

Course: The course will take you around English Park and out the back of the Park which travels along an old farm road, through fields and past structures adjacent to the Staunton River.

Race Contact: Karen Mattox ; 434 -221-7520 or 434-309-2240

Awards will be give to top 3 overall male and female runners, and top 3 male and female in the below age groups:
12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up

**Directions: contact Karen Mattox (numbers above)
or
New Prospect Baptist Church (434-324-8201)
for directions.**

WAIVER (MUST BE SIGNED)

In consideration of the acceptance of my entry, my executors, administrators, and assignees do hereby release and discharge New Prospect Baptist Church, the 5K Race Committee, sponsors, organization, the Town of Altavista AND Campbell County, their officials and members of all claims and damages, demand and action whatsoever in any manner incurred by my participation in the 5k Run/Walk on March 2, 2013. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I also release the use of my name or any record of my participation in this event for promotional or publicity without remuneration or obligation to me.

Signature: _____

Date: _____

Parent/Guardian Signature if under 18:

New Prospect Baptist Church

5k Run/ Walk

Increasing Our Luck in the Fight Against Cancer



New Prospect Baptist Church invites you to join us as we race to increase our luck in the fight against cancer in our

Second Annual Relay for Life 5k Run/ Walk

** All proceeds from this event will go to the American Cancer Society **

Date: March 2, 2013

Location: English Park, Altavista, VA

Time:

Race packets will be available for pickup between 7:15 a.m. and 8:15 a.m.

Race begins at 8:30 a.m.

RELAY HISTORY (relayforlife.org)

One person can make a difference. Nowhere is that more evident than with the story of the American Cancer Society Relay For Life, which began in Tacoma, Washington. In the mid-1980s, Dr. Gordy Klatt, a Tacoma colorectal surgeon, wanted to enhance the income of his local American Cancer Society office and to show support for all of his patients who had battled cancer. He decided to personally raise money for the fight by doing something he enjoyed – running marathons.

In May 1985, Dr. Klatt spent a grueling 24 hours circling the track at Baker Stadium at the University of Puget Sound in Tacoma. He ran for more than 83 miles. That first year, nearly 300 of Dr. Klatt's friends, family, and patients watched as he and walked the course. Throughout the night, friends donated \$25 to run or walk with Dr. Klatt for 30 minutes. His efforts raised \$27,000 to fight cancer.

While circling the track those 24 hours, Dr. Klatt thought about how others could take part in his mission to fight cancer. He envisioned a 24-hour team relay event that could raise more money to fight cancer. Over the next few months, he pulled together a small committee to plan the first team relay event, known as the City of Destiny Classic 24-Hour Run Against Cancer.

In 1986, with the help of Pat Flynn – now known as the “Mother of Relay” – 19 teams took part in the first team Relay event on the track at the historic Stadium Bowl and raised \$33,000. An indescribable spirit prevailed at the track and in the tents that dotted the infield.

REGISTRATION FORM

Name: _____

Address: _____

City: _____ State _____

Zip: _____ Phone () _____

E-mail _____

CATEGORY: 5K Run/Walk

Age: _____ (as of March 2, 2013)

Male: _____ Female: _____

T-SHIRT (indicate size)

Kids: _____ M _____ L

Adult: _____ S _____ M _____ L _____ XL _____ XXL

REGISTRATION FEES

Before February 16th (\$15) Guaranteed T-Shirt

After February 16th (\$20) T-Shirt NOT Guaranteed

Please make check payable to : NPBC Relay for Life.

Send Registration Form and Check to:

Karen Mattox,

1306 Bedford Avenue, Altavista VA 24517