programs that enhance the quality of life for women and men living with breast cancer and given over $10 million to Komen’s national breast cancer research.

**OUR MISSION**

Save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer.

**I AM KOMEN**

I Am Komen® is a 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

**ABOUT SUSAN G. KOMEN**

In 1980, Nancy G. Brinker promised her dying sister, Susan, that she would do everything in her power to end breast cancer forever. In 1982, that promise became the Susan G. Komen® organization and the beginning of a global movement. What started with $200 and a shoebox full of potential donor names has now grown into the world’s largest nonprofit source of funding for the fight against breast cancer. To date, Susan G. Komen has invested more than $2.9 billion in groundbreaking research, community health outreach, advocacy, and programs in more than 60 countries. Our efforts helped reduce deaths from breast cancer by 38 percent between 1989-2014 and we will not stop until our promise is fulfilled.

Susan G. Komen is the ONLY organization that addresses breast cancer on multiple fronts such as research, community health, global outreach, and public policy initiatives in order to make the biggest impact against this disease. Visit [www.komen.org](http://www.komen.org) or call 1-877 GO KOMEN.

---

**REGISTER ONLINE TODAY AT WWW.KOMENGREATERPA.ORG OR CALL 570.969.6072**

**REGISTRATION INFORMATION**

**INDIVIDUAL & TEAM DEADLINES**

**INDIVIDUAL & TEAM REGISTRATION**

- **Paper:** Postmarked by September 11, 2019
- **Online:** Last day (by noon) Monday, September 16, 2019

**Paper Team:** Call Meg at 412-342-0500 for more information

**WALK-IN REGISTRATION & PACKET PICK-UP**

- The Marketplace at Steamtown
  300 Lackawanna Ave, Scranton, PA 18503
  - Thursday, September 19 | 10AM – 7PM
  - Friday, September 20 | 10AM – 7PM

- Komen Greater PA Office
  150 Adams Avenue, Scranton, PA 18503
  - Saturday, September 21 | 6:30AM – 9AM

**PRICE STRUCTURE**

**UNTIMED WALK**

- **Breast Cancer Survivor** $15
- **Adult, age 18+** $25
- **Youth, age 17 & younger** $15

**5K TIMED RUN**

- **Breast Cancer Survivor** $15
- **Adult, age 18+** $30
- **Youth, age 17 & younger** $20

**SLEEP IN FOR THE CURE VIRTUAL PARTICIPATION**

- **Breast Cancer Survivor** $20
- **Adult and youth** $35
**GENERAL RACE INFORMATION**

**RACE DAY SCHEDULE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 a.m.</td>
<td>Registration and T-Shirt/Bib Pick-Up</td>
</tr>
<tr>
<td>150 Adams Avenue</td>
<td></td>
</tr>
<tr>
<td>7:00 a.m.</td>
<td>Survivor / Forever Fighter Breakfast</td>
</tr>
<tr>
<td>Under Promise Tent on concourse in front of Courthouse Main Entrance</td>
<td></td>
</tr>
<tr>
<td>7:15 a.m.</td>
<td>Welcome at Pink Podium</td>
</tr>
<tr>
<td>Courthouse lawn on N. Washington Avenue</td>
<td></td>
</tr>
<tr>
<td>7:30 a.m.</td>
<td>Kids Dash</td>
</tr>
<tr>
<td>Courthouse lawn on N. Washington Avenue</td>
<td></td>
</tr>
<tr>
<td>7:45 a.m.</td>
<td>Survivor/Forever Fighter Parade and Tribute</td>
</tr>
<tr>
<td>N. Washington Avenue</td>
<td></td>
</tr>
<tr>
<td>8:25 a.m.</td>
<td>National Anthem</td>
</tr>
<tr>
<td>Wyoming Avenue</td>
<td></td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>5K Chip-Timed Run Start</td>
</tr>
<tr>
<td>8:35 a.m.</td>
<td>Aerobic Warm-up</td>
</tr>
<tr>
<td>8:45 a.m.</td>
<td>5K Walk Start</td>
</tr>
</tbody>
</table>

**Awards ceremony immediately following the Race.**

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 Northeastern Pennsylvania Race for the Cure.

