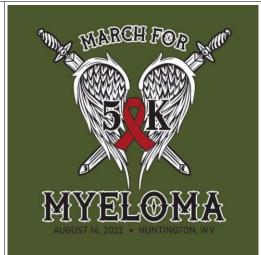


Multiple myeloma is a cancer of plasma cells that are found within the bone marrow. When these cells become cancerous, it can cause issues with the immune system response to infections and can even lead to bone lesions, among many other complications.



5K Run/Walk August 14, 2022 Sunday 2pm **Ritter Park** Huntington, WV

Virtual option available online at TriStateRacer.com

Course: Flat and fast.

Starts at the center shelter and

runs thru and around the park.

Three loops.

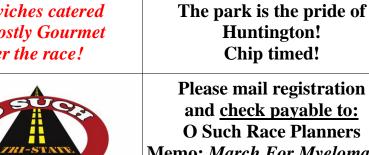
All proceeds will go to the International Myeloma Foundation!

- 8am On-Site Registration
 - \$25 pre-registered before August12th
 - \$30 Day of Race
- Extra soft race shirts guaranteed to all registrants No dogs allowed

Trophies to first three overall male and female finishers. Awards to first three finishers in each male and female age group. No duplication of awards Age Groups: 9 and under 10-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75+

Run in support of helping to save pain, suffering and possibly death from this little publicized affliction!

> Sandwiches catered by Ghostly Gourmet after the race!



RACE PLANNERS **Race Director: Alan Osuch** OsuchRacePlanner@aol.com or 606-369-4403

Please mail registration and check payable to: O Such Race Planners Memo: March For Myeloma 5K March For Myeloma 5K c/o Alan Osuch **5024 Williams Avenue** Ashland, KY 41101

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March For Myeloma 5K	

Name:	Address:		
Email:			
Phone:	Gender: M F	Age on race day:	
Shirt Size (2X, 3X, 4X add	l \$3.00) Donation	Amount Enclosed \$	
WAIVER: I know that running a road race is a potentially hazardous activity and I should not enter a run unless I am medically able			
and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all			
risks associated with running in this event, including but not limited to, falls, contact with other participants, the effects of weather			
(including high heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. Having			
read this waiver, I release the City of Huntington, O Such Tri-State Race Planners, race officials. volunteers and all sponsors from all			
claims to liabilities arising out of my participati	on in this event.	_	
Signature:		Date:	

Parent/Guardian (For minor):