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Rochester Track Club
Stay Out of the Sun Run
P.O. Box 6711
Rochester, MN 55903

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Fourth Annual



**STAY OUT
OF THE SUN
RUN**

**MAY 15, 2009
ROCHESTER, MN**

10K Run - 5K Run/Walk
Friday, May 15, 2009 – 6:30 PM

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

Stay Out of the Sun Run/Walk Information

The **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

- ▶ Pre-race entertainment: Rochester Pipe & Drums
- ▶ Certified 10K Course - MN-07009-RR
- ▶ 5K Run
- ▶ 5K Walk - Noncompetitive
- ▶ Awards ceremony for runners
- ▶ Silent Auction (Cash or Check Only)
- ▶ Post race refreshments
- ▶ Race photos taken by Lifetime Photo Sports: www.lifetimephotomn.com
- ▶ Pre-registered participants - long sleeve shirts
- ▶ Chip Timing by Anderson Race Management

Entry Fee

- ▶ Pre-register by May 8 - \$20
- ▶ Received after May 8 and On-Site Registration (May 15) - \$25
- ▶ Family of Four
 - 2 Adult/2 Youth (includes 2 shirts) - \$60
 - After May 8 - No shirt guarantee

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.)

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.)

Packet Pick-Up/Registration

- ▶ Thursday, May 14, 2009 – 4:00-8:00 PM at the Rochester Athletic Club (3100 19th St. NW)
- ▶ Friday, May 15, 2009 – 5:00-6:00 PM at Holy Spirit Church

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

Online registration Powered by Active.com

Online registration open until May 8, 2008.

Contact information call 507-282-4576 or email:

- ▶ susan@sosrun.org – Susan Burriss
- ▶ tim@sosrun.org – Tim Burriss

Proceeds from Previous Events

We proudly were able to present the Mayo Clinic Cancer Center with checks for over \$78,000 allocated for melanoma research over the past two 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	Age as of May 15, 2009	
Home Address		
City	State	Zip
Phone: (home)		
Phone: (cell/office)		
Email Address		
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		
Event (check one): <input type="radio"/> 10K RUN <input type="radio"/> 5K RUN <input type="radio"/> 5K WALK		
Fee Enclosed: \$	I've also enclosed a donation of \$	
Make check payable to "Stay Out of the Sun Foundation," please do NOT send cash.		
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.		
Signature		
Parent/Guardian (if participant is under 18):	Date	

Mayo Clinic Cancer Center Melanoma Patient Education Symposium

Saturday, May 16, 2009 - 8:00 a.m. - 2:15 p.m. - Phillips Hall, Siebens Building, Mayo Clinic

This education event, for patients, families and the public, will highlight risk factors, screening, diagnosis, treatment and research for malignant melanoma. Registration deadline May 8, 2009.

Registration Fee (includes breakfast, lunch and conference materials): \$15/person or \$25/couple, checks only

For registration information, contact the registrar at **507-284-2241** or canceredprog@mayo.edu