

27TH ANNUAL SUSAN G. KOMEN[®]
PITTSBURGH RACE FOR THE CURE[®]

2019 ENTRY FORM



Mother's Day • Sunday, May 12, 2019

Flagstaff Hill in Schenley Park • Pittsburgh, PA

5K Chip-Timed Run • 5K Walk • 1-Mile Fun Walk
Virtual Participation

Local Presenting Sponsor



Presented by
Bank of America

Susan G. Komen Greater Pennsylvania
1133 S. Braddock Ave
Pittsburgh, PA 15218
Register online:
www.komengreaterpa.org



Register online: www.komengreaterpa.org
For more information: 412.342.0500

SUSAN G. KOMEN GREATER PENNSYLVANIA

Celebrating the 27th anniversary of the Pittsburgh Race for the Cure, Susan G. Komen Greater Pennsylvania's flagship fundraiser has become a time-honored Mother's Day tradition for thousands of individuals. With an estimated 18,000 participants, the Pittsburgh Race for the Cure is one of the City'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 western, central, and northeastern Pennsylvania, with 75% of funds raised supporting local breast health programs and 25% funding breast cancer research. Komen Greater Pennsylvania is proud to have granted \$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 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 or call 1-877 GO KOMEN.

REGISTRATION INFORMATION

INDIVIDUAL & TEAM DEADLINES

INDIVIDUAL & TEAM REGISTRATION

Paper: Postmarked by **April 19, 2019**

Online: Last day **Wednesday, May 8, 2019** at noon

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

Race packets will not be mailed after May 1, 2019

WALK-IN REGISTRATION & PACKET PICK-UP

Friday, April 12, 2019 | 10AM – 3PM

- University of Pittsburgh, Posvar Hall Galleria

Saturday, April 27, 2019 | 11AM – 7PM

- The Mall at Robinson
- Monroeville Mall
- Ross Park Mall
- South Hills Village

Registration at Flagstaff Hill in Schenley Park

Saturday, May 11, 2019 | 11AM – 4PM

Sunday, May 12, 2019 (RACE DAY) Opens at 6:30AM
(Registration for 5K chip-timed run closes at 8:35AM)

RACE DAY SCHEDULE

6:30 a.m. Registration
T-Shirt/Bib Pick-Up

7:15 a.m. Warm up

7:45 a.m. Kids Dash (start line near Giant Eagle Tent)

8:00 a.m. Survivor/Forever Fighter Parade and Tribute

8:35 a.m. 5K Chip-Timed Run Start

8:45 a.m. 5K Walk & One Mile Fun Walk Start

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 Pittsburgh Race for the Cure.

GENERAL RACE INFORMATION

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; reserve your seat online today at www.komengreaterpa.org.

VOLUNTEERS NEEDED

The success of our Race depends on the support of our volunteers. Volunteer sign-up is now open at www.komengreaterpa.org. Questions? Please contact Jonathan at jwinkler@komengreaterpa.org or 412-342-0500.

SURVIVORS/FOREVER FIGHTERS

Breast cancer survivors and Forever Fighters who register for the Race and wish to be recognized will receive a pink T-shirt. Survivors/Forever Fighters will no longer receive a white Race for the Cure T-shirt.



We are proud to have Giant Eagle as our local Survivor/Forever Fighter Sponsor. Survivors/Forever Fighters are invited to bring one (1) guest to the Giant Eagle Survivor/Forever Fighter 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 tents. Participants can sign the Survivor/Forever Fighter banners 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 who you fight for. Specially designed, customized 12" x 18" posters will line the Schenley Bridge as participants enter Flagstaff Hill with your special message on them. "Who is 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. 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.

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 professional 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, and 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. No walker participants are permitted on the 5K competitive run course; 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 Pittsburgh 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 to see our Fundraising Recognition Program.

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

- 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!
- 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.
- 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 SGK 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 Survivor/Forever Fighter Parade as well as fun, family activities at our Kids for the Cure tent.



DOCTORS FOR THE CURE

Doctors who would like to be recognized for their commitment to the Pittsburgh Race for the Cure and fight against breast cancer can register for Doctors for the Cure®. Doctors will be listed on the Race day Doctors for the Cure banner and will receive post-Race recognition.

VIRTUAL PARTICIPATION

Support the Pittsburgh Race for the Cure and the breast cancer community from the comfort of your home or community with a Virtual Participation. This participation is for those unable to attend, but wish to support the cause. Virtual participants will receive a Pittsburgh Race for the Cure T-shirt, but not a 2019 participation bib.

MAIL FORM TO KOMEN PITTSBURGH RACE FOR THE CURE®, 1133 S. BRADDOCK AVE.
PITTSBURGH, PA 15218. MUST BE POSTMARKED BY APRIL 19, 2019.

Only one person per entry.

I am a PNC employee.