**VOLUNTEERS NEEDED**

The success of our Race depends on the support of our volunteers. Volunteer sign-up is now open! To volunteer please visit [https://susangkomengreaterpa.volunteerlocal.com](https://susangkomengreaterpa.volunteerlocal.com). Questions? Please contact Roseann Brutico at rbrutico@aol.com or 570-969-6072.

**SURVIVORS/FOREVER FIGHTERS**

Breast cancer survivors and Forever Fighters who register for the Race and wish to be recognized will receive a complimentary pink T-shirt. Please note, survivors will not receive a gray Race for the Cure participant T-shirt.

We are proud to have Hilton Scranton & Conference Center as our local Survivor/Forever Fighter Sponsor. Survivors are invited to bring one (1) guest to the Hilton Scranton & Conference Center Promise Tent on Race day.

**REMEMBRANCE AND CELEBRATION**

Race participants will have the opportunity to recognize those affected by breast cancer in our Remembrance and Celebration tent. Participants can sign the Survivor/Forever Fighter banner as well as fill out “In memory of” and “In honor of” back signs.

**WHO IS YOUR “ONE”?**

New this year! Declare your one, the one who you Race for, the one you walk for, the one who you fight for. “Who’s Your One?” is a great way to give special recognition to a breast cancer survivor in your life, remember someone special that you have lost to this disease, or honor someone who you fight for. Customized 11” x 17” posters are available for a donation prior to the event; all pre-ordered posters will be digitally printed and available to take home at the completion of the Race. For more information visit [www.komengreaterpa.org](http://www.komengreaterpa.org).

**RACE FOR THE CURE PHOTO TENT**

Our photo tent provides a great opportunity for you and your family and friends to snap the perfect selfie or have our photographer take your group shot! Photos will be available on our Facebook and Flickr pages after the Race.

**FOR EVERYONE’S SAFETY**

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

**RACE COURSE**

A 2019 Race for the Cure bib must be worn on the front of your T-shirt in order to participate and be allowed on the Race course. Runners pushing strollers must start at the rear of the run participants. The Race is completed at 10:45 a.m. If you are still on the course at that time, please move to the sidewalk.

**COMPETITIVE RUN INFORMATION**

All competitive runners must be registered for the 5K chip-timed run and wear a competitive Race bib to be eligible for timed placement. 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.

**TEAM INFORMATION**

Groups of ten (10) or more are invited to register as a team. There is no additional charge to register a team or register as a team member. Team members do not have to participate in the same event on Race day. Form your team today with family, friends, co-workers, school, club — any type of group is eligible. We will recognize the largest teams, both in number of team members and fundraising dollars, in the categories of Family/Friends, Company/Corporate, School/University, and Community Organization.

**PLEDGE PROGRAM**

Fundraising is the most vital step in supporting the Northeastern Pennsylvania Race for the Cure! The funds you raise along this journey will...  
- support the next generation of breast cancer researchers,  
- provide underserved patients with low- or no-cost screening, diagnosis, and treatment,  
- eliminate disparities in breast cancer care and outcomes by addressing gaps in access and quality, and  
- gather heroes and their communities together to honor, support, and celebrate.

In appreciation of your fundraising efforts, visit [www.komengreaterpa.org](http://www.komengreaterpa.org) to see our Fundraising Recognition Program.

**READY TO GET STARTED? Follow these steps to jumpstart your fundraising:**

1. **Step 1:** Set a fundraising goal and make your first gift. Set a personal goal today. We suggest $250, and make the first gift yourself to show your commitment!
2. **Step 2:** Connect your Race Fundraiser to Facebook. Log in to your fundraising center. Scroll down and click on the ‘Connect Fundraiser to Facebook’ button. Once your fundraiser is ready, click on the ‘Go To Facebook Fundraiser’ button. Invite your family, friends, and co-workers to donate using your Facebook.
3. **Step 3:** Download the app. Download the FREE Susan G. Komen® mobile app to help amplify your fundraising efforts. Log in with your username and password to easily send emails, text messages, Tweets, and Facebook updates! Search SGKF Fundraise in your app store.

**KIDS FOR THE CURE**

The entire family can be a part of Race day! We will have a special short course, the Kids Dash, for youth ages 6 and younger, that will kick off our Kids for the Cure event. The entire family can be a part of Race day! We will have a special short course, the Kids Dash, for youth ages 6 and younger, that will kick off our Kids for the Cure event.

**SLEEP IN FOR THE CURE VIRTUAL PARTICIPATION**

Support the Northeastern Pennsylvania Race for the Cure and the breast cancer community from the comfort of your home or community with Sleep In for the Cure. This registration is for those who do not wish to attend or cannot make the Race, or no longer live locally. Sleep In for the Cure virtual participants will receive, via mail, a one-size-fits-most night shirt, but will not receive a 2019 participation bib.

**PARKING**

Free parking will be available. Off-street parking will also be available at the Hilton Scranton & Conference Center Promise Tent on Race day.

**RACE FOR THE CURE TENTS**

- **munday information**
  - Survivor/Forever Fighter Parade as well as fun, family activities at our Kids for the Cure tent.
  - In appreciation of your fundraising efforts, visit [www.komengreaterpa.org](http://www.komengreaterpa.org) to see our Fundraising Recognition Program.

**FUNDRAISING**: The funds you raise provide underserved patients with low- or no-cost screening, diagnosis, and treatment; eliminate disparities in breast cancer care and outcomes by addressing gaps in access and quality, and gather heroes and their communities together to honor, support, and celebrate.

In appreciation of your fundraising efforts, visit [www.komengreaterpa.org](http://www.komengreaterpa.org) to see our Fundraising Recognition Program.

**READY TO GET STARTED? Follow these steps to jumpstart your fundraising:**

1. **Step 1:** Set a fundraising goal and make your first gift. Set a personal goal today. We suggest $250, and make the first gift yourself to show your commitment!
2. **Step 2:** Connect your Race Fundraiser to Facebook. Log in to your fundraising center. Scroll down and click on the ‘Connect Fundraiser to Facebook’ button. Once your fundraiser is ready, click on the ‘Go To Facebook Fundraiser’ button. Invite your family, friends, and co-workers to donate using your Facebook.
3. **Step 3:** Download the app. Download the FREE Susan G. Komen® mobile app to help amplify your fundraising efforts. Log in with your username and password to easily send emails, text messages, Tweets, and Facebook updates! Search SGKF Fundraise in your app store.

**KIDS FOR THE CURE**

The entire family can be a part of Race day! We will have a special short course, the Kids Dash, for youth ages 6 and younger, that will kick off our Kids for the Cure event.

**SLEEP IN FOR THE CURE VIRTUAL PARTICIPATION**

Support the Northeastern Pennsylvania Race for the Cure and the breast cancer community from the comfort of your home or community with Sleep In for the Cure. This registration is for those who do not wish to attend or cannot make the Race, or no longer live locally. Sleep In for the Cure virtual participants will receive, via mail, a one-size-fits-most night shirt, but will not receive a 2019 participation bib.
1. WOULD YOU LIKE TO BE RECOGNIZED AS A BREAST CANCER SURVIVOR BY RECEIVING A SURVIVOR T-SHIRT? 

Please note: survivors will no longer receive a gray Race participant shirt.

☐ Yes; Breast Cancer Survivor    ☐ Yes; Metastatic Breast Cancer Survivor

Years of Survivorship________________

2. PLEASE SELECT YOUR SHIRT SIZE

Youth:   ☐ S   ☐ M   ☐ L   ☐ XL   ☐ 2XL   ☐ 3XL (limited quantity)

Adult:   ☐ S   ☐ M   ☐ L   ☐ XL   ☐ 2XL   ☐ 3XL (limited quantity)

Registration fee includes a t-shirt for the first 3,000 participants. We do our best to accommodate sizes but cannot guarantee requests.

3. PLEASE SELECT YOUR PICK-UP LOCATION:

☐ The Marketplace at Steamtown
300 Lackawanna Ave, Scranton, PA 18503
• Thursday, September 19 | 10AM – 7PM
• Friday, September 20 | 10AM – 7PM

☐ Komen Greater PA Office
150 Adams Avenue, Scranton, PA 18503
• Saturday, September 21 | 6:30AM – 9AM

4. ARE YOU REGISTERING AS A TEAM CAPTAIN OR TEAM MEMBER?

☐ Yes; Team Captain   Team Name:____________________

☐ Yes; Team Member   Team Name:____________________

☐ No

5. EVENTREGISTRATION

UNTIMED WALK

☐ $15 | Breast Cancer Survivor
☐ $25 | Adult, age 18+
☐ $15 | Youth, age 17 & younger

5K TIMED RUN

☐ $15 | Breast Cancer Survivor
☐ $30 | Adult, age 18+
☐ $20 | Youth, age 17 & younger

SLEEP IN FOR THE CURE VIRTUAL PARTICIPATION

☐ $20 | Breast Cancer Survivor
☐ $35 | Adult and youth

Please mail my Sleep In for the Cure OSFM night shirt.
☐ I will pick up my Sleep In for the Cure OSFM night shirt

6. HELP US COVER EVENT FEES

Please consider helping us cover the additional costs associated with processing and handling of race registrations.

☐ $3 Donation to cover processing fees
☐ $5 Donation to cover chip-timed running bib
☐ $5 Donation to cover Sleep In for the Cure packet mailing

7. MAKE AN ADDITIONAL DONATION (tax-deductible)

☐ $100  ☐ $50  ☐ $25  ☐ Other amount $____________

(Approximate cost of a mammogram is $100)

8. TOTAL PAYMENT $__________

☐ Cash
☐ Check (made payable to Komen Greater PA )
☐ Credit Card   ☐ VISA   ☐ MasterCard

Credit Card Number: ______________________________
Expiration Date:______________CVV Code: _____________

Name of Card Holder: ______________________________

Signature: ______________________________

2019 RACE FOR THE CURE WAIVER AND RELEASE

I AGREE ALL REPRESENTATIONS MADE AND RELEASES, WAIVERS, COVENANTS AND CONSENTS GIVEN BY ME HERE ARE GIVEN ON BEHALF OF ME AND ALL MY
MINOR CHILDREN OR PERSONS OVER WHOM I HAVE GUARDIANSHIP TRAINING FOR OR PARTICIPATING IN EVENT. MINORS UNDER 18 MUST BE ACCOMPANIED
BY A PARENT/GUARDIAN WHO IS ALSO A REGISTERED PARTICIPANT.

In consideration of participation in the Race for the Cure, I, for myself and my next of kin, heirs, 
administrators and executors, waive and release The Susan G. Komen Breast Cancer Foundation, Inc., its affiliates, including the affiliate conducting Event ("Affiliate"), and their 
respective directors, employees, volunteers, agents, assigns, vendors, contractors, governments, licensees and successors (collectively, "Releasees"), from any and all claims, 
liabilities, actions, demands, expenses and attorneys’ fees arising out of my training for and participation in Event and my related fundraising activities (collectively, "Event").

I understand Event may involve physical activity, contact with other persons or animals or other potential risk of bodily injury or damage to property. I voluntarily assume full and 
complete responsibility for and the risk of any injury, including death, accident or lost/stolen property. I am medically and physically able to participate in Event and take 
full responsibility for consulting a physician. I consent to emergency medical care and transportation if injured, as medical professionals deem appropriate. This Release extends 
to any liability arising out of or in any way connected with the medical care/transportation provided, including negligent emergency rescue operations. I will obey all laws, 
rules and safety procedures relating to Event. I will abide by any decision of an event official related to my ability to safely compete in Event and exhibit appropriate behavior 
at all times. Event officials may dismiss me without refund if my behavior endangers the safety of or negatively affects Event or any person or property. I give Releasees the 
irrevocable, perpetual and worldwide right to use, copy, publicly perform or display, distribute, modify, translate, and create derivative works of, for any purpose and without 
compensation (i) any personal statements, photos, videos, audio and other recordings of me made during Event and any original material created by me in connection with 
Event; and (ii) the results of my participation in Event. Without limiting the foregoing, I agree all personal information provided by me for Event may be used according to the 
privacy policy referenced below. This Release will be construed under the laws of the state where Event is held. If any provision of this Release is deemed unenforceable by law, 
Affiliate may modify such provision to the extent needed to be deemed enforceable and all other provisions will remain in full force and effect. I understand all donations made 
in connection with Event are non-refundable and non-transferable and the registration fee is non-refundable, non-transferable and not tax deductible. I certify I am at least 18 
years old. I understand I have given up substantial rights by accepting this Release and have signed it freely and voluntarily without any inducement, assurance or guarantee. 
I intend my acceptance to be a complete and unconditional release of liability to the greatest extent allowed by law. If Event is held in California, the following applies: This 
Release extends to claims which the creditor does not know or suspect to exist at the time of executing this Release. All rights under Section 1542 of the California Civil Code are 
hereby expressly waived with respect to any of the claims, injuries, or damages described in this Release. Section 1542 of the California Civil Code reads as follows: A GENERAL 
RELEASE DOES NOT EXTEND TO CLAIMS WHICH THE CREDITOR DOES NOT KNOW OR SUSPECT TO EXIST IN HIS FAVOR AT THE TIME OF EXECUTING THE RELEASE, 
WHICH IF KNOWN BY HIM MUST HAVE MATERIALLY AFFECTED HIS SETTLEMENT WITH THE DEBTOR.
2019 LOCAL SPONSORS

--- PRESENTING SPONSOR ---

WNEP

--- MEDIA SPONSOR ---

Magic 93

--- PREMIER SPONSORS ---

Lamar

--- PLATINUM SPONSORS ---

Be Part of The Solution

--- SILVER SPONSORS ---

UPMC

--- BRONZE SPONSORS ---

Pennsylvania American Water • Hilton Scranton & Conference Center • MetLife
The work of Susan G. Komen® Greater Pennsylvania is local. We support breast health services to the women and men in our designated 53-county service area of northeastern, central, and western PA. We do that in many ways — through education and awareness, through screening and patient treatment assistance, through support and access to breast health care, and through community health and public policy.

Over the past three decades, Susan G. Komen Greater PA has grown in size, impact, and service; having evolved from an annual Race for the Cure into a year-round, comprehensive nonprofit organization. While we are all aware of the great strides that have been made in diagnosing and treating breast cancer, the reality remains that an estimated 266,120 new cases of invasive breast cancer will be diagnosed in women next year, as well as 2,550 new cases in men, with an estimated 40,920 breast cancer deaths occurring. Today, and every day, we renew our commitment to find the cures for breast cancer and support those battling all stages of this disease.

Registration fees alone are not enough to carry out the Komen Promise. Register online and utilize your personal fundraising page so that supporters can donate via credit card. Double your impact by asking your employer about a matching gift program. More details available online at www.komengreaterpa.org.

Checks (please do not send cash) should be made payable to Komen Greater PA.

In order to be eligible for prizes, checks and completed pledge forms must be POSTMARKED by Friday, October 18, 2019 to:

Komen Northeastern Pennsylvania Race for the Cure Pledge Program 150 Adams Avenue Scranton, PA 18503

WHERE THE END OF BREAST CANCER BEGINS

Pledge Form

Name:

Team name (if applicable):

Address:

City: State: Zip:

Daytime phone:

E-mail:

<table>
<thead>
<tr>
<th>Donor Name</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>$</td>
</tr>
<tr>
<td>2.</td>
<td>$</td>
</tr>
<tr>
<td>3.</td>
<td>$</td>
</tr>
<tr>
<td>4.</td>
<td>$</td>
</tr>
<tr>
<td>5.</td>
<td>$</td>
</tr>
<tr>
<td>6.</td>
<td>$</td>
</tr>
<tr>
<td>7.</td>
<td>$</td>
</tr>
<tr>
<td>8.</td>
<td>$</td>
</tr>
<tr>
<td>9.</td>
<td>$</td>
</tr>
<tr>
<td>10.</td>
<td>$</td>
</tr>
<tr>
<td>11.</td>
<td>$</td>
</tr>
<tr>
<td>12.</td>
<td>$</td>
</tr>
<tr>
<td>13.</td>
<td>$</td>
</tr>
<tr>
<td>14.</td>
<td>$</td>
</tr>
<tr>
<td>15.</td>
<td>$</td>
</tr>
<tr>
<td>16.</td>
<td>$</td>
</tr>
<tr>
<td>17.</td>
<td>$</td>
</tr>
<tr>
<td>18.</td>
<td>$</td>
</tr>
<tr>
<td>19.</td>
<td>$</td>
</tr>
<tr>
<td>20.</td>
<td>$</td>
</tr>
</tbody>
</table>

TOTAL: $

Pledge donations are tax-deductible to the fullest extent of the law. Receipts will be issued for individual contributions of $250 or more; otherwise, a cancelled check serves as a receipt.

To be eligible for prizes, checks and a completed pledge form must be submitted AND be postmarked by October 18, 2019. Komen Greater PA reserves the right to substitute pledge prizes.

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