

# Five Years of Melanoma Research & Education



# Stay Out OF THE Sun RUN

Friday, May 21, 2010 - 6:30 PM

10K Run - 5K Run/Walk

Holy Spirit Catholic Church  
5455 50th Ave NW, Rochester, MN

Proceeds go to:  
Melanoma Research & Education  
Mayo Clinic Cancer Center

Race Founder & Director: **Tim Burriss**

**WWW.SOSRUN.ORG**

*The 5th Annual Stay Out of the Sun Run event is the result of much hard work and dedication by so many people who recognize the importance of sun safety awareness. Our family has been touched by many heart-felt stories with the realization that too many have been afflicted with melanoma. Let's continue the crusade of finding a cure and supporting the great work done at the Mayo Clinic Cancer Center.*

**Tim & Susan Burriss**

— Race Director (melanoma survivor)  
& Race Coordinator

## Race Features

- ▶ Certified 10K Course - MN-07009-RR
- ▶ 5K Run
- ▶ 5K Walk - Noncompetitive
- ▶ Awards ceremony for runners
- ▶ Silent Auction (Cash or Check Only)
- ▶ Post race refreshments
- ▶ Fun Hair Styling - Little Dudes & Diva's
- ▶ Race photos taken by Lifetime Photo Sports: [www.lifetimephotomn.com](http://www.lifetimephotomn.com)
- ▶ First 500 registered participants receive a long sleeve shirt, additional shirts available for purchase
- ▶ Chip Timing by ChampionChip

## Entry Fee

- ▶ Pre-register by May 14 - \$20
- ▶ Received after May 14 and On-Site Registration (May 21) - \$25
- ▶ Family of Four - 2 Adult/2 Youth - \$60 (includes 2 shirts, if within first 500 registrations)

All entry fees and donations go directly to benefit melanoma research and education at the Mayo Clinic Cancer Center and are 100% tax deductible.

**No refunds will be given. There will be a \$5 assessment fee to change running event, if done after May 20, 2010.**

## Age Groups (5K and 10K Run)

12 & under	19-29	40-49	60-69
13-18	30-39	50-59	70 & over

Immediately following the 10K race, medals will be awarded to 1st, 2nd and 3rd place male and female runners in the designated age groups. (Disclaimer: There must be at least two runners in an age group before a medal will be awarded.)

## Registration

Mail registration form and check, and/or tax deductible donation to:

**Stay Out of the Sun Foundation**  
5315 Nicklaus Dr. NW  
Rochester, MN 55901

Register online at: [www.sosrun.org](http://www.sosrun.org)  
Online registration Powered by Active.com  
Online registration open until May 14, 2010.

## Contact Information

Please call 507-282-4576 or email:

- ▶ [susan@sosrun.org](mailto:susan@sosrun.org) — Susan Burriss
- ▶ [tim@sosrun.org](mailto:tim@sosrun.org) — Tim Burriss

## Packet Pick-Up/Registration

- ▶ Thursday, May 20, 2010 — 4:00-8:00 PM at the Rochester Athletic Club (3100 19th St. NW)
- ▶ Friday, May 21, 2010 — 5:00-6:00 PM at Holy Spirit Church
- ▶ **No registration will be accepted after 6:00 PM for the 5K run and 10K run**

## Proceeds from Previous Events

We proudly were able to present the Mayo Clinic Cancer Center with checks totaling \$98,000 allocated for melanoma research over the past four years. Please join us as we continue to assist those who would benefit from melanoma research and education.

## Registration Form (Please Print)

Last Name, First Name		Sex <input type="radio"/> Male <input type="radio"/> Female	Event (check one) <input type="radio"/> 10K RUN <input type="radio"/> 5K RUN <input type="radio"/> 5K WALK		Age as of May 21, 2010
Home Address		City	State		Zip
Email Address		Phone: (home)		Phone: (cell/office)	
Make check payable to "Stay Out of the Sun Foundation," please do NOT send cash.			Youth T-Shirt Size: <input type="radio"/> M <input type="radio"/> L    Adult T-Shirt Size: <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL <input type="radio"/> XXL <input type="radio"/> XXXL		
I know that running a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Any use of the above may result in disqualification from any awards. I hereby grant full permission to use my name and any photographs, videotapes, or other record of this event for any purpose. Having read this waiver and knowing these facts and in consideration of your accepting my entry I, for myself and anyone entitled to act on my behalf, waive and release the Rochester Track Club, city of Rochester, Holy Spirit Catholic Church, the county of Olmsted, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.					
Fee Enclosed: \$	I've also enclosed a donation of \$	Signature		Parent/Guardian (if participant is under 18):	Date