First Name: _____ MI: _____ Last Name: _____ Date of Birth: Month / Day / Year _____

Address: _____ Apt/Suite # _____ Male _____ Female _____ Age on Race Day _____

City: _____ State: _____ Zip: _____ County: _____

Phone: _____ E-mail: _____

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 white Race participant shirt.

Yes; Breast Cancer Survivor Yes; Metastatic Breast Cancer Survivor

Years of Survivorship _____

2. PLEASE SELECT YOUR SHIRT SIZE

Youth: S M

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

Registration fee includes a t-shirt for the first 18,000 participants. We do our best to accommodate sizes but cannot guarantee requests.

3. SELECT RACE T-SHIRT PICK-UP LOCATION

- Mail my shirt!
- \$5 Donation to cover single packet mailing
- \$10 Donation to cover family packet mailing

April 12 | 10 a.m. - 3 p.m. (Selection not available after April 5, 2019)

University of Pittsburgh, Posvar Hall

April 27 | 11 a.m. - 7 p.m.

- The Mall at Robinson Ross Park Mall
- Monroeville Mall South Hills Village

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

- Yes: Team Captain Team Name: _____
- Yes: Team Member
- No

5. EVENT REGISTRATION

UNTIMED WALK

- Breast Cancer Survivor (\$15 thru 3/31 | \$20 as of 4/1)
- Adult, age 18+ (\$25 thru 3/31 | \$30 as of 4/1)
- Youth, age 17 & younger (\$15 thru 3/31 | \$20 as of 4/1)

5K TIMED RUN

- Breast Cancer Survivor (\$15 thru 3/31 | \$20 as of 4/1)
- Adult, age 18+ (\$30 thru 3/31 | \$35 as of 4/1)
- Youth, age 17 & younger (\$20 thru 3/31 | \$25 as of 4/1)

VIRTUAL PARTICIPATION

- Breast Cancer Survivor (\$15 thru 3/31 | \$20 as of 4/1)
- Adult and youth (\$25 thru 3/31 | \$30 as of 4/1)

6. DOCTORS FOR THE CURE

- \$225 - Doctors who would like to be recognized for their commitment to the Pittsburgh Race for the Cure. Please indicate event selection above.

7. 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

8. MAKE AN ADDITIONAL DONATION (tax-deductible)

- \$250 \$100 \$50 \$25 Other amount \$ _____

(Approximate cost of a mammogram is \$100)

9. TOTAL PAYMENT \$ _____

- Cash Check (made payable to Komen Pittsburgh)
- Credit Card VISA MasterCard

Credit Card Number: _____

Expiration Date: _____ CVV Code: _____

Name of Card Holder: _____

Signature: _____

2019 PITTSBURGH RACE FOR THE CURE WAIVER

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 and facts unknown and unsuspected 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.**

Participant's name _____ Signature _____ Date _____

Parent or guardian signature (IF PARTICIPANT IS UNDER AGE 18) _____ Date _____

**RELEASE MUST
BE SIGNED TO
PARTICIPATE**

2019 LOCAL SPONSORS

PRESENTING SPONSOR



MEDIA SPONSOR



RADIO SPONSORS



PREMIER SPONSORS



PLATINUM SPONSORS



GOLD SPONSORS



SILVER SPONSORS

Deloitte • Lamar Advertising • Myers Coach Lines • Neighborhood Ford Store • Pittsburgh Pirates
Simon Malls: South Hills Village & Ross Park Mall

BRONZE SPONSORS

Boyd Roll Off Services • Hollowood Music and Sound • Mars Area School District • Pittsburgh Magazine
RR Donnelley • Stinelli Bros. Moving & Storage, Inc. • UPMC Sports Medicine • Weinstein Imaging Associates

TARGET MARKET SPONSORS

Berkshire Hathaway HomeServices - Mile Marker Sponsor • Dunkin' - Official Coffee & Donuts Sponsor
Giant Eagle - Survivor and Forever Fighter Sponsor

FOUNDING SPONSOR

National Council of Jewish Women, Pittsburgh Section

WHERE THE END OF BREAST CANCER BEGINS

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 western, central, and northeastern 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 Pittsburgh.

In order to be eligible for prizes, checks and completed pledge forms must be POSTMARKED by Friday, June 14, 2019 to:

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

PINK HONOR ROLL

A PROGRAM OF SUSAN G. KOMEN
PITTSBURGH RACE FOR THE CURE®

Become one of our top twenty-five pledge raisers and be recognized on the Pink Honor Roll - our way of saluting your hard work. Members will receive acknowledgement at Affiliate events, on our website, and in Komen Greater PA publications.

PLEDGE FORM

Name: _____

Team name (if applicable): _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime phone: _____

E-mail: _____

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

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

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 June 14, 2019. Komen Greater PA reserves the right to substitute pledge prizes.