

Say It • Fight It • Cure It

5K Prostate Awareness Run/Walk

October 22, 2011 9:00 a.m.

Sponsors:

MEMORIAL HOSPITAL
MEMORIAL HEALTH CARE SYSTEM

Ask For, Request & Use ~
The Bellevue Hospital
Quality Care, Close To Home

North Coast Cancer Care

FREMONT ELITE
EST. 1978
RUNNERS CLUB

FREMONT OHIO
Where People Come First

BELEVUE City Recreation DEPARTMENT
Heinz

Team Canteen
CANTEEN
The Cuyahoga Group

SECOND SOLE
RUNNING SPECIALTY
Firelands Area Runners Club

Fremont Community Recreation Complex
600 St. Joseph Street
Fremont, OH 43420
419.334.5906

Course: Some hills, neighborhood streets

Pre-Entry Fee: \$17 (Includes shirt) \$13 (No shirt)

Race Day Fee: \$20 (Does not include shirt)

Registration/Package Pickup: 7:30 - 8:30 a.m
at Fremont Recreation Complex

Awards:

No duplication of Awards.

*First place Overall Female and Male & Female and Male Masters.
First through third place in each age group, female and male:*

14 & under	15-19	20-24	25-29	30-34	35-39	40-44
45-49	50-54	55-59	60-64	65-69	70 & over	

5K Prostate Awareness Run/Walk • October 22, 2011 • 9:00 am

NAME: _____ **SHIRT SIZE:** XS S M L XLG

ADDRESS: _____ **CITY:** _____ **STATE:** _____ **ZIP:** _____

AGE: _____ **SEX:** M F **ARE YOU A CANCER SURVIVOR?** Y N

MAIL ENTRIES TO: Fremont Community Recreation Complex • Prostate Run • 600 St. Joseph St. • Fremont, Ohio 43420

RACE QUESTIONS: Gregg Gerber, Race Director • 419.334.2707

In consideration of the acceptance of my entry in the 5K Prostate Awareness Run/Walk, I do hereby for myself, my heirs, my executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me, against the City of Fremont, all of the sponsors, and any other persons connected with this event, individually or collectively, from all responsibilities for any injury to person or property during this event on October 22, 2011.

SIGNATURE: _____

GUARDIAN SIGNATURE (if under 18): _____

Additional forms available at www.memorialhcs.org OR www.bellevuehospital.com



Make checks payable to:
Fremont Elite Runners Club

Prostate Facts and General Cancer Prevention



- Maintain a healthy weight throughout life
- Adopt a physically active lifestyle
- Eat a healthy diet, with an emphasis on plant sources
- If you drink alcoholic beverages, limit your intake
- Always use a sunscreen with a sun protection factor (SPF) of 15 or higher
- Don't use tobacco products
- Get regular recommended cancer screenings for your age and gender
- Prostate cancer is the most common type of cancer found in American men
- Prostate cancer is the second leading cause of death in men
- One man in 6 will get prostate cancer during his lifetime
- One man in 35 will die of this disease
- More than 2 million men in the United States who had prostate cancer at some point are still alive today
- The death rate for prostate cancer is declining due to early detection

Early Detection:

The American Cancer Society recommends that patients discuss the benefits and limitations of screening with their doctors. Beginning at age 50, for average risk men, the discussion should include an offer of an annual PSA test (prostate-specific antigen) and a DRE (digital rectal exam). Non-modifiable risk factors: Age, Race, Ethnicity, Nationality, Family History, Genetic Changes, and Prostate Changes.

The Sandusky County Man To Man Support Group meets the last Wednesday of each quarter :

January, April, July, and October.

For more information contact:

Gregg Gerber – 419-334-2707

Wilson Forney – 419-355-8860

Ken Missler – 419-332-4375

Jim Piercefield – 419-898-3702

For more information on cancer:

888-227-6446 or visit the website at: **www.cancer.org**

Come Run/Walk with us in 2011!

The inaugural 5K Prostate Awareness Run/Walk was held on Saturday, Oct. 16, 2010 at the Aigler Recreation Complex in Bellevue. There were 148 registered runners and walkers, with 133 of them completing the 3.1 mile course.

Prior to the race, each runner was given and asked to wear a blue prostate awareness wrist band as a show of solidarity, and a moment of silence was observed for those who are battling prostate cancer and for those who have lost their battle to this disease. Each runner also received a goody bag, a chance to win over \$600 in door prizes, and for those who pre-registered, a long sleeve tech shirt.

With a time of 19:37, Todd Schiller was the overall race champion. The first female to finish was Molly Schoen with a time of 22:03. In the Masters Division, Sherry Volz at 24:24 and Kevin Ryan at 19:48 took the top female and male awards.

The event was sponsored by The Bellevue Hospital, Fremont Memorial Hospital, North Coast Cancer Care, Heinz Company, Second Sole, The Cuyahoga Group, Firelands Area Runners Club, and Fremont Elite Runners Club. Profit from the event was donated to the Sandusky County American Cancer Society to help continue the fight against prostate cancer.