



**INTERNATIONAL
MYELOMA
FOUNDATION**

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 13, 2023
Sunday 2pm**

**Ritter Park
Huntington, WV**

All proceeds will go to the International Myeloma Foundation!

<ul style="list-style-type: none"> • 8am On-Site Registration • \$25 pre-registered before August 13th • \$30 Day of Race • <i>Extra soft race shirts guaranteed to all registrants</i> <p>No dogs allowed</p>	<p>Run in support of helping to save pain, suffering and possibly death from this little publicized affliction!</p> <p><i>Sandwiches catered by Ghostly Gourmet after the race!</i></p>	<p>Course: Flat and fast. Starts at the center shelter and runs thru and around the park. Three loops. The park is the pride of Huntington! Chip timed!</p>
<p>Trophies to first three overall male and female finishers. Awards to first three finishers in each male and female age group. <i>No duplication of awards</i></p> <p>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 75-79 80+</p>	 <p>RACE PLANNERS Race Director: Alan Osuch <u>OsuchRacePlanner@aol.com</u> or 606-369-4403</p>	<p>Please mail registration and <u>check payable to:</u> O Such Race Planners Memo: <i>March For Myeloma 5K</i> March For Myeloma 5K c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101</p>

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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 \$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 participation in this event.

Signature: _____ Date: _____

Parent/Guardian (For minor): _